In his first three years in the U.S., DeVilliers was a professor at Allen University, in Columbia, South Carolina. In 1965, he joined the fledgling Sacred Heart University-then in only its third year of existence-as acting chairman of the mathematics department, with the title of associate professor. A year later DeVilliers was appointed permanent department chairman-a post held for the next 16 years. In 1967, he became a full professor and achieved tenure in 1969, the same year SHU itself achieved accreditation.

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The highlight of the week will be a voluntary fast to be held on Wednesday the 15th. Resident students can sign a pledge sheet and give up one meal ($3.00) to Oxfam America and to the Merton Center in Bridgeport. Students not on a meal plan, staff and faculty may participate in the fast.

Students to fast for hunger
Heart gets involved with Hunger Awareness Week

Ask a member of P.E.A.C.E. or one of the G.E. Scholars why they have devoted the last three weeks to putting together a "Hunger Awareness Week" here on campus and they are likely to quote one of the following statistics: •Every year hunger and poverty related causes claim the lives of an estimated 13-14 million people. Two-thirds of them are children. •While people starve, one-third of the grain in the world and one-half of the fish caught are fed to animals. •One of the largest segment of the population living below the poverty level in the United States are children under the age of 17. •One in four children in Connecticut will miss a meal today. •Perhaps this last statistic more than any other has moved so many SHU students to action. Hunger Awareness Week will run Monday Nov. 13 to Friday Nov. 17. •The purpose of the week is to raise students' awareness to the fact that people are hungry and go hungry everyday in our country.

See DeVilliers, page 3

Dr. Raoul A. DeVilliers, SHU Professor Emeritus.
Business program seeks accreditation by Assembly

By Tara Deenihan
Staff Writer

As a measure of attracting prospective business students to Sacred Heart, the undergraduate and graduate business programs are applying for national accreditation by the American Assembly of Collegiate Schools of Business (AACSB). If successful, SHU will join University of Connecticut as the only two schools in Connecticut accredited by the Assembly. Sacred Heart is already accredited on a regional level by the Northeastern Association of Colleges (NEAC).

Accreditation will be a step toward the program's expansion, according to Dr. John Gerlach, a professor at Sacred Heart, who says, "In order to improve the quality of the business program as a way of attracting more students, we have decided to pursue accreditation." The process began last year, when a committee was established consisting of Drs. Aubrey, Corrigan, Gerlach, Cassini, and Farmer, all members of Sacred Heart faculty. The first step in applying as a candidate was the completion of a self-study, or an indepth profile of the university in all areas.

The report, after being compiled, was submitted and approved by Dr. Ed Malin, acting provost and vice president for Academic Affairs, and will be submitted for approval to Dr. Anthony Cerenna, president of the university, next week. If Cerenna approves the report, the report will then be sent to AACSB for review. If accepted, SHU will have five years to complete all of the program objectives listed on the report. If the application is denied, it will have to be improved to meet standards.

Sacred Heart has already been assigned an advisor for the process. The Dean of the School of Business from Gonzaga University in Spokane has visited this campus twice.

"This is very important for our business program," says Dr. Gerlach. "If we get this, it will make us one of the premier Catholic business schools."

The AACSB was chosen above another organization, mainly due to its longer existence, higher recognition and tougher standards.

AACSB has 670 universities as members, 280 of which are accredited. Other candidates for accreditation include Brigham Young University in Salt Lake City, University of Massachusetts and North Carolina State University.

Rabin: a man who strived for peace

Continued from page 1

"When the evil of a society is coming from within it is much more dangerous and always has far greater lasting effects. I hope that those who want peace will realize how hard they will have to work to overcome those who want violence and war." Many of those who want peace voiced their concerns this past Monday night during a memorial service at the Jewish Community Center in Bridgeport which featured members of the Fairfield County clergy.

"The service was the largest turn-out I've ever witnessed at the JCC in the 30 years I've been in this area," said Rabbi Jerome Wallin of Campus Ministry.

One of the two basic themes of the night was the memorial service in honor of Rabin which included prayers both in Hebrew and English. The other theme focused on unity in Israel and for Jewish people around the world.

"It was unbelievable to see all those people come out and participate," added Wallin. "It demonstrates how committed people are to create unity and make peace."

Notice to current subscribers!

The Spectrum is scheduled to be mailed out on a weekly basis. However due to computer problems this process has been hindered. Currently the Spectrum is being mailed biweekly and we soon hope to have all the problems corrected. Thank you for your continued support and patience.

Sincerely,
Jonathan McCarthy
Editor-In-Chief
President Anthony Cernera joined students and their parents this past weekend at the Sacred Heart football game. The Pioneers defeated Curry College 62-14. Cernera also hosted a continental breakfast on Saturday taking time to speak to students' families during Parents Weekend.

Older folks likely to be students

By Sunni Deicola
College Press Service

Picture this, the typical American college student: newly out of high school, outfitted in jeans, a T-shirt and Timberlands, and calling a cramped dorm room "home." Not quite. The typical American college student these days may look, store like Mom or Dad. This year, only 20 percent of college students go to college full time, are between the ages of 18 and 21 and live on campus — a record low, according to a recent report. Meanwhile, 42 percent of college students are over age 25. From 1970 to 1991, the enrollment of students over age 30 in colleges has more than doubled.

DeVilliers: Dinner for Professor Emeritus

Continued from page 1

for seven consecutive years. DeVilliers was also president of the Connecticut State Conference of the AAUP in 1981.

As his union, chairmanship and teaching duties were not enough, DeVilliers found time and energy during SHU's formative years to serve as president of the University Senate for two terms. He later served a third term as Senate president. He also served for a number of years as a consultant to the City of Bridgeport and to several area corporations; he continues to serve on DiCaputo's scholarship selection committee. In addition, he has been a field reader, or grant evaluator, for five different U.S. Department of Education programs.

In the 1970's, SHU's math and science department was integrated with that of computer science, reflecting the growing importance of the computer science major. To equip himself to oversee the comprehensive changes he envisioned, DeVilliers attended Yale's School of Engineering for a semester in 1976 as a Lilly Fellow and Yale's Graduate School of Engineering for a year in 1979 as a Carnegie-Mellon Fellow.

Based on what he had learned at Yale, DeVilliers established SHU's first computer lab. In a major coup for Sacred Heart, DeVilliers also engineered an alliance with Yale's Graduate School in Computer Science that led to the installation of eight terminals at SHU linked to Yale's state-of-the-art IBM 370 mainframe computer. Today, SHU's computer science program remains a key asset to the university.

DeVilliers' retirement this past August saw the end of an era at SHU. In recognition of his 51-year career in education and 30 years of service here, DeVilliers was named Professor Emeritus by the president and Board of Trustees on Sept. 1, 1995.

The inquisitive question about the Nov. 10th dinner honoring Dr. DeVilliers, please contact Dr. Babu George, N107, at 371-7793.

Hunger: a growing problem

Continued from page 1

in the fast by signing the pledge sheet and putting the cost of their lunch in one of the donation baskets that will be located in the dining hall on that day. Computer students who do not use the dining hall may drop off canned food items in front of Hawley Lounge on the 15th as well.

As if his union, chairmanship and teaching duties were not enough, DeVilliers found time and energy during SHU's formative years to serve as president of the University Senate for two terms. He later served a third term as Senate president. He also served for a number of years as a consultant to the City of Bridgeport and to several area corporations; he continues to serve on DiCaputo's scholarship selection committee. In addition, he has been a field reader, or grant evaluator, for five different U.S. Department of Education programs.

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Lyford: experiencing a new culture

Continued from page 1

the difference between the country or "campus" and the city is like night and day. The cities are so American and commercialized. There is a completely different sense of reality in the country. The city is place of politics and it is very discouraging that the contact between professors and students in their classes At the University of Iowa, "authorous" relationships between faculty members and students are forbidden when the instructor has any role of direct responsibility to the student outside the relationship.

