Sacred Heart University

SHU set for 5th homecoming

By Kristen Lalla
Contributing Writer

The Fifth Annual Alumni Homecoming Weekend, which takes place this weekend, is sponsored by Alumni Relations and the Programming Board. This year is the first year that the Program Board has been involved with planning Homecoming Weekend.

“Today we are making more of an effort to include current students this year, as opposed to just alumni,” said Meg Heinrich, chairperson of the Theme Committee. “We never had much of a homecoming celebration at SHU, so we are slowly building it up by adding more activities that will involve more people.”

Homecoming Weekend kicks off on Friday, with singer Neal Casel. Saturday events start at 10:30 a.m. with a tailgate party. Prizes will be awarded for the best tailgates at the campus center lot. At 11 a.m. there will be a magic show and a peanut butter and jelly lunch including ice cream, balloons and clowns for the children of alumni.

Campus tours will run at 11:30. At noon a Texas Barbecue will take place at the Alumni Tent. The barbecue includes Texas chili, chicken wings, beer and soda.

The first ever alumni tug-o-war begins at 12:30 p.m. The football team takes on SUNY Stonybrook at 1:30 p.m. at the SHU field. The game will be followed by a post-game party honoring the classes of 1970, '75, '80, '85 and '90. A fee of $10 includes buffet, beer, wine, soda, live music by Speas Easy and a commemorative T-shirt for the first 200 alumni.

The weekend caps off on Saturday night with a dance marathon for students starting at 8 p.m. A DJ will be on hand and contents with prizes will take place sporadically through the night.

Anyone requiring more information can contact Alumni Relations at 371-7861, or Student Activities at 371-7969.

Dance Marathon to be held

By Justin Mokerecki
Contributing Writer

You get what it takes to win a marathon? Are you looking for a fun way to spend a Saturday night and have a good cause in the process? Then put on your dancing shoes and make sure to drink plenty of coffee!

Starting at 9 p.m. on Saturday Sept. 30 and ending at 9 a.m. the next morning, the homecoming dance marathon is sure to be an exhausting good time for all!

Besides games, props, and music supplied by Seismic Sound of Brookton, MA, prizes of $25, 50, 75 and 100 in gift certificates to the Trumbull Shopping Park will be offered to the top four teams who are able to best dance the night away.

See Marathon, page 3

Art Gallery closing its doors to students

By Tara Deenihan
Staff Writer

Sacred Heart’s annual Student Art Exhibit, previously held in the Gallery of Contemporary Art, is scheduled this year to be held in the Hawley Lounge. This is much to the students’ chagrin, causing them to launch a protest effort including the circulation of a petition to get the show moved back to its original home.

The decision was made last February, in order to resolve a space conflict in the Gallery. The goal was to cut the number of exhibitions a year from six to five, without eliminating any. The student show was scheduled to run simultaneously with the faculty show, which will be held in the Gallery.

Sophia Gevas, curator of the Gallery, said in February that this action would increase the visibility of the students’ work, and provide more of an attraction for visiting high school seniors.

“There was a lot of discussion with Dr. Trebon, former vice president for academics and provost, about how to best accommodate the situation,” says Gevas, “and he indicated that he preferred the student show to be exhibited in a student place which gives the students greater freedom and more space. It also gives other students greater access to viewing the works.” The students, however, see the situation in quite a different shade.

Senior Patrick Sullivan of Bridgeport says, “The students who complete the work of art feel that there is not enough security in the Hawley Lounge. In fact, there is no security at all.” He also cites an incident last year in which three student works were stolen from a locked showcase across from the Dunning Hall. The artwork had never been located, and no actions have been taken yet to rectify the situation.

Students also feel that moving the show is a personal insult, hindering their experience in a professional forum. Sullivan says, “It is pretty clear that Sophia is not happy with the student or faculty exhibits, because she thinks it limits the Gallery’s ability to make money. If she’s looking to have the Gallery be a money maker, it

See Art, page 3

Marijuana use rises on campus...page 2

"Chick bands" come around in Hartford...page 11

Inside...

Football wins big again... page 16
New fall-semester offered

Sacred Heart University today announced that it will begin a second fall semester of courses for part-time graduate, undergraduate and lifelong learners starting Oct. 20.

Students who enroll for the new fall semester will complete the term work before the end of the year under the accelerated format. The last day of the new second semester ranges from Dec. 2 to Dec. 14, depending upon the course and the location where the course is taught.

More than 50 new courses will be available at the University’s main campus in Fairfield and at its branch campuses in Danbury and Stamford. There are also non-credit courses available in such subjects as customer service training, introduction to Microsoft and the Internet.

An Open House for advisement and registration will be held on Saturday, Oct. 14 from 9 a.m. to 1 p.m.

Phone system reprogrammed

Due to the new area code changes for the state of Connecticut the phone system is being reprogrammed on Tuesday, September 26, to accommodate the new 860 area code.

When making a call outside of the University, just now be necessary to dial 9-1-area code + the phone number. This will apply to all in and out of state calls.

Marijuana use high again

By Stephen P. Schoiz

The number of teen-agers using marijuana has nearly doubled since 1992, according to a federal survey released Sept. 12. "Marijuana’s stronger, more expensive and more popular than it’s been in a decade," says George Kalogerakis in the May 1 issue of New York Magazine. "The THC level is fifteen times what it was fifteen years ago; cigar sized joints have replaced joints; and kids are trying pot at early age levels."

Marijuana posted the sharpest rise in the Department of Health and Human Services’ 1994 study of high-school drug use - 38.2 percent of seniors and 16.7 percent of eighth graders reported smoking at least once.

One aspect that may be affecting this sudden surge in teen’s choice to light up could be related to the media’s infatuation with portraying drugs and drug culture. "Does it mean something that a 30-year-out-of-print recording by William S. Burroughs, the semi­na­l post-war African American substance abuser, is being reissued? Or that ex­junkie Jim Carroll’s The Basketball Diaries, written from 1965 to 1966, "has made it to the screen in 1995?" asks Kalogerakis.

Kurt Cobain’s album with William S. Burroughs and Pearl Jam’s musical collaboration with Jim Carroll exemplify the recent trend in pop culture which appears to be contributing to the decay of anti-drug attitudes among our nation’s youth. "The glamour is back," according to a Jan. 2 article in U.S. News & World Report. "Young people have bought 1 million copies of a Dr. Dre rap album entitled The Chronic - slang for a mari­juana strain that can be 20 times stronger than grass of the past. The Black Crows perform before a pro-marijuana sign. And caps and shirts adorned with the mari­juana leaf are fashion mainstays in schools across the land."

Exactly who is responsible for the resurgence of marijuana use remains to be discovered. What is clear is the fact that marijuana is the most commonly used illegal drug in the United States, gaining mass appeal and acceptance among high school and college age kids. "The use of pot, LSD and mushrooms at Sacred Heart has increased over the past few years," says Kevin Kelly, dean of students and chief judicial officer. "We have already dealt with three cases this year involving the use of marijuana, compared to three or four years ago when we would deal with one case over the entire semester."

Search: director needed

For a position as director of Public Safety, the university is seeking a person experienced in dealing with the explosive topic of the day. "We need someone who is comfortable with the media's infatuation with marijuana," said the university's public relations officer. "We need someone who can deal with the media's infatuation with marijuana."
Art: gallery to be opened for outside works

Continued from page 1

should be open 12 months of the year.

This year's first exhibition was not opened until September 17. Art Professor Jack DeCraene said, "This is University property. This isn't a mall where you can operate a store. If you want to be self-sufficient, you shouldn't be closed for three months in the summer.

