Final countdown
End of semester stress on the rise

By Stephen P. Scholz
News Editor

With only two days left of regular classes students are racing around the clock to finalize term papers and last minute assignments so they will be prepared to step into the ring the next week for the semester's main event. Final Exams!

Many students are already suffering from the stress and anxiety which accompany these intensive examinations.

"I have a history paper due this week on top of all my other assignments," said Matt Stuvinski, a junior, psychology major from Patterson, NJ, "I'm so worried about next week that I'm having trouble concentrating on my work right now."

Other students, like senior English major Michelle Covelluzzi, are feeling overloaded by the amount of material they need to study in preparation for finals.

"I am so stressed! I think some teachers don't understand that I have four other classes and four teachers don't understand that I need to study in preparation for other exams to study for. I've been so anxious that I'm beginning to have trouble concentrating on my work.

See Finals, page 3

'Representing AIDS'

By Erin E. Harrison
Staff Writer

The media studies department at Sacred Heart University is offering a new course for the spring 1996 semester. The course, entitled "Representing AIDS" (MS 200), will be instructed by Dr. Louise Spence, of the media studies department and Carl Lewis M.S.W.

An art critic, Douglas Crimp recently wrote, "AIDS intersects the media." Louise Spence, of the media studies department and Carl Lewis M.S.W., will be instructed by Dr. Louise Spence, of the media studies department and Carl Lewis M.S.W., will explore many of the representations of AIDS in the media.

The course considers some of the biological, psychological, social, and ethical questions that these areas raise by exploring different theoretical models to examine how AIDS is conceptualized by the media.

See AIDS, page 2

Students dig into pockets for holidays

By Bethany Treffs
Assistant News Editor

Ready or not, the holidays are upon us. The holiday season has become synonymous with good food, good cheer, and of course, wads of money.

So how are Sacred Heart students planning to spend their money this holiday season?

"Christmas gifts, lots of Christmas gifts," says Meredith Carr, a junior business management major from Natick, Mass. With a new credit card, Carr is eager to purchase presents for her family and friends. "I love to shop for other people," she smiles.

Other students are planning to be more frugal with their holiday funds.

"I like making gifts, Christmas things that people can remember," she says.

Roubicek's work study salary goes straight to her tuition, so her spending money is limited. "Christmas shopping is not the only option this holiday season. I'm spending my money on getting a U-Haul to move to Indiana because I'm transferring next semester," explains sophomore Ellen Roubicek.

"I don't have any money to spend," laments Nicole Schmidt, a sophomore from Ansonia, Conn. Financially, Schmidt is slowly recovering from the two flat tires that have claimed her spending money. If she did have this Christmas, Schmidt says she would buy presents for her family.

First-year psychology major and Bellport, NY resident Ellen Roubieck has a solution for dealing with her limited Christmas funds. In lieu of purchasing Christmas presents, Roubieck favors home-made gifts.

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NEWS BRIEFS

Compilied by Stephen P. Scholz and Bethany Treviño

PT program receives licensure

The Physical Therapy Program received licensure from the State of Connecticut for an entry-level masters degree program. This is the first of its kind in the state. The program received a superior recommendation from representatives of the Department of Higher Education. Congratulations to Dr. Michael Emery and Ms. Beverly Fein.

Committee to consider candidates for honorary degrees

The committee on Honorary degrees would welcome input from all who would wish to suggest potential candidates to be honored at commencement (next or future). Please address nominations to Ed Malin via e-mail.

Please consider the following criteria:

Prominence in a field of endeavor; demonstration of excellence in a field of endeavor; consistency to the University Mission/goals/values; attention to gender and ethnic diversity.

The committee usually considers candidates in the following broad areas: Education/Scholarship; Business/Commerce; the Arts; Humanitarian/Public Service.

A brief supporting statement will assist the committee.

Seminars prove successful with large turn-outs

Dr. Ronald Hoffman, Nobel Laureate and John A. Newman, Professor of Chemistry, Cornell University, gave two seminars this past week. The seminars prove successful with large turn-outs.

A superior recommendation from representatives of the Arts, Humanitarian/Public Service.

A brief supporting statement will assist the committee.

By Laura M. Fiasco

College Press Service

Professors share some of their favorite excuses

Excuses, excuses. You woke up an hour late for class, your dog pulled the plug out of the computer before you could save the term paper that was due, and your car ran out of gas.

For some students, the practice of making excuses for late assignments and missed classes has become an art, worthy of a mention when instructors swap their favorite "why-I-need-an-extension" stories in the faculty lounge.

Developmental chemistry instructor Bob Pietzer recalled the most memorable excuse from one of his students. "A student said to me, 'I'm a male model, and they're holding me hostage in my hotel room.'"

Math instructor Dr. Diane Vukovich added: "I had a student who said that she had a split personality. One personality came to class, and the other one did the homework."

"I've had students who live in the residence halls who said that they couldn't get here because of the weather . . . and I had one student who was stuck in an elevator somewhere downtown."

Math instructor Chris Ferris recalled an excuse that one of her colleagues had shared with her. "Someone had called and said that her daughter had just kissed the toaster, and she had to go to the hospital."

When students were asked about some of their own most memorable excuses, they had a lot to say as well.

Communications major Rob Reseh once told a professor that he had been hit by a bus and would not be in class for the day.

