New Wellness Program to help all students

Career and Counseling services to combine with Health and Fitness center

By Flora Goodhew
Staff Writer

Wellness, for Mitchell Holmes, Assistant Dean of Students for Wellness, encompasses much more than health care. Under the supervision of Holmes, Health, Career, and Counseling Services, together form the core of Sacred Heart's new Wellness Program.

"Our aim is to position the Wellness Center to learn to program and calendar after this," said Holmes. "It is a concept for personal self evaluation as well as looking at things in terms of programming intellectual, emotional and social aspects of student life.

The model is a design adapted from the University of Wisconsin at Stevens Point, a national leader in student wellness, according to Kevin Kelly, Dean of Students.

"The wellness concept is not new to Sacred Heart, it is a theoretical base that we adopted in Student Life during the 1992-1993 year," said Holmes. "By moving the three departments (Career, Health and Counseling) under one roof, taking a more active approach in promoting holistic health and adding the fitness center, the University is directly and positively addressing student needs outside of the classroom."

Although renovation plans are not yet finalized, Park Avenue House is the designated home of the Wellness Center.

Career Services and Counseling Services join Health Services, already in Park Avenue House. "We're certainly working toward better health services," Holmes said.

"And to facilitate that, Health Services will be improved by an additional examination room and an updated waiting room," he added.

Health Services will occupy the first floor of the building. Career Services will take up residence...page 2

1994 election results raise many questions

By Bill Bittar
Contributing Writer

For the first time in about 40 years there has been a political muting of the Democratic party. The Republicans have taken control of both houses of Congress. They have gained 54 seats in the House and 9 in the Senate without a single incumbent losing his/her seat. Why has this massive party overhaul taken place?

Gary Rose, a political science professor at Sacred Heart University and author of the book Connecticut Politics at the Crossroads, and editor of the first and second editions of the book Controversial Issues in Presidential Selection, thinks the President is to blame. "It was a rejection of the policies of Bill Clinton and the Democratic party," Rose says. "There is movement of voters to the conservative spectrum."

Rose points out that this movement may be unsteady given the volatility of the electorate.

Sacred Heart University Democratic Club leader Pam Norden holds a similar point of view. "It's a statement against Bill Clinton," she says. However, she adds, "I don't think the average American knows all of the good things he has done."

Michaél Daskam, co-founder of Sacred Heart's Republican Club, feels there is a definite shift to the right. "The American voters are becoming more conservative than in recent years, particularly the baby-boomers," he says. Daskam feels that voters are especially conservative on the issues of crime, welfare and the economy.

Dr. John Kikoski, a political science professor at Sacred Heart, points out a factor in America's voting behavior other than the President or conservatism. "The Democrats have lost touch with the middle class and have not found a new agenda since F.D.R.," Kikoski says.

Why did the democrats lose? "The Democrats were perceived as tax and spend liberals," Rose says. "I think people have had it with big government."

Kikoski believes it all comes down to personal responsibility. "As long as the Democrats blame the Republicans for everything they'll never win. It's their fault. Until they take responsibility they will lose."

Norden places the reason for the Democrats' defeat on one particular issue: crime. "I think voters are increasingly worried about the rising crime rate, and they think the Republicans will be tougher on crime."

Daskam places the focus back on the President. "The American people feel that Clinton hasn't fulfilled his promise to create change."

Whad's the Republicans have to do to stay in power? "The people consulted in this article all seem to agree that the Republicans have to pass laws and get things done to stay in power. Rose believes the Republicans have to keep their campaign promises. "They have to fulfill their pledge on lowering taxes and cutting spending. They've got two years to do it."

See Election, page 2

Meditation can relax mind, body, and soul...page 8

James' new cut lives close to the edge...page 7

Men's and ladies' cagers open with wins...page 12

James' new cut lives close to the edge...page 7

Senior basketball player Mike Kniec was swamped by young autograph-seekers after the Pioneer's second game of the season at the New Haven Coliseum Nov. 19. The Pioneers faced Stonehill in the one-sided win that closed out the season's opening invitational tournament hosted by Quinnipiac College. See story, page 12.

Photo by Chris Nicholson
NEWS BRIEFS
Compiled by Jonathan McCarthy

Advent Concert planned

You are cordially invited to attend a free concert featuring the Sacred Heart University Chamber Players under the direction of Leland Roberts, tonight at 8 p.m. in the University Chapel. Co-sponsored by Campus Ministry and the Music Department.