In response to the movement of the show, students have begun a full attack of publicity, and are circulating a petition among other students to move the exhibit back to the Gallery. The faculty exhibit has also suffered, scheduled now to be held only every third semester instead of annually.

"We deserve the right to exhibit our work in our University," says Clara A. Melchionno, a junior from Trumbull. "We want our professional development should remain the university's top priority.

The exhibition of our work in a professional environment is consistent with the expectations of our faculty that we strive to attain professional standards in our assignments. Furthermore, the exhibition of our artwork in a physically secure environment is consistent with our rights and expectations as students.

Our tuition payments provide the primary source of funding for Sacred Heart University. For most students these payments are made through sacrifice and hardship. This demonstrated commitment to Sacred Heart University should be reciprocated with an equally demonstrated expression of regard for our needs.

In response to this action the faculty has offered to give the students their scheduled time in the gallery for the Faculty Exhibition. This solution is unsatisfactory as it denies us the opportunity to view the faculty's artwork. We expect and demand our own well-deserved space in the gallery.

ART STUDENTS' PETITION

We the art students of Sacred Heart University petition against the exclusion of the Annual Student Exhibition from the Gallery of Contemporary Art in the academic year 1995-1996. Because the primary function of the University is educational, the students' professional development should remain the university's top priority.

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Service learning gains experience

By Michelle Covelluzzi

"Service Learning gives students the opportunity to practice what they're learning," says Phyllis Machledt, director of service learning and volunteer programs who researches the needs of the community as well as those of the students and provides the best programs that will benefit both.

Modern language service learning

"Students taking French, Italian and Spanish courses can take what they've learned in the classroom and use it in the real world," says Machledt. "For instance, French and Spanish students are teaching language classes at John Winthrop Elementary School in Bridgeport."

This is part of an after-school program that allows children to learn French and Spanish at a young age. There is also a separation at the lower level of Hawley Lounge, proper ID required.

The Place to be.

Marathon: all night festival planned

Continued from page 1

D.J.'s for the evening, Brian Robinson and Mike McLaughlin, both college students, are sure to provide an atmosphere filled with electricity. "They are full of energy," says Geanne Peloso, program assistant in Student Activities, "and will definitely keep you going."

This will be the first dance marathon to be held here since 1992. That year, Enza Chiarello won, taking only a fifteen minute break once every hour, as was permitted by the rules committee. Enza will once again be back in hopes of reclaiming her title, and welcomes all students come out and 'vibe their booties' for a good cause.

All of the proceeds raised from the marathon, which is being sponsored by the Programming Board, will go to a charity yet to be determined.

Students can stop by the Student Activities office, located on the lower level of Hawley Lounge, for more details on how to sign up.

Residents protest Stanford waste site

Residents living near the Stanford University campus can handle the busy streets, loud parties and hordes of students, but they aren't about to get used to the radioactive waste.

After an outcry of protest from neighbors, Stanford University officials may have to scrap their plans to store low-level nuclear waste in a proposed 6,500 square-foot building.

The concerned neighbors say Stanford has a history of violating California's toxic waste regulations and are worried that the proposed site will have a dangerous effect on their community.

Last year, Stanford paid $1 million in fines to the state of California for violating regulations on nuclear waste storage. Fines were imposed for practices that took place since 1988. This spring, however, the school's waste procedures were approved by the California Department of Toxic Substance Control and the federal Nuclear Regulatory Commission.

Larry Gibbs, Stanford's associate vice president for environmental health and safety, said the residents' concerns about safety are unwarranted. "We're very responsible in terms of handling our waste," he said.

Off-Campus News

A drinking pill?

Chicago—What if you could take a pill before you head out to the bars, drink all night and never feel a thing?

Well, good news. A chemist from Japan is claiming that ancient Chinese medicines once used to treat arthritis, stomach problems and other medical conditions contain substances that could prevent alcohol intoxication.

"It is an obvious connection," says Dr. Massayuki Yoshiakawa, in town for a seminar sponsored by the American Chemical Society. "Many ancient medicines contain inhibitors of alcohol absorption."

To test his theory, Yoshiakawa used individual samples of angelica tree roots, camellia seeds, seneca snakeroot, horse chestnut seeds and soapberry plants on rats, who were given a pill of the extracted substance. The drugged rats, as well as an unmedicated bunch, were given a series of liquid samples, which contained at least 20 percent alcohol, and were tested for their response.

Blood samples took each rat's blood and determined.

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Were on the road to nowhere

When's the shuttle coming? It's a question that's sometimes asked by students. One red van travels seven days a week to and from campus. With stops at the Trumbull Mall, Brookside Shopping Center and two off campus residence halls, time adds up - especially the wait. Here's some suggestions: Have more than one shuttle available to passengers. Make a backup list of drivers ready to fill in if the original driver for a shift does not show up for a shift. And perhaps create a "three strikes you're out" rule. There are days when the shuttle is reliable and there in 25 minutes. And then there's days where students just stand outside waiting and wondering...

Hawley Lounge damage shows immaturity

One of the positive changes made by Student Activities this year was the renovation of Hawley Lounge. These renovations included the resurfacing of the two pool tables in the lounge. These pool tables are used on a daily basis by many students who enjoy the game or who are just wasting time between classes. Recently these new surfaces were destroyed. Someone tore a two foot hole in each of the new surfaces. Now the tables are ruined.

These tables represented the positive atmosphere the Student Activities office is trying to create on campus. However this action expresses a carelessness of the students.

Now Hawley Lounge will be looked at night and the gift of the pool tables is inhibited by two large holes. Thank you to the student or students who committed this deed. We are sure your childishness will not go unnoticed.

Next time destroy something of your own.

Our future created by past

Sacred Heart has changed rapidly in the previous five years. Among all this change have we forgotten about the alumni? This was their school before it was ours and they had faith in it during the good and bad times (many have forgotten that Sacred Heart almost went bankrupt during the eighties). Now when they come here during Homecoming Weekend, the place isn't even recognizable. New positions, with new faces, have been created and older more recognizable faces have left. Every year this place distances itself from its past. Old achievements like the 1986 Division II Natural Championship basketball season are receding into the past. Two years ago a sign commemorating Sacred Heart's 1986 basketball season was taken down. Is this school purposefully forgetting its past?

The image the school wants to portray to potential students contradicts the image the school had projected for 25 years. Before, this school was a small Catholic four year college for commuters. If you weren't from Fairfield County, the school was pretty much of no use to you. Now along comes an aggressive admissions department and SHU becomes a New England college that attracts students from not just all over the country, but also the world. A small commuter college isn't something these new students are looking for; they are looking for a bigger school that can compete with schools on a national level. The past history of this university isn't attractive to these recruits, so it is forgotten.

The administration has seen it that this school has seen unprecedented growth. No other school has experienced this rate of growth (it took Boston University 20 years to get where Sacred Heart has gone in five years). While this school is bigger than it ever was, we must remember that it also was a quality school before (though not always a financially successful one).

Sacred Heart has changed for the better. We now have a legitimate Division II athletic program (with double the number of sports in the last three years). Also this school has rapidly jumped into the computer age, and there are more clubs and organizations than ever before. Students are now rejoining organizations that many had given up on a couple of years ago (the Spectrum was one such organization).