During the years between 1980 and 1992, the USA helped a war with billion and now in this country a war of ideas exists. More people are poorer now than during the war and taxes have risen 19%. People in the camps approached me and asked if my country was going to fund another war. It has been very difficult responding to these questions.

In the free trade zones here there are many "maquiladoras", foreign owned factories which hire Salvadoran workers as cheap labor. Among the American companies here are The Gap, Liz Claiborne, The Limited, Walt Disney, Fruit of the Loom, Gitano, Hanes Her Way, Cross Creek and Ocean Pacific.

The companies pay the equivalent of 44 cents an hour with no benefits or vacations. The work shifts are up to 12 hours long, with no breaks, not even bathroom breaks are permitted.

According to the ARENA party, the governing power, this is acceptable economic development. Government officials are exporting their country by selling out to American and European companies. This study abroad has definitely opened my own ignorance and how much the American public is unaware of.

This has been a very humbling experience. I have taken so much for granted in my life and I know I will return to the States much more appreciative than when I left in September.

OFF CAMPUS NEWS

Yale Prof Says Barbie and Ken's Bodies Are Unrealistic

NEW HAVEN, Conn.—Having a hard time living up to the physical standards set by Barbie and Ken?

Don't worry, a psychologist from Yale University says that the muscles and curves on the 6-inch plastic dolls are pretty far from reality.

Using hip measurements as her constant, Yale's Kelly Brownell recently calculated that the average woman would have to grow 2 feet taller, add 5 inches to her chest and lose 6 inches from her waist to have proportions similar to the blonde doll. The typical man wishing for Ken's build would have to grow 20 inches taller, add 8 inches to the circumference of his neck, 11 inches to his chest and 10 inches to his waist.

Brownell says that a person's dissatisfaction with his or her body often stems from the unrealistic ideals fostered by the news media, advertisers and the fashion industry.

"The discrepancies between the dolls and reality were pretty much what we expected, given the fact that most females wish to be leaner and many males wish to be more muscular," she notes.

Colorado Gets Tough on Student-Teacher Relationships

BOULDER, Colo.—"If professors at the University of Colorado want to date students in their classes, they'll have to let their superiors know about it.

Colorado becomes the latest state to set up guidelines for student-teacher relationships, hoping to avoid any liability in future sexual harassment cases. The new policy covers the potential student relationships of staff members as well.

"This is a way to protect the student, the professor and the school," says university spokesperson Pauline Hale.

Instructors who are found in violation of the guidelines will be reviewed by a school committee and could face punishment.

Some schools, such as the University of Virginia, have placed an outright ban on relationships between professors and students in their classes At the University of Iowa, "authorous" relationships between faculty members and students are forbidden when the instructor has any role of direct responsibility to the student outside the relationship.
It's that time again. The holidays are rapidly approaching. Soon we will all be in the comforts of our homes feasting on turkey. Have you ever wondered what it would be like to have nothing to eat on Thanksgiving or Christmas?

The sad fact is that many Americans have or will at sometime experience hunger. This Wednesday FLIK will be allowing students to give their lunch to charity. Any student on the meal plan who signs the pledge to fast for lunch will be donating $3 to Oxfam America and the Merton Center in Bridgeport.

Many of you ask about what you can do for charity. FLIK has given you an answer. Help make the holidays a pleasant experience for those less fortunate than you.

Role Models

Young inner-city kids need role models. In today's pre-Colin Powell America, the inner city child often grows up emotionally stunted in a single-mother home, looking forward to a sub-quality education, no job prospects, and a life of drugs, prostitution and lethal gunfire.

Kids know the statistics: one third of all black men from the ages of 16 to 26 are either in jail, on probation, or in the court system. They live those statistics. So they need role models. Desperately.

Enter the men from the Omega Phi Kappa fraternity. They decided to act as role models for inner-city kids. By just being at the John Winthrop after-school program last Friday, these college men said loud and clear: THERE IS HOPE!

Rabin leaves legacy

By Jonathan McCarthy
Editor-in-Chief

A great man was killed last Saturday. A man who had dedicated his life to his country in everything that he did. He started off as a solder and finished as a Prime Minister. This man is Yitzhak Rabin, the recently assassinated Prime Minister of Israel.

Israel has historically been a country unified by war, and it was not until recently that the accords brought by Rabin brought peace to this historic country. Sadly, Rabin paid for this peace with his life.

The signs were present, even at his funeral. They read "Killing Rabin Will Not Kill The Peace" and "Rabin Was A Traitor." These feelings were brought on by Rabin followers that everything Rabin worked for was just and in the best interest of the Jews, as well as followers who believed that Rabin sold the Jews out by signing peace accord with the PLO (Palestinian Liberation Organization).

Former Foreign Minister Shimon Peres, who is now taking over for Rabin, has his work cut out for him. First, he must deal with the potential victory for radical Jewish sects who are rejoicing with the death of Rabin, but most importantly he must deal with the political turmoil that is bound to follow the death of this great leader.

The whole situation leaves Israel with a flux of questions. The most frequently asked question is why? Why would a Jew kill another Jew? "We were brought up on the idea that we are a Jewish nation and that never could a Jew kill another Jew," said 16 year old Eyal Mandelbaum in a recent interview with USA Today.

The other question is about 27 year old law student Yigal Amir himself. Who did he work for? (He claims he followed the will of God).

As many Americans sit back and watch what will unfold in the next couple of months in Israel, it becomes inherently important to remember what it was that Rabin stood for. This man's life is something that all people should strive to live for. It can't be denied that the man was one of the most dedicated leaders of our time. Hopefully, the country of Israel will be able to remember what it was that Rabin worked so hard to achieve.

Unfortunately for many Israelis it seems as if they never realized how great a man Rabin was until he died. Rabin's widow, Leah, commented on this at his funeral. Commenting on the candlelight vigil outside her home, she questioned why the followers weren't there during anti-government rallies that have took place outside her home. "Too bad you didn't come then," she said. "But you came now, and it makes my happy."

As Americans we can reflect on Rabin's life and take from it all the good he left behind, and we can pray for the salvation of Israel.
Letters to the Editor...

WOMEN'S RUGBY SHOWS HEART

Dear Editor:

Yes, there is a women's rugby team at Sacred Heart University. There has actually been one here for two years.

We began as a struggling club in 1993 with little support from the campus community, with the exception of our brothers, the X-Men. Women's Rugby started with turnouts of very few, but this semester, they have grown to almost thirty women.

We have done fundraisers, like selling boxer shorts, and sponsored the performance of the Warrens. We've also played and won games against Fairfield University.

The women on this team come everyday of the week to prepare for matches, and to practice more to benefit themselves, but also to prove to the entire university community that we are worthy of their respect. We are one of the hardest working clubs on campus, coached by an equally dedicated student who has helped us in so many ways. We are a close knit group of women who are team mates on the field and friends off the field. We are like a family that everyone would want to join, and that I'm proud to say I'm a part of, and proud of the things we've achieved.

P.S. Thanks to J.C. Bender, Diego Arias, our coaches, Luggage, Denise, and all of the X-Men for their love, support, and help.

Jen Bloise

Have an opinion? Write a letter to the editor!

THE CAMPUS VOICE

By Kent Bauer

How do you think the assassination of Yitzhak Rabin will affect the P.L.O. peace process?

Derek Bhang
Senior
"I think people have realized violence is no solution."

Angela Gibson
Junior
"It will cause a lot of tension. I hope peace will be established."

Adam Frank
Sophomore
"It depends on the next leader. The peace process could be carried on or they could go back to war."

Shaenna Doherty
Freshman
"If they elect a new Prime Minister, he may not be as instrumental in the peace process as Rabin was."

...and more.

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

Have an opinion? Write a letter to the editor!
Frenchman speaks of home

By Gina Norelli
Assistant Features Editor

He pronounces "croissant" with a perfect French accent. When he answers the phone, he says, "Allo?"

Where this handsome French student with sparkling bright blue eyes and long silvery blond hair?

