Students stymied by comp. lab changes

By Kathy Bump, Jeanine Farfalla, Flora Goodloe

Students using the computer lab are confronted with several changes this fall. One major change is access to laser printers.

"People were abusing the system last year, making too many copies," said a computer lab aide.

The alleged abuse of the printing facilities caused the computer center to eliminate free access to laser printing. Currently, students using the IBM computers are limited to one Epson DFX 5000 Dot Matrix printer.

Paul Sebben, manager of academic computing at SHU, explained the need for the changes.

"We're not trying to take service away from students," Sebben said. "The action that we've taken was the only way to stop the abuse."

"Laser printing is expensive," he explained, "and usage on one laser printer alone was 4 million copies in a three-month period. Toner and paper for such usage amounted to around $16,000," Sebben added.

Because of the slow printing capacity of the dot matrix printer, students complained of waiting periods as long as forty-five minutes.

"I waited twenty minutes just to get on the computers," said Shannon Pons, a junior finance major from Hampstead, New Hampshire. "Here I am still waiting to use the printer after thirty minutes."

A writing class that meets in the lab regularly on Thursday evenings.

Homecoming galas captured in rare forms...page 10
Books, music, movies, and more...page 12-15

Inside...
Education becomes dangerous in color...page 4

University lags in hiring of minorities

By Robert Cargill & Fernando Fernandes

"Often we cannot match the salary that more prestigious institutions are willing to offer minority candidates," said a university professor who wished to remain anonymous.

Yet, in the midst of this poverty cry, the school built South Hall last year, and this year West Hall. The president of the university is one of the highest-paid in the state, and SHU seems to find ample funds for parking lots, tennis courts, and an expensive campus beautification program.

Across the campus a consensus of students, faculty and staff indicates that the University is lacking in adequate minority representation and opportunities. In each area of campus employment the feelings of the people interviewed were consistent. General comments and observations show a lack of correlation between the percentage of minority students and minority faculty.

Data gathered from the University's 1993 Fact Book revealed the following statistics about students: out of a total of 3,686 students, 1,049 are male, 2,277 are female with a ratio of 38% to 62%. Further, the study shows an ethnic diversity of 82% Caucasian, 8% black, 5% Hispanic, and 4% foreign.

The data on faculty, administration and staff ethnic balance indicated 90% Caucasian, less than 1% black, 3.4% Hispanic, and 6.6% other.

By Ritch Flynn
News Editor

Psych. Department moves upstairs

The Psychology Department has relocated to the upper level of the South Wing. The Psychology Department had been located under the gym near the weight room since 1981.

Also relocating to the new location are the Sociology, Anthropology, Criminal Justice and Social Work Departments which had housed the Psychology Department will become the wellness center, counseling and Career Services.

The spot under the gym which had housed the Psychology Department will be renovated to house the expanded

33 students honored in induction

By Ritch Flynn
News Editor

On Sunday Oct. 16, the Delta Epsilon Sigma honor society inducted 33 new members from the SHU campus. The induction was held from 2:00-4:00 p.m. in the theater.

Founded in Kansas in 1939, Delta Epsilon Sigma's stated purpose is to recognize academic accomplishment, foster scholarly pursuits and foster the sense of intellectual community. The organization is a national honor society for institutes of higher education that maintain a Catholic tradition.

The chapter here at Sacred Heart was chartered in 1970. Since that time, SHU has inducted over 450 members into the society.

The inductee has special gifts and duties. The name of this school shows that. The words Sacred Heart refer to the love that Jesus had for his people. In this spirit, you must use your gifts to enrich and better the world.

The ceremony of induction was opened by Dr. Ronald Broduer of the Psychology Department and the certificates of membership were presented to the inductees by Ms. Jennifer

See Psych page 2
**News Briefs**

Compiled by Rich Flynn

**Teaching mission to Vietnam**

Professor Pauline Yatrakis will be sent to Vietnam in November to help bolster the Vietnamese teaching program. She will specifically be working in the area of teaching English as a second language to the Vietnamese.

Yatrakis, who resides in Easton, will be one of only 15 professionals working on this project.

This project is being administered by the Citizen Ambassador Program based in Spokane, Washington. The Citizen Ambassador Program is associated with People to People, a not-for-profit organization established during the Eisenhower Administration.

While in Vietnam, Yatrakis will go to both Hanoi and Ho Chi Minh City (formerly Saigon) and will meet with representatives of the Vietnamese Ministry of Education and Training as well as several other government agencies dedicated to education.

**AIDS workshop for teachers**

On Saturday, Oct. 29, Sacred Heart will host a workshop on AIDS for Connecticut teachers. This workshop will be dedicated to the memory of Mike Arnold, former director of the Stamford campus who died this past summer.

The workshop is being titled: “AIDS in Connecticut: in the laboratory, in the community, in the classroom.”

Sacred Heart’s Dr. Babu George will be speaking at the conference along with notables from UCONN, Storrs and Yale School of Medicine.

Many topics regarding AIDS will be discussed including, *Prospects for an AIDS Vaccine: Prevention & Transmission of HIV and Research into New Treatments.*

This program is being sponsored by Sacred Heart University with the help of Connecticut United for Research, Inc., Stewart B. McKinney Foundation, from UCONN, Storrs and Yale School of Medicine. From UCONN, Storrs and Yale School of Medicine.

**Flu vaccine being offered**

Beginning on the week of Oct. 17, the Health Services Office will be offering the flu vaccine to all interested persons at the cost of $7.00.

Anyone interested in obtaining a vaccination should contact the Health Services Office at 371-7838 to set up an appointment.

**Psyc: new look, new location**

“We put fans in there,” said Joe Marchella, Director of Physical Plant. “The last complaint I received was about a year and a half ago and at that time we installed new fans to clear the air in there. There should not be a problem with the fumes, but just to be safe we are installing carbon monoxide detectors.”

The new location of the Department of Social and Behavioral Sciences is located near the computer lab in the South Wing. The location has two entrances that will be staffed by a secretary at each entrance. The conference rooms will have been put into the new offices, which are clean and well lit.

To make space for the new offices, four classrooms were decommissioned. Since the recent remodeling of the South Wing added two new classrooms, the net loss is that of two classrooms.

“In the near future we will have reconstituted the Psych Lab,” Malin said, “but right now we’re living out of boxes and it’s tough.”

The new offices are smaller than the ones that the faculty had enjoyed in their previous locations.

“We love space, we gain in quality of life,” Malin said. Although this move has left some members of the faculty frustrated, Malin and others feel very positive toward the change.

**Travel Help Wanted! Spring Break ’95**

**Sell trips, earn cash and go free!!! Student Travel Services is now hiring campus representatives.**

- Lowest rates to Jamaica, Cancun, Daytona, and Panama City Beach.
- Call 1-800-648-4849.

**Computer: Students cut out classified ads**

Students noted the declining services in the computer lab and felt the charge is unfair.

According to Sebben, several improvements were made to all of the labs and more are planned.

Karl Kump, Jeanne Farfalla and Paul Goodale are contributing writers to the Spectrum.
the world."

use your gifts to enrich and better people. In this spirit, so you must to the love that Jesus had for his

The words Sacred Heart refer "The name of this school shows gifts and duties," Etienne said, "We are aware of the

Hiring: SHU short on minorities

continued from page 1

5.2% foreign. Based on this infor-
mation, the University "makeup represents a good balance between students and faculty/staff ethnic makeup, except for the black category which portrays a strong imbalance.