This school is on the verge of becoming New England's next major college. During this weekend though we should put that growth on hold and honor those who were here before us. Thank you for making this school what it is today.
ENVIRONMENTAL CONCERNS Brought U p

Dear Editor,

The state of Connecticut passed the mandatory "Recycling Act," requiring Connecticut businesses to recycle office paper, corrugated cardboard, glass/metal food containers, plastic containers, newspapers, and leaves several years ago. In fact, businesses were required to begin recycling by law as of January 1, 1991. As I write this letter on September 17, 1995, I wonder why Sacred Heart University is above the law, and yet has to make a conscientious effort to preserve the environment.

Hence I am writing a letter for the sole purpose of complaining in the proverbial "bitch and moan" column. Instead, I implore students, administrators, faculty, and staff to take action. Beginning a recycling program will not be easy, but ignoring the law is risky. Furthermore, ignoring the cries of mother earth is, and will continue to be, deadly.

I understand that people are busy, so I am extremely pleased with the interest in the new Environ-
ment Club being advised by Kim Sousa Peoples. One of the club's goals will be to collect recycling, but our efforts will not end there. While I encourage those who can donate as little as two hours a month to get involved in the club, I would like to reinforce the fact that it is everyone's duty and responsibility to recycle. As the Environment Club, hopefully with the support of the administration, makes recycling containers visible in halls, offices, and residence halls, please use them to the best of your abilities. The extra steps may seem like an inconvenience, but think of each step you take as bringing us one step closer to a cleaner environment.

Thank you.
Christy Ashley

Letters to the Editor...

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Thank you.
Christy Ashley

Editor overseas

By Kathy Bump

On Sunday Sept. 3, I left the United States with my roommate Heather O'Brien to study abroad in Spain for a semester. This meant I had to say goodbye to many things in my life. Saying goodbye is often harder than one thinks. Recently, I have been saying many goodbyes.

Before leaving the States, I would become sad when I thought about leaving but in the back of my head, I knew that in four short months I'd be back. At the Airport, I had a different outlook. Four months seemed like forever. As if I was being put on a plane with a one-way ticket to nowhere. I didn't think about what Spain held for me or what I was about to encounter during this next semester. I was thinking awful thoughts. Bad thoughts which led to horrifying thoughts.

Will I make it back? Will everyone I left still be there? Will I make new friends? Will the friends I have forget about me? What makes me think I can go to Spain without knowing Spanish? What the devil am I doing?

I looked at my parents and lost what little composure I had left. Then I looked at Heather and thought, "She is going to get mad if I don't go."

We were obligated to each other. So of course I went. Still weeks later, a generally busy airport gets me all in a tizzy. Saying goodbye was hard but I soon found out that saying goodbye came something even harder saying hello.

I have the potential to experience new things every second. Whether I want to or not. In these three weeks I have learned to face the challenge of new things and enjoy it. I yell, "Hola!" at everyone and everything I see. I do not always receive an hola with the same enthusiasm as I sent it, but at least tried.

I still find my self laughing and saying, "What the devil did you get yourself into?" It's a small question but much like a huge puzzles: I discover places all over my new world and welcome each one with my loudest, "Hola!"

Kathy Bump is an Editor with the Spectrum and is spending this semester studying in Spain. She will be Associate Editor when she returns.

Write to Chris Nicholson at c/o Spectrum, 5151 Park Ave., Fairfield, CT 06472

RECYCLE!
New Wellness Center opens doors

By Stephen P. Scholtz
News Editor

The Wellness Center, comprised of Health, Counseling and Career Services, embodies Sacred Heart University's pro-active approach to maintaining personal wellness for every member of the Sacred Heart community.

Located at the Park Avenue House adjacent to Fairfield Wheelerr golf course, the center strives to help students achieve health and wellness based on the SPICES model (socially, physically, intellectually, career-wise, emotionally and spiritually).

"Aside from private and individual counseling," says Sister Ann-Louise Nadeau, director of counseling services, "we run various group programs on alcohol abuse, grief, eating disorders and roommate conflicts.

The Center also provides three professional counselors who are available weekdays for individual and personal counseling sessions. Many personal development workshops are offered, as well as group, topical counseling sessions. Career counseling specifically works with freshmen and sophomores," says Eric Rutberg, personal/career counselor. "That experience is the student's time when students have the most options and choices about their future."

Career Services is committed to providing an experiential learning experience to all students and assisting them in career planning, graduate school placement, summer and part-time job placement, internships and cooperatives.

"I would love to set up more students with internships," says Nina Clark, director of internships and cooperative experiences. "We have a lot of opportunity for money and credits. If any senior hasn't done an internship yet, they should."

Additionally, Career Services sponsors numerous programs designed to help students with career planning and placement, including the Work and Learn, Alumni/Student Mentor and Senior Scholar's programs.

Service: students learn culture through language communication

Continued from page 3

rate bilingual program available to Spanish-speaking children who need help learning English.

Service learning in French and Italian classes

"Students cannot really learn the language unless they experience it," Dr. Anita Suess Kaushik, remarks. In her French and Italian classes, Kaushik includes service learning projects as part of her course requirements.

Kaushik believes "people from a community can benefit from what our students learn in the classroom." She also contends that "students learn from the experience as well." Machledt agrees with this and feels it is a unique opportunity for students "to put into action theories that have been taught to them to see if they really work."

Third-year French students in Kaushik's class are required to work with members of the Haitian Baptist Community or tutor Haitian immigrants at the International Institute in Bridgeport.

The students, while communicating with Haitian immigrants in their native language, can teach English. The students also take the immigrants shopping and other places to give them a sense of American culture.

Kaushik's second-year Italian students are asked to spend eight to ten hours with elderly, Italian members of the Bridgeport community. The students talk with Italian immigrants and learn about their personal experiences as well as get an idea of the history of Italian immigrants in Bridgeport.

In both classes, the students' reflection on this project is also required. This gives the student the chance to think about the experience and talk about what was learned that could not have been taught in the classroom.

Service learning in Spanish classes

"Spanish is not just something in a book," explains Prof. Pilar Mundy of modern foreign languages, "but something to use."

Mundy also incorporates service learning projects in her classes. Mundy's second-year Spanish class is given the option to do volunteer work at John Winthrop Elementary School, assisting Mr. Jorge Lopez by teaching the children English and communicating with them in Spanish to help with other subjects and class projects.

Like with Kaushik's third-year French and Italian classes, Mundy requires her third-year Spanish class to participate in a service learning project.

Students can choose from assisting teachers at Mariis School, which is located in the East Side of Bridgeport; tutoring foreign students who need help with their school work; visiting elderly immigrants at Ramessa East and Park City Elderly Day Care centers; or assisting Prof. Linda Strong's nursing students with interviewing people and translating information (diet, family history, etc.) needed for their nursing, nutrition and pharmacology assessment class.

"The Latino culture has a negative image with a lot of people," Mundy explains. "When the students go out into the community and meet and talk with these children and elderly immigrants they realize they are people, too."

Machledt feels that the programs in Kaushik's and Mundy's classes help to "break down walls" in our communities. "These programs," Machledt says, "give students the chance to use language and at the same time fill a real need within the community."
International student brings a piece of Zimbabwe to SHU

Mutsai Mahachi talks about himself and his home country

By Gina Norelli
Assistant Features Editor

"How's it going?" This is a question that Mutsai Mahachi is guaranteed to ask whenever he sees a friend. He says that this is his favorite phrase and people always know that he will say it.

As for Mutsai, things are going great. Although he misses Zimbabwe and often sits on his bed thinking of a spot there that he wants to visit, he is quite content with being a student at Sacred Heart University.

"I think it's a nice place. Everyone is friendly. At first I thought it was bit too small, but that's okay because you get to know more people and make more friends," says Mutsai.