Florent Lachaut, who goes by the name of Bo, was born November 29, 1975 in Paris. He is from a suburb of Paris called St. Nom la Bretche that is five minutes from Versailles Palace.

"It's romantic there. The gardens are beautiful," says Bo of Versailles.

Bo has an older sister Anne, who is 23, and two younger brothers, Yves and Emery, 11.

His father Jean-Claude is currently unemployed and his mother Dominique is the Vice President of a bank.

Bo is undecided as to what he would like to do once he graduates but he thinks it will be something business.

"I'd like to play tennis. It's a dream I won't ever be able to realize. You really have to devote yourself to it," says Bo about his dream career.

Bo has been playing tennis for four years, and has even been to Andre Agassi's coach's camp twice.

Bo described how Americans are viewed by the French.

"Some see Americans as athletes, others say all Americans are fat. Everyone likes America. It's a magical place since everything comes from here—music, actors,"

Americans also tend to view the French as a certain way. "We all have long hair, ponytails and are interested in art."

Bo has been speaking English since he was eight. He lived in Singapore and Texas.

"It's funny because in France, I was the best in the class. I'd correct the teacher. Here it changes. You really have to go a country to learn to speak the language well. They teach it too formal in France."

Bo's favorite food is escargots (snails). He also likes French cheeses which are eaten after dessert in France. He expresses his dissatisfaction with the lack of variety of cheese in America.

"I was looking for some cheese I like, a type of swiss. After looking for an hour, I finally found some and it was expired for a month and becoming green. I said, 'Forget it. There's no European cheese in America.'"

One main difference between France and the United States is the absence of a drinking age in France. He feels that he is not as free here because of this. "Since there's no drinking age in France, it's no big deal."

Another difference is that some things are much more expensive in France. "A pair of good sneakers in France is $200. Snowboards are $800."

Even though college lasts for just two years in France, it is much more difficult and challenging than here. "When you're in high school, you already know about your major."

Bo has been coming to the United States to visit friends in France the last four years. It is because of his familiarity with this state that he chose SHU.

Unfortunately, if he doesn't receive his Visa, he may have to return to France this month.

"I never received a paper to apply for it. I had to leave France with a tourist visit. So, I asked for a change of status to delay when I leave," said Bo.

"If they say no, I'll have to leave by Thanksgiving or Christmas."

Self-esteem and the power of one

By Danielle Nolan
A&L Assistant Editor

"More than hope to yourself, may you believe in yourself," said Susan Surrattelli Florence in her book, Be All That You Are.

Different people possess different perspectives on what is most important in life. "Clothes, hair, body, personality, money, love. These things make people happy, yet these things are only external.

"Achievement doesn't come from what we do, but from who we are. Our worldly power results from our personal power," said Marianne Williamson in the book, The Power of a Woman by Janet Mills.

One can only feel completely balanced if they love themselves and if they value their own self-esteem.

Low self-esteem is extremely common in young women.

As girls grow, they become more concerned with their physical appearance and whether or not they have the "right look." They think to themselves, "Will I ever have a boyfriend?"

As a girl experiences peer and relationships, her self-esteem is formed. She begins to listen, learn and believe what other people think of her.

As she becomes older she falls into intimate relationships and she sometimes leaves her self-esteem and self-worth in the palm of her partner's hands.

She becomes dependent and believes what her partner tells her is the truth.

"No one can make you feel inferior without your consent," said Eleanor Roosevelt.

Building self-esteem

The physical aspect deals with exercise, nutrition and stress management. This is very difficult for college students. Usually, students are stressed and are never eating right.

The social/emotional stage is about service, empathy and intrinsic security. Emotions are high for students dealing with roommates, boyfriends and friends.

"No one can make you inferior without your consent." Eleanor Roosevelt

The next dimension is spiritual which deals with values clarification, commitment, study and meditation. This is where people must find out what they really believe and why.

The last dimension is mental. Reading, visualizing, planning and writing are all mental.

People create a picture in their minds of what they do and they are organized in their thoughts.

There are some people who need no help on building self-esteem. These people are confident and know what they want. They also can convey good advice to others who need to boost their esteem.

Sophomore Moira Rincon, a biology major from Queens, NY, said, "The first thing you have to do is recognize the positive qualities you have, and at the same time be realistic and recognize your capabilities.

"Be unique and don't compare yourself to anyone else."

In the book, The Power of a Woman, Joan Didion said, "To have the sense of one's own intrinsic worth which constitutes self-respect is potentially to have everything: the ability to discriminate, to love and to remain indifferent."

Believe in yourself!
Commuter Services:

Voices being heard

By Jennifer Hudson
Staff Writer

When Sacred Heart first opened its doors in 1963, it possessed the qualities of a typical commuter school. When 1991 arrived, the university opened Parkridge, its first off-campus residence hall. In February of 1992, the construction of Jefferson Hill began allowing students to live on campus. Shortly after two additional residence halls were built, Sacred Heart expanded into the predominate residential university. During this process of expansion, commuter students felt that their needs were somewhat overlooked. Now they are finding a voice once again with two very helpful service representatives.

The Commuter Assistant program is geared toward first-year commuters by matching a new student with an upper class commuter for advice, information and mentoring. This year’s Commuter Assistants are Rob Carroll, Belen Camacho, Tricia DeNino, Katie Horkheimer, Dana Judson, Nicole Schmidt and Jeannie Testani. “I talk to commuters regularly and advise them that just because we’re commuters and not residents, we’re just an essential part of this university as the residents are,” said Rob Carroll, commuter assistant. Commuters can also benefit from the Director of Commuter Life, and also an advisor to the assistants. Mike Rembish was appointed to the position on Sept. 18.

“I was appointed to serve as an advocate for commuters and as a link to administration to get commuter problems solved,” said Rembish.

“We have 800 full-time commuter students and 2,000 part-time commuter students at Sacred Heart. That’s one-third of the school population who were without an administrator.” Linn Le, a first-year commuter student, stated. “I think that it is really good for commuters to have Commuter Assistants and a Director of Commuter Life. Both services are great if you need to find out about something.”

Rembish said, “I’m here to help commuters in any way I can. I’m here to provide them with any information regarding commuting and Sacred Heart, and I’m here to voice any concerns.

“I strongly encourage commuters to come visit me in my office. It’s located right across from Dean Kevin Kelly’s office.”

Commuters are finally getting their chance to let their voices be heard. It’s the hope of Commuter Assistants and the Director of Commuter Life that these students take advantage of the services being provided to them.

Seniors grow through involvement

By Michele Herrmann
Features Editor

On a Thursday night in their apartment, two female seniors flip through small photo albums looking for a nice picture of them together. They sit at the dinner table, one across from the other.

Chris answers back, “I have one of you taken by myself,” she exclaims.

Chris responds back, “I have one of you taken by myself.”

Shortly after, they both put the albums down and agree to take a picture together.

For three and a half years, Chris Hopley from Henderson, Nevada and Enza Chiarello from East Haven, CT have been friends. “This year we decided to become roommates,” said Enza.

The relationship developed slowly. They met each other through Nu Epilson Omega in the spring of 1993. “We pledged in the same class, got close, and became friends, and worked on (freshman) orientation together,” said Enza. Enza and Chris continue their similar involvement in SHU campus life.

In Nu Epilson Omega, Chris is president and Enza is the sergeant-at-arms. For the class of 1996, Chris is also president with Enza as vice-president.

Both are on the Programming Board as chairpersons for different events: Enza’s focus is on lectures while Chris handles major concerts.

Both hold leadership positions in the Paralegal Club. This club is also important because they deal with studies.

Chris is earning her Baccalaureate in Business Administration while Enza is for Political Science. The majors are different but the concentrations are the same—in Legal Administration. And both are trying for their associate’s in Paralegal Studies.

Enza Chiarello and Chris Hopley

To go further, each said that they want to become attorneys. “I’ve always wanted to become an attorney since I was young,” said Enza.

Both plan to graduate in May. “We both want to do the same thing and we are applying to a lot of the same schools,” said Chris.

