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Founder's Day celebration to commence

By Erin E. Harrison
Assistant News Editor

Sacred Heart University's mission states, "The University aims to assist in the development of people who are knowledgeable of self, rooted in faith, educated in mind, compassionate in heart, responsible to social and civic obligations, and able to respond to an everchanging world."

Founder's Day celebration is being held today at 11 a.m. in the gymnasium of the Academic Center. The University was founded this day in 1963 by the Right Reverend Bishop Walter Curtis. The commemoration honors faculty and staff with Service Awards based on 30, 25, 20 and 15 years of service.

The Service Award recipients for 30 years are Leland R. Roberts, professor of music, and Dr. Carol D. Schiffled, associate professor of biology.

Dr. Paul Siff, associate professor of history, said of Roberts, "Indefatigable impresario of music, gifted teacher, wise and steady colleague, able administrator. Leland Roberts has infused all his endeavors with sterling integrity and abundant good nature. Truly, he is a man for seasons."

The recipients for 25 years include: Dr. David Curtis, professor of English; Rawlin A. Karpenburg, associate professor of management; Dr. Angela DiPace Fraz, associate professor of English; Theodore F. Gutwara, Jr., associate professor of fine art; Virginia M. Harris, director of the office of grants; George J. Lombardi, general manager, WSHU; Rev. George M. Rowe, Jr., adjunct assistant professor of chemistry; Eugene H. Stead, receptionist/data entry clerk, WSHU; Loreta L. Winter, executive secretary, registrar's office and Associate Dean; and Pauline Winters, associate professor of English and director, English as a foreign language.

The recipients for 20 years include: Dr. Michael S. Meckley, associate professor of history; Dr. Alfred G. Tufano, professor of education; and Leland M. Weinstein, professor of management.

The recipients for 15 years include the following: Raymond J. Altieri, adjunct instructor of mathematics and computer science; Andrezej Anweiler, adjunct professor of music; Val Chevron, adjunct professor of English; and Valerie C. Cologgi, departmental secretary, registrar's office.

The recipients for 10 years include: John F. Dipietro, associate professor of English; Joseph P. DeBianco, assistant professor of English; John L. Hosta, assistant professor of history; and George Oldroyd, a senior media studies student.

The recipients for 5 years include: John R. Calabrese, a senior media studies student; Peter R. Cipolla, assistant professor of English; and John F. Dipietro, associate professor of English.

SG elections approach

By Bethany TrefTs
News Editor

As Student Government elections near, the anticipation of an exciting battle for the presidential title mounts. "This is probably going to be the best election that we've ever had," remarked Denise Sutphin, director of student activities, "especially with the presidential election having four people running, all four of them having a viable option to win."

With Christy Ashley, Joshua Cole, Rob DeClement and Justin Venech all vying for the SG presidency, the race promises to be a welcome change from the trend of unopposed candidacies that has plagued Student Government in past years.

Said Sutphin of the four-way race, "It shows that there are students out there that want to take the initiative and that want the position."

"It's good to see competition because before it was either an empty or vacant ballot or it was one person running for that position," observed Dana Scinto, sophomore class president. Scinto is optimistic about the emergence of students who have never before been involved with SG.

SHU students will have the opportunity to hear the SG candidates speak on Tuesday, March 26. Traditionally held in the Dining Hall, this year's candidate speeches will be delivered in the Mahogany Room at 1:45 p.m.

Sutphin explained that the captive Dining Hall audience was abandoned for the atmosphere of the Mahogany Room because "we want people to want to be there."

One aspect of the Student Government elections that Sutphin would like to see change is commuter involvement. The Student Government Constitution states that, of the four senate positions available for each class, one must be filled by a commuter and one by a resident student. While it is encouraging that a commuter is running for Student Government president, presently only one commuter student is seeking a senate seat.

Elections begin immediately following Tuesday's speeches and will continue until 7:00 p.m. in Hawley Lounge. Voting continues in Hawley Lounge on Wednesday, March 27 from 9:00 a.m. to 6:00 p.m., and election results will be posted at 7:00 p.m.

ELECTION DAYS
Tuesday March 26th
2:30 to 7 p.m.
Wednesday March 27th
9 a.m. to 6 p.m.

Come out and vote in Hawley Lounge!!

Inside...
Meet the SG Presidential candidates... page 2
Celebrate Founders Day with SHU's faculty...page 6
Seinfeld still making people laugh...page 9
Men's Lac opens with win over VWU...page 12

Do your mid-term grades really matter?