Mutsai came to Sacred Heart last year, choosing this particular university because his father went to the University of Connecticut School of Engineering, and wanted to see his son to also attend a school in this state.

Mutsai applied to several schools throughout the United States. He finally chose SHU because of his father's wishes in addition to the fact that he thought the people in the International Student Center were very helpful.

Born April 8, 1975, Mutsai is an International Business major. He plans to make lots of friends all over the world, and eventually work for a good company in Zimbabwe.

"I hope to go to Japan to study to familiarize myself with the language. Zimbabwe, located in southern Africa, is about the size of Montana. It is populated with twelve million people. Mutsai lives in Harare, its capital."

He is especially fascinated with the rural areas of Zimbabwe he visits where people are unusually trusting and hospitable.

"English is spoken by a few people. Shona is another language. My tribe, Zezum, speaks Ndebele which has three dialects and is similar to Zulu," says Mutsai.

Mutsai comes from a family of six. He has two younger sisters Runzi, 19 and Davidzo, 12, and a brother, Wandai, 10. Mutsai's father Tongai, an engineer, is fifty-one and his mother Marjorie, a nurse, is forty-seven. Mutsai isn't the only Mahachi in the USA; his sister Runzi attends the University of Hartford.

Along with getting an invitation to visit Zimbabwe sometime in the distant future, I learned a lot from my friend Mutsai about his country—a country that's spirit has just been brought closer to SHU.

The drawback to living in these rural towns is that they lack an infrastructure. The citizens cook over open fires, and there's no electricity or running water. They have to walk approximately four miles to the nearest well.

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Where does the time go to for most Sacred Heart students?

By Theresa Hickey
Staff Writer

In the morning, the alarm clock rings. You hop out of bed, jump into the shower, and then dash off to work or class. Maybe this picture is true for morning persons, but other people hit the snooze button a few times. Once awake, they linger about their daily routine. The morning changes into afternoon before a blink of an eye, and it feels as if nothing was accomplished.

Sometimes the morning is not the only thing that slips by; the whole day seems to. Where does the time go?

From a week's worth of collected data, students here at Sacred Heart spend most of their time sleeping.

Although sleeping patterns of students are very irregular, on the average, they slumber seven hours. On certain nights, students do not get any sleep. Some nights, some students don't sleep at all because they procrastinated an assignment for so long. They are not alone—many early mornings students can be seen in lounges typing away.

How many hours does the average SHU student spend on their studies? It is about four to five hours a day?

For most, those hours are not all at the same time. Kristyn Maloy, a junior from Worcester, Mass., does some work between classes as well as after dinner.

How much quality time that's spent on studying appears to depend on where it takes place? Three students spent more than an hour of uninterrupted study at the library. But when those same people tried to read in their rooms, they were constantly bothered.

For instance, Danielle Nolan, a sophomore from Franklin, Mass., said it's hard to read a story for "Approaches to Literature" when someone is knocking on the door. After seven hours of sleep and four hours of study, almost half of the day is spent. Add about three hours of being in class, and an hour and a half used for personal hygiene. The total is 15.5 that leaves you with eight and a half hours to eat, travel, exercise and socialize.

For meals, breakfast is the most likely for students to miss. They may hurry through lunch, and spend up to an hour eating dinner. Average this out among 20 people and get an answer of 45 minutes of eating time in one day.

The school's working population, including work study and off campus jobs, spends an average of three hours on the job.

For socializing, a person spends three hours on the phone, with friends or in the lounge watching television. Exercising seems neglected. For example, with an activity such as aerobics students spend close to 20 minutes. Does your day make sense wisely? Personally, I know some days are a waste while others are productive.

Professor listens and studies complaints

Students finally have someone who wants to talk about their problems

By Marco Buscaglia
College Press Services

"I'm sick of my roommates." "I hate my classes!"

"Why am I always so broke?" "I'm sick of my roommates."

"I hate my classes!" "I'm sick of my roommates."

"We all have things in our life that make us miserable," says Kowalski. "Even the small things can upset us, so the secret is to find out how to work out our problems without driving ourselves or everyone around us insane. Complaining can play a huge role."

The 30-year-old professor says that she first consider studying complaining when she was teaching at Wake Forest University in the summer of 1993. Kowalski says the idea was suggested to her when she was well, complaining.

"I was telling a friend of mine how there were no good fields in psychology left to research, that everyone already did the exciting stuff and that there was hardly anything left," she says.

"He told me that since I was good at it, I should study how and why people complain," says Kowalski. "They had a chance to vent their frustrations about whatever it was they were thinking about."

Kowalski's second study focused on what complainers expect out of those lucky enough to get caught in their paths. "Complainers want to be agreed with," she says.

Unless someone is a chronic complainer, in which case he or she rarely feels better after sounding off, the person doing the complaining usually feels better after venting the anger.

Professor listens and studies complaints

Students finally have someone who wants to talk about their problems

Problem is, says Kowalski, the person listening usually feels worse. "One person gets something off his or her shoulders by dumping it on the next person," she says.

Kowalski says her research indicates that men and women complain at the same rate, and that most college students share the obligatory bellyaches about housework, headaches and hangovers.

"There's the usual stuff, the same things I complained about when I was in school," she says. "Students complain about other people, about the weather and about their lives in general."

Of the roughly 500 students Kowalski has interviewed so far, one however had a slightly different complaint: "She complained about having to complain."

Like to write creatively?
Become a writer for Features. Call 371-7963. Ask for Michele or Gina.
English Club sets to grow

By Michele Herrmann
Features Editor

Clubs often bring students of similar interests together. Besides established ones for sports, social, hobbies and heritage, some academic clubs have developed because of the efforts of a small group.

Now a club for students interested in English has arrived on campus.

Three seniors Joel Bruzinski, Valerie Vancza and Mattio Valentin worked to establish a club. The English Club now has a constitution and is currently planning events. The officers say that they are open to any suggestions.

"This (club) isn't just for English majors. We look forward to welcoming all majors, people who just want to get together and do diverse things from hiking to poetry reading," said Staples.

The English Club now has a constitution and is currently planning events. The officers say that they are open to any suggestions.

Besides social events and meetings, the English club also plans on providing information about what fields and concentrations students can enter into with an English major.

We want to make people aware that there are many career options with an English major and to explore these things as a group," said Valentino.

Right now it's known as the English Club but there is a contest for a new name. Anyone who has an idea should see Dr. Staples in the Communications Department.

English Club meets again or leave it with their name, address and phone number in her mailbox. The winner will receive a ticket to Maya Angelou's presentation on Nov. 30, a book by Angelou and $100.00. The English Club also meets again on Wednesday, Oct. 4 at 7:45 p.m. in S204 located in the psychology and behavior science department.

CLUB HAPPENINGS
Compiled by Michele Herrmann

Amnesty International
Amnesty International is having a meeting Sunday, Oct. 1 at 6:30 p.m. in Hawley Lounge. Students are welcome to attend.

Drill Team
Like to dance or step to hip hop? The Drill Team is holding tryouts today in the West Hall Great Room and tomorrow in Schine Auditorium from 6:45 to 8:30 p.m.

Programming Board
The Programming Board is meeting today at 4:30 p.m. in N201. Students with majors in Pre-Dentistry or Pre-Veterinary are also welcome to attend.

Pre-Med Club
The Pre-Med Club is meeting today at 5 p.m. in N201. Students with majors in Pre-Dentistry or Pre-Veterinary are also welcome to attend.

BE LESS PRODUCTIVE AT THE OFFICE.