Other information disclosed that the male/female ratio in the faculty group is 58% to 42%, and in the administrative/staff group the ratio changed to 35% males to 62% females. The Fact Book indicated that there are no minority administrators in the university, and a Human Resources staff member confirmed this informa-

The University "has only three African-American full-time faculty members and only three African-American administra-
tors," claimed Thomas Kelly former director of student activi-
ties, in a recent issue of the Spectrump. "SHU claims to be an insti-
nation committed to diversity, but in reality, the make up of the staff does not reflect this commitment," continued Kelly.

In contrast, Ted Grzawa asso-

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Honors: 33 new members

continued from page 1

Donahue and Ms. Marion Warne.

After the formal ceremony, Dr. Henri Etienne, a Fulbright scholar in residence at Sacred Heart this semester, addressed the audience.

"The inductees have special gifts and duties," Etienne said, "The name of this school shows the love that Jesus had for his people. In this spirit, you must use your gifts to enrich and better the world."

The theme of a responsibility on the part of this intellectual elite of SHU students was also reflected in the formal ceremony.

"Today we have come togeth

together to recognize certain indi-

iduals with greater commitments. To them more has been given; of them, much more is expected. These individuals recognize the great challenge which is theirs: the world of service to others is now in their hands," read a line from the opening ceremony. This speech was delivered by Psychol-
gy Prof. Donald Brodeur.

In a word (or 4):

Recycle!

Off-Campus News Briefs

Compiled from CPS reports

U of New Mexico Campus Battles With Racial Slurs

ALBUQUERQUE, N.M.—The recent emergence of racist and homophobic material at the University of New Mexico has once again raised university officials' concerns about the safety of some of the school's students.

For the third time this year, dozens of racially motivated bumper stickers have been spotted throughout the Albuquerque campus.

More than 100 of the stickers, which read "Earth's Most Endangered Species: the White Race," were plastered to walls and fixtures by a group that calls itself "National Alliance."

In a separate incident, the UNM medical school canceled a reproductive biology class for two days after six students received brochures condemning homosexuality in the mail.

Prior to receiving the pamphlets, each of the six students had voiced support for homosexuals during a discussion in class on alternative lifestyles. University officials decided to postpone the class while police checked into the matter.

Describing the "Typical" American

EASTON, Pa.—What is Halloween? What's the difference between "hanging in there" and "hanging out"? Why are so many college students called "Greeks" when they're not from Greece?

While the answers may seem obvious to American college students, they often seem, well, truly foreign, to international students.

To help smooth culture shock and remove some of the day-to-day stumbling blocks that international students encounter as they settle into campus life, members of Lafayette College's International Student Association have produced a booklet of hints on how to get along in the United States.

Edited by Susara Rodriguez-de-Tembelque, a Lafayette College senior from Madrid, Spain, the 49-page booklet contains such basic survival information as a section on English weights and measures and a glossary on American slang.

HOURS

Dining Hall Hours of Operation

Monday through Friday

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

Faculty Lounge Cafe

Monday through Friday

7:00am - 10:00am
2:00pm - 7:00pm

Saturday 7:00am - 7:00pm

Don't forget about the Pioneer Cart!

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Closed Weekends
Diversity issue isn't black or white

It's probably not just a problem at Sacred Heart. In fact, it's probably not just a problem in Connecticut or even New England. It probably extends down the entire East Coast and out the shores of California.

Hiring for diversity is no easy task in America. More often than not, businesses and universities probably think about hiring a less qualified minority individual just to fill a quota. It happens in some universities with the student body.

But the problem of finding individuals of minorities to join the work-force is hardly an easy task because there aren't many minority professionals.

The numbers are rising, yes, but it may be years yet before the work-force sees even a somewhat better balance of diversity to choose from.

And imagine the possibility by that time that more qualified workers are from minority backgrounds and it is the white Anglo-Saxon male fighting for his opportunity for a job.

Maybe you didn't get the hint...

Oh, this is the last time we'll try and get the message across to you (we hope). READ THE SIGN ON YOUR TABLE. THAT SAYS THE TABLES ARE TO BE SELF-BUSSED.

This means that when you have finished eating, take your tray to the conveyor, throw your silverware in the bin and your trash in the trash can.

Goodness knows, Dean Kevin Kelly could be right when he says that there could be a steak or shrimp dinner involved once in awhile if you did as your mother taught you to do (we hope).

Well, mommy isn't here to remind you anymore. Neither is daddy. But maybe your conscience and your sense of manners may override your laziness and disgusting disregard for others' rights to find a table.

But then again, maybe none of you listen to your mothers or your conscience.

EDITORIAL POLICY. The editorial page(s) is an open forum; submissions are not judged by the opinions expressed or by any criteria not related to the quality of the writing or tidiness of the topics. The opinions expressed on the editorial page(s), whether in signed columns or letters to the editor, are solely those of the authors. Unsigned editorials appearing in the left hand column of the first editorial page represent the majority opinion of the Spectrum Editorial Board. Guest editorial and letters to the editor are welcome and encouraged. All submissions are subject to editing for spelling, punctuation, grammar and clarity. Letters to the editor should not exceed 400 words and will be considered on a space-available basis. The Spectrum does not assume copyright for any published material; all rights are retained by the author. All submissions are reviewed by the Editorial Board and final decisions are made by the Editor-in-Chief.

The Spectrum is a student-run newspaper of Sacred Heart University, published every Thursday during the academic year. The Spectrum office is located in the Academic Building. The phone number is (203) 371-7963. All mail to the Spectrum should be sent to Sacred Heart University c/o the Spectrum, 5151 Park Avenue, Fairfield, CT 06432-1000. The Spectrum believes all advertising to be correct but cannot guarantee its accuracy. The advertising deadline is seven (7) days prior to publication. For information call (203) 371-7966. Fax number is (203) 371-7828.
NEWS FROM TULSA

By Chris Nicholson
Contributing Editor

Don't tell me there's nothing to do around here. In this area of the country, I mean. Last week I spent a day in New York, New York, and the day was so busy that it wore me out.

The whole adventure started off as a birthday present. My birthday is in July, but my friend Frank said he was going to take me to see Phantom of the Opera on Broadway.

I have worked in theatre for over five years, but I'd only been down to Broadway once. Theatre is great, though—except when you're working on a show like Annie, and you're trying to hold a sailor's midshipman out of his uniform while he's trying to keep down the voices of Annie, and you're trying to hold a sailor's midshipman out of his uniform while he's trying to keep down the voices of Annie and a hundred other people.

But when you're just walking on the sidewalks of New York, it does take a while to relax. You have to be aware of your surroundings. Unless you're an athlete, and you're trying to hold a sailor's midshipman out of his uniform while he's trying to keep down the voices of Annie and a hundred other people.

Once you get on the streets of New York, the first thing you want to do is get off, or you'll get hit by a speeding cab. And when you're just walking on the sidewalks of New York, it does take a while to relax. You have to be aware of your surroundings. Unless you're an athlete, and you're trying to hold a sailor's midshipman out of his uniform while he's trying to keep down the voices of Annie and a hundred other people.

But when you're just walking on the sidewalks of New York, it does take a while to relax. You have to be aware of your surroundings. Unless you're an athlete, and you're trying to hold a sailor's midshipman out of his uniform while he's trying to keep down the voices of Annie and a hundred other people.

I met the first of the athletes at Sacred Heart around the 19th of August for a rigorous two weeks of preseason. While my days consisted of playing field hockey all summer, most of my teammates are out practicing for as many as three hours straight. Then after finding a bite to eat we hit the books until the wee hours of the morning. We lead very demanding lives.