Although some interests differ, Chris and Enza agree on what keeps them together. “I think our society has,” said Chris. “We both like helping people,” added Enza.

What are they mostly about? Chris answers, “She’s spunky because sometimes I have a problem with letting myself loosen up. She reminds me how to have fun.”

And Enza answers, “She reminds me how to relax because I get stressed out to much.”

Both say that they are very open and honest with each other. They don’t really fight that often and they do come to a compromise.

They can also complete each other’s thoughts. In the kitchen and preparing to eat a pasta dinner, Chris searches for a spoon to serve the meal. As soon as she says, “Where’s the spoon,” Enza turns around, opens a drawer and pulls out a plastic light blue spoon.

Their three roommates also see how they are. “Chris is good to talk to. Enza is good to have fun with. She knows when to be serious,” says one roommate.

Another adds, “They’re always concerned when they know what’s bothering you.”

What else enhances their friendship? One, they are always out together. Two, they plan to spend their school vacations together. And three, they say that they balance each other.

“Because she is one of my sorority sisters and roommates, I know that I can always count on her,” says Chris.
Fear of crime prevents activity

By Theresa Hickey  
Staff Writer

Crime surrounds us. The reality is only the image of crime really affects the daily life of most people.

In newspapers, magazines and on televisions or in movies, we witness the terrors of serious crimes such as robbery, rape and murder occurring in our society.

Although the images are often not physical reality for the masses, the population develops an attitude that crime will find us. We feel less secure in our homes. Crime surrounds us. The fear of crime prevents activity.

According to Marilyn-Pudor York, Ph.D., a New York City psychologist, "If someone exercises to the sound of all else experiences guilt over a missed session, it may be time to see a mental health professional." The media plays a role, stated Philip McDonald, a junior majoring in media studies. "People see that being in perfect shape is the right way to live a happy life."

Low self-esteem is another attitude toward fitness. One student who wished to remain anonymous said, "I personally work out about four times a week. I would work out more than that but I can't make enough time in my schedule."

The student went on to say, "I feel that I have to in order to be popular with others. If I miss more than two days of working out my attitude changes. I don't feel comfortable around others because of my appearance and sort of withdraw from activities with my friends until I do get back to the gym."

What causes this obsession towards exercise among many Americans today?

Not only does working out obsessively cause psychological problems but it can also cause physical problems as well.

"The woman who suffers from exercise anxiety is the one who discovers that a Stairmaster is great for toning her butts, so instead of using it three times a week, she decides to use it five, six or seven times a week," said Molly Fox, co-owner of the Molly Fox Studio of Manhattan, in the Elle article. "And she tells herself, if 40 minutes of Stairmaster is fine, an hour is better."

The next thing you know, she is injured, ignores the injury, and finally is forced to stop completely."

Matt Melisi, strength and conditioning coach for Sacred Heart athletics, explained that a sensible fitness program for the average person should consist of a balance between strength, endurance, and flexibility.

Melisi went on to say that for every day that a particular muscle group is exercised, the following day should be used as a day of rest. For those looking to start up on a fitness program, Melisi said that a conditioning program is best because it tones the body, and develops the cardiovascular system which is what most beginners are striving for.

Heartbeat gives daily info about events

By Jennifer Hickey  
Staff Writer

Every week a folded piece of paper called the "Heartbeat" lays in the dark confines of mailbox.

Residential students, faculty, staff and departments all receive the "Heartbeat" as well as a monthly calendar which both highlight events happening at Sacred Heart University.

The "Heartbeat" consists of weekly events broken down day by day with location and time. On the inside of the pamphlet are descriptions of upcoming events and a trivia question.

The "Heartbeat" is put together by a graduate assistant. According to Al Preccoast, assistant director of Student Activities, the pamphlet's tone is a reflection of the graduate assistant's personality. Currently, Johanna Livingston is in charge of the "Heartbeat."

This year, each weekly issue contains a trivia question. This idea came from Livingston's fun-loving personality.

The "Heartbeat" is an excellent way of getting events noticed and drawing more of a crowd to them.

According to Preccoast, the "Heartbeat" is also a reflection of Student Activities. Both he and Livingston commented on the growth of layout appearing more professional and that it included more light-hearted information.

The "Heartbeat" is posted on the "What's Happening!" and "Commuter Life" bulletin boards, and is also found in an envelope on the door of the Student Activities office.

The list of events published in the "Heartbeat" is compiled by filtering information off the monthly calendar and giving specific details about the events.

Any clubs, departments, students or faculty who would like to include their events should contact Johanna Livingston.

Information needs to be given to Livingston before noon on Wednesday prior to the week that the host or sponsor wishes to have the event publicized.

Heartbeat gives daily info about events

By Justin Mokerzecki  
Contributing Writer

In recent years more and more emphasis has been placed on fitness and exercising in our society.

Eat healthier to reduce the risk of a heart attack and jog or walk daily to lower your blood pressure. Lift weights to develop a healthier cardiovascular system.

So say doctors and fitness experts.

But Royce Flippen in Elle magazine asked, "When does a normal attitude towards fitness cross over into neurosis (obsession)"

According to Selzman, is the result of always being told by our parents to lock the door and not to talk to strangers when we were children. Also we were left at home while our parents worked. Then as we got older, if everyone around us is a "stranger", the conclusion is to lock our doors and shut up in our rooms.

Not only would this result in a large phone bill but also this behavior would cause misery.

Students need to approach situations with care but also with an open mind.

After a few conversations, everyone finds someone that they relate to and feel comfortable with.

From there on, individual build a safe haven in a new environment.

Selzman recommends this technique of communication as a cure. She says that having a confidence lets an individual face fear realistically.

Of course it is wise to use caution but there is no reason for fear to restrict students from exploring their newfound freedoms.

Students must broaden their horizons at school, not hide in their rooms because they fear a world full of crime.

The Women's Studies program is having a film screening of Mildred Pierce with a post panel discussion on Tuesday, Nov. 14 at 5:30 p.m. in Faculty Lounge.

All are welcome to attend.
Angelou set to speak

Special To Spectrum

Maya Angelou, one of the great voices of contemporary literature, will present her legendary wisdom in a solo appearance in the Academic Center at Sacred Heart University on Thursday, Nov. 30 at 8 p.m.

Admission for her lecture, which is sponsored by the University’s Student Government Programming Board, is $15.00 for the general public and $5.00 for full-time Sacred Heart University undergraduates.

Angelou is an extraordinary poet, best-selling author, educator, playwright, civil rights activist, producer, director and actress. She received an Emmy nomination for Best Supporting Actress in Presley's Haley's 1977 historic miniseries, "Roots," and is now appearing in the popular film "How to Make an American Quilt" starring Winona Ryder.

Angelou delivered a stirring reading at President Bill Clinton's inauguration, captivating audiences with vigor, fire, inward reflection and perception. Her poem, "Just Give Me a Cool Drink of Water 'Fore I Die," was nominated for a Pulitzer Prize.

Hailed as one of the distinguished voices of current literature, Angelou is a remarkable Renaissance woman who continues to travel the world making appearances on college campuses, sharing her insight and passion.

Her background is as complex and diverse as the woman herself. Born Marguerite Johnson in St. Louis, she spent her childhood in Stamps, Arkansas. Her family then moved to San Francisco. Determined to carve out a stage career, Angelou studied drama and dance, in 1952, she received a scholarship to study and dance with Pearl Primus in New York. She then joined the 22-country European tour of Porgy and Bess.

In this politically active period, Angelou met and married a South African freedom fighter and went to live in Cairo and then Ghana. In both countries, she continued her writing as a journalist and became the first woman editor of the Arab Observer in Cairo, the only English-language newspaper in the Middle East.

Two of Angelou’s works, "I Know Why the Caged Bird Sings" and "Singing and Swingin' and Gettin' Merry Like Christmas," were Book of the Month Club selections. "The Complete Collected Poems of Maya Angelou" was published in October 1994.

Angelou’s awards and honors are unlimited in virtually every field.