The office has always been a place to get ahead. Unfortunately, it's also a place where a lot of natural resources are being wasted. Follow these simple steps and you can easily reduce your office's environmental impact:

1. When you're at the copier, use fewer copies today. We're suggesting some simple things you can do to help conserve electricity.

2. Turn off your light when you leave. "We're not saying you should never use the bathroom, but that you should use it only when you need to." Turn off the lights.

3. Set up a recycling bin for aluminum cans and one for bottles. And when you're in the bathroom...

4. Brushing your teeth, or washing your face, don't let the faucet run. Remember, if we use fewer resources today, we can save more for tomorrow.

5. Drink water instead of coffee. Drinking water is a simple way to save resources.

6. Use both sides of the paper when writing a memo. Turn off the light when you leave. If you leave a paper bag on your desk, you're using one less handbag.

7. Use an energy-saving light bulb. You can save up to 75% of the electricity used by incandescent bulbs.

8. Turn off the lights when you're not using the room. But you may not know it... and you're probably not either.

9. Save water in the bathroom. And for the biggest culprit of all, the toilet, try putting a weighted bag in the tank.

For more information and tips call 1-800-MY-SHARE.

IF YOU'RE NOT USING THE TOILET, TURN OFF THE LIGHT!

IT'S A CONNECTED WORLD. DO YOUR SHARE.

Earth Share

HOW TO USE THE BATHROOM.

You're probably saying to yourself, "any four-year-old knows how to use the bathroom, but you may not know that you use more water in the bathroom than anywhere else in your home. In fact, between the sink, the shower and the toilet, you can use up to 55 gallons a day."

Keep these thoughts in mind. When you're in the bathroom.

1. Use an over-the-counter showerhead. They save between 30 to 60% of the water used by standard showerheads.

2. Every 1% less water you use adds up. Multiply that by the number of homes in the world, and there's a lot of natural resources going down the drain.

3. Now it's not saying you should stop taking showers or brushing your teeth. It's just saying that you should stop using a weighted bag in the tank.

For instance, when you're in the bathroom, turn off the water. Do the same when you're brushing your teeth. And when you leave, you're using one less handbag.

For more information and tips call 1-800-MY-SHARE.

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IT'S A CONNECTED WORLD. DO YOUR SHARE.
Voluntary art on campus

Danielle Nolan
Assistant A&L Editor

In last week’s issue, I described the meaning behind Helene Brandt’s green arches which reside in front of the South and West halls, known as the “Path of Expanding Vision.” Not only are the arches special, but all of the sculptures around the campus have a meaning and are all part of the voluntary Percent for the Arts Program which Sacred Heart has adopted.

This program began as part of a law which says that 1½% of the budget for a state building, open to the public, must be used to buy art. Since Sacred Heart is not a state institution, we are not required to follow this law, yet we have a voluntary section of the law.

This voluntary Percent for the Arts Program which Sacred Heart has adopted is very unique and special. “We are the only independent college or university in Connecticut that currently has a voluntary percent for art program,” said Sophia Gevas, director of the Gallery of Contemporary Art.

“Supporting the university’s belief, that it is important for young people to develop their visual vocabularies, these sculptures are part of the university’s mission to provide students with a well-rounded liberal arts education,” reads the program’s press release.

Most well-known are Brandt’s arches in front of the residence halls, yet most of you probably also have seen the bronze and gold medallions with the maple leaves on top which are on the sidewalks in front of the buildings at Jefferson Hill. These sculptures known as, “Nothing Gold Can Stay,” were built by David Phillips, a sculptor from Massachusetts. “Nothing Gold Can Stay” was inspired by the Robert Frost poem of the same name.

The entrances to the residence halls feature a bronze medallion with the sugar maple leaf motif, placed in the brickwork, one leaf for Jefferson Hill #1, two for Jefferson Hill #2, and so forth,” said Phillips. “As the real leaves of the trees turn golden and fall from the trees, covering the sculptural cast leaves, they will turn brown and wither away leaving, once again, the bronze ‘memory’ of a leaf,” he added.

David Phillips has worked, not only in New England, but also in areas as far away as Japan. He has received and NEA grant and a MacDowell Colony Fellowship. He also owns and runs a foundry and studio in Massachusetts.

Sacred Heart’s latest sculpture can be found on the way up to Jefferson Hill, next to the mailroom. This exhibit is on loan for a year from artist Niki Brandt. She will be showing her works in the art gallery in November.

Gevas said all the sculptures are used to, “enhance the space around the building.” She added, “It is now up to the students who will be interacting with these works in their daily lives to develop an awareness of the composition and placement of the works, and how they will enhance the space.”

The sculptures are very expensive, meaningful, and were required of Sacred Heart, but are there to decorate the atmosphere of the buildings. We, as students of the University, should respect the art and take the time to admire it every once in a while. After all, it is there for us.

“Nothing Gold Can Stay” can be seen at Jefferson Hill consists of cast bronze, pink granite, sugar maples, and grass.

By Jonathan McCarthy
Editor-In-Chief

Over the course of the last three or four years there has been a surge in the “chick band.” By this I mean that the women in the music industry have stepped out from behind the shadows of men and have managed successful careers.

This is exemplified by bands such as L7, Hole and Etasica as well as singers like Sheryl Crowe, Liz Phair and PJ Harvey. The same has proven true on stage. Recently WMBQ Radio 104 in Hartford sponsored “The Big Day Off” at the brand new Meadows Music Amphitheater. The show’s claim to fame was “ten bands for ten bucks.” The show, headlined by three women centered ensembles like Letters To Cleo, Belly and Juliana Hatfield.

Letters To Cleo, from Boston, Mass., is riding the success of their newest radio single “Awake.” Driven by energy and power the band kept the crowd moving throughout their set. The ninth band of the evening proved to be the best of the night. Emmy award winning Belly showed experience causing their second album “King.”

Belly, led by ex-Breeder and ex-Throwing Muse Tanya Donelly, filled the theatre with her gripping voice and exhilarating energy. Even after seven hours plus of concert entertainment, the whole crowd managed to get up and move. Highlights of the follow up to their debut album “Star” include “Zed” and “Connected.”

The evening concluded with Juliana Hatfield. Accompanied by a new guitarist as well as a new drummer, Hatfield showed poise on stage that is remarkable for a shy, timid girl from Massachusetts. Juliana first worked with Boston-bred Blake Babies and then later did work with the Lemonheads and most recently fronted the Juliana Hatfield Three. This time around it was the same three plus two more and the result was beautiful.

Women rule the big day off

By Jonathan McCarthy
Editor-In-Chief

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Rancid returns hardcore

By Pete Trenchard
A&L Writer

These four guys are the best of friends, and they have some outstanding talent when it comes to songwriting and playing punk rock. Armstrong and Freeman grew up together in Albany, California. They were founding members of the band Operation Ivy while still in high school. Operation Ivy added another member, Lars Frederiksen, who brought the bass guitar and background vocals to the already fantastic sound of Rancid. Soon, Rancid released their second album, Let's Go.

In some ways Rancid resembles the British punk rock of the late 1970s. People have often compared Rancid to the Clash, but in the October 1995 issue of SPIN Magazine Armstrong says, "The Clash were a great band, but we've created our own f-cking thing here. I could not agree more, Rancid has a style that is all their own, and no other punk band can match it.

African beat to campus

Michyo Ukai
Contributing writer

Jabali Afrika, a famous Kenyan rock group, is scheduled to perform at Sacred Heart University on Oct. 13, sponsored by the International Club. Jabali Afrika, formed by eight young men, uses traditional drums, sitar and wind instruments and dance.