Food For Thought series continues

Food For Thought, an Advent luncheon and discussion series continues on Dec. 5 at 12:30 p.m. when Dr. Constance Young, a Associate Professor of Nursing, leads "The Ethics of Concern" in the faculty lounge. In the spirit of Advent, a simple lunch will be served follow by discussion. The program will end at 1:30 p.m. For reservations please call Susan Pelletier at 371-7840.

Orchestra Concert planned

The University-Community Chamber Orchestra will hold a free concert on Sunday, Dec. 4 at 3:00 p.m. in the University theater. Eighteenth and twentieth century music by Corelli, Haydn, Ives, Coates and more will be preformed.

New York bus trip scheduled

The Student Activities is planning a trip to New York City on Saturday Dec. 3 at 2:00 p.m. The trip is five dollars for students and ten dollars for non-students. It is a good chance to see the Christmas tree in Rockefeller Center whose lighting is that Friday night at 8 p.m. in the University Chapel. Co-sponsored by Campus Ministry and the Music Department.

Medieval Festival

A Medieval Festival will be held on Sunday, Dec. 4 in Chubby's. As part of Christmas Week celebrations, Dr. John Roney will take you back to the 1600s in Chubby's. As part of Christmas Week celebrations, Dr. John Roney will take you back to the 1600s in Chubby's.

Wellness Center: combination to offer many services

Continued from page 1

The second floor. And, to better serve the needs of students and accommodate prospective employers, plans call for a professional interview room and a conference room.

Located on the third floor, will be a Conference Center. Each of these programs will continue with services that are presently provided, according to Holmes. But, expansion will allow for additional and better service to students.

Fitness, an important aspect of the wellness center is already well underway. A mini “Gold’s Gym,” best describes the Fitness Center, with its state of the art equipment, mirrored walls and pipped-in stereo system.

Located in the refurbished, former psychology offices below the gym, the center is designed to meet the fitness needs of student athletes and non-athletes alike, as well as faculty and staff according to Matty Melisi, strength and conditioning coach.

One whole room is devoted to free weights and include cardiovascular equipment, roller bikes, and treadmills.

“Those serious weight lifter and the athlete will find the entire center beneficial,” Melisi said. “Although some areas are geared toward specific needs of athletes, the center is open to everyone.”

A second area (circuit training) designed for the fitness buff, is equipped with eight machines which will condition the whole body without using a spotter.

Marlon Blanco, a junior criminal justice major from Little ferry, N.J., uses the circuit room for training but prefers the bench press for body building.

“The bench press is an overall power exerciser that builds up my upper body, which is great,” said Blanco, a football player.

A third area, once designated for athletes only, will include power lifting, which is primarily suitable for contact sports.

Students welcome the vast improvements of the new center over the former work out area.

“I work out on the call machine to condition myself for valley ball,” said Amy Zatulak, a senior psychology major from Cold spring, N.Y., “Now with more space and more equipment there’s no waiting time.”

Completing the mini gym is an aerobics room, with shock absorbent flooring and fully equipped with stretch bars, step-pers, and mirrors.

“All of this is part of our effort to make this a more comprehensive campus,” said Holmes.

Holmes also said that a more logical access path will eventually be built to connect Park Avenue House to the Fitness Center and the rest of the campus.

According to Melisi, the Fitness Center is near completion except for minor detail.

“We’re working on finishing up the painting, lighting and ventilation,” Melisi said. “By the beginning of the Spring semester the center will be full operational.”

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Elections: professors discuss outcomes

Continued from page 1

"They have to produce a program the middle class will support," Kikoski says. "The Republicans have to break gridlock and get legislation passed," Nordensays. "They have to act as a moderator pulling Clinton to the center."

party rebound?

Rose and Nordenshare the belief that the Democrats have to move away from Bill Clinton and his policies. "They have to convince voters that they are a fiscally responsible party," Rose says. "Move to the center and present a presidential challenger other than Clinton in '96. The President is hurting the party."

Promises, particularly those found in the Contract with America," Daskam says. "The American people are putting the Republicans to the test."

How can the Democratic party "rebound?"

Rose and Nordenshare the belief that the Democrats have to move away from Bill Clinton and his policies. "They have to convince voters that they are a fiscally responsible party," Rose says. "Move to the center and present a presidential challenger other than Clinton in '96. The President is hurting the party."