I'm not saying that people should feel bad for us, but I think we deserve a little more respect. Most of us have to work twice as hard as someone who does not participate in any extra-curricular activities. We are doing our part in representing Sacred Heart and I think most people need to be aware of how tough it is to juggle academics and scholl work at the same time.

Jill Beadudoin

THE CAMPUS VOCE

If you could change any one department on campus, what department would you change it, and why?

Jorge Luis Rivera
Sophomore
Spanish

"The Spanish Dept. It is a major that many people are interested in, but the number and availability of classes has become a problem due to resources."

Matthia Nicoletti
First-year Student
Physical Therapy

"I would change the Registrars office because the schedules are often confusing and incorrect, which in turn puts the student in an unwanted position."

Brian Lawn
Sophomore
Sports Management

"The Human Resources Dept. They should require students to work a week at a time because it gives them a sense of responsibility."

Gina Curtain
Senior
Accounting

"I would like to improve the Registrar because it would be beneficial if they could offer more than one class' time for specific courses."

By Lynne Kulakowski

Letters to the Editor...

ATHLETES FEEL THE RIGORS OF LONG DAYS

To the Editor:

Like most athletes I came to Sacred Heart around the 19th of August for a rigorous two weeks of preseason. While my days consisted of playing field hockey almost non-stop, other incoming students were able to enjoy themselves in the luxury of their own homes and friends before going off to college.

Many people do not realize the strenuous lives of Sacred Heart athletes. We have to work extra hard and find extra time that most of us do not have to keep up with our studies. While most people have the opportunity to sleep or relax in their spare time along with my teammates are out practicing for as many as three hours straight. Then after finding a bite to eat we hit the books until the wee hours of the morning. We lead very demanding lives.

I'm not saying that people should feel bad for us, but I think..."
More Letters to the Editor...

From the Editor: 6 - SHU Spectrum

To the Editor:

I would like to address the article in the Sept. 29 issue of the Spectrum that said Dr. Cerema is the highest paid President in the state, including Yale, and compared his compensation to the national average.

The inaccuracies in this article first become evident when Yale is mentioned. As printed, the 1991-92 salary for the Yale President was $289,500, over $114,000 more than Dr. Cerema and the 1992-93 Yale salary was split between two individuals totaling $313,402 which is more than $29,350 than our President is paid. In addition, the salary and benefits of the president of Wesleyan University exceeded that of Dr. Cerema.

Furthermore, as the New Haven Register reported on Sept. 13, 1994, the salary and benefits for the president of Quinnipiac College are not reported. You might also note that the base salary of $155,542 for the President of the University of Connecticut does not include his benefits package and that his base salary is higher than Dr. Cerema's base salary.

Furthermore, it was stated that the national average for college and university presidents is $102,000. This figure, however, takes into account base salaries only, unlike the figure you referenced that include not just base salary, but all fees and bonuses.

Additionally, the national average that you used included all the two year, baccalaureate and comprehensive institutions with budgets less than that of Sacred Heart University. However, the chart in the Sept. 14 Chronicle of Higher Education shows the median base pay without benefits for private, non-religious institutions with budgets similar to Sacred Heart at $22 million to $53.4 million is $140,000. Based on this comparison, Dr. Cerema's base pay is exactly at the national average. I hope this will clarify your analysis.

Edmund J. Garrick
Director, Human Resources and Administrative Services

Editor’s Note: All the figures in the article were attributed to a reputable source. The averages quoted were for baccalaureate institutions only, Sacred Heart is not a private non-religious institution.

To the Editor:

This is in regards to the Oct. 6, 1994 issue of the Spectrum entitled “Professor Shows Risque Film.” This is definitely not intended as a constructive response. First, I will add that MS-101’s Professor Hector Rodriguez viewing of the 1982 film Videodrome cannot be considered as proper viewing by warning people, prior to the viewing, that he’d be showing a difficult film.

Those who knew that they would get offended easily should’ve extended their courtesy to everyone and not, it was not proper. He extended his courtesy by warning people, prior to the viewing, that he’d be showing a difficult film.

Another thing I’ve learned.. .If you’ve got something to say to someone, tell it from the heart and tell them yourself. Don’t go through some chairperson of the faculty because they can’t speak for the person you all are whining about.

If you can’t handle his class, then don’t take it. It’s as easy as that. You whiners are probably the ones responsible for coming up with those “Peewee Herman” and “Entex” movies.

Videodrome was rated R and rated R movies may contain mature subject matter and/or mature language and is intended for a mature audience.

Freaks! Grow up because it’s everywhere. If Videodrome was rated X, do you actually think that SHU would allow Professor Rodriguez to show it? Use your head.

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In being a first year student I am required to live in the residence halls. This does have some benefits, but all in all, there are many problems I am faced with day after day, night after night. It’s as though some people feel so secure with their academic ability that there is no need to study, and if that is true then more power to them, but there those who would appreciate a little more peace and quiet.

Yes, there is a library and a Learning Center, places where I would be guaranteed the time and space needed to get all of my work done, but there should also be the option of staying in my room, without having the blasting radios or screaming people running up and down the hallways. I can only hope that as the semester goes on, people will begin to settle down, and realize the main purpose for going to college.

Mary Jane Harris

Think of the six women closest to you. Now guess which one will be raped this year.

One out of six college women will be sexually assaulted this year. But you can change the odds of it happening. Simply by trying to avoid situations that leave you or your friends vulnerable.

For starters, follow security measures. Don’t prop residence hall doors open. Walk with a friend after dark. Be aware that date rape is a major problem on college campuses. With many of these rapes involving drinking.

Then share these facts with six of your friends. And maybe none of them will become another statistic.

Mary Jane Harris

Riledup residents need to relax

Dear Editor,

Over the past couple of weeks, many people have had to go through drastic changes. For some, this is the first time of being away from home for a long period. For others, it means freedom, a chance to get out into the real world and prepare for what awaits them in the near future. There are many who feel that college is just a place to party, forgetting that there are those who need to study and get adequate sleep.

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Mary Jane Harris
DRUNK DRIVING DOESN'T JUST KILL DRUNK DRIVERS.

Amber Harris, killed Aug 25, 1992 at 6:30pm on El Camino Real, Agoura Hills, 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.
DISCOVER gives insight on future careers, decisions

By: Michele Herrmann
Features Co-Editor

From what they hear from advisors and what they see on television and in print, college students receive some idea about certain careers. But these may leave some questions or uncertainties as well. This brings the need for clear, precise information that is easy to obtain.

Career Services now provides DISCOVER, a computerized system which helps a person gather information to add to a possible career. "You learn more about yourself and learn more about options," said Judith Filipek-Rittalier, director of Career Services.

DISCOVER, developed by the American College Testing Association, acts as a career guidance program which helps to figure out personal interests and abilities and find out about possible graduate schools and programs needed for a career.

"Though I haven't used it I plan to stop by Career Services and see what it's all about," said junior sports medicine major Mary Palmie from Brooklyn, N.Y. "Hopefully it will help me in making the right decisions about a career," she said.

DISCOVER has two components to choose from: 1) information only, which looks for specific data on topics such as transfer schools, graduate schools, job occupations and financial aid, and 2) a guidance and method program which goes through the career process one pace at a time.

The guidance and method program is a three step process. First, students get in tune with the personal self. They look at what interests they have, what skills and abilities they possess and what their priorities are.

The second step examines academic majors by matching them with specific career options or opportunities to try to fit the best set together. The material from the two modules show how to begin the career search, examine possible occupations, and learn more about a person's individual priorities.

"Regaining the Career Journey" starts off the process by helping to answer where a person currently is and suggesting other modules to use.

"Learning About the World of Work," introduces a map to organize information about occupations and explore possible choices.