She received the Chubb Fellowship Award from Yale University in 1970; a National Book Award nomination in 1970 for "I Know Why the Caged Bird Sings"; a Pulitzer Prize nomination in 1972; and a Tony Award nomination in 1973 for her performance in "Look Away." She was presented two awards by Ladies Home Journal, one for Woman of the Year in Communications in 1982, the other for the Top 100 Most Influential Women in 1983.

Formation of her lecture, called the Sacred Heart University Student Activities office (203) 371-7796.

Cine Club brings foreign films to campus

Danielle Nolan
Assistant A&L Editor

Imagine this—it is a Tuesday night around 8 p.m., and you are bored out of your mind. You feel like curling up with a bag of popcorn and watching a good movie.

Well, now there is something for everyone to do on Tuesday nights. The newly formed French and Italian Cine-Club is a great escape from your homework and a great way to relax after a rough day of classes.

The club meets every other Tuesday night in the West Hall Great Room at 8 p.m. to show classic French and Italian movies. Everyone is welcome and the movies are free to enjoy on the big screen TV.

Dr. Anita Suess-Kaushik, a foreign language teacher here at Sacred Heart, formed the club. The first movie ran on Oct. 24. "We would like to give the students more exposure to the foreign languages they are studying and the cinema medium is the most effective," said Dr. Kaushik.

Dr. Kaushik also added that everyone is welcome. "You don’t have to be a student, anyone can enjoy," she said.

Many of the movies have won awards in recognition of their quality. The first movie which was shown on Oct. 24 was Jean de Florette. It was about a Frenchman who inherits a farm and foolishly begins to become a gentleman farmer. The movie won four British "Oscars" and was chosen as one of the year’s 10 best by 42 critics.

"It’s very rare to see these movies in this country. They are $6.00-7.00 in Fairfield and here they are free in the dorm, right in front of your bedroom," said Dr. Kaushik.

The sequel to Jean de Florette, called Manon des Sourcey (Man of the Springs) will be shown on Nov. 21. Ten years after Jean de Florette, Jean’s daughter, Manon, appears in town and tragedy results.

Il ladro di bicicletta (The Bicycle Thief) will be shown on Dec. 5. It is about an unemployed man in Rome who finds a job to paste signs up for which he needs a bicycle. The bicycle is stolen and he and his son search for the thief and end up in trouble themselves. This was filmed in 1942 and is a great Italian classic.

The Cine-Club will continue through next semester also. Some possible choices for next semester are La femme Nikita, Les enfants, La grande illusion, and others.

All the movies are French and Italian movies with English subtitles. "They will give more opportunity for students to get real experience with foreign language," said Dr. Kaushik.

In addition to the French and Italian Cine-Club, there are also Foreign language tables to practice your languages. They are every Monday in the Faculty Lounge from 4:30 to 5:30. They are tables where you can sit and converse with others in French, Italian, and Spanish.

For information on either the Cine-Club or language tables call Dr. Anita Suess-Kaushik at ext. 7816.
A&L BRIEFS
Compiled by Jason Mazaik

A marvelously tempting show arrives at the Stamford Center for the Art

The Temptations and the Marvelettes are coming to town! If you are a fan of the 'oldie but goodies' then you'll know the Temptations for such songs as "My Girl" and "The Way You Do the Things You Do." The Marvelettes are known for such classics as "Please Mr. Postman" and "Too Many Fish In the Sea." This winning musical combination of the Temptations and The Marvelettes is scheduled for one show only, on Tuesday Nov. 28 at the Palace Theater. Tickets are $38.00 and can be purchased by calling the box office at (203) 325-4466.

The National Library of Poetry sponsors poetry contest

The National Library of Poetry has announced that $24,000.00 in prizes will be awarded this year to over 250 poets in the North America Open Poetry Contest. The deadline is Dec. 31. To enter send any kind of poem to the National Library of Poetry, 11419 Cronridge Dr., P.O. Box 704-1942, Owings Mills, MD 21117.

The Downtown Cabaret seeks Connecticut talent

The Downtown Cabaret Theater in Bridgeport, a professional non-profit musical theater, is currently accepting pictures and resumes for a number of upcoming projects. Musical/comedy performers should submit material to Richard C. Hallinan, Executive Producer, AT&T: CT, Downtown Cabaret Theater, 203 Golden Hill Street, Bridgeport, CT 06604.

Sinbad's coming to town

Hailed as a funny man, you'll recognize him from TV shows "The Sinbad Show" and host of "It's Showtime at the Apollo" and from top comedy clubs throughout the nation. He replaces Nell Carter originally scheduled on this date. The show is scheduled for Nov. 18 at 8 p.m. at the Palace Theatre in Stamford. Tickets are $35.00. For them, call (203) 358-2305.

What's Hot

Modern Rock Top Ten!
1.) Lump performed by the Presidents of the U.S.A
2.) Name performed by the Goo Goo Dolls
3.) Hand in My Pocket performed by Alanis Morissette
4.) Geek Stink Breath performed by Green Day
5.) Comedown performed by Bush
6.) Possum Kingdom performed by Toadies
7.) My Friends performed by the Red Hot Chili Pipers
8.) A Girl Like You performed by Edwyn Collins
9.) Tomorrow performed by Silverchair
10.) I'll Stick Around performed by the Foo Fighters

Adult Contemporary Top Five
1.) Kiss From a Rose performed by Seal
2.) As I Lay Me Down performed by Sophie B. Hawkins
3.) Only Wanna Be With You performed by Hootie!
4.) Run Around performed by Blues Travler
5.) I Can Love You Like That performed by All For One

Top Five Video Rentals!
1.) Pulp Fiction
2.) Outbreak
3.) Kiss of Death
4.) Just Cause
5.) Don Juan Demarco

Compiled from Billboard magazine

SACRED HEART UNIVERSITY

November 17, 1995
7:PM Sacred Heart University
(Ask for the Green Room)
Ticket Prices:
$5.00 General Admission
$3.00 for students

Fall Fashion Show

Our models will be featuring clothing by:
CONTEMPO • AMERICAN
EAGLE • OAKTREE • GINSING
STEWARTS • JOAN'S
BENNETTON • JEAN COUNTRY
J.R. RIGGINS • RANDY RIVER
ALENA'S • ALEXANDER'S

TICKETS AVAILABLE AT THE STUDENT ACTIVITIES OR AT THE DOOR BETWEEN 8 PM & 7 PM - NOV. 17TH
FOR RESERVATIONS CONTACT CHRISTINA AT 365-4419

ETHICS AND
Architecture

A symposium featuring internationally renowned architects
Cesar Pelli, FAIA
Cesar Pelli & Associates, Inc.
Allan Debar, FAIA
Allan Debar Associates
Architects & Planners
Sponsored by
The Office of the President
The Victor Institute for Applied Ethics
Reception Following

Tuesday, November 14, 1995
7:30 p.m.
Schine Auditorium
Reservations Recommended
203-371-7730
Sacred Heart University
5151 Park Avenue • Fairfield, Connecticut • 06432-1000
Three times the fun

Are you happy? You should be! It's three album reviews

By Keith Harrison

College Press Service

"Trace" Son Volt Warner Bros. 4.5 (out of five) stars

It's a rock 'n' roll truism that when a great band breaks up, its individual members will put out discs that pale in comparison to the group's work. For proof, just check out the post-breakup efforts by members of the Beatles, Led Zeppelin, the Clash, Talking Heads and the Replacements.

So it seemed like bad news when the Missouri-based Uncle Tupelo called it quits last year, just as it seemed to be on the verge of gaining a sizable national following. Yet this has been a divorce that has produced not just one, but two remarkable new bands.

Tupelo had been among the leaders of a growing musical field alternately known as American, alternative-country, roots rock, and No Depression—also being the name of Tupelo's first disc. Not surprisingly, both Tupelo spin-off bands mine this same musical territory.