"The Democrats have to groom a strong moderate candidate to challenge Bill Clinton for the party nomination for the presidency in '96," Nordensays. Once again Kikoski hammers home the emphasis on appealing to the middle class. "Understand that they (the Democrats) must reconnect with the middle class and come up with an agenda that best meets their needs."

Daskam believes the Democrats have to do a lot of restructuring from within the party. He says the party should have more moderates and conservatives to better represent their constituents. "Basteiff believe they have to shape their agenda to fit the needs of the American public. However, he doesn't believe this can be done overnight. "I think it will be a slow process taking a minimum of four years."

Campus News Briefs

Compiled from CPS reports

Gay/Lesbian group ban illegal, university prez says

NACOGDOCHES, Texas—The president of Stephen F. Austin University has ordered that the school's student government recognize the Gay and Lesbian Student Association after student senators voted to deny the group certification.

In mid-October, the university student senate recommended to revoke recognition of the year-old Gay and Lesbian Student Association (GLSA) and slashed its funding from student fees by 60 percent. After heated debate, the Stephen F. Austin student government voted 30-26 to ban the GLSA because its members may participate in illegal behavior. Student senators in favor of the ban argued that by participating in homosexual relationships, members of the GLSA were engaging in illegal activity. Sodomy is illegal under Texas law.

But President Dr. Dan Angel revoked the vote, saying it violated the gay student group's First Amendment rights. "The Student Government Association is an entity of the state and cannot restrict speech or association just because many, or even most, people find opinions of a particular group repugnant," said Angel, citing a 1984 federal court ruling against Texas A&M University in a case in which a gay student group was denied recognition by the school.

Fairfield U. students fight racists stars

FAIRFIELD, Conn.—In response to a recent outbreak of racist graffiti on campus, students at Fairfield University have come together to show that those responsible for the offensive scrawling are acting alone.

After signing a pledge to remain open and tolerant toward other backgrounds and lifestyles, students, faculty members and school administrators receive "Fairfield Together!" buttons, which are meant to show disapproval of the racist graffiti.

"The philosophy behind this is to isolate the bigots and make them realize that they are acting alone and not as part of the campus community," said Murray Farber, spokesperson for the university.

According to Farber, there have been 10 isolated incidents of graffiti on walls throughout campus, usually hateful messages aimed at black, Jewish and gay students. "It might not have been that big of a deal at other schools but the students took it very seriously here," he said.

The idea to promote campus unity through the "Fairfield Together!" buttons came from students and faculty members, says Farber.

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Coverage a street of cooperation

The Spectrum and its writers have been accused of many things in their day, ranging from misrepresentation, to a lack of facts or information to a lack of coverage. Ask any major newspaper, college, local or national and ask how difficult it is to cover every event with utter accuracy. You'll probably get a half-answer about filling space or, on the opposite end of the coin, the lack of space. Which sometimes is a problem, especially for a college newspaper. Space issues and people issues.

Sometimes in a college newspaper, it appears magically every day or every week (as in our case) with full pages. It takes a lot of people to do that, right? But, right but sometimes even though things appear to be completely in order, they are actually not.

It's always nice to have an extra writer or two, or a typist, or another photographer or two, but sometimes we have to do without. And sometimes, some groups or events do not get wholly represented. But it's because at the college level, the newspaper is dependent on student involvement and volunteering. Most of what gets covered is because of cooperation between the staff of the newspaper and the sponsor or partners in the event.

We tell each club, organization, and sport the same thing. We can't always guarantee coverage unless someone within the framework of the organization volunteers some of their time to write 350 or 400 words on what's going on.

And believe us, we value those people just as much as those who come in on a weekly basis and say, "What's my assignment?"

So, as much as we do our jobs here at the Spectrum, part of it depends on you. Communication, understanding, and a little effort from you can make a difference.

Write for us. Type for us. Take pictures. Proofread. It only takes an hour or two of time each week. You never know, you might even like it! You might meet some new people. Granted, it might make the magic trick less magic, but that's part of the fun, making it magical again.

And it looks good on a resume, too.

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Holiday season run amuck

By Jason A. Dalrymple
Editor-in-Chief

Ah, the third Thursday of November has come around, and Thanksgiving has come and gone yet again. And so has the changing of the mood for the entire nation. Thanksgivings marks one of the, if not the, most drastic mood changes for the country over the course of the entire year.

This is the time when people begin their Christmas shopping, and fall into the holiday spirit.