Undergraduate biology major Ricker Biplanot shared the excuse, "My dog caught on fire."

Geology graduate student Chad Epling went so far as to claim, "I lost my prosthetic arm that I write with.

Professors had heard many other excuses such as "I was in jail," "I couldn't find the room," and even "I'm sort of living in Maryland."

Among the most popular recurring excuses are there was a flat tire, a family tragedy, a doctor's appointment or a homework hungry dog, said instructors.

AIDS: new course offered

Continued from page 1

By Lawrence M. Fiasco

Continued from page 1

On this past Monday evening, Beatrice Kerr presented a lecture "Living with AIDS," in the pub, sponsored by the Program Board and Phi Omega Tau.

Kerr, who contracted the virus from her boyfriend several years ago as a young, Catholic college student, discussed how AIDS has impacted her life personally, socially and psychologically.

Kerr also discussed her appreciation for all aspects of the media.

"When I realized that I may not see another fall, I appreciated life so much more."

Soon after Kerr found out that she was HIV-positive, her boyfriend died.

Course to portray AIDS in media

The new media studies course will also address the portrayal of AIDS and HIV within all aspects of the media. AIDS and HIV are often addressed in the media, from movies and television to small circulation newspapers and newsletters.

Dr. Louise Spence has been teaching at Sacred Heart since 1991 and Carl Lewis is a social worker who works with people affected by HIV. He has studied AIDS for many years.

"Representing AIDS" (MS 200) will meet on Monday evenings from 5:10-7:30 p.m. for the spring semester and is limited to twenty students. The course has no prerequisites and can fill a spot in the university's B-1 core requirement. For more information, please contact the media studies department at extension 7755.
These perfectly prickly pirates provide much of the physical comedy in Peter Pan, the next musical due at The Center for the Performing Arts at Sacred Heart University. The show, directed by seasoned actor Kevin Miller, runs Dec. 28 through Jan. 7. Tickets are available at the Box Office, 374-2771. Student discounts are available.

Student to study in China

continued from page 1

Every semester at Sacred Heart yields new faces and new surroundings. For most, a change of scenery might be as simple as a class in a new room. But for one student, next semester will be a once-in-a-lifetime experience.

Joe Downer, a senior political science major with minors in economics and history, will attend classes and study like everyone else. For most, new faces and new surroundings. For most, new and enlarged role as a world leader and America must be ready or break a semester grade.

Downer will attend the University of Nanjing next semester along with 400-500 other students from around the world through a study abroad program. At the university he will attempt 15 credits in Chinese, history, geography, literature and calligraphy.

"Every since I was a kid I have always been fascinated by oriental art, culture and politics," said Downer who has a second degree black belt in Ishinryu and a first degree black belt in LeeJitsu. "I think a major reason why different countries do not interact and get along properly is mostly a matter of misunderstanding other cultures," said Downer.

"Hopefully, immersing myself in Chinese culture and gaining a basic understanding of Chinese values, norms, language and social structures will adequately prepare me to interact with members of that culture."

Downer's primary interest in the study abroad program is for the experience of Chinese culture. But he also hopes that the knowledge and experience will help his pursuit of a career in national security.

A Nanjing experience will allow me to see America and its foreign policy from a Chinese perspective," said Downer. "It is an asset for someone to look at their own culture from a different perspective."

Finals: ready or not they're here

Continued from page 1

"It's crunch time," said Ayoma Perera, a junior media studies major. "Right now I'm only ready for one final but this weekend I'll buckle down."

Finals are usually considered a primary indication of students' overall performance and can make or break a semester grade.

"I'm not doing well in some of my classes so I really need to do well on my finals," said Wayne Kosminoff, a junior media studies major.

Students should try to keep things in perspective and not get too stressed out. The insanity of final exam week will prove to be worth while when it is all over. Students can go home, relax, and enjoy some time off during the holidays. Until next semester, that is...
Library needs to help more

We are now a residential university, with a commuter library. Residents need a place to study during weekends. All of us know that studying in a dorm room is virtually impossible. Students need a quiet place to go study.

The library would be the perfect place for students to catch-up on some studying, after a rough weekend. There is only one problem. It closes at 9:30 on Sundays!

Some of us don't get back to the halls until eight on Sunday nights, leaving us with only one and a half hours to study. This is ridiculous. The school is talking about expanding across the street, but won't spend the money to keep the library open on Sunday nights. I guess Sacred Heart would rather spend money on expansion, rather than education.

Introducing Dr. Maya Angelou

The biggest event in the history of Sacred Heart happened last Thursday. The presence of Dr. Maya Angelou brought with it around 2,000 people as well as a media frenzy to the hallowed halls this University.

The performance was awe-inspiring and was only marred by one thing. The woman who needs no introduction received just that from student government president.

Here we have a woman who has contributed in so many positive ways to the world. While gracing us with her presence it would have been at least expected that she receive an introduction fit for a person of her stature.

Thank you to a friend

By Jonathan McCarthy
Editor-In-Chief

I remember my first night here at Sacred Heart very clearly. Just after my first dinner at the new Dining Hall, which was new to me but nonetheless three times smaller than it is now. I returned to my apartment. I was trying to get used to being away from home and trying to get to know my roommates when I saw it.