Jeff Tweedy's Wilco struck first, issuing the two-disc ear-splitting "A.M." early this year. "A.M." continued in the vein of Tweedy's contributions to Tupelo, with gentle, country-flavored rock and pop rubbing shoulders with a few more rau-cous tunes.

Now comes the debut disc from Son Volt, the new band formed by Tupelo's other co-leader, Jay Farrar. As was the case with Wilco's debut, "Trace" offers few surprises for those familiar with its writer's contributions to Uncle Tupelo. And once again, the disc is a keeper.

Farrar produced the darker, more volatile material in Uncle Tupelo, and many of the songs on "Trace" bear that same sound. Farrar sounds like Nick Young without quite as much of a nasal twang, and he sings with a sense of resignation on songs such as "Year-Stained Eye.

Throughout much of this disc, Son Volt seeks the point where rock meets traditional country, with fiddle, banjo and lap steel coloring most of the quieter material. But Farrar also knows how to tear it up, and songs such as "Route" and "Drown" bristle with the kind of crunchy guitars that made Seattle famous.

What remains a mystery, after listening to the Wilco and Son Volt discs, is why Farrar felt that he needed to break up Uncle Tupelo in the first place. He has cited "artistic differences," but it's difficult to hear much evidence of that on these records.

Regardless, the small but po-tentially rabid legion of Tupelo fans can see regard the breakup of their favorite band in a godsend of sorts. Now they've got two great bands to follow, and twice as much outstanding new music to enjoy.

"This is the Shack" The Dove Shack RAL Recordings No stars

Well, here's a surprise: Yet another disc from proteges of Warren G that combines laugh-ably lame lyrics and R&B harmonizing, thoroughly pedestrian rapping skills and stuffing generic West Coast gangsta rap into every crevice.

And then there's the subject matter. Given a worldwide forum to express any thoughts that they might have, the three hacks in the Dove Shack fill this disc with hateful attacks on women, idiotic boasts of gang violence, and endless references to dope smoking as the quintessential human activ-ity.

For anyone who might have missed the messages in the music, the group includes several between-song "skits." One is a fake commercial for a new device—a two-minute "The Dove Shack Rappers spend so much time paying homage to Warren G that they come off as toadies, simple sidekicks clamoring for a morsel of recognition from their patron.

It wasn't long ago that rap was the most important music being produced in the world, rough and raw but also completely original. The brain-dead predators in Dove Shack take for granted the kind of crunching guitars that made Seattle famous.

"I Should Coco" Supergrass Capitol '1 star

For years the rap on U.S. rock fans was that they only listened to songs choruses backed by shrill piano pounding. The band does not stop mugging around on a few songs but the resulting light psychedelia is more of a relief than an accomplishment.

"I Should Coco" is almost relentlessly grating, with singing that essentially portrays a gang war in the music. That's reality.

Television: time for a reality check

Brendan D. Casey

Contributing Writer

What's the biggest problem with TV today? The reality of it. I was watching a recent episode of the ABC sitcom Family Matters and the poor family had problem after problem. They had problems with school, dating and the poor neighbor Erkel. But, to everyone's relief, by the time the twenty-four minutes were over all the problems were solved.

This is reality?

I think Americans watch 120 billion hours of TV collectively every year, according to Leno Williams in a recent New York Times article.

If we spend so much time in front of this device, what do we watch?

"Whatever is on," according to William Kelly, a Sacred Heart University junior.

I was talking to many of the stu-dents that I have talked with, including some of their favorite shows included ESPN's Sports Center, MTV's Road Rules and Real World and HBO's Larry Sanders Show. From a report on sports to a peek into the real lives of real people, to a real look at an unreal show, each of these shows has an entirely different approach.

Justin Mokerzecki, a SHU sophomore media studies major who's favorite show is Home Improvement, explains that "the only way Americans can go without watching TV is by being completely occupied with something else such as work, athletics, etc. If they have any free time at all, then TV is their void filler."

SHU junior media studies major Kenneth Lalla says that "except for a few shows on MTV, I think that almost shows are a cheesy and unrealistic look at life."

I would be wrong to disagree. Shows such as NBC's Thursday night line up of Friends, The Simple Guy, Seinfeld, Caroline in the City and ER range from being about "nothing" to a show about "life and death." All of these shows do appear in the Nelson ratings' top five.

That's reality.

Television: time for a reality check
CALVIN AND HOBBES

THE INTREPID SPACEMAN STIFF IS STRANDED ON A DISTANT PLANET!

OUR HERO RESPECTFULLY ACKNOWLEDGES THAT THIS HAPPENS FAIRLY FREQUENTLY...

BUT THE GRASSIES ARE INDESTRUCTIBLE: THE FRUIT IS POISONOUS: THERE'S NOTHING TO EAT AT ALL!

WEAK AND DESPAIRING, STIFF FEEDS INTO A FROZEN GEYSER PIT: WHAT'S DOWN THERE?

ICE CREAM SAVORIES? OUR HERO IS TAMED!

THAT'S NOT VERY HEALTHY.

I ONLY NEED TO SURVIVE UNTIL I CAN ESCAPE: OUR HERO MATTERS GRANDLY.

THE LIVING BRAIN IN A PERFECT WORLD...

HELLO THERE, GIRLS!

ME LIKE WHAT I SEE

HE'S A REAL DREAMBOAT

CHECK OUT THE SIZE OF HIS LOBES

SIGH

WHY CAN'T GIRLS JUST LOVE ME FOR MY ASS?

THEY'RE HUGE

A BIG PART OF LIFE IS A BORING ROUTINE. I NEED MORE EXCITEMENT!

THIS CEREAL DOESN'T HAVE ANY CHOCOLATE FROSTING. IT HAS THEIR AND RASPBERRIES.

OF COURSE, A PART OF LIFE IS WORRYING. SURPRISE, EXCITEMENT ON TOPS.

WE THEREFORE PREFER TO INFLICT EXCITEMENT ON Ourselves: BE COMPETING

ACROSS

1 Menu item
5 Musical instrument
10 Ego
14 Horseman's game
15 Artist's stand
16 Border lake
17 Culture medium
20 Beer stein
22 Kind of illusion
24 Petroleum
25 Legal fire setting
26 Sassy
30 Pencil rubber
35 Drunkard
36 Musical refrain
37 Vegas
39 Nest egg letters
40 One giving a sworn statement
45 Sheepfold
50 Send payment
52 Paddle
53 Burned with liquid
56 Betrothed
60 Cab
62 Level
63 Perfect image
65 Burdened
67 Look at
68 Tilt
69 Peel
70 Little fight
71 Roman garb
72 French garb
73 In season
74 Animal fur
75 Expand
76 Level
77 Also called
78 Jacket style
79 Tree trunk
81 Document
82 OK city

DOWN

2 Roman garb
3 Verve
4 Exercise class
5 Brave
6 Six
7 Expend
8 Pavarotti, for one
9 Pass by
10 Instructional meeting
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12 Name of a river
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ANSWERS

Across

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November 9, 1995

SHU Spectrum - 13

SACRED HEART UNIVERSITY WELLNESS WEEK
NOVEMBER 12th - 18th, 1995

Schedule of Events

Sunday, November 12th
1pm Ultimate Frisbee in the Quad. Sponsored by Intramurals.
1pm-4pm Flag Football at the Football Field. (See schedule for teams playing.) Sponsored by Intramurals.
3pm "Rite Crazed Days" in the theater. Sponsored by University Theater.
9pm Mass in the Dining Hall

Monday, November 13th
8am Senior Scholar Breakfast in the Faculty Lounge. Sponsored by Career Services.
12pm Eric Rutberg and Jocelyn Novella will be introducing and presenting Wellness Certificates to a staff member and a student the month of November in the Dining Hall. Sponsored by the Wellness Center.
3pm Come relax and learn the art of Shiatsu and massage with Sr. Valerie Lordi in the West Hall Great Room. Sponsored by Campus Ministry.
12pm Senior Scholar Breakfast in the Faculty Lounge. Sponsored by Career Services.
8pm Monday Night Football in the pub. Sponsored by the Pub.
8:30pm Play Therapy with Kerry Mahoney in the West Hall Great Room. Sponsored by West Hall R.A.'s

Tuesday, November 14th
9am-4pm The Wellness Center will be hosting Interviews with D. Worken and Hillman Accounting Firm in the Conference Center of the Wellness Center. Sponsored by the Wellness Center.
12pm The Wellness center will present a Nutrition Check-in program which will consist of the discussion of a film titled "Famine Within" (time approx. 2 hrs.) in the Mahogany Room. Sponsored by The Wellness Center.
3pm-5pm Taft Hall will be having an Open House at Taft Hall. All are welcome. Sponsored by Taft Hall Council.
8pm There is a forecast for a Heatwave in November in the pub. Sponsored by the Pub.