I don't feel it this year though. Somehow, that magic need to spend and shop has not overwhelmed me or torn holes in my wallet. "Instant Christmas" has not touched my heart at all yet. Not that I'm a cold unfeeling person, I just have the worst fortune on the other end of the coin. The lack of space. And sometimes, some groups or events do not get wholly represented. But it's because at the college level, the newspaper is dependent on student involvement and volunteering. Most of what gets covered is because of cooperation between the staff of the newspaper and the sponsor or partners in the event.

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A friend of mine told me he bought an accordion file, which I thought was funny because I didn’t even know he played the accordion, let alone that he has so many accordions that he needs a file to keep them organized. Actually, he didn’t buy an accordion file. You see, because he went to Price Club, he bought a two-pack of accordion files. Warehouse stores have become quite a phenomenon, haven’t they?

What are warehouse stores? As a comedian on the A & E channel once explained, “If you want to make a cheese sandwich, you go to the supermarket and buy the cheese and bread and mayonnaise and lettuce and tomato.”

I then moved to the back seat of my car, where I found 400 cassette tapes, all empy, 2,000 cassette cases (one was the original recorded by The Beatles on a b-mountain), a few 8-tracks, and a couple hundred black Jufrijuts.

I also found old checkbooks, old empty oil bottles, old soda used to be in, some old empty wine bottles, old soda cans, old empty beer bottles, old toilet paper rolls, old freezer bags, old oil bottles, old soda bottles, and the old bottles that the old soda used to be in.

That was the easy part of the cleaning. On the horizon—dark, dreary, and ready to spring on my optimistic soul the moment I dared to start thinking, and believing, that this wasn’t such a bad job after all—“The Trench.”

The Trunk: a mass accumulation of everything I have owned. Since I bought my truly (HAL) Subaru.

In my trunk, once I was able to blow-out it open, I found things I hadn’t gotten over me-sessed. Books from grammar school, 40 clay ash trays from fifth grade art classes, and the leftovers from dinner at Taco Bell in 1989 (they tasted better this time).

“No, Chris,” I can hear you saying, “there is no way your trunk could be that cluttered.” Let me remind you of the classic mini method of cleaning: take the mess, make a big pile, scoop it up, then move it somewhere else (in my case). My trunk, of course, was not really that messy. I exaggerated the decay and dreary and ready to spring on my optimistic soul the moment I dared to start thinking, and believing, that this wasn’t such a bad job after all—"The Trench." That was the easy part of the cleaning. On the horizon—dark, dreary, and ready to spring on my optimistic soul the moment I dared to start thinking, and believing, that this wasn’t such a bad job after all—"The Trench."

So what’s that I did Thanksgiving weekend. Of course, that’s not all, I also. I had a tradition Thanksgiving dinner with a bunch of people who decided to grow up as pilgrims—"A little too much run in the egg nog, you ask me."

My car, of course, was not my trunk could be that cluttered. Let me remind you of the classic mini method of cleaning: take the mess, make a big pile, scoop it up, then move it somewhere else. It was a nice toupee. When’s dessert?"

My neighbor downstairs who has a nice toupee. When’s dessert?"

The sweet potatoes were so good that we wore it out. A little too much trouble to even find out where we wrote our names. They were told that she had classes on all of the field hockey members spoke with the same person to write the articles. Four of the team have to write articles to receive coverage, when 25 other varsity teams do not have permanent writers? Was it too much trouble to even find out where we wrote our names? Certainly not.

Melissa Libby and The Field Hockey Team

Editor’s Note: Thirty members of the field hockey team agreed to have their signatures appear with this letter. But thirty-five limitations we have only listed one representative’s name.

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By Chris Nicholson
Contributing Editor

December 1, 1994
Page 5

NEWS FROM TULSA

By Maddy Dunlap

The Campus Voice

How do you feel about Public Safety officers carrying pepper spray?

Keith Cromer
Sophomore
Nursing

"It’s better alternative than guns.

Joseph Downer
Senior
Political Science

"Public Safety was empowered with a deterrent and unable to stop crime. Now maybe they can.

Matt Burgess
First Year Student
Computer Science

"I don’t see any problem with it. It helps them do their job."

Lynette Berger
Sophomore
Physical Therapy

"I think this pepper spray is better than guns if they have to be armed with anything.

By Maddy Dunlap

Letters to the Editor...
In the early 1990's the hip-hop nation was witnessing a change. Along with every type of music, it was enjoying a larger mass appeal. This is due to many factors; the most important of these being the clean crisp jump around beat that became present in all major hip-hop tracks.