It was big and black and was just asking to be stolen. It was a wallet that lay right in front of my new home's door at Parkridge. I picked up the wallet and looked inside to see who was the sap who had already lost something this valuable on the first day. The licence on the inside read Keith Zingler.

Now I knew that he was one of my roommates as well as the only one I hadn't met yet. So I picked up the wallet and proceeded into his room not knowing what I might find. In front of me stood this big football player. I said, "Are you Keith?" The reply came "Zig." And that is now my surname for my freshman year.

That was three years ago and now as I prepare to graduate this May I am starting to have to say goodbye to some things that I am going to miss. Zig is one of those things. I have seen Zig go from this beer drinking football player to this beer drinking Associate Editor (just kidding Zig). I first worked with Zig on the Spectrum when I was Associate Editor last year. I was so impressed with his enthusiasm and commitment for the sports section week after week that I could not think of a better person to work with this year as an Associate.

In the past three years I have seen Zig contribute to his class as well as this University in many ways. Whether it was his work on the paper or in the student government, Zig was always trying to help. I have recently seen Zig turn back into Keith as we worked together for the New York Times Magazine Group.

Time and time again I am inspired by his work ethic. Today is Zig's last issue as Associate Editor and once again he is leaving some big shoes to fill. I know that he will be around and will still write Zig On Sports while he completes his senior project but nonetheless he will be missed by the Spectrum staff. Thank you Zig.
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Young lets his voice be heard

By Michele Herrmann  Features Editor

Hearing this young man sing is quite a privilege. He may not think so but this tenor projects a strong, harmonious tune that’s pleasing to anyone’s ears.

"I’ve been singing since I was five," said junior Dementred Young. He sang in plays and at weddings.

"People would hear my voice and ask me to," he said. Currently, he performs at Habitat For Humanity ceremonies for the openings of remodeled homes.

He auditioned for Connecticut’s All State Choir, got in and was ranked 17th out of its 75 members. His voice, unknowingly, appeared in a commercial for “Wheel of Fortune" when he was 12.

Dementred explained, ‘They had an audition at Trumbull Mall for people to sing the theme song ‘I’m a Wheel Watcher.' I didn’t know the words so I asked them how it goes. I sang along (to the music) and they taped it.

“They dubbed other voices so that way they could get harmony. They didn’t me that they used my voice. I got a Channel Eight pen, that was supposed to be my payment.”

His mother saw the commercial and recognized her son’s voice.

He just smiled and shrugged after he told the story. "Music has always been a part of my life," he told me.

Writing poetry is another interest and talent Dementred possesses. His book Musings is in libraries, and he is putting 40 other poems together for another book, "I can express myself through poetry," he said.

Dementred’s involvements include community service too. He is a peer leader facilitator for Study Circles.

It’s a program where everyone has a voice to speak out about issues. My job is to keep it an open dialogue so it wouldn’t turn into a debate or argument.

He, along with other SHU Players’ cabaret show, Musing is in performance.

Bulimia: a disorder and a struggle

By Lauren McKinley  Contributing Writer

Sitting in the Dining Hall at dinner you look around and see people with large amounts of food on their trays. You think, "Man, he’s got a huge appetite!", or "Hey, she must be starving!"

Sometimes neither is the case. The person you see with the full tray may not be hungry at all. Then why all the food? This person may be bulimic.

Bulimia nervosa is a chronic eating disorder characterized by binge eating, followed by self-induced vomiting or other means of purging, misuse of laxatives, diuretics or other medications, excessive exercising or fasting.

These behaviors are common brought on by depression, guilt, low self-esteem, stress and poor body image. ~ * ~

Today people are obsessed with their body image. Many have a constant need to appear attractive to others and when they don’t, they feel empty inside.

Bingeing gets rid of the empty feeling and purging gives them a sense of control. “Bulimia begins in late adolescence or early adult life and it often begins during or after an episode of dieting," says Jocelyn Novella, a counselor at the Wellness Center.

"Ninety percent of bulimics are female and around sixty percent report they were sexually abused."

Adam Drewnowski, Psy.D. and Dean D. Krahn, M.D. conducted a survey of 902 college women at the University of Michigan. Their report was printed in the August 1994 issue of the American Journal of Psychiatry.

"We conducted a study to determine the eating behaviors among female college students," says Drewnowski.

"Questions were asked regarding topics such as dieting, binge eating frequency, fasting, purging and ways of weight control," says Krahn.

"Others regarded desired body weight, as well as sod-rated depression and stress."

What were the results of the Drewnowski/Krahn survey? They found out that out of the 902 female students, 3% were probable bulimics, 10% were dieters at risk of developing bulimia nervosa, 31% were intensive dieters, 42% were casual dieters and 14% were non-dieters.

Non-dieters wished to lose an average of 12.4 lb.

Here, he is a junior mentor for first-year students, and has worked with students at Fairfield High School and Central Magnet.

"I went to college to set an example for young people," he said.

Majoring in social work, Dementred wants "to help people, especially the defenseless people of the world."

His future plans are a mix of possible interests. "I really want to be an author but I probably will be doing social work. I also want to be a singer."

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Merton House Soup Kitchen ladies love

By Gina Norelli
Assistant Features Editor

"Why do saints starch their sheets?" asks a jolly guest at the Merton House.