"Learning About Yourself" is a self assessment that asks questions about interests, abilities, values and experiences. The next group focuses on occupation descriptions and choices about education.

"Finding Occupations" explores career occupations related to the self assessment modules and enables a search for occupations by specific job characteristics.

"Learning About Occupations" gives fifteen pieces of detailed information for over 450 occupations. Data includes required skills, major, salary, job description and job outlook may be requested.

"Making Transitions" shows majors or programs related to selected occupation and helps in planning for education and training to further a career.

The last group looks again at the individual and deals with changes he or she has to face. "Planning Next Steps" gives every piece of information about colleges and graduate schools.

"Planning Your Career" takes a look at the various roles a young person has now in life and asks students to determine how much time is spent in each one.

"Making Transitions" shows how every decision in life and in a career involves some discomfort and anxiety and teaches how to handle changes effectively. It is not an answer-all program by itself. The way to learn from it is to put it as it is asked.

"You only get out of it what you put in it. You have to be honest with yourself in order to receive good information," said Filipek-Rittalier.

To find out more about DISCOVER, information is available. The material from the two programs might be helpful to you, or to arrange to use DISCOVER, stop in at the Department of Career Services.

Halloween is coming!
See next week’s issue....
One, two, three...Breathe

By Denise Mathews
Co-Features Editor

Part 2 of the final part of an article continued from last week's "Stress never goes but can be handled as it comes."

COPING WITH STRESS

Need to control stress? Just remove, equip or heal.

Escaping stress is often the easiest way to remove it. Avoid activities that make you feel frustrated or tense. Plan your schedule in advance. "Keeping organized is key to avoiding and coping with stress," says Alan Fishman, an operator for Fairfield Behavioral Medicine. "Having your life in order is very important."

Improving your ability to deal with stress effectively is important. Fishman suggests regular exercise and maintaining a good diet (reduce caffeine and salt intake and eat plenty of fresh fruits and vegetables). Relaxation and getting the necessary sleep are also crucial.

Dealing with stress sometimes means meeting it head-on. When you experience stress, practice deep breathing, closing your eyes and relaxing or taking a practice deep breathing, closing your eyes and relaxing or taking a small break.

MARKETED REMEDIES

Besides the self-help techniques, several stress-relief products can be purchased. Bath and Body Shop sells a Pulse Point Cream which can be rubbed on the temples and behind the ears to reduce sinus and headaches. They also offer a massage line and Aroma Therapy Oils, as well as muscle soothing and tranquility oils.

"I use Origins Sensory Therapy Stress Buffer On-The-Spot-Gel," says Sophomore criminal justice major, Christyn Mulry from Holden, MA. "It certainly helps me to relax but it isn't a cure for all stress."

Other popular items are scented facial and body soaps.

"Lavender enhances the relaxing alpha waves in the brain while vanilla reduces stress," explains Alan Hirsh, M.D., neurologic director of the Smell and Taste Treatment Foundation in Chicago.

SMALL PLEASURES HELP

"Positive events of the day seem to have a stronger helpful impact on immune function than upsetting events do a negative one," said Dr. Arthur Stone, a psychologist at the Medical School of the State University of New York at Stony Brook.

"When our team wins a game or if I play well, I feel good for the rest of the week," says Johanna Berry, a junior psychology major from New Jersey, member of the women's soccer team. "But when our team loses, I feel a loss of energy."

Dr. Stone conducted extensive research on stress and its relationship to the immune system. He found that while stress can make you more vulnerable to infectious disease, so can missing customary pleasures.

Customary pleasures add happiness to one's life--getting together with a friend, reading a book, taking a walk, or watching or playing a sport.

Stone underlines the importance of enjoying oneself.

"Having a good time on Monday still has a positive effect on the immune system by Wednesday," says Dr. Stone. "But the negative immune effect from undesirable events on Monday lasts just for one day."

Life is stressful. But to deal with stress just remember--deep breaths, relax and have fun.

FLIK: Students speak out about service

Continued from page 8

Dining Hall.

"I was on the meal plan my first two years but now I don't even go into the cafe," said junior bio-chemistry major, Alexandria Dohme from Long Branch, NJ. "The prices are ridiculous and the food sucks. I'd rather drive all the way home for dinner than to eat at the cafeteria and relax with my friends without paying the $5.00 in advance."

"I'm disappointed and hurt that I no longer am able to go into the cafeteria and relax with my friends without paying the $5.00 in advance."

Commuters are limited to the cafe which does not provide substantial meals and more than often is uninviting by resident students. Thus this segregation causing a rift in the everlasting commuter/resident struggle.

With eight months more to prove itself, will FLIK stand tall to the toughness of the students? Let's wait and see.

INTERN: Next Spring at The State Capital

Academic Credits Available while you learn about State Government

Applications are now available for your campus advisor for the State Legislative Internship Program. Students can earn credit while interning with a State Senator or Representative. For details and applications see your campus advisor or write:

Directors, Internship Program
Legislative Office Building, State Capitol
Hartford, CT 06106

Campus advisor: Prof. John Kikoski
Sacred Heart University
5151 Park Ave.
Fairfield, CT 06432

Just Done It

(AND I DO IT AGAIN, TOO)
Homecoming 1994
Home away from home

Clockwise from top right: Associate Professor of English Dr. Marion Silverstein "Bunny" Calabrese stands between her husband and the mother of sophomore defensive back Don Fowler while they faithfully felt for the gridders in their 32-6 Homecoming loss to Bentley College; former Sacred Heart student Tom Mackie makes a homecoming of his own, deejaying for Music Etc. at the 20th Reunion of the class of 1974, sponsored by Alumni Relations; the marching band breaks up into a new formation on the Campus Field during their halftime show; cheerleaders form a mount during a second-half cheer while trying to rally the fans and the troops from a 20-someodd point deficit; fullback Ron Stopkoski (31) vaults over a Bentley defender while four other Falcons wait for the tackle.

Photos by
Chris
Nicholson
The River Wild slightly too tame

By Melissa Bruno
A & E Editor

What do you get when you take Cliffhanger, put Meryl Streep in Sylvester Stallone’s place and add water? The River Wild, Streep’s latest film. The movie isn’t all bad, it’s just been done before.

The River Wild is one of those movies that has a good feeling, but is a little too much like the rest of the adventure thrillers that Hollywood puts out. This is a shame because this movie has the potential to be better.

The basis of the plot is a family white-water rafting trip gone bad, thanks to robbers who intend to use Streep to help them escape. There is adventure, but it is not exactly surprising. There are heroes, but they are not all surprising either. There are some surprises, but even those aren’t as powerful as they should be.

Streep (The French Lieutenant’s Woman, Out of Africa) plays Gail, an adventure-loving mother and wife who is tired of her husband and their dreary life together. She was, at one time, a rafting guide and reminisces periodically throughout the movie about her more exciting days. Streep plays this part well, using her eyes and her borderline evil laugh to convey messages that aren’t spoken.

Tom, her husband, is played by David Strathaim. He is beaten up and picked on by everyone in the movie but survives eventually with some hidden inner strength he finds in the nick of time. He needs to do this to prove around and realizes that he doesn’t need to compete with his wife.

The bad guy is played by Kevin Bacon (Vision Quest, Footloose), who plays a decent robber/murderer role for a second-rate actor.

Bacon sneaks his way onto Streep’s raft by befriending her rafter. They need Streep to help them.

The friendship between Streep’s son and Bacon is interesting. In one scene, Bacon is wearing a Lollapalooza hat. The boy is wearing a Minotaur hat. They have a brief conversation about the Lollapalooza concert, and Bacon gives the hat to the kid. Would everyone understand this scene? No, but for those of us who do, it’s a fun scene in an otherwise serious movie.