A front runner in this phase was Black Sheep. With their early singles “Flavor of the Month,” “The Choice Is Yours” and the disco crazed “Strobelight Honey,” they created a genre of their own while skillfully mixing jazz and funk to create non-stop dance tunes.

This time around Dres has a new partner in Mister Lawnge (pronounced Long) and together they are on the attack with their latest Non-Fiction. The LP is out to challenge non-fiction, that is, to be real.” said Lawnge (left) who teams up with Dres on Non-Fiction.

Black Sheep's latest is baaah'd

Black Sheep above: “It's just us coming on a more real level as far as personally. We're telling stories that are true to life” said Lawnge (left) who teams up with Dres on Non-Fiction.

Non-Fiction.

MUSIC

Black Sheep's latest is baaah'd

Black Sheep above: “It's just us coming on a more real level as far as personally. We're telling stories that are true to life” said Lawnge (left) who teams up with Dres on Non-Fiction.

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Non-Fiction.

MUSIC
James is on the edge

By Melissa Bruno
A & E Editor

Every band improvises during the recording of an album. But who would have the courage and the insight to take those improvisations and create an entire album? That's exactly what James and Eno did.

68 minutes of explosive improvisation that will leave you mesmerized and begging for more.

James is on the edge is a thrilling classic.

By Jonathan McCarthy
Associate Editor

When I was in high school, I read the book Frankenstein. The story of a young scientist who creates a monster and is then responsible for it. The creature then becomes out of control and kills those around him, including his creator. The novel was written by Mary Shelley.

FILM

For viewers of Frankenstein on the silver screen, Branagh, whose previous highlights include Dead Again, Much Ado About Nothing and Henry V, has skillfully crafted a theatrical masterpiece that should not be missed. The story is one of making a cutting creature, played by Robert De Niro, in order to avenge death in general. Branagh's direction and the insight to take those improvisations and create an entire album. That's exactly what James and Eno did.

MUSIC

Not all of these compositions have lyrics. Actually, most of them are instrumental. Eerie guitar riffs, pounding drum beats and electric distortions consume this album.

Only one track reminded me of Laid, and that was "Tomorrow." A fantastic and typical Tim Booth vocals and a classic James sound to this tune. "Rhythmic Dreams," "Rain, Whistling," and "Frequency Dip" are some of the best music on this compilation. Each has its own distinct sound and each is creative but three pieces of Wah Wah are being born as you hear them in an attempt to capture the moment of creation spontaneously.

Luckily for the listening audience, James and Eno had the insight to take those improvisations and create an entire album. Wah Wah is not the new James album. It is, however, a new sound that might surprise the average music listener. James, Brian Eno and Markus Davs have created and compiled 68 minutes of explosive improvisation that will leave you mesmerized and begging for more.

A & E BRIEFS
Compiled by Melissa Bruno

S.H.U. chamber orchestra to perform

Musical numbers by composers both familiar and comparatively obscure will be performed by the Sacred Heart University Community Chamber Orchestra on Sun., Dec. 4 at 3 p.m. in the University Theatre. The concert is free and open to the public.

Manhattan Transfer hits Stamford

Tonight, Dec. 1, at 8 p.m., The Manhattan Transfer will perform at the Palace Theatre in Stamford. An Evening of Christmas and Other Musical Gifts will be presented by the 22 year old band, along with a 30 piece orchestra. Tickets are $45 and $35. Students, seniors and the general public can purchase 50% discounted tickets if bought after noon today.

Bridgeport Symphony salutes Copeland and Gershwin

On Sat., Dec. 3, at 8:30 p.m., soprano Eddye Pierce Young and bass-baritone Benjamin Matthews, will be the featured guest artists with the Greater Bridgeport Symphony in a salute to composers, Aaron Copeland and George Gershwin, at the Klein Memorial Auditorium in Bridgeport. Tickets are $35, $30, $25, $18 and $12. Students and children are half-price. There will be an informal talk by Dr. Orin Grossman, dean of the College of Fine Arts at Fairfield University, and an authority on Gershwin, preceding the concert at 7:30 p.m. The talk will be open to all ticket holders.

Ailey Dance Chance offers students a break

The Alvin Ailey American Dance Theater will introduce Ailey Dance Chance, a special $8 ticket program for students, during their 1994 New York season at City Center, Dec. 7 through Jan. 1. On Tuesdays, Wednesdays, and Thursdays (except opening night), students can present their student I.D. at the City Center box office between 12 and 6 p.m. to receive $8 tickets.