"Jabali is the most popular group in Kenya, and quite well-known in Africa," said Derek Bhanga, co-president of the International Club, who knows personally four members of Jabali. "I think this is the best group in Kenya," he said.

Reporter Adrian McCoy of the Pittsburgh Post Gazette called Jabali Afrika, "a group from Kenya whose blend of contemporary and ancient rhythms have won them a following in Africa and Europe." Jabali performed sold-out tours in Africa and Europe, showed your picture at the mall, but the kind you would find at your local music store. They are Rancid, the Californian punk band, and they have just released their third and newest album, And Out Come The Wolves. Rancid is made up of Tim Armstrong, Lars Frederiksen, Brett Reed, and Matt Freeman.

What's Hot

Moder Rock Top Ten
#1. "Comedown" performed by Bush
#2. "Tomorrow" performed by Silverchair
#3. "Name" performed by Goo Goo Dolls
#4. "Lump" performed by The Presidents of America
#5. "J.A.R." performed by Green Day
#6. "Till I Hear It From You" performed by the Gin Blossoms
#7. "Hand In My Pocket" performed by Alanis Morisettie
#8. "In The Blood" performed by Better Than Ezra
#9. "Warped" performed by Red Hot Chili Peppers
#10. "Galaxie" performed by Blind Melon

Adult Contemporary Top Five
#1. "Kiss From A Rose" performed by Seal
#2. "I Can Love You Like That" performed by All-4-One
#3. "As I Lay Me Down" performed by Sophie B. Hawkins
#4. "Run-Around" performed by Blues Traveler
#5. "Only Wanna Be With You" performed by Hootie and the Blowfish

World Premiere to begin at the Palace Theater in October

The Rich Forum and Palace Theater is set to host the world premiere and Pre-Broadway engagement of Sacrilege. Tony Award and Oscar winner Ellen Burstyn stars with John Forsythe and Giancarlo Esposito. Ticket prices range from $55-$25. For tickets and more information contact the Box Office at 325-4466.

Ben Vereen comes to the Stamford Center for the Arts in October

The star of Broadway and the Las Vegas/Atlantic circuit, takes center stage on Friday, October 13 at 8pm. Highly revered as a premier song and dance man, Vereen should light up the night. Tickets cost $40 and $32 and can be purchased through the box office at 325-4466.

Creature Double Feature grips Cabaret Theatre

The Downtown Cabaret Theatre Children's Company is presenting the "Creature Double Feature" Oct. 7 through Nov. 5. Two of your favorite horror stories, "The Mummy" and "The Werewolf" come to life on a stage in this howlingly funny double feature. tickets are $9 and are available along with further information at the box office: 576-1636.

Downtown Cabaret Theatre returns with Anything Goes

The Downtown Cabaret Theatre will re-open with the final show of the 1994/95 season. It is the Cole Porter "Magic that he weaves so well." The elegant, witty and sophisticated score for "Anything Goes" is one of the most glorious in American musical theatre. Shows began Friday Sept.15th and runs through Nov. 25th. For more shows and ticket prices contact the box office at 576-1636.

A&L BRIEFS

Compiled by Jason Mazalk

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As serious as a heart attack

Quentin Tarantino directs again with a little help from his friends

Stephanie Smith
Ad & L Writer

As Pulp Fiction premiered at the 1994 Cannes Film Festival, Quentin Tarantino smiled devilishly. During the Uma- Thurman drug overdose adrenal injection scene an audience member fainted. In reflection of that moment, Entertainment magazine quotes Tarantino as saying “I’m as serious as a heart attack.” That evening Pulp Fiction walked away with the most prestigious award at Cannes, The Palme d’Or.

For anyone who does not recognize the man Quentin Tarantino is a writer-director and an actor. He dropped out of high school with an amazingly high IQ in the one-fifties to work in a video store. He had been working on the pre-production of Reservoir Dogs, which he wrote, directed, and acted in. Finally he was completing a movie on his own terms. Dogs was released in 1992. Due to the violent nature, the movie has been banned in Britain. However, it has grossed about twenty-million worldwide, not a shabby figure considering it only cost one-and-a-half million to produce. Still, Reservoir Dogs was only a cult hit. Tarantino had not yet caught the eye of the mainstream. Tarantino retired to Amsterdam Jr, Tarantino distanced himself from the film.

He decided not to be bitter about the True Romance script, he had been working on the pre-production of Reservoir Dogs, which he wrote, directed, and acted in. Finally he was completing a movie on his own terms. Dogswas released in 1992. Due to the violent nature, the movie has been banned in Britain. However, it has grossed about twenty-million worldwide, not a shabby figure considering it only cost one-and-a-half million to produce. Still, Reservoir Dogs was only a cult hit. Tarantino had not yet caught the eye of the mainstream. Tarantino retired to Amsterdam Jr, Tarantino distanced himself from the film.

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**Comics Page**

**Calvin and Hobbes**

I HATE SUNDAYS, THE DAY GET US RUINED BY KNOWING I'VE GOT TO GET READY FOR SCHOOL TOMORROW.

WHY DON'T WE GET YOUR CHORES DONE NOW SO WE CAN ENSAY THE REST OF THE DAY WITHOUT WORRY?

BAM, I HATE TO DELAY FUN, BUT MAYBE WE'LL DO SOMETHING.

AT LAST, WE GOT EVERYTHING BAD OUT OF THE WAY!

THERE YOU ARE, IT'S TIME FOR BED.

THE SAD THING IS THAT I LOOK LIKE THIS IN REAL LIFE.

HELLO! MY NAME IS CHRIS BECKRWAY. I'M THE CREATOR OF "THE CREEP!" THIS IS KIRBY, HE'S THE STAR OF "THE CREEP!"

KIRBY IS A SCHIZOPHRENIC NERD, HE HAS ANOTHER PERSONALITY.

THIS IS KIRBY'S OTHER "SLEEPING" HE'S NOT A REAL PERSON.

NEW EPISODES OF "THE CREEP" WILL START NEXT WEEK.

THE SAD THING IS THAT I LOOK LIKE THIS IN REAL LIFE.

**The Crossword**

**ADROSS**
1. Unaccompanied
2. Substitute
3. Master
4. Disease
5. Brat
6. Inky, zebrine
7. Smoked amaranth
8. Yearly trips
9. Model boy
10. Snarky
11. Stem of ingredient

**Across**
12. Unmanned
13. Oriental, e.g.
14. Scattered trash
15. Command to
16. Lag
17. Latvian capital
18. Smallest amount
19. Control strap
20. Good buy
22. Pudding ingredient
24. Illuminated
25. Onto, e.g.
26. Stated as true
30. Scattered trash
34. Command to
35. Mexican title
36. Exact
37. Skin
38. Retain
39. Publishers
40. Cords
42. Underground growth
43. Medgar—Civil Rights name
45. Ohio or Iowa
47. American Indian
48. Decade
49. Eggs
50. Case
51. Entertains
53. Anoint, old style
55. Ago
56. Aware of
57. Kind of party

**Down**
1. Baby bed
2. Italian money
3. Culture medium
4. Insurance
5. Shining
6. Claim against
7. Ad
8. Cost
9. Quid
10. Runner
11. Bread spread
12. Not of the clergy
13. Sideline mount
14. Brings into the open
15. Takes as one's own
16. Inquired
17. Colander kin
18. Expensive
19. Son of Seth
21. Food fish
22. Overact
23. Appraises
24. Genuine
25. Fraudulent business scheme
26. Wicked
27. Crowns
29. Challenge
30. Issue
31. Study rooms
32. Brew
33. Brew
34. Brew
35. Encyclopedia
36. Ammut, old style
37. App
38. Aware of
39. Kind of party