Even though some of the movie is far-fetched (they bring the family dog on the trip), Streep plays a strong, competitive and exciting woman. She keeps the plot alive and adds a sparkle to some otherwise dull scenes.

Director Curtis Hanson (The Bedroom Window, The Hand That Rocks the Cradle) adds live water scenes to the movie that might not have been there in the old days of studio make-believe. Rather than putting Streep and the rest of the gang in a tub of water and using a fan to create wind, Hanson transported cast and crew to Montana and Oregon to shoot some amazing rapids scenes that make the audience sit forward and hold their breath.

The River Wild is okay, once you get beyond the Cliffhanger-esque plot and just enjoy the film. Streep makes it easy. She carries the film, and does so with finesse. The press has been attacking her lately, for her inability to find a serious role. She evidently took this one to show them that she is as marketable as ever, and she has done an excellent job.

Bach's latest finds safety in reader's hands

After five years of silence, the pilot returns with a bang

By Jason Dalrymple
Editor-in-Chief

Richard Bach and Leslie Parrish-Bach

Richard Bach and Leslie Parrish-Bach's latest finds safety in reader's hands. His latest, For the Love of a Woman, Out of Africa, Running From Safety...Baches latest finds safety in reader's hands

Bach's latest finds safety in reader's hands

After five years of silence, the pilot returns with a bang

Running From Safety is a very traditional Bach novel, in that he utilizes a “vehicle” character to answer or come to terms with questions about leading a happier life. This time, Bach explores his own past, rechecking the answers he came up with against a nine-year-old's logic.

However, it is not just to fulfill a boyhood promise to himself years past that Bach calls forth Dickie. Richard eventually realizes that there is one thing Dickie possesses that surpasses everything Bach has learned.

Stylistically, it is again typically Bach. The first-person, casual, realistic tone leaves the reader wondering at the end how much of what in the novel actually took place. The most difficult thing to grasp is his conversations with Dickie, as they take place within Bach’s mind.

Personally, I believe that the more you like this book, the more likely you are to believe.

So, after five years of waiting and reading and re-reading, what do I think?

I thought I’d never see the name Richard Bach on the Best-seller List, read his name at the end of a prologue or hear the voice of his wife Leslie on the radio. I thought I’d never see the name Richard Bach on the Best-seller List, read his name at the end of a prologue or hear the voice of his wife Leslie on the radio.

...the more you like this book the more likely you are to believe
Skankin’ across America
Ska music takes nation by storm

By Jonathan McCarthy
Associate Editor

Quietly and slowly there is a new culture taking over the underground world. From Amsterdam to New Haven, plaid and argyle clad youth are skanking all around. The music is aptly called ska and its atmosphere is one of bliss and joy and it is coming to a theater near you.

Ska music first received some acclaim in the late eighties with the success of the now huge Mighty Mighty Bosstones. This success led to a boom for ska and its atmosphere is coming to a theater near you.

The Bosstones have since set up shop across America to New Haven, plaid and argyle clad youth are skanking all around. The music is aptly called ska and its atmosphere is one of bliss and joy and it is coming to a theater near you.

Ska music can be defined as a mixture of various music forms. Take a reggae guitar, a very heavy bass, powerful drums and a hip-hop/hardcore lyrical rhyme and one almost has it. However, what is missing is the one thing that sets it above all else. Horns. In some cases many, in others just one but either way the magical use of trombones, saxophones and trumpets allows ska music to shake and rattle bones.

Connecticut is lucky to be the home of some of the most endearing ska artists in the nation. Spring Heeled Jack. Based in nearby Monroe, they have captured the heart and souls of their many followers. The Spring Heeled Jack Family is Mike Pellegrino, vocals; Ron Ronza, guitar; Vocals Rick Amonte, bass; James Riley; sax; Dave Karchich, drums; Pat Gingras, trumpet, and Chris Rhodes, trombone.

This very young and talented band sings about youth. Their upbeat approach to all the songs makes them ska masterpieces and just plain fun. This Friday Spring Heeled Jack will once again tear up Tune Inn in New Haven, this time with a little help from their friends. On Friday, October 21 the Skavovich Tour rolls in. Bands include Toasters, Skaflaws and the Pie Tasters. For those who are closest ska fans, here’s your chance. For the curious, it’s time to come out and play.

For more information call 487-0831.

Commuter Questions
Commonly Asked

A & E BRIEFS
Compilled by Melissa Bruno

The European Institute continues Fall Film Festival

The European Institute continues its fall Film Series on Tues., Oct. 25 at 7:30 p.m. in N206 with the satirical and critical examination of French society prior to World War II in “The Rules of the Game.” The movie is free and open to the public.

Women’s Studies Lecture

The Women’s Studies department is co-sponsoring a lecture with the European Institute by Professor Barbara Klav of Northern Kentucky University. The lecture, “Freedom, Sex and Self-Disclosure: Simone de Beauvoir and Jean-Paul Sartre or Why the Beaver Chose the Buffoon,” will be held in the Schine Auditorium on Wed., Oct. 26 at 5:30 p.m. It is free and open to the public.

“Bridgestock” Concert to be Held at UB

The University of Bridgeport’s Student Congress is presenting “Bridgestock,” a concert featuring The Ancestors, Compulsives and Inernetube on Fri., Oct. 21 at the Arnold Bernhard Center at UB. Doors open at 8 p.m and show time is 9 p.m. Tickets are $5.00 with a college I.D. For tickets or more information, contact Jason at (203) 576-3278 or Kamal at (203) 576-3273.

Commuter Questions

**Are we allowed in the Dining Hall?**

Of course! Breakfast & Dinner are cash only at these times:

* Breakfast: Monday-Friday 6 a.m.-9 a.m.
* Dinner: Monday-Friday 4:30 p.m.-8:30 p.m.

**Where can we get some breakfast?**

The Family Lounge Cafe is open for all-you-care-to-eat breakfast service. Great for bagels and coffee, or a healthy cereal and fruit bowl.

**Why would a commuter want Dining Dollars?**

Dining Dollars are extremely flexible and can be used for all three meals in the main Dining Hall and the Cafeteria. There are set rates of $3.50 and $5.00.

**How much do I have to start with?**

You have a minimum of $50. per transaction. You’ll receive your remaining balance back minus $16.

**Can I add more $$ to my Dining Dollars at any time?**

Of course! There is a minimum of $50 per transaction. You’ll receive the remaining balance back minus $16.

**What if I don’t use my Dining Dollars by the end of the semester?**

You don’t lose them. They can be used next semester, and even into next year! When you leave SHU, you receive the remaining balance back minus $16.

**Can I add more $$ to my Dining Dollars at any time?**

Of course! There is a minimum of $50 per transaction. You’ll receive the remaining balance back minus $16.
There is a skeleton in everyone's closet

By Diana Smith
College Press Service

Who could have known there were so many of them? Or that their subculture was so well-defined and their network so vast that it has been estimated there's at least one in every family?

Deadheads. They're everywhere, of all ages and backgrounds, but with a common interest in the music of the Grateful Dead, according to David Shenk and Steve Silberman. The two longtime Dead fans recently co-authored "Skeleton Key: A Dictionary for Deadheads," (Doubleday, $14.95) the first book that attempts to examine in detail the phenomenon of the Grateful Dead and their following--388 pages of it, ranging from concert behavior to insider slang and testimonials from people whose lives were influenced by the long-lived rock 'n' roll group.