The story is that Frankenstein's creation quickly becomes the scorn of the city. As an outcast he secretly finds a family to help survive. The creature becomes educated and skilful whiledepending on this family. The family eventually finds him and turns on him because of his gore-tastic appearance. Frankenstein's creation then returns for revenge on Lord Frankenstein and his family. Branagh however did not do all on his own. A supporting cast that includes a superb Helena Bonham Carter, Tom Hulce and a spectacular John Cleese cannot be overlooked. Robert De Niro shines in what may be his most demanding role to date and the movie is exceptional throughout.

Shelley's book could be used here. The movie rarely tones from it and when it does it just increases the flow of events. A definite must see.
Meditation becoming household remedy

Relaxation provides peace of mind and healthy body

By Michele Herrmann  
Features Co-Editor

Does the thought of doing nothing bring a smile to your face? How about the idea of letting go of your worries for a while? Meditation, originally thought of as a practice only for Eastern people and New Agers, is now an accepted form of remedy and relaxation for professionals and even college students. Its practice enables you to focus on thoughts. By taking a few minutes out each day, the mind can reflect on the past, concentrate on what is happening now and ponder over future plans. This time allows the body as well to rest and relax. From your head to your feet, each part of your body has a chance to become loose and limber.

Meditation simply offers students the opportunity to learn the "art of doing nothing." It helps focus your attention on your body, your breathing and your movements. You can also add in a mantra, a repeated word, phrase or sound. Use this method for a while, and soon you will find that you can meditate anywhere and anytime.

Focusing meditation involves the chanting of mantras. Pick a single word or small prayer to repeat in your mind either for 10 to 20 minutes a day. As you concentrate on what you are saying, you slowly ease up and tension reduces.

Mindfulness meditation keeps you aware of what you are doing. It through its practice, you learn to stop pushing aside problems and face them straight on to deal with what is causing the hurt.

"Because of this emphasis on working with every day sensations, mindfulness meditation can help people change unhealthy lifestyle patterns," writes Claire Ellis of Self magazine.

Marla Bienvenido, a first-year student from Forrest Hills, NY follows a style that deals with concentration. She reads a book and listens to a tape, both titled "Creative Visualization."

"Imaginate and visualize what I want to happen in my life," she says. "I have been more centered and more focused, less stressed out. I am happier and more positive," adds Marla.

Marla believes this method is beneficial. "If you truly believe in and want some physical, spiritual or emotional thing, it can happen in real life," she says. "It has to be positive."

If you feel funny about focusing on thoughts, try movement meditation. Besides concentrating on breathing, you can do stretching exercises or practice methods of yoga. From these techniques, "you derive both physical and psychological benefits," comments Ellis. Aerobic exercise provides college students with a way to strengthen their bodies and release aggression.

Although accepted, it is important to remember that meditation is not a cure all nor a miracle medicine. But meditation does help in small ways.

"Techniques like focusing meditation or mindfulness meditation help reduce anxiety and facilitate lifestyle changes, like improving diet and exercise habits," writes Ellis.

Beginners should start with an open mind along with an attitude of patience, trust, acceptance and letting go, suggests Jon Kabat-Zinn, Ph.D.

Do not judge what will come from meditation. "It depends on your abilites to focus your attention on where you are and where you want," says Dr. Richard Grigg who teaches religion at Sacred Heart.

Even a moment taken aside to stop and take about 10 deep breaths is a mini-sized form of meditation. If you feel the effects of "campus jitters," try to take a moment to calm down, focus and meditate.

Liz Chernis: on the go and on her own

By Denise Mathews  
Co-Features Editor

Always on the go, this 5'5" athletic brunette can find time for everything.

She's a full-time student. She's a starter on the women's soccer team. She's already immersed herself in the real world by working three jobs simultaneously.

How does junior biology major Liz Chernis do it all? "She does so much but finds the time to rest and relax. From your head to your feet, each part of her body has a chance to become loose and limber." says Liz, "but I don't get to go as often as I'd like."

"I like to do things on my own in order to feel in control of my life," says Liz. "I've always pushed myself and it's starting to pay off."

Liz began playing soccer at four years old. She continued through high school and is currently a vital member of the women's team.

"We really depend on Liz a lot," said senior tri-captain Gail Mazucco. "She always pulls through when we need her most. I know I have much more confidence in our defense and in myself when Liz is on the field." Chernis admits to feeling fully confident while on the soccer field. "Unfortunately, I don't always have the same confidence off the field."