Wednesday, November 15 is Hunger Awareness Day!
10am-2pm The University Health Services will be sponsoring a Health Fair in the Gymnasium. The Counseling Center will be distributing information regarding Students Against Destructive Decisions (SADD).
11am A Resume Workshop will be held in the Conference Center of the Wellness Center. Sponsored by Career Services.

(Wed. Cont.)
1:30pm An Internship Workshop will be held by Dr. Nina Clark in the Mahogany Room. Sponsored by Career Services.
5pm There will be a student run Prayer Service in conjunction with Hunger Awareness Day in the Chapel. Sponsored by P.S.A.C.E. and G.E. Scholars.
8pm "Eating Smart" with Shasti in the Parkridge Common Room. Sponsored by Parkridge R.A.'s.
9pm Class of '96 Class Night in the Pub. Sponsored by Class of '96.

Thursday, November 16th is National Smoke Out Day!
12pm Cafe Wellness hosted by Eric Rutberg and Jocelyn Novella in the Dining Hall. Sponsored by the Wellness Center.
4:30pm Find out what your "EQ." is when Jocelyn Novella and Eric Rutberg present "The Emotional Quotient" in the Dining Hall. Sponsored by the Counseling Center.
7pm Bowl at the Bowl-a-thon held at the Circle Lanes. Sponsored by the Curleseas Society.
7:30pm Find out about "The Importance of Dreams" hosted by Eric Rutberg in Jefferson Hill, Building 1 Study Room. Sponsored by the Counseling Center.
11am Come see the Snap Nite Party in the Pub. Sponsored by the Carribean Club and Omega Psi Kappa.

Friday, November 17th
1pm Discovery In-Service will be available under the direction of Eric Rutberg in the Park Avenue House Career Services.
7pm SHU Fashion Show in the Mahogany Room. Sponsored by the International Club.
7pm Movie "Mad Love" in the Schine Auditorium. Sponsored by the Program Board.
7:30pm Frisky Friday Movie at the Crown Marquis Theater. Sponsored by the Student Union.

Saturday, November 18th
11am Come run in the Turkey Trot and win a Thanksgiving turkey. Look for details in the Student Activities Office. Sponsored by Intramurals.
2pm & 7pm Movie "Mad Love" in the Schine Auditorium. Sponsored by the Program Board.
5:15pm Bus departs to Pioneers Away Basketball game.
10pm Dance Party in the Pub. Sponsored by the Program Board.

If you don't stop someone from driving drunk, who will? Do whatever it takes.

FRIENDS DON'T LET FRIENDS DRIVE DRUNK.

If you don't stop someone from driving drunk, who will? Do whatever it takes.

FRIENDS DON'T LET FRIENDS DRIVE DRUNK.
Men's ice hockey suffers loss to Fairfield

On Sunday, the SHU hockey team had their first game against cross-town rival Fairfield University. The final score of the game was 4-2 Fairfield, but SHU held their own.

Fairfield scored three goals in the first period, the second being on a power play. About 14 minutes into the game, Sacred Heart pulled their starting goalie, DeGaetano, and replaced him with Bill Sawyer. Art had two saves during his time in net. Once the second period rolled around, SHU really woke up. Bill had a tremendous game, with 20 saves total. The fourth and final goal of the game was scored on an empty net with 20 seconds left in the game.

The game was plagued with penalties from both teams, mostly in the second period, where SHU came back to score two goals. The first goal, at 4:34 in the period, was scored by junior defenseman Chris Baker, and assisted by Mike Silvestro. The second goal of the game was scored by newcomer NeilWelch, and assisted by Jon Yakack.

The star for SHU, was Bill Sawyer. Bill, a senior from Ogdensburg, NY, played his heart out in Sunday’s game. 12 of his 20 saves in the game were in the second period. Bill put a tremendous effort into the game, and it showed. Jon Yakack, team captain, said, “Bill did a superb job. He was put in a tough position, coming into a game when we’re down 3-0. That’s asking a lot of a goalie. Bill made a lot of tough saves, he shut down Fairfield, and he gave us a chance to come back, we just couldn’t get a break.”

As Coach Glyme said last week, the Fairfield game was a test of how good they are, and how bad they want it. Yakack said, “The first ten minutes of the first period we started slow, but then we turned it around and played well the rest of the game. We out shot Fairfield 34-22. They got a couple of goals early and that took a lot out of us, but in the end, we played really well overall.”

Bill Sawyer echoed Yakack, saying, “Things didn’t go our way. We came out flat the first period, and then we turned it around. We just couldn’t get a break.”

Bowlers place 11th

This past weekend, the Sacred Heart men’s bowling team competed in the Brunswick Great Lakes Collegiate Classic held at Northeast Bowl in Palatine, Illinois. It was the first time in four seasons that the Pioneers competed in this tournament. The squad consists of seniors Chad Autore, Chris Pepice, Mark Taylor, Joe Tomko and Dave Campbell. First-year student Gil Barkman and graduate student Jeff Vernick also contributed to the team’s success.

The bowlers finished 11th out of the field of 42 teams that competed. Many of the teams present at the tournament are ranked in the top 20 nationally, including three-time defending national champion Wichita State and runner-up West Texas A&M.

For the tournament, Taylor and Autore were in the top 50 out of almost 250 bowlers. They led the team averaging 212 and 210, respectively. Taylor also tied for the high game of the tournament with a 258. Barkman contributed a big 256 in the Pioneers key position round robin victory over nationally ranked Vincennes University.

Following a very slow start to the current season, the Pioneers were looking to rebound with a good showing in Palatine. Head Coach Bob Burlone was pleased with the performance of the squad, noting how well everybody worked together as a team under the pressure of the first major tournament of the season.

The Pioneers are now among the top teams in the country and will be competing.

Women’s basketball set to start

“Of course, we have a couple of weaknesses at this time, but we will be working on them in practice,” added Swanson.

Senior forward Kim McCullion believes this team differs from those in the past due to the fact that everyone seems to know their individual role. “We have great leadership and I think we’re coming together as a team,” she added.

In previous seasons, certain players needed to adjust to new positions, but this year, everyone will be playing in their own legitimate spots, which Swanson attributes to the freshmen recruiting class.

Junior guard Beth Huber, who was second in scoring last season with 10.2 PPG, agrees that the team is young, but feels that the freshmen will have the opportunity to contribute.

Friday is the team’s home opener at Milford Ice Pavilion against Assumption College. The game starts at 7:00 p.m., and the shuttle leaves from school at 6:30 p.m. SHU hockey also travels up to Vermont this weekend to play against Norwich. It should be an exciting weekend.
Demirgian named NECC star

Kevin Carroll
Assistant Sports Editor

The Sacred Heart Men's and women's cross country team traveled to Saratoga Spa State Park in Saratoga Springs, NY, this past weekend to participate in the 1995 NCAA Division II East Regional Cross Country Championship. Carrie Demirgian, the freshman sensation from Broad CT, led the way for the women as all of the seven team members finished the race with either personal or personal best performances over the 3.1 mile course.

Demirgian, who has been one of the top runners in the Northeast Division Region in with a time of 19:42. After starting off slow as one of the top 15 in the race, Demirgian soon went down in a thirty-rider pileup and was never able to gain her way back to the lead pack. After the race, she was awarded New England Conference Coaches' Honors for her performance this season.