In so doing, the book also gives insight into the counter-culture of the past 30 years, as well as the Dead's broad influence on mainstream culture. There is, after all, a popular flavor of ice cream named for lead guitarist Jerry "Jerry" Garcia (Ben & Jerry's years, as well as the Dead's broad appeal). Among other things, "Skeleton Key" describes a state in which people look for is their ability to lose themselves in that music and the art of making a good concert.

Actually, the Dead doesn't play concerts in a traditional sense, where a musical group plays the samelive songs at every tour stop. Often, the Dead gives a series of concerts in which different songs are played each time with the understanding that fans often attend several shows in a row.

"Each Dead show is its own long, strange trip, and because the Dead take a lot of musical risks, the concerts are inconsistent," Silberman said.

Concert tapes are highly prized by the fans, having been traded or sold, depending on their level of quality. Recent chatter on the Internet's Grateful Dead bulletin board has included statistical probabilities that the Dead will play certain songs at scheduled concerts, based on the band's long history.

"The concert is actually a forum for non-verbal communication in which people are on the same wave-length emotionally. It's not a linguistic experience, but it allows everyone the ability to lose themselves in that music and the art of making a good concert."

Many Deadheads say they have developed highly complex dance movements (some are referred to as 'spinning'), designed largely to increase their psychic enjoyment of the music. In some Sufi Moslem sects, for instance, "whirling dervishes" show off their spinning or rocking motions over long periods of time that produce a form of religious ecstasy.

Many Dead heads also engage in specific behavior before, after and during shows. They dress in tie-dyed clothes and wear loose-fitting garments that won't restrict their dance movements. The parking lot often resembles a medieval carnival of sorts, with groups of friends that they haven't seen in months or years. Some fans follow the band for days or weeks. In some ways, the devotion of fans to the Dead and their music resembles the fervor of pilgrims making long journeys to pay homage to their favorite saints in the "miracle cults" of Middle Ages, except that the irreverence and humor of band members and fans prevents the scene from getting too serious for the most part.

Fans say they recognize the Dead's love for life, for people and for music. It takes you away."

"There's much you can do to fight cancer. Call us and we'll tell you about it."

By Diana Smith
College Press Service

October 20, 1994

1,200 People Quit Smoking Every Day. Permanently.

That's how many people die every day from smoking and smoking-related diseases.

If you or a friend want to quit, give us a call. We have free programs and information that will make it easier.

BERRY YOUR CANCER RISK

Strawberries, blueberries, raspberries. All are good sources of fiber, and fiber may help you reduce your risk of cancer.

There's much you can do to fight cancer. Call us and we'll tell you about it.

AMERICAN CANCER SOCIETY 1-800-ACS-2345

Strike Oil From Your Diet.

A diet high in fats and oils may lead to certain cancers.

If you can't, call us self-free.

We'll tell you how and keep you from getting spots on your skin.

Can You Spot Skin Cancer?

You can tell if you see a mole that's different from the rest.

If it changes, call us right away.

"What's it all about?" said Silberman, a San Francisco-based writer. "Deadheads are like gay men: everyone has a brother or a daughter or a niece or a cousin who is one. What are all those Deadheads doing? Our book can at least begin to explain."

"What Deadheads do is all about can be difficult to describe even for insiders because the experience of going to shows often is likened to a religious event--without the religion. When the band is hot, the fans are on their feet and the drugs have taken effect, a concert becomes a transcendental experience in which everyone comes together in a unified, spiritual whole."

"I imagine that Dead-impared persons who hear a Dead-bite on TV or see Jerry Garcia in the cooler at the market sourehead-watching-to-happen."

The book is designed to explain the mystery that surrounds the band, which has been touring for three decades. In the book, author Joseph Campbell, renowned for his work in archetypical mythology, calls the Deadheads "the most recently developed tribe on the planet."

"What's it all about?" said Shenk, a New York-based writer, musician and former producer for National Public Radio. "The Deadhead community is so full of rich history, lore, fashionable language, colorful dress, spirituality and humor--it was crying out to be documented.

"It's really a good experience," McKhann said.

"It's a fascinating, spiritual whole."

McKhann noted.

"There are similarities between that kind of experience and a Dead show.

"There is something very exciting about the emotional charge in the atmosphere of a Grateful Dead concert," McKhann said.

"Anthropologically speaking, the ritualistic behavior of Dead fans lends itself to cross-cultural comparisons."

"For instance, fans attending shows have developed rhythmically complex dance movements (some are referred to as 'spinning'), designed largely to increase their psychic enjoyment of the music. In some Sufi Moslem sects, for instance, 'whirling dervishes' show off their spinning or rocking motions over long periods of time that produce a form of religious ecstasy.

"Many Deadheads also engage in specific behavior before, after and during shows. They dress in tie-dyed clothes and wear loose-fitting garments that won't restrict their dance movements. The parking lot often resembles a medieval carnival of sorts, with groups of friends that they haven't seen in months or years. Some fans follow the band for days or weeks. In some ways, the devotion of fans to the Dead and their music resembles the fervor of pilgrims making long journeys to pay homage to their favorite saints in the "miracle cults" of Middle Ages, except that the irreverence and humor of band members and fans prevents the scene from getting too serious for the most part. Fans say they recognize the Dead's love for life, for people and for music. It takes you away."

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"I imagine that Dead-impared persons who hear a Dead-bite on TV or see Jerry Garcia in the cooler at the market sourehead-watching-to-happen."
Feast your eyes on Anime!

By Jason Mazaik
Staff Writer

Most people draw blank stares when I mention Japanese Animation, or 'Anime' as it is now called. There is however a light when cartoons such as Speed Racer, Robotech, or Voltron are suggested as Anime. These three cartoons represented some of the first Japanese Animation introduced to the American society.

The early forms of Anime disappeared from Saturday mornings around 1985. While Japanese Animation was disappearing from American television, a revolution was occurring in Japan. A new breed of animation was being conceived.

In Japanese culture the comic book market was geared toward two specific audiences. The first appealed to the juvenile to mid-teen market. The other, containing heavier more mature themes, appealed to the young working class. There was of course one missing group, teen-agers and college students. Young magazine was conceived to open this market in 1982. The magazine struggled. Then in 1984 the first twenty-five page segment of Katsuhiro Otomo's Akira appeared. Young magazine a feature length animated movie. The response was overwhelming. All the attention surrounding Akira attracted the American director Steven Spielberg. He formed the Akira committee in 1988. Their goal was to bring Akira to the silver screen. In the end, however, Spielberg felt the American audience "was not yet ready" for the experience of Akira. In 1989 Akira was released on VHS, and took the country by storm.

The introduction of Akira begins with the destruction of Tokyo. The movie then starts thirty-eight years in to the future, following WW III. Other favorites of mine include Gunbuster, Appleseed and Project A-KO.

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Gunbuster is a three hour epic which follows the struggles of Noriko Takaya in her quest to become Gunbuster pilot for the Earth Space Force and seek revenge for the slaying of her father. Appleseed revolves around a swat team, set in a city where humans live hand in hand with androids.

Project A-KO is a comedy following the misadventures of a teenage girl with extraordinary powers.

Anime has moved swiftly into American culture and is now readily found in almost any mall. The tapes cost between twenty to thirty dollars and generally run from thirty to one hundred and twenty minutes long.

I suggest you swat with Akira, but your best bet is to read the video boxes and pick whatever wets your palate.

A large portion of America's teens were hooked on Anime. The craze has steadily grown since 1989. When I first started collecting and watching Anime, in 1990, Anime could only be found in major cities, but now it is available in any movie store, video rental store, and comic book store across the country.