**ANSWERS**

1. Runner
2. Bread spread
3. Not of the clergy
4. Sideline mount
5. Brings into the open
6. Takes as one's own
7. Inquired
8. Colander kin
9. Expensive
10. Son of Seth
11. Food fish
12. Overact
13. Appraises
14. Genuine
15. Fraudulent business scheme
16. Wicked
17. Crowns
19. Challenge
20. Issue
21. Study rooms
22. Brew
23. Brew
24. Brew
25. Encyclopedia
26. Ammut, old style
27. App
28. Aware of
29. Kind of party

**THE Crossword**

**ADROSS**
1. Unaccompanied
2. Substitute
3. Master
4. Disease
5. Brat
6. Inky, zebrine
7. Smoked amaranth
8. Yearly trips
9. Model boy
10. Snarky
11. Stem of ingredient

**Across**
12. Unmanned
13. Oriental, e.g.
14. Scattered trash
15. Command to
16. Lag
17. Latvian capital
18. Smallest amount
19. Control strap
20. Good buy
22. Pudding ingredient
24. Illuminated
25. Onto, e.g.
26. Stated as true
30. Scattered trash
34. Command to
35. Mexican title
36. Exact
37. Skin
38. Retain
39. Publishers
40. Cords
42. Underground growth
43. Medgar—Civil Rights name
45. Ohio or Iowa
47. American Indian
48. Decade
49. Eggs
50. Case
51. Entertains
53. Anoint, old style
55. Ago
56. Aware of
57. Kind of party

**Down**
1. Baby bed
2. Italian money
3. Culture medium
4. Insurance
5. Shining
6. Claim against
7. Ad
8. Cost
9. Quid
10. Runner
11. Bread spread
12. Not of the clergy
13. Sideline mount
14. Brings into the open
15. Takes as one's own
16. Inquired
17. Colander kin
18. Expensive
19. Son of Seth
21. Food fish
22. Overact
23. Appraises
24. Genuine
25. Fraudulent business scheme
26. Wicked
27. Crowns
29. Challenge
30. Issue
31. Study rooms
32. Brew
33. Brew
34. Brew
35. Encyclopedia
36. Ammut, old style
37. App
38. Aware of
39. Kind of party

**ANSWERS**

1. Runner
2. Bread spread
3. Not of the clergy
4. Sideline mount
5. Brings into the open
6. Takes as one's own
7. Inquired
8. Colander kin
9. Expensive
10. Son of Seth
11. Food fish
12. Overact
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17. Crowns
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Title IX lawsuit

The Office for Civil Rights of the U.S. Department of Education is expected to provide all colleges and universities with updated Title IX policy guidelines at the beginning of the 1995-96 academic year. OCR has not said the exact date the guidelines will be released, however the expectation is that they will be available by the end of September.

In a related development, a Title IX lawsuit involving the University of Pennsylvania has been settled. The university will upgrade locker rooms, gyms and equipment used by its women athletes and turn several women's coaching jobs into full-time positions under a settlement announced August 30. Financial terms of the settlement were not released, and Pennsylvania did not admit to any violation of civil rights law.

Meanwhile, a New York Supreme court judge ruled that the State University of New York at Albany did not violate Federal sex-bias laws when it dropped four sports (three of them men's sports) to bring the institution's athletics program in compliance with Title IX.

Bat technology control

The NCAA Baseball Rules Committee is using a two-part plan to control the effect of new bat technology on the game. The first phase involves the development of testing; (2) field testing; (3) data from the 96' will evaluate (1) interim bat-performance standard committee to decide on a performance standard, it allowed for competition. Any bats that do not in compliance with the standard, then would be manufactured bats to meet standard, they will do.

Manufacturers Association will conduct perfor­ level of different bats. A physics professor and analyze by November 1.

STAFF NEEDS YOU!

SHU Fitness Center offers more than just free weights

Summer expansion makes weight room larger and more accessible to students

Megan Keefe Staff writer

Sacred Heart's new Fitness Center offers more than free weights and curl bars.

In fact, this past summer, the University expanded and renova­ rated the large space underneath the gym which was previously the home of the psychology depart­ ment.

The last few years the weight room has undergone various changes due to the suggestions of head strength and conditioning coach Matty Melisi, who directs the faculty.

Among them is the recent add­ tion of cardio/ed-saclar machines, nautilus equipment and aerobic room.

"I never really went to the weight room because it was al­ ways so crowded and I don't like to just lift weights," explained sophomore psychology major Mary Kate Fitzpatrick. "But now I go down there to use the treadmill and the nautilus machines."

other than the size, the Fit­ ness Center has increased in hours. The expanded hours are as fol­ low: 10:00 a.m.-4:00 p.m. M - F (SHU community) 6:00 p.m.-11:00 p.m. M - T (SHU community) 6:00 p.m. - 8:00 p.m. Friday (SHU community) 11:00 a.m. - 5:00 p.m. Weekends (SHU com­ munity)

Praying on field allowed

NCAA football rules committee retracts rule against prayer on field

Special to the Spectrum

The NCAA Football Rules Committee clarified the football playing rule against unsportsman­ like conduct Sept. 1, one day after a Division I-A institution sought a temporary restraining order to prevent enforcement of the rule. On Aug. 20, Liberty University filed a lawsuit in Federal Court claiming that the rule prohibited players from kneeling or praying on the field and amounted to relig­ ious discrimination in violation of the 1964 Civil Rights Act.

The next day, the Football Rules Committee issued the clarifi­ cation of the rule in a memo from Vincent J. Dooley, chair of the committee and director of athlet­ ics at the University of Georgia. In it, Dooley explains that the rule is intended to prohibit any act that is delayed or prolonged in an at­ tempt to call attention to an indi­ vidual. Praying is not a violation of the rule. "As a football coach, I've never seen praying as a violation," Dooley writes. "Once people understand what the rule is about, they realize praying is not a violation."

The explanation was deliv­ ered to all football-playing schools in the form of a videotape pro­ duced this summer by the rules committee to more clearly define unsportsmanlike conduct. The 21­minute tape contains the committee's rulings on footage of potentially unsportsmanlike mean­ ing or celebration. The rulings make it clear that the committee wants to crack down on prolonged, individualistic acts that focus on the player instead of the team.

In one play, a player crosses the goal line and kneels down with his head bowed. As the frame freezes for several seconds, the narrator says that this type of kneeli­ ng is "a foul because it focusses attention on one person at the ex­ pense of the rest of the team."

John Adams, the committee's secretary-rules editor, acknowled­ ged that the segment did not adequately depict the committee's interpretation of the rule as it re­ lates to prayer.

"In retrospect, the committee probably should have handled this issue differently in the tape," he said. "We could have either ex­ claimed that it was the prolonged length of the kneeling that was an issue, or we could have tried to find a rule of a very brief kneel and indicated that this was within the rules."

"This was one of the more than 40 plays that we were dis­ secting to try to cover a wide range of common actions that players are doing," he said. "We were doing a major under­ taking, and it's unfortunate that we didn't give a more comprehen­ sive treatment to an area that was so controversial."

Dooley said that the memo is consistent with the committee's intent all along, which is to pre­ vent delayed and prolonged indi­ vidual actions of any kind without restricting brief, spontaneous dis­ plays of emotion or personal con­ viction.

"We have said that this rule allows for religious expression," he said. "Once people understand what the rule is about, they realize it is about drawing attention to yourself to the exclusion of your teammates. Kneeling moment­ ously in the end zone does not do that any more than a quick pump of the first or high five from a teammate."