When asked about her most memorable soccer experience, Liz went all the way back to her high school days. "We were playing the rival team in Class C finals. With 20 seconds left in the game and a tie score, I scored on a free kick," recalls Liz with pride.

Soccer may take up at least 10 hours of Liz's time a week during season but she still has extra energy to support herself by working.

If you shop at the Bridgeport Edward's on Main Street, it's a sure-shot you'll see Liz. She works anywhere from 25-30 hours a week.

"It's easier to do my grocery shopping now. I know where everything is," said Liz.

Over the weekend, Liz spends about 16 hours on I-95. No, she isn't driving anywhere. Liz works weekends at a gift shop off of the highway in Milford.

Liz's third job is a work study job for Coach Joe Barrosso.

"I have a lot of respect for Liz, on and off the field," said Barrosso. "She does so much but finds the time to take care of everything on her own."

With this much time dedicated to the sport and work, one might think that school work would suffer. It's just the opposite for Liz who maintains a 3.34 GPA.

"I plan to go on to Grad school after S.H.U.," confirmed Liz who is interested in studying behavioral science or marine biology.

Plans for the future besides grad school? "My biggest goal is to be married and have a family," said Liz. She admitted that it may seem very traditional but a big part of her future will be dedicated to forming and raising a family.

For now Liz likes to use her free time up with relaxing walks in the park or by going dancing.

"I love to go dancing," said Liz, "but I don't get to go as often as I'd like."

Chernis won't let anything stand in her way. Very independent, Liz prefers to feel in control of her own campus and supports herself.

"I like to do things on my own in order to feel in control of my life," said Liz. "I've always pushed myself and it's starting to pay off."
Students establish credit

By Donna Stoehr
Staff Writer

It's the nineties and college students aren't paying for their purchases with cash. While it easy to run to the cash machine and withdraw money by the twenties, a quicker and easier way to spend money is available.

The desire for credit cards is catching like the common cold. Students are sending in their application forms and anxiously awaiting for approval to own their own personal piece of plastic.

Libby Forstrom, a sophomore psychology major from Oxford, CT, claims that she owns a wide collection of credit cards. Her favorites are two Visa's, a Mastercard and a Filenes. Admitting that her usage is usually for personal purchases, Forstrom encourages leaving some plastic aside for emergencies.

Striving to pay up for school

By Ayoma Perera
Staff Writer

Not everyone agrees with the "buy now, pay later" motto. Denise Morris, a sophomore psychology major from Miller Place, NY, admitted that she is more of a "pay by cash" shopper. Though she possess a Mastercard, a Stein's and a Disney card, Morris prefers to use them only in emergencies. "But I know my Disney card won't be much help in case of an emergency," admitted Morris with a laugh.

Ayoma Perera, a sophomore media studies major from Colombo, Sri Lanka, majoring in television and film, finds herself in somewhat the same position. Perera receives no financial aid from Sacred Heart because she is not a United States resident. "My parents have to somehow cover the money," said Perera. "I find myself working and studying much harder than I have ever done before."

Loans are another way to pay for a college education. Another source of aid available is grants. A grant is money applied toward tuition and does not have to be repaid. Some students are lucky enough to receive academic or sports scholarships that can alleviate the burden of financing their education.

The Caribbean Club is having a meeting on Tues., Dec. 6th at 1:40 p.m. in S213. You do not have to be of Caribbean descent to attend.

Business Club meeting

The Business Club is having a meeting on Wed., Dec. 7 at 4:30 p.m. in S217. All are welcome.

Women's Studies hosts seminar

The Women's Studies department is having their second Faculty Development Seminar on Thurs., Dec. 14 at 7 p.m. For more information, please contact Claire Marrone at 371-7627.

International Club meeting

The International Club meets every Tues. at 2 p.m. in the International Center in Hawley Lounge on the second floor. New members welcome.

Clubs and Organizations plan for holiday season

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Buckle up, America!
Impressive finish has coach and team excited for spring season

By Jonathan McCarthy

On Sunday Nov. 20, the men's and women's crew teams competed in the first ever annual Norwalk Technological College Challenge Cup Regatta, held at the Saugatuck Rowers Association Boat House in Westport.

This race consisted of five varsity events and each event was 4000 meters long, twice as long as the usual competition. A novice rowing program, Sacred Heart was at a slight disadvantage but seemed unphased by the tougher competition. By the end of the day, the Saugatuck Rowers Association put the team on top of the cup standing.