Since Akira arrived the market has been flooded with Anime titles. Some titles are innocent and humorous, others contain extreme violence, nudity and sexual situations. It is important to keep in mind that these movies are geared to a Japanese audience starting at the college level and continuing up the age brackets.

I feel the pinnacle of Anime is Akira. The movie is near perfect, the animation is crisp and flawless. The plot is gripping and will keep you focused and interested for the entire two and a half hours.

DANGERS!
HIGHLY INFLAMMABLE

BURN N UP
BODY ARMOR NEVER LOOKED SO GOOD!!

Top and Above: From Masamune Shirow Appleseed, released by Eclipse International. Left: Burn Up released by A.D. Vision.
Calvin and Hobbes

By Bill Watterson

NON, HENRY. YOU'RE MISSING A BEAUTIFUL SUNSET OUT HERE!

I'LL COUNT TO 10, AND THEN... POW!

THE WORLD DIDN'T TURN COLOR UNTIL SOMETIME IN THE 1930s, AND IT WAS PRETTY GRAY COLOR FOR A WHILE, TOO.

THAT'S REALLY STRANGER THAN FICTION.

 гаран

WHAT IF THE CRAMP WAS BARNEY FOR

Halloween?

I LOVE EVERYTHING.

GIVE ME A HUG.

DEAR LORD.

Am

I'M A BIG STUPID

AND I'M GONNA DIE.

THE Crossword

ACROSS
1. Party giver
5. Salad green
10. Pioneer's land
14. Earmuffs
15. Speed
16. Word of sorrow
17. Unpopular
19. RandomForest
22. Decorative board across a window
24. Fine scrap
25. Illuminated again
26. Cause a rift
30. Rude drawing
32. Panatela
33. Leams
34. Mimics
35. Strong desire
36. Break a moment
39. Had a leading role
41. Muslim prince
42. Upright
44. Flat-topped elevation
45. Injury memento
46. Minute part initials
48. Dogs
50. Entreaties
52. Young boy
54. Flat-topped elevation
55. Injury memento
56. Motion pictures
57. Strong desire
58. High walking stick
59. Farm building
60. Egress
61. Shawl
62. Eggs

DOWN
1. Plant used for seasoning
2. Feathered circle
3. Extremely dry
4. Small earthquakes
5. Old pine
6. Relaxed
7. Time zone
8. Heavy
9. Flower petals
10. Large aquatic mammal
11. Motion pictures
12. Non-clerical
13. Bit of land
14. Weight unit
15. Small amount
16. Down
17. Summarize
18. Break a moment
19. Non-clerical
20. High walking stick
21. Bark account
22. Was fond of
23. Poes
24. Was fond of
25. Poes
26. Barren
27. Swamps
28. Arrows of fame
29. Categories
30. Vowel
31. Tiny amount
32. Paste
33. Vowel
34. Vowel
35. Vowel
36. Vowel
37. Vowel
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College Life

By Neil LaRovere

"Man, college is great. I can do what I want, tell who I want!!"

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College Life

By Neil LaRovere

"Man, college is great. I can do what I want, tell who I want!!"
McGuigan adds character

By Fernando Fernandes
Contributing Writer

You can see him on the sidelines at soccer games. You can get a kick out of the jokes he plays on referees, coaches and players. If you’re lucky, you may also be the object of his humor.

He arrives from Scotland in 1957 at the age of 12. In 1963 he graduates Notre Dame high school located exactly in the same spot SHU is now. In 1968 he begins his junior year of college, and becomes the first “All American” soccer player in the history of Sacred Heart University. Later on he reaches coaching status and begins a career which has lasted 14 years.

Who is this man? Joe McGuigan.

Joe McGuigan once formed a team with players from 15 different nationalities. No one ever thought it would be possible to make players from so many different cultures work together as a unity. That year they reached the semi-finals of the New England conference for first time in our school’s history, and set a record of 15-5-1 never before accomplished by any other soccer team at SHU.

"We proved them all wrong," said coach Joe McGuigan, "and earned the respectability of other schools.

Joe McGuigan enjoys a special relationship with his players. "Players become an integral part of my life," he said. "When they leave, there is sadness. But also a great deal of satisfaction seeing them go on with their lives, in quest of new dreams."

"He is the best coach I have ever had," says senior Martin Pineda. "He is, above everything, a great friend." McGuigan once formed a genuine friendship. "My friends and I have a genuine concern for each other," said Joe. "I don’t think there is anybody I can ever say I dislike. I hope I never will."

"He is hysterically funny," says coach Nick. "The life of the party.

"If I have problems in my life, but I don’t like to wear them in my face. I like to look for the bright points, to say rather than mourning over the negative aspects."

"Joe’s great outlook to life is a great example to all of us," he said. McGuigan says, "He hates ties. When I found out wearing ties was a coaching requirement I would do without baseball."

"Baseball has been a big factor in my life," Marc said, looking up from the intense game of football he was playing with Pete. "I don’t know what I would do if I could not play."

Marc has been playing baseball as long as he has been able to walk. His father coaches the Waterbury 1 Legion team, which is traditionally one of the stronger programs in the state for summer baseball.

"My father influenced me the most in playing baseball," said McGuigan. "He has helped me with my skills."

"Skills are what Marc possesses on the diamond. His speed, sweet swing, and even steady glove make his playing style look effortless. This combination of weapons make him one of the top players in the conference for the upcoming season.

If it is a.clf hit or a same-saving play with the glove, Marc seems to always be there to pick up the Pioneers. But he won’t let you know it.

"I like to play the game hard and without much talking," said McGuigan. "I just appreciate the chance to play."

"Just love to be outside and play the game every day," he said, as the game with Pete was coming to a close. "I don’t know what I would do without baseball."

Besides being a tremendous baseball player, Marc focuses his attention with kids, especially at the elementary school age. Marc, who is a senior psychology major from Waterbury, CT, took control of the conversation when we discussed career goals, with a smile. "I would like to teach Elementary school and coach baseball at the same age group," Marc said.

When he is not playing baseball or working on his game he enjoys fishing, playing sega (which Pete says is not any good at), or tennis.

"I enjoy fishing by myself," he said. "It’s relaxing."

If it is baseball, fishing, or hanging out with his roommates you won’t hear much out of Marc’s mouth, but don’t let that give you the wrong impression.

"Marc is a quiet type of guy who keeps to himself," Pete said. "He is just the nicest guy anyone could meet."

Damelio likes to talk with his bat

By Jamie Romeo
Staff Writer

It is not easy for Marc Damelio to talk about himself. He speaks softly and he does not talk unless talked too.

He lounges in front of the television playing John Madden’s football on sega-gensis, a dark-skinned, dark-eyed young man with a slight muscular build, with black hair tucked under a hat almost covering his eyes — as if trying to hide something.

But Marc’s ability to play baseball is one thing he cannot hide. When we met there was no discussion of the 1994 baseball season in which he was named the NCC Conference Player of the Year, or how he was a first-team All-New England selection at Naugatuck Valley in 1992 and ’93 and a third-team All-America selection in 1992 before he transferred to Sacred Heart.

I asked Pete, a 6’7” 250 pound hard-throwing right-hander for the Pioneers, how he would pitch to the 5’9” 160 pound Damelio. Pete replied jokingly, “I would hit him because he is a dangerous hitter.”

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If it is a clutch hit or a same-saving play with the glove, Marc seems to always be there to pick up the Pioneers. But he won’t let you know it.

"I like to play the game hard and without much talking," Damelio said, as he quietly ran for a forty yard touchdown against Pete in his game of sega-gensis. Marc does not sit his eye on being the best player in the conference or even on the team, he just appreciates the chance to play.