It remains to be seen whether officials' interpretation of "mo­ mentarily" will be consistent with the committee's, but Dooley is not concerned. He believes that officials will use good judgment and that the committee's renewed emphasis on sportsmanship will, on balance, be positive for the game.

"I am confident that we will be able to proceed with enforcing a rule that also retains sports­ manship to college football," he said.
Kevin and Joe's Picks for SHU Football's Players of the Game

Offense
Scott Warman
Warman rushed for 121 yards and had 1 touchdown on the day.

Defense
Marco Soto
Soto came up with five tackles and one sack.

Women's soccer win 4 straight

By Megan Keefe
Staff writer

The women's soccer team is on a roll after winning four games in a row.

Last weekend, the Lady Pioneers made the long trip up to Syracuse to square off against LeMoyne College. SHU triumphed 5-4 behind goals from Liz Chemis (2), Jen Stork and Jen Fallon (2).

With the two goals, Fallon surpassed the sixty goal mark for her career.

The next game is Sunday at home against conference foe UMass-Lowell at noon.

Women's spikers off to shaky start

Team starts off season 1-6

Joe Collett
Assistant Sports Editor

Despite a shaky start, the women's volleyball team, with a record of 1-6, remains confident in their ability to post a productive season.

A recent loss to AIC brought bright spots for the lady spikers when Renato Zugewski came up with nine digs, four kills and two blocks.

Zugewski leads the team with 52 kills.

Amore also shone on the court while contributing a team-high 15 assists.

Even though the start of the season is less than desirable, the Lady Pioneers refuse to let their confidence level fall.

"Each game we are improving on our skills. Once everything falls into place we are going to be very tough to beat," said junior Karen Mann.

With many matches left, the team has time to turn the tide and gain chances for a successful season.

Zig off the bench

By Keith Zingler

Alright, I have had enough! I don't want to see it happen anymore. Coaches you have been warned. No more Hail Mary passes with no time left on the clock and your team up by five touchdowns. Whatever happened to sportsmanship?

College athletics is supposed to teach sportsmanship. Humiliating opponents 77-3 isn't exactly what I learned in sportsmanship 101. I know you are all concerned about precious rankings, but don't forget you are also educators. Young adults need to learn more about compassion than winning. Showing mercy on a beaten competitor is a greater sign of strength than rubbing their nose in it.

College coaches must remember that what goes around comes around and everyone eventually gets theirs. I don't buy this nonsense about how the pollsters will knock them out of the number 1 spot in the ratings if they don't humiliate lesser opponents. A win is a win. How many times have you seen more than two teams finishing a season undefeated, anyway?

I think that college football coaches are using the poll excuse as a way of justifying their own personal ego. There is nothing wrong with wanting to win, but in sports there is something wrong with being obsessed with winning. These young athletes already have a history of immaturity. Being graceful in victory as well as defeat are qualities most of them haven't learned yet. How can a coach who insists on running up scores possibly be expected to teach these valuable lessons?

The time has come for college athletic directors and coaches to take back their programs and stop being slaves to a system that has never worked. Universities must make it known that they want to be known for sportsmanship along with winning. There is nothing wrong with defeating teams 28-7 instead of 77-7.

There is another issue here that I haven't talked about yet. The plight of the second and third string athletes. They work their butts off during the week, giving the starting players a scout team to practice against. In years past the fourth quarters of blow-outs were their opportunities to show what they could do. What happens to their development as players? Freshmen and sophomores aren't getting the opportunity to play in front of big crowds with the game on the line. Blown assignments become starters they will have to learn how to play in front of huge crowds with little on the line. When they eventually become starters they will have to learn how to play in front of huge crowds with the game on the line. Blown assignments cost games, not point spreads.

It just doesn't make any sense, to run up scores. In the end everyone loses.
SHU football starting off strong at 2-0

By Jonathan McCarthy
Editor-In-Chief

This past Sunday the men's varsity crew successfully took the water for its first regatta of the 1995-96 season, bringing home six medals from the Mystic River.

The Coastweeks Row on the Mystic River marked the opening of the Winter season, bringing the coast week's rowing clubs as well as heavyweight boats. The men who received medals were Ed Page, Mike Page, Coach James Morgan was also pleased with the effort. "I was impressed to see this rookie move to the second place finish, said Morgan. The men who received medals were Ed Page, Mike Page, Tom Wilson and Jonathan McCarthy. Kennedy brought home two as cox. The men's crew is comprised of lightweights as well as coxswains. Under the direction of coxswain Jonathan Kennedy the men were able to bring home five bronze medals with their third-place finish.

The sixth medal came from Assumption College. Kennedy who coxed a women's masters four boat from the Saugatuck Rowing Club in a second place finish. The men, only defeated by the two entries from UCONN, seemed pleased with the results.

"We had a shaky first 1000 meters and a poor start, but we picked up the pace and we are extremely happy with the way we finished," said men's captain Ed Page.

The Lady Pioneers pulled another trick out of their hats with a double overtime win against Assumption College. The Lady Pioneers pulled another trick out of their hats with a double overtime win against Assumption College.

The next two games turned out to be hard fought victories for the Lady Pioneers. The home game against Fairfield turned out to be a quest for the "City Championship" for the Lady Pioneers. They won 2-0 with a goal from Nicki Manard and a penalty stroke goal from the person who defends against these types of shots, the goalie, Cheryl Simmons.

The Lady Pioneers pulled another trick out of their hats with a double overtime win against Assumption College. The Lady Pioneers pulled another trick out of their hats with a double overtime win against Assumption College.

The Pioneers Scott warman (22) rushed for over 120 yards as he led the gridders to their second victory in a row over UMass-Lowell.

At the half the score was 26-13, and that was not the end of the scoring spree for the Pioneers. The gridders came back after the half like men on a mission. With 6:47 left in the third quarter, Scott Warman turned on the jets and ran in for a 37 yard touchdown run. Don Fowler hammered the nail into the coffin with his 4 yard touchdown run in the fourth quarter.

The defense was led by the men on the front line. Senior co-captain and defensive tackle Marco Soto led with his 5 tackles and quarterback sack.

The Pioneer defense has only given up 16 points combined for the first two games. This is a much improved defense as compared to years past. "We're committed to work towards that next step against Stonybrook," said Reho.

They hope that this low number of points will be maintained with their next game against Stonybrook at home this Saturday.

This team says it will not accept anything other than complete success.

Field hockey continues roll

Wins three games in one week to up record to 6-2

By Jonathan McCarthy
Editor-In-Chief

The women's field hockey team is on a roll. This season they're giving everything they have, and it's turning into victories for the Lady Pioneers. The field hockey team took on East Stroudsburg last week, and had to put up with a hard fought 1-0 loss.

"It was an entire team effort against Stroudsburg, we don't regret anything. We left everything on the field," said junior Melissa Libby.

The next two games turned out to be hard fought victories for the Lady Pioneers. The home game against Fairfield turned out to be a quest for the "City Champions" for the Lady Pioneers. They won 2-0 with a goal from Nicki Manard and a penalty stroke goal from the person who defends against these types of shots, the goalie, Cheryl Simmons.

The Lady Pioneers pulled another trick out of their hats with a double overtime win against Assumption College. After being scoreless through the whole game, Deidre Hynes scored a goal while shooting a corner shot which deflected off an Assumption defender's stick. This ended the game with the final score of 0-1 in favor SHU.

The field hockey team has boosted their record to 6-2. This is the strongest squad to date and a record to match. What the future holds is in the skills and hearts of these young women.