"I don't know. Why do saints starch their sheets?" I ask him as I ration out the sugar packets for the morning coffee and tea.

"So that they are scared stiff when they get to heaven," he answers with a hearty laugh and a wide grin.

I laugh at his joke and wonder how someone who has so little could find anything so funny.

Perhaps it is the most saddening to see the children who eat at the soup kitchen because the time that should be spent playing and without worry, is probably spent hungry, cold and worried.

One particular nine year-old boy left an impression on me. I asked him why he wasn't in school and he tells me that he is a run-away who never went to school before.

I asked him, "Don't you want to learn how to read?" He is silent.

The Merton House Soup Kitchen, located in the lower level of an abandoned church on Madison Avenue in Bridgeport, has been serving those who are less fortunate for twenty-three years.

As the years go by, more and more people are being touched by the generosity of this charitable organization.

As of now, 400 people rely on the Merton House as their main source of food six days a week for breakfast and lunch.

Several students from Sacred Heart University donate their time to the Merton House regularly, contributing to the 100 volunteers that work there. These volunteers as well as those who donate food or money are worth gold to the kitchen, for without them, the organization probably wouldn't exist.

Neither the state nor the national government funds the Merton House, yet it is able to raise a budget of $400,000 per year.

Each penny must be stretched to its capacity to insure that everyone eats; therefore it is understandable that the food is basic and frugal. When it is a matter of hunger or starvation, quantity is most important.

Kathy Augustyn, a sophomore from Milford, Conn., majoring in biology, describes the importance of helping out.

"I think everyone should volunteer there at least once. You're dedicating your time to those who are less fortunate by being there. It shows them (the poor) that you care about them," she says.

The people that go into the soup kitchen cannot be described, the old, the young, families... all go there to eat, receive counseling or just take a shower.

There are those who appear happy and those who appear sad. There are those who socialize with others, and there are those who remain isolated.

Their needs are what binds them together, and their needs are what calls us to act immediately and unselfishly to help them.

Colin McNamara, a graduate assistant from Burlington, North Carolina, has volunteered at the kitchen three times.

"The Merton House brings the vitality of Christ's message to the shell of an old church, filling it with life," he says.

After volunteering at the Merton House, a person cannot help but feel more thankful for their many blessings, and more compassionate and more loving towards others. Christ told how the poor will always be present in society, and he asks us to make a sacrifice to enrich their lives.

"For you always have the poor with you, and whenever you will you can do good to them," he says in Mk 14:7.

Shaena Doherty, a first-year student from Hernando, Fla., majoring in psychology, urges members of the SHU community to volunteer their time to the Merton House.

"I, along with my classmates, are contributing to the well-being of so many unfortunate people.

Not sure what to give? Think simplicity.

With holiday shopping, there's always that someone on your gift list you're not sure what to give. If short on money, you still wondering. However, the best and most unexpected gifts come from creativity, practicality, humor, and personality. These are simple, and not hard to get.

Here's some ideas:

*The holiday card. Funny, sentimental, religious. Find one with a saying that expresses what you want to say.
*Tapes. Use blank ones to copy his or her favorite songs, "your" songs or remember when we heard this songs.
*Food. Candies, cookies or favorite snacks. Want to make it special, make it yourself.
*An old picture. For a best friend, find one he or she hasn't seen for a long time. Maybe a photo that's never been seen.
*I.O.U.s. Write a note promising that you'll do a week's worth of cleaning, their laundry... Great for mom!

Have a little more money?

*Take that person to a favorite place or a place he or she would like to go to.
*Try dollar stores. There you find anything from laundry detergent to funky green Christmas socks.
*Gift certificates. He or she get the clothes, books or CDs he or she wants.
*Tables selling ornaments in the hallways of SHU.
*Give a subscription to his or her favorite magazine.

If all else fails, a wish for a happy holiday always works.

I can afford to finance an education while others cannot finance a meal. In no way can I express to you what you can learn from someone who has had different experiences from you. We all should think less of ourselves and focus on how much others need," she says.

Anyone wishing to volunteer their time or help out in any way is encouraged to call the Campus Ministry office at 367-9036 or can call the Merton House directly for more information at 367-9036. Help to provide two of the most vital necessities in life—food and love.

Transportation is provided to and from the Merton House.
THE BORING, STUPID ULTRASAUR TAKES A LONG DRINK...

THE FEROIOUS ALLOSAUR IS THIRSTY TOO! THIS MEANS CONFRONTATION!

IS THAT FAKE PASSING IN YOUR STOMACH, OR DID YOU JUST SWALLOW AN ELF?

MACE... NEVER COME TO THE MAIL WITHOUT IT!

DO YOU KNOW THAT NEGLECTING TO STRETCH THE TEMPORALIS MUSCLES IS THE LEADING CAUSE OF JAWS CLINIC INJURIES?

WHAT ABOUT FALLING DOWN WHILE CHEWING AND INJURY OF GUM CHEWING INJURIES?

WITH A GOOD HUMOR, THE RISK IS SURPRISINGLY SMALL.