"Just love to be outside and play the game every day," said Marc, as the game with Pete was coming to a close. "I don’t know what I would do without baseball."

Besides being a tremendous baseball player, Marc focuses his attention with kids, especially at the elementary school age. Marc, who is a senior psychology major from Waterbury, CT, took control of the conversation when we discussed career goals, with a smile. "I would like to teach Elementary school and coach baseball at the same age group," Marc said.

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**Melsi expands weight room to three times its size**

**By Megan Keefe**

**Contributing Writer**

Something new and exciting is about to happen on campus. In case you have not heard, the current weight room will be expanded within the next few weeks. Some may have already heard the news, but this is the first opportunity to actually see the plans for the remodeling.

The weight room stands adjacent to the psychology department, which is moving upstairs to the second floor. This leaves a lot of room for the renovations Melisi has drawn inside his head.

"We're going to knock down most of the walls, but we can use a lot of the space that is already here," said Melisi. "All we really need is some paint, some mirrors, and the new equipment, which should be in this week." According to Melisi, the new equipment will include many aerobic machines, including stair climbers, treadmills, and stationary, recumbent, and airdyne bikes. There will also be several stationary pull, leg extension and leg curl. The third room will have Olympic platform bars for plyometric exercises, and the fourth room is the "aerobic room" that will hold the stair climbers, treadmills and bikes.

"The aerobic room will be a real pull, leg extension and leg curl. The third room will have Olympic platform bars for plyometric exercises, and the fourth room is the "aerobic room" that will hold the stair climbers, treadmills and bikes."

"Sometimes it is so hot that we can barely move or breathe in here," said Dante Lattanzio, a sophomore football player from Brooklyn, NY. "The aerobic room will be a real stuffer."

Melisi added that the new weight room will be primarily for power lifting, such as benches and squat power racks, as well as for men's and women's soccer and basketball teams. The new weight room will be open to all SHU students from 5 to 8 p.m. with student on duty at all times to help anyone who may need it.

**Field Hockey**

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**Football**

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**Saying of the week**

"If I said we were going to win I would be considered cocky, but to say we were going to lose would be a lie." 

**M. Dombrosky**

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**Spectator**

**Stonehill: Purple knights comin' south**

**Continued from page 20**

Kelly was 10 for 15 and a school record 189 yards. Ray Sizensky was had five catches for 51 of those school high 189 yards. The offensive line continues to impress. Led by senior Tbn Gibbons they marched down the field, with four drives of 50 yards or more.

"We are the hardest working group on the field," said junior Anthony Leo. "We are on the first ones on the field and the last ones off. We deserve games like we had on Saturday, in fact we deserve more games like that last week wasn't one either."

"To say that we are going to win would be considered cocky," said junior Mike Dombrosky, "but to say that we are going to lose would make me a liar."

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**Pioneer ladies' tennis player Jeannine Da Luz, a sophomore from Pawtucket, Rhode Island, moves to smash a two-handed backhand in her winning 6-1, 6-0 match against American International College Tuesday.**

The ladies were 0-4 as a team in their second season, and Tuesday's match was the first ever played at the new Sacred Heart tennis courts.
**Football team coming together**

By Keith Zingler

Sports Editor

This weekend the Pioneers take on Stonyhill College for Parents Weekend. Game time is at 1:30 p.m. at Campus Field. All family members are welcome to attend.

It is appropriate that this game is being played on Parents Weekend because football is a family game. To be a member of a true football team an athlete must be considered by his teammates a family member. The Sacred Heart University football team has never had what anyone would truly call a football family, until now.

In the last several weeks we have watched a program solidify itself into a family unit. No, not everyone gets along, but everyone respects each other. This hasn’t always been the case in past years.

Stonyhill must now come and play at the Pioneer’s home something that this team has given meaning to.

“When we are up for a game, no one can beat us,” said Coach Gary Reho.

Stonyhill has never rolled over for the Pioneers and shouldn’t this weekend. They have a strong passing game and a solid defense.

The question of the day will be if their defense is strong enough to take on the Pioneer offense that took the field against Assumption.

They had over 500 yards total offense. Quarterback Chris Kelly threw two touchdown passes, including a 57 yard bomb to James Markwicz. They dominated time of possession, running 77 plays in 36 minutes.

The ground attack was spread out as six backs touched the ball.

Brian Ihfeld was the workhorse, gaining 82 yards on 17 carries, including a one yard touchdown run and a 43 yard catch. Scott Warman had an impressive 46 yard touchdown run along with two rushing touchdowns from Kasi Fletcher. Fletcher actually appeared like he was going down on one of the plays but maintained his balance and scrambled into the endzone.

See Stonyhill page 19

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**Rugby leads league with impressive 4-0 start**

By Mark Manchester

Staff Writer

The last two weeks has seen Sacred Heart’s infamous Rugby Club, the X-Men up their record to a league leading 4-0 record in the New York Metropolitan Rugby Union.

They one both these games by playing hard-nosed rugby, Vassar College, who last year forfeited their match with the X-Men last year because of a fear for the cold, should of done the same this year as the X-Men beat on them by a score of 39-12. Sacred Heart played aggressively the whole match much to the dismay of Vassar, who constantly complained of being roughed up. I guess someone should have told them that this wasn’t a tea party.

Nonetheless, Tim Baker, who scored his first ever tri, Scott Bisquet who did as well and Chris Masi led the way for the pack which dominated with sound, fundamental tackling, recking and mauling causing Vassar to constantly drop the ball. Paul Engo, three tri’s, Pete Malanga and George Flagg, a tri each were their usual selves to which Mr. Referee responded, "this is some of the best rugby I have ever seen.” The B-team also won 15-0 over Vassar.

This Sunday a question was asked as to what inspired the X-Men to play a hard days worth of rugby down at picturesque Seaside Park. Some on the team said it was the set-up of the field, others said it was the return of the Madman Greg Pavis. I say it was both because we won (and our sister school Columbia didn’t) 29-15.

The X-Men played sloppy but hard virtually throwing around the boys from New York around like a great white does with a seal clutching in its jaws. The ruggers came out pumped scoring two quick tris in the opening minutes of the match. Breaking the ice was Paul Engo, who scored a tri and kicked the points to make it 7-0.

B-team also won 15-Dover Vassar. The X-Men rounded out their scoring as Pete Malanga scored a tri that resulted from a blocked kick by Bruce White.

Sacred Heart could have routed this team and had many opportunities from break away runs by Engo, Malanga, J.C. Bender and packman Wendal Valera. Support will defiantly be something they will have to work on in the near future. Outside center Gregg Dunn commented on the game, “We didn’t play like ourselves today.” Valera agreed but added, “We grabbed thanks to Mac’s dad.” Speaking of our eight men he had to say the words of Al Capone, “You get farther with a kind word and a gun than with just a kind word.”

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**Equestrian team starts season**

By Clare Cardo

Staff Writer

While most of the campus was sleeping at 5 o’clock Sunday morning, the Sacred Heart University equestrian team was loading the van to begin their season at St. Joseph’s College on Long Island. As of some you might know the team has been practising since mid September.

The team that was to start the season has switched to the Long Island region with Yale and Fairfield University.

The team members that competed are as follows: Clare Cardo, Dawn Colica, Helen Hanning, Alexandra Hoober, Shelly Lyford, Nicole Klammer, Tracy Milne and Amy Spaulding. Some outstanding results include Spaulding placing first in her flat classes. As a whole the SHU equestrian team placed sixth in the next division. Cardo, Colica and Spaulding placing first in their flat classes. As a whole the SHU equestrian team placed sixth in the next division.

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