By Shaena Doherty
Staff Writer

Now that the stress of mid-term exams is over, students are grappling with their mid-term grades. There are two sides to every issue. In this case, people either like them or hate them. Dr. Grant Walker, a professor of sociology, believes mid-term grades are necessary. "We have them because students need to know how their performance is being evaluated with half of the semester left so they can raise their grade if possible."

Walker believes they are a formal way of communicating to students even though the calculation of the grades requires time from everyone. On the other hand, Jason Calabrese, a senior media studies major from Trumbull, Conn., says, "I feel mid-term grades are not necessary because if you know your grades throughout the semester, you can figure out your final grade."

David Curtis, an English professor at SHU, has stronger convictions toward the administering of mid-term grades. "I think they are stupid and juvenile. I tried to get rid of them through legislation a couple of years ago."

Calabrese adds, "There is really no need to send out mid-term grades because they do not give a true perspective of where you stand." Teachers can often make up mid-term grades.

George Oldroyd, a senior political science major from Bridgeport, Conn., also has opinions on mid-term grades. "I am not always overjoyed when I see my mid-term grades, but at least it's a 'heads-up' if I am slacking off."

Whether or not students and faculty like mid-term grades, they are here to stay for now because, as Walker states, "students need a reality check."
NEWS BRIEFS
Compiled by Erin E. Harrison and Bethany Treffs

Fertility awareness discussion scheduled

The Women's Studies program and the nursing faculty are sponsoring a fertility awareness presentation tonight at 7:30 p.m. in the Faculty Lounge.

Vika McEvoy, sex education specialist, will discuss the ancient concept of "Fertility Awareness," the ability to recognize the body's signs of fertility. The focus of the presentation will be the changes the female body undergoes at the time of ovulation.

A panel discussion with Judith Lynch (Sacred Heart University), Heather Reynolds (Yale University) and Hanna-Ian Faracas (Southern Connecticut State University) will follow the presentation.

This event is free and open to the public, and refreshments will be served. For details contact Claire Marrone at x7629.

"Shooting for Success" career workshop

Alumni Relations is sponsoring a workshop entitled "Shooting for Success" to be held on Saturday, April 13 from 8:30 a.m.-4:15 p.m., a professional development and career workshop.

Charlene Curtis, the University of Connecticut women's basketball assistant coach will be the keynote speaker for the workshop. It will open with a Continental breakfast.

The focus of the workshop will be on interviewing, resume writing, time management and how to use the Internet to find a job. Admission is $25 ($18 for SHU undergraduates). For more information, contact Alumni Relations at 371-7861.

Benefit performance to be held at SHU

A performance will be held on Saturday, April 27 at 7:30 p.m. to benefit the Michael Arnold Scholarship Fund. The performance will feature The D'Valda & Sirico Dance Company and The Hartford Ballet.

Proceeds will benefit the Michael Arnold Scholarship, named in honor of the late associate dean for Continuing Education and director of Sacred Heart University's Stamford programs. Admission is $35 which includes the post-show reception; $15 for reserved seating and $8 for students and seniors.

For more information, contact the Sacred Heart University Box Office at 374-2777 or D'Valda & Sirico Dance Centre at 255-9440.

Write for Spectrum News
Call Erin or Bethany
x7966

Candidates for SG
president face off

CHRISTY ASHLEY
Junior
Physical Therapy and Psychology major
Carteret, N.J.

"I would like to improve administration-faculty-student relations because unless all of the above recognize Student Government, it can never embrace any issue with a significant force that could make the changes that are needed.

"SHU has been successful so far in its quest to expand, but should take time to pause and take inventory. When classes are growing and we can longer maintain low student to teacher ratios, when we don't have enough classrooms and are forced to use high schools, and when the library is not up to par with the classes that we are trying to offer, it's time to check and make sure we are still emphasizing well rounded education for the students we have instead of focusing on students of the future."

ROB DE CLEMENT
Junior
Criminal Justice major
Bridgeport, Conn.

"I want to make the University more for the students by getting student opinions heard and ultimately acted upon. For example, I would like to work on the overcrowding in the dorms.

"I feel that SHU is growing in both size and reputation. Another dorm is definitely a plus and the sports complex will be an asset to the University. However, I do not want to see SHU expand at its own detriment.

"Because of my prior experience with Student Government I've learned a lot about students and administration. I know that I can work with the Executive Board and help implement changes for the benefit of the students. I am confident that I can meet the increasing responsibility of the Student Government president."