THE Crossword

ACROSS
1 Swift
5 Outcry
13 to Byron or Keats
14 Yank: abbr.
15 Residence
16 Church part
17 Alliance letters
18 Join
19 Not on time
20 Condition of complete disorder
22 Trundled
24 Hock
25 Burgundy or claret
26 Oust
29 Refutation
33 Incident
34 Scottish Highlanders
35 Beak
36 —de foie gras
37 Playground item
38 Scottish
39 Harem room
40 Collect
41 Social beauty
42 Broadcast
44 Wire ropes
45 Shows assent
46 Diminish
47 Before chicken or fever
50 Resembling a robin, e.g.
54 Shake — (hurry)
55 Give off
57 Turner of films
58 500 sheets
59 Baseball teams
60 Selves
61 Art movement
62 Indications
63 Show excessive fondness

DOWN
1 Swift
2 Swift
3 Boat, e.g.
4 Abbeys
5 Give off
6 Show excessive kindness
7 Tumors of tonsils
8 Jovial.
9 Beak
10 Funeral
11 Start
12 Plant part
13 Snow assorted
14 Band instrument
15 Twist
16 Put aside
17 A sweetener
18 Body of water
19 — trap for (try to catch)
20 Jennie
21 — off (began)
22 Alarm
23 Resembling a robin, e.g.
24 River in England
25 Rider
26 Display
27 Stripe
28 Plow
29 Part of plane
30 Muscles
31 Passageway of a kind
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ANSWERS

THE Crossword

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Good-bye Calvin and Hobbes

Calvin and Hobbes

Choose is illuminating.
Did you have a good challenge?
What's the point?

I don't have a path.

Mind! Mind!

Mind.

Mind.

Mind.

Mind.

Mind.

Mind.

Mind.

Mind.
Could *Pulp Fiction* be the film of the decade?

**Brendan D. Casey**  
Contributing Writer

Only a handful of films of the 90's can be considered a "film of the decade." *Pulp Fiction* happens to be one of them.

Besides great acting and directing (of course), a "film of the decade" needs three major ingredients. First, it has to touch a nerve of public controversy. Second, it needs to demonstrate breakthrough technique. Third, it must have "staying power." This movie has all these things...and more. 

Director Quentin Tarantino's film looks into the everyday life of two Los Angeles hit men, a drug lord and his wife, a corrupt boxer trying to go straight, what a regular guy does when his friends bring a dead body into his house, and a hundred other things that make you laugh, cry, scream...and wonder. Acting, directing and writing talent pour off the screen in every scene. From the hit parts and the camcros, to the stars at their peak, the acting and dialogue keeps viewers at the edge of their seats. 

Who can forget "a Royale with Cheese," Vincent Vega's twist, or Pumpkin and Honey bunny staring and ending the movie with yelling, "Everybody be cool, this is a robbery...?"

As for controversy, *Pulp Fiction* created it due to the graphic content and the humorous overtones. According to Roger Ebert of the Chicago Sun-Times, "It's a rambunctious blend of comedy and violence!"

But this controversy and the word-of-mouth that spread like wildfire, gave the film the boost it needed to become the box office smash it was.

Manohla Dargis states in her foreword to the soft cover edition of Tarantino's screenplay, "The hook in *Pulp Fiction* may be violence but the sinner is that here even God gets a chance. When a hit man witnesses divine intervention, says, "I'm trying real hard to be a shepherd,' it's a miracle that he's trying at all." 

*Pulp Fiction* is a movie that, among other things, has violence that will make you think. It doubles back on itself in time. It tells several different stories at once but the stories are all linked in some way. Tarantino, the director himself said, "It's three stories...about one story."

The stories are about various people and how they relate to each other when they happen to come in contact. But these are not ordinary people. These are a collection of giant egos and twisted personalities. When these people run into each other, sparks fly and the whole world turns upside down.

Will *Pulp Fiction* have the staying power it needs to be considered the film of the decade? *Pulp Fiction* was voted the Coolest Thing of 1994 in a survey of celebrities done by *Entertainment Weekly* Magazine. "The movie made me believe in American Filmmaking again," said Brandon Tartikoff, chairman, New World Entertainment and former President of Paramount Pictures. 

*Pulp Fiction* was nominated for seven Academy Awards including: best picture, best actor (John Travolta), best supporting actress (Uma Thurman), best supporting actor (Samuel L. Jackson), best director (Quentin Tarantino), and best original screen play (which it won).

According to SHU English professor Dr. Ralph Corrigan, "It will find its niche in cinema history, because of two things, the talent of the director and the great comeback of John Travolta."

Having opened at number one in the video rentals and not budging for seven weeks so far, are good indications of its long-term appeal.

"It was witty, hip and exciting," says Dr. Gottlieb, SHU media studies professor. "It was not your same old story, your basic gangster genre told in the same old way. People talk about it in critical and analytical terms. It's not just a 'I liked it,' 'I hated it' type of movie. There's an intelligence behind it that stays with you."

Every time I see this movie, I see something different that catches my attention and adds to its appeal. Years from now, I'm sure this is the movie college kids will be studying in Film History 101.

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**Michelle Covelluzzi**  
Contributing Writer

A couple of years ago, it was *Beverly Hills, 90210*. Last year, it was *Melrose Place*. Alas, the TV cult has turned to comedy.

"I love *Friends*," says Keith Zingler, a senior at SHU. "I look forward to watching it every week," he adds.

He is not alone. This sitcom, created by David Crane and Marta Kauffman has literally taken over our campus, and, in some cases, our lives.