By the strong rowing of Ed Page, Jorge Rivera, Brian Doyle, Justin Rivera and the superb direction of coxswain Mario Donni. Their silver medals kept the Pioneers in a tie for the cup championship with Norwalk and Fairfield Varsity.

The first event was the men's double. Rob Pinkas and Brent Butler finished a strong third place in this event.

Shelly Lyford and Ruby Robledo are all smiles after their outstanding performance brought home Sacred Heart's first ever gold medals.

The best is yet to come.


ded support from the Athletic Department, including Don Cook, who was present for the cup race. Unfortunately, on Nov. 22, S.H.U. met with Trinity and had a disappointing outcome. They lost 9-2, with goals scored by Fruit and Yack. Trinity had 53 shots on goal, and S.H.U. had 24.

On Saturday, the Pioneers meet up with Wesleyan, who they lost to last year, 11-1. On Tuesday, S.H.U. meets at Iona, who is expected to place second in the ECAC South.

The next home game is Dec. 9.
What a start!
Both basketball teams start their seasons off on a fastbreak

By Keith Zingler
Sports Editor

What a difference a year makes. Last year at this time the question around campus was, 'Is the men's basketball team really this bad?' A full year later the question has become, 'Are they really this good?'

The Pioneers find themselves undefeated going into Saturday's game against Merrimack College. After winning their first four games, the Pioneers are starting to create a mini buzz around campus.

"It's nice to see everyone getting excited about us," said senior co-captain Mike Kmiec. "We as a team can't get caught up in the hype though. We have to take every game one at a time."

Getting off to a fast start is something the team needed to alleviate the questions that were brought up about the team, due to last year's performance. They have proved that this team is capable of winning basketball games. Now they must put what they have started into perspective and use it to build on for the rest of the season. Although their victories have been impressive, it must be noted that they have all been non-conference games that won't help them in March when they are fighting for league tournament position.

"A basketball season is more like a marathon instead of a sprint," explains head coach Dave Bike. In the last four games the Pioneers have developed a win-

See Basketball, page 11

By Matt Bronson
Staff Writer

The Lady Pioneers have gotten out to a fast start in their basketball season jumping out to a 3-0 record. Kim McCullion credits this early season success to "good work ethic and working on the little things in practice," which turn into wins in the record books.

SHU's faced its first opponent, Assumption College on Nov. 21. The Ladies put a good game together to open up the season and handed Assumption a 18 point loss, the final 74-56. Chrisee Perkins lead SHU with 16 points along with seven boards. Leanne Lamba also added a dozen points to the cause.

The next game saw Quinnipiac make the trip down I-95, and they probably wished they hadn't. Megan Keefe paced SHU with 13 points to go along with 6 assists. Kim McCullion, Theresa DeFilippo, and Patty "Puffy" Dilton each added 11 a piece in SHU’S 82-62 victory.

With a 2-0 record behind them the next test for the women would come in the form of Adelphi college. There were no visible signs of over feasting on the Thanksgiving turkey as the Ladies would pick up where they left off before the break, and collect win number three.

The Dick Vitale "Windex" award goes to, Theresa DeFilippo. She has been doing a good job on the glass. In the first three wins she grabbed 34 total rebounds.

The women head to Stroudsburg, Pa. for tournament action this weekend.

Icemen into the spirit of things

By Kerri Anne Mahoney
Staff Writer

The Pioneer hockey team had a great week. They played Wentworth and Villanova, and won both games.

On Wednesday, Nov. 16, S.H.U. traveled up to Boston where they dominated the ice the whole game. Sophomore Aaron Foust scored the first goal nine seconds into the first period. Darren Mawdsley followed forty-two seconds later. A little more than a minute later, John Chepren scored the third goal. At the end of the period, Chepren scored again, assisted by Eric Gibson and Doug Sylvester. S.H.U. led 4-0 going into the second period. No goals were scored in the second period, but 2:22 into the third, Foust scored again, assisted by R.C. Letkowski and Jon Yackmack. The last goal was scored by Jon Yackmack, assisted by R.C. Letkowski at 18:27.

The team has really gotten it together in the last few weeks. Goalie Art DeGaetano had 24 saves, and Sacred Heart had 49 shots on goal.

On Saturday, Nov. 19, the icemen met with Villanova. Once again, S.H.U. had a really great