"Carrie has been great all season," said cross country head coach Christian Morrison. "I kind of expected her to make All-NECC..."

Roundout the top seven for the Pioneer women were sophomore Shannon Heald placing 97th at 20:35; fellow sophomore Stephanie Smith came in 130th at 21:02; freshman Theresa Flood place 134th with a time of 21:06; Jill Scott, a junior, came in 167th; with a time of 21:25; freshman Lisa De Burgo finished 186th at 22:41 and sophomore Colleen Demirgian 206th at 23:57. Sophomore Dave Weinsten from Ansonia, CT, led the Pioneer men's finishing 130th out of 225 competitors, completing the 10,000 meter course in 35:21.

As for the rest of the men, Rick Janosko, a freshman man who finished 145th at a time of 35:33; sophomore Brian Young placed 180th at 37:20 and freshman Greg DeGuerre placed 191st at 37:26.

"The men have came a long way this year," adds Morrison, "I would like to see them finish strong this year."

The cross country team will travel to the University of South Carolina at Spartanburg next Saturday. Starting time has yet to be announced.

Equestrian does well in show

Clare Cardo
Contributing Writer

With 22 riders now, the Sacred Heart Equestrian Team can make an impact not only as individuals, but as a team as well. This type of teamwork and dedication was prevalent in the competition this past Sunday.

The equestrian team traveled to Mid-island Arena to compete in the third show of the season.

Men's basketball span antigua

Kevin Carroll
Assistant Sports Editor

Last Saturday the Pioneer men's basketball team opened their season against the Antiguan National Team here, in the SHU Gymnasium, or the SHU Box if you prefer and came away with an opening game victory as they pounced on the Antiguan's 96-56.

The Pioneers started off strong scoring 48 points in the first half, while Antigua could only muster up a mere 24 points. At no point was there any question SHU would come out on top.

In the second half it was more hot that one of the top 15 in the race, Demirgian soon went down in a thirty-rider pileup and was never able to gain her way back to the lead pack. After the race, she was awarded New England Conference Coaches' Honors for her performance this season.

"Carrie was a very good runner, she was very good at the finish line," said cross country head coach Christian Morrison. "I kind of expected her to make All-NECC..."

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The show, hosted by Molloy Colle­ge, began with fences in the morning and flat work in the after­noon.

Specific riders were chosen for the day to ride for team points. Those riders were able to accumulate enough points for the team to capture the championship ribbon for the day.

The Lady riders had some outstanding performances for the day in each individual class. In the open divisions, Christina Holmgren placed first in her fences class and Amy Spaulding proved her skills by coming up with a second place finish in both of her classes.

Other riders who came up with first place finishes in their individual classes were Jen Kotkin, Kristen Luz, Tara Therdos and Vicki Sajewicz.

The team has two more shows this semester.

Both shows will be held in Long Island.

Men's basketball span antiqua

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Assistant Sports Editor

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In the second half it was more of the same with Sacred Heart once again coming up with 48 points and Antigua with 32.

"I was really satisfied with the way the season is starting out for us," said Kevin Vulin, the Pioneer senior center. "I think the team is coming together nicely and we should have a successful season."

Vulin recently received Pre­season All-Conference honors for the Pioneers and in the season opener he had 6 points and Antigua with 32. Once again coming up with 48 points and Antigua with 32.

"I like the competitiveness of the team this year," said head coach Dave Bike. "Everyone seems to be playing hard and unselfish so far."

Bike went on to say that this first game was just really a chance to see everyone play and that the competition will probably get tougher once the season gets started.

The Men's basketball team was picked in the league coaches' poll to finish 7th out of the 11 teams this season, and will open the season for real at Quinnipiac College in New Haven, CT, on Saturday November 18 starting at 8:00pm.

Rugby: X-Men regrroup

The navigators finally broke a play of their own as Greg Dunn took a pass from George Flagg and brought it in for a score to help the good guys out and make it a 15-11 game.

Iona didn't sit down too long and on a penalty call they kicked one in and increased their score column to 18 while the X-Men stayed at 11.

But that 18 points for Iona changed again as they scored on a tri which now made the score 25-11.

After a series of rucks and mauls by the pack, the navigators broke a play of their own as Ryan Darvilia took a dare and battled his way into the tri-zone to put the final score at 25-16.

The X-Men played their hearts out but it just wasn't meant to be as time expired and they
Pioneers crush Curry 62-14
Gridders end five game losing streak with win

Joe Collett
Sports Editor

The Pioneers ended one kind of streak this past Saturday on Campus Field by crushing Curry College 62-14. Head Coach Gary Reho hopes that his squad can ignite a new kind of streak for the remaining two games, a winning streak.

The Pioneer's morale has certainly picked it up a notch after coming off a five game losing streak. This overpowering win against Curry certainly raised the team's expectations for the remaining two games. "This was a big win for us, we raised our level of play and execution." If we play this way next week, we should be able to beat a good Pace team," said Reho.

The scoring came often and early for the Pioneers. In the first quarter, the Pioneers put points on the board with a 22 yard touchdown pass from Matt McGreevy to Ray Sizensky. Curry came right back with a touchdown of their own. On a special teams botch, Curry's Mike Leone returned a kick-off for an 83 yard touchdown run.

McGreevy lit the scoreboard up again by throwing a four yard touchdown pass with 2:33 left in the first quarter. With that quarter coming to a close the score was 12-6. This was the closest that Curry would come to the Pioneers.

The second quarter alone produced 30 unanswered points for the Pioneers. The SHU offense just rolled over whatever Curry threw at them. At the half, the Pioneers were sky high with the score 42-6.

The second half proved to be as plentiful for the Pioneer's offense as the first half. With 10:37 left in the third quarter, McGreevy threw a 47 yard touchdown bomb to his favorite target, Ray Sizensky.

The fourth quarter signified the end of any comeback for Curry as the Pioneers put in two touchdowns by freshman running back Terrence Washington. Curry was able to put one more touchdown up with 0:01 left in the game on a one yard run by A.J. Villa which left the score 62-14.

Reciever Dave Gallagani catches a touchdown pass as "T-Bone" Baker strips the ball from Matt McGreevy to Ray Sizensky. Curry came right back with a touchdown of their own. On a special teams botch, Curry's Mike Leone returned a kick-off for an 83 yard touchdown run.

The Strong wind seemed to keep both offenses at bay for this game. The Pioneers played a ball game. The Pioneer's defense was much improved as compared to their last game.

"Chavez" the X-Men were up 24-0 at the half. The X-Men came out fired up and battled back and forth with Rutgers trying to gain ground, but neither team could score. Minutes later, Rutgers saw their chance and went for it by scoring which brought the score to 17-5.

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This got the rugger's heads focused. Their only goal now was to put up one more score to seal the game. This they did.

After another series of kicks, it seemed Rutgers had gained the advantage and were going to score, but out of nowhere came Diego Arias, who stole the ball from a Rutgers player and sprinted to the tri-zone for the score.

After yet another kick by "Chavez" the X-Men were up 24-5 with only minutes to play. Rutgers tried one last time to make a comeback by scoring again, but the X-Men won the game with a 24-10 score and were on their way to the championship game with Iona.

The championship game against Iona for the Met Union Title started off slow. Both teams battled for position, but no points were being put on the board.

Eventually Iona broke through the X-Men and lit up the scoreboard first to put the game at 7-0. But Iona didn't stop there. They again broke through the ruggers defense and lit it up making the score a 12-0 Iona advantage.

The X-Men didn't sit on their tails and rallied back with a score of their own on a "Chavez" kick to put the score at 12-3 at the half. After the half, the X-Men seemed as if they were out of gas as they drove down the field. They just couldn't score.

But this quickly changed as "Chavez" used his leg again to boot one and bring the guys in black within six, making the score 18-12. The score changed again, not to the liking of the X-Men.

Iona scored three more on a penalty kick and made the deficit even greater with the score 15-6.