Sacred Heart's Pub hosts "Central Perk" (which is also the name of the cafe where the characters on *Friends* hang out) every Thursday night. Students can gather and watch this show together.

Why is this show so great? Is it the cast? the writers? the time slot?

*Friends*, which stars Jennifer Aniston, Courtney Cox, Lisa Kudrow, Matt LeBlanc, Matthew Perry, and David Schwimmer, is in its second season.

Last year *Friends* was introduced to us on Thursday nights at 9:30, right after *Seinfeld*. At that time, *Seinfeld* was the most watched show on television. According to the Nielsen Ratings, *Friends* was the third most-watched show/movie/event for the week ending Nov. 11, 1995. *Seinfeld* came in at second place.

"One reason why it's so good," Zingler admits, "is because you can look at any one of the characters and say 'I know somebody just like that'". Jennifer Bertini says, "The guys make the whole show. I love Ross." Shaena Doherty, a first-year student, will second that. Doherty notes, "Ross is like the common man. I think everyone can relate to him."

Not everyone can relate. "I think the show is so unrealistic," claims senior Stephen Scholz. "People watch it," Zingler continues, "because they think they can be like them (the cast) -- always hanging out and never working. It's just corny.

Most students might be able to relate to the shows characters but at least one student feels that they are unrealistic. "The characters are so fake," said Stephen P. Scholz, a junior English major. "Who could really afford to live in that apartment, work so little yet have so much free time."

Chances are if you do not watch this show, you have friends that do. Jen Carroll, also a junior, watches the show with her roommates.

"I think it's very funny," Carroll says, "and the chemistry between all the actors is really good."
Three movies provide laughter

**Copycat, Now and Then and The Money Train a good mix**

Danielle Nolan
Add. Edit.

While at home for Thanksgiving break (home being a very boring town), I saw three different movies. When I say different, I mean different. Copycat, Now and Then, and The Money Train were all fairly good movies. I cannot say they were all award winning films. They were good enough to keep me awake and interested.

My first night back home, I caught Copycat, a thriller starring Harrison Ford and Sharon Stone. I was in the mood for a scary movie and Copycat looked perfect. The story revolved around the life of a serial killer who was terrorizing San Francisco with a string of mask murders. Sigourney Weaver played a mental psychiatrist who specialized in analyzing serial killers. Holly Hunter was a cop on the tail of the killer who went to Weaver for help.

Although I never kept my attention and had a good amount of suspension to it, I was disappointed. It was a small part which Harry Connick Jr. played in the movie. The TV commercials showed Connick making more that the actual movie did.

Connick played a killer who had made Weaver one of his own victims. Connick had a talent about five scenes in which he showed a side of himself almost never seen. I was extremely surprised by his acting ability.

All things considered, Copycat proved to be a good movie that was a bit fright and a fascinating plot. Next, I saw Now and Then, my personal favorite out of the three. Now and Then provided me with laughs, tears, and a smile as I left the theatre. The movie was about four best friends and their intense childhood love for one another as they grew up together. The plot was not only serious but also loveable and tear jerking.

The story showed how four 12 year-olds stuck by each other and went soul searching in one unforgettable summer. At the end, the four girls were shown as young women who still had a special bond.

The cast was incredible. As always, Demi Moore, Rosie O'Donnell, Melanie Griffith, and Rita Wilson were excellent as the grown up 12-year-olds. The biggest surprise was the talented young actors who took center stage. Gaby Hoffman, Christine Ricci, Ashleigh Aston Moore, and Thora Birch were amusingly funny and entertaining. Not only were they hysterical, they were also very convincing as they talked seri­ously about divorce, death, and friendship.

Now and Then was funny and sweet. I definitely recommend seeing it with a group of your best friends.

Last, but not least, was The Money Train starring Wesley Snipes and Woody Harrelson. I have to admit, I am not exactly a fan of predictable action movies which was what The Money Train happened to be.

The movie was the story of two brothers obviously not biological, who were cops in New York City. They were shown as two characters who always got the job done. As always, Snipes and Harrelson were funny as partners who made work fun.

The movie took place underground in various New York City subway stations. The focus was on the main train, which carried an obscene amount of money.

The plot of the movie was OK. Basically, Snipes and Harrelson fought over a girl, newcomer Jennifer Lopez who co-starred as police officer Grace Santiago.

The story revolved around Harrelson's life as a screw-up who never did anything right in his life. Harrelson was an excessive gambler who was in debt throughout the whole movie. I think you can guess what they tried to do with the train.

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**Boston and Rancid: two reasons to go to shows**

Pete Trenchard
Add. Writer

Friday night, the sky is clear and the weather is cold, very cold. I realized that I walked towards The Globe with just a t-shirt and a pair of jeans on. It did not matter that the temperature was below freezing, I would be seeing my favorite band in the whole-wide world, The Mighty-Mighty Bosstones.

We got inside about half way through the opening band's set. They were a punk band named Bazzkill. They were not bad, but I do not think we are going to hear much about them anytime soon. The second band was Chuckhead, a funk band. I cannot think of a good way to describe them, but my friend described them the best as, "A mix between Living Colour, The Village People, and rejects from George Clinton's P-Funk. All Stars." In other words, they stunk.

It was now time for the Bosstones. My friends and I moved to a spot on the floor near the stage. It seemed like hours wonder. We had already seen a couple of Op Ivy songs, too. Op Ivy was the first band most of the members of Rancid were in.

All in all, it was an excellent night. I was really impressed with AFI and Sick of It All. Rancid made the night complete, making the show one of the best I have ever been to.

This was Rancid's only Conn. appearance on their tour so, if you want to see them, you may have a long wait. I know I'll be waiting for them to come back to our area and it is a wait I am not looking forward to.
Corrigan karate guide aims to enrich kids

By Chris Nicholson
Contributing Editor

A karate group once demonstrated their art to my Cub Scout pack when I was young, and they made me want to learn karate. However, time and money—and maybe some quiet persuasion from my parents—kept me from attending karate school. Eventually my fancy wandered to other topics, and I forgot about the martial arts. If only I had owned a karate book, maybe I would have kept my interest. Maybe a book with basic karate instruction, and with martial arts history tidbits, and with lessons on life and respect. Maybe a book like Karate Made Easy, a new 98-page publication by Ralph Corrigan.

Corrigan, a writing professor at Sacred Heart University and a fourth degree black belt in Isshinryu karate, said his inspiration for writing Karate Made Easy came from a young relative. "My niece was interested in learning karate and I started writing these lessons to show her how to perform the moves," Corrigan said. "After putting together two or three sample chapters, it occurred to me that maybe there was a book in the idea."

There sure was. Corrigan's prose in the book is a perfect "how-to" style for children—concise, methodical and easy to visualize. The strongest aspect of the book is the appealingly obvious notion that Corrigan is an expert on the subject. Corrigan—a 17-year karate veteran—offers solid advice that is consistent and confident in its approach, advice that any reader will feel obligated to take seriously.

Parents do not need to worry about their children becoming violent warriors by reading Karate Made Easy; this teaching aims in a different direction. "The most important part of the book," Corrigan said, "is that it tries to teach young people about developing self-confidence, discipline, self-control, respect for oneself and others, and how to avoid confrontations."

Actually, parents would probably relish in some of the lessons Corrigan offers, such as: "Students listen to the wisdom of the karate masters, who teach that other parts of life are important too—like honoring parents, meeting all responsibilities to family, showing respect to teachers in school, and receiving good grades."

The book begins with a tutorial on how to prepare to study karate, covering topics from what clothes to wear to how to develop a training plan to how and why to prepare a dojo, or a place to practice.

Corrigan then discusses the advantages of warm-up exercises and explains how to perform warm-ups specifically for karate.

The book then moves into karate lessons. Each chapter represents one lesson, approximately one week's worth of training, that teaches the reader about one lower- and one upper-body technique. The lessons are easy enough to keep a kid from growing frustrated, yet challenging and advanced enough to keep him or her interested.

Another aspect of the book that stands out is the artistic quality. Attractive oriental graphics and characters hint the page design, but not to the point where the oriental theme upstages the text. Also, over 100 illustrations by Deborah Diuk—-one of Corrigan's karate students—superbly outline the lessons visually for the reader. This was intentional. "I wanted the book to have a distinctive look," Corrigan said.

"In fact, I hoped the book would be a work of art."

Though Corrigan claims the book is ideal "for youngsters between the ages of six and 16," I found that maybe ages nine and older would benefit most. Younger children may need help from a parent or older sibling to comprehend some of the philosophy behind the instruction. Karate Made Easy, a Sterling Publishing Company book, is available in hardcover for $14.95. Though the bookstores at Trumbull Shopping Park had already sold out copies to Christmas gift hunters, more should be on the shelves by now. If not, the SHU bookstore—which will host a book signing by Corrigan on Dec. 13 from 10 a.m. to noon—carries a full stock of the new publication.

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

FRIENDS DON'T LET FRIENDS DRIVE DRUNK
Cabaret takes the stage

On Saturday December 3, members of the university community took to the stage to perform in a cabaret show that featured acts from some of the greatest stage shows ever. The show attracted around 400 viewers and was a great success. Admission was free.

Photos by Chris Nicholson
Juniors and Seniors

Dr. Clark has

Prescription for Success!

Cooperative Education

Put your education to work in an actual job setting.

Students are placed in semester-long, part-time or full-time jobs at local companies, in every area of employment.

Be a paid employee AND earn credit!

Over 60% of Coop students are offered permanent employment by their Coop employers.

This is your chance to show a potential long-term employer just what you have to offer.

Please...Stop by!!

Hi Ho, Hi Ho... Seniors
It’s Off To Work You Go!

Recruiting Season is well under way. Seniors who submitted resumes to Career Services will be interviewing on campus, on December 8th, with many top companies including: GE Capital, Microwarehouse, Physicians Health Services, John Vennman, Sherwin Williams and more.

TIS THE SEASON TO GET HIRED
Catherine Molloy from Office Team will be available (December 8th - library, 2nd floor) to speak to all Seniors. Get some professional tips on how to market yourself.

Do you have your resume on file at Career Services? If not, drop one off and get connected with recruiters in your field.

Career Services

371-7975

CAN DRIVE

Bring your canned goods on December 9th to the Women's/Men's Basketball Games VS. New Haven... Come support SHU and the community!

Sponsored By:

Student Athlete Council
Hockey
Men's Basketball
Women's Basketball
Men's volleyball

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Zig on Sports
By Keith Zingler

The 1995 calendar year is coming to a close. For the next three weeks sports reporters and broadcasters everywhere will be scrutinizing their picks for most memorable moments. The Spectrum is not one organization to be outdone, so here I go.

The biggest moment to come out of sports this year happened on the baseball diamond (yes the playing field, not the negotiating table). On a warm summer night in August, Cal Ripken, Jr. did what he has always done, he played. In a time when no baseball players seemed like they wanted to play, he broke Lou Gehrig's consecutive game mark. Instead of labor disputes and spoiled athletes taking up the sports page, sportsmanship and family values became front page news. It was an event a troubled game needed.

A game that needed a hero, found one in an old friend, in 1995. Just when the NBA was becoming a daycare center for teenage superstars who should have stayed in college for another year, his Ainess returned. The game needed Michael Jordan and he needed the game. After a year of gambling allegations, the death of his father and ridicule over his lack of skill on a baseball diamond, Jordan put the critics to rest. The old man showed that he still had it scoring 55 points on the Knicks, while rallying the Bulls in the playoffs.

The NHL has a similar story with Mario Lemieux. The former and present star of the Pittsburgh Penguins had to take time off because of cancer. He has returned to the league with a flourish. He is currently the leading scorer in the NHL. Mario is back and so is hockey in Pittsburgh.

Professional football has had many memorable moments this year. The biggest upsets between the 4Uers and Cottbovs would have been the lead story most years. Dan Marino rewriting the record books would have qualified in other years, but this is the year of expansion football. What better story than the expansion team Carolina Panthers defeating the established, defending world champion 49ers at Candlestick. Football is alive and well in the Carolinas and nothing could be finer then football in Carolina come playoff time.

Connecticut shared a memorable moment with the University of Connecticut's women's basketball team. The Lady Huskies took the state and country by storm, winning 35 games in a row and capturing the NCAA Championship. Along with National Player of the Year Rebecca Lobo, the team captured the hearts and imagination of New Englanders everywhere.

Speaking of heart, no other athlete this year had a bigger one then "The Warrior" Evander "The Real Deal" Holyfield. The ex-champ reenistered the ring beating Ray Mercer and losing a heart-breaker to Riddick Bowe. With his body falling him, Holyfield rallied to knockdown Bowe, in the sixth round. He had nothing left and was knocked out in the eighth round, but once again proved that he is still an elite athlete.

Sacred Heart had some memorable moments in 1995. The men's basketball team made it to the NEC championship game. The women's softball team, led by the Spectrum's Megan Keefe, captured the NEC championship. Brian Ifield became the first Pioneer ever rush for a thousand yards in a season. The women's field hockey team had their best season ever, missing the playoffs by one goal. Jen Fallon once again led the women's soccer team in just about every offensive category.

1995 was a strange year in the world of sports, but it sure was a strange year in the world of sports.

Schwartz named Division II Coach of the Year. Yes!
By Megan Keefe
Staff Writer

Head Field hockey coach Robin Schwartz was recently named Division II North Conference Coach of the Year. Schwartz, in her third season of field hockey at SHU, led this year's squad to a 14-5 record and third place finish in the North Conference.

In three seasons of competition, the field hockey program has grown into a national contender under the direction of Schwartz, who has tallied an overall record of 26-24-7. Junior goaltender Cheryl Simons, a member of the team since its inception in 1993, feels that Schwartz is solely responsible for the success of the program. "She definitely deserves this award," added Simmons. "There aren't very many coaches who can start a program and be named Coach of the Year after three seasons. I think this award shows the respect she has earned among her peers."

Hockey: team loses to conference rival Skidmore in hard fought game
goalie Rob Cerabona.
The only other goals the Pioneers could muster up came in the third with scores by O'Brien and Greg Edwards. Overall the Pioneers defense played well in the third, only letting up one goal.

"The team's been playing well at times," said Captain Jon Yackmack. "But we need to pull out a full effort all the time to win games."

The ice-men play this Saturday against New Hampshire College. The puck is set to drop at 7 pm.
Men's basketball 1-1 over weekend

Cagers lose big to Franklin Pierce and win big against Keene over the weekend in recent road trip

By Joe Collett
Sports Editor

The men's basketball team has started to find the chemistry they need to start winning.

This past weekend the Pioneers traveled to New Hampshire to face Franklin Pierce and Keene St. The team split the two games by losing to Pierce and Keene St., but winning against Franklin Pierce.

The cagers are still finding their way and are trying to get back to the top of the NECC. There is no team in our conference that is unbeatable. We just have to keep ourselves in that frame of mind during the games, said Vulin.

The Pioneers can always count on the steady performance of Kevin Vulin. He brings a team best of 19 points per game and 11 rebounds. Vulin has been the backbone for this young team's success.

Other individuals such as the talented core of freshmen and key returning players have to pick up their slack and excel. This weekend is a good opportunity to show that they can do so.

The Pioneers have games this weekend against Southern Connecticut and New Haven. The final outcome of these games will help determine the direction of the cagers season.

Vulin has the frame of mind that the team must maintain to keep themselves in line for a winning season, and very possibly the NECC Championship. "We can't just show up and expect to win. Our job is to win."