JUSTIN VENECH
Sophomore
Media Studies major
Massapequa Park, N.Y.

"One of the changes I would make would be to clarify the roles of the different organizations on our campus, including CCO, Student Government and various hall councils.

"I think the University expanding is a positive thing, but Admissions and the rest of the should work on communication because we are admitting more students than we have room for, both classroom-wise and residence-wise.

"I think I've got the motivation and the fresh perspective to be an effective Student Government president. I like trying to get things done. And being an RA keeps me in touch with the different issues facing the University and how the students feel about them."

JOSHUA COLE
Sophomore
Political Science major
Red Hook, N.Y.

"The biggest problem I see is that the school is trying to grow too big too fast. If elected, I will try to solve some of the problems that have resulted from SHU's recent and rapid growth, such as parking and housing. The University is expanding and trying to put things into effect before they are ready.

"Throughout high school and college I've always sought out leadership positions. From being on the Student Senate here at SHU, I've heard most of the issues, so I think I know what some of the major problems are and how to work to solve these problems."

By Stephen P. Schola
The clock on the computer center wall seems to speed up as you try writing about T.S. Eliot's influence on paradigms of deconstructionism. Next thing you know, the sun's coming up over or clock tower. You print your paper out and reach your professor's office just as the bells chime nine times.

That day in class, your psych teaching assistant catches you snoozing in the back row.

"Oh no, you skip the rest of your classes in favor of a well-earned 12 hour nap.

Yes, the all-nighter is a fact of college life. But researchers say sleep deprivation is bad for you."

"At some point the sleep debt has to be paid," said Dr. Max Hirschkowitz, a sleep researcher at Baylor College of Medicine in Houston. "Eventually, the brain will demand sleep."

Research shows that college students are chronically sleep-deprived.

For example, Bryan Marnestein, a University of Washington student, says he usually makes it to bed between 3 and 4 a.m., averaging six or less hours of sleep per night.

"Earlier in the quarter, I got a lot of sleep in the library — on the couches, the chairs, the ground — anywhere I could find a place to lie down," said Marnestein. "I got so much sleep at night that I was really tired during the day."

"But for whatever the reason, maybe a combination between academic, social and work demands, students end up getting five or six hours on the average," said Michael Vitello, associated director of the University of Washington Sleep and Aging Research Program.

"Students take on a backbone of the roles."

The last time a mock trial was held for acquaintance rape took place about three years ago.

That trial received a great deal of interest because of the charge.

"It was time for a criminal matter. It was time to revisit this topic," said Sara Donohue, director of Paralegal/Legal Administration program.

The trial holds two purposes: to teach about the legal system in Connecticut and to teach about social and psychological parts that occur in the system.

Two students will have the center roles in the trial.

Senior and legal administration major Jennifer Ciano will portray the victim, Lisa Berkely, while Jayson Eastman, a sophomore majoring in sports management, will act as the defendant, Roger Moreland.

Along with understanding the legalities involved, these two students learned how to reenact what has happened to their characters.

Sister Anne Nadeau, director of counseling, screened students for the roles.

"She interviewed students to make sure that, in their (personal) backgrounds, there was not something like this that happened before," said Donohue.

Nadeau prepared a story for Ciano and Eastman. They did not memorize a script; they received a basic outline of how to take on their specific roles.

"Students take on a background of this part," said Nadeau.

Paralegal students in LIO 238, a litigation class, will also have roles in the trial such as jury members, bailiff and clerk of the court.

Bridgeport Superior Court Judge Edward Rodriguez and Attorney/Assistant Public Defender Jonathan Denning of Bridgeport will play their occupations in the trial.

The trial will not be full length, but will show the selection of the jury, the testimonies of witnesses, the attorneys' closing remarks, jury deliberation and a verdict.

The mock trial will take place Monday, Mar. 25 from 7 to 10 p.m. in the Schine Auditorium. All are welcome to attend.

Research Program.

Mock rape trial educates about legal consequences

Students: Get some sleep

Researchers say they need a good night's rest

By Melissa Ramsdell

College Press Service

The clock on the computer center wall seems to speed up as you try writing about T.S. Eliot's influence on paradigms of deconstructionism. Next thing you know, the sun's coming up over or clock tower. You print your paper out and reach your professor's office just as the bells chime nine times.

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All organizations involved in the event hope that the trial improve people's understanding about the criminal justice system and educate about how concep-
Sports coverage: A call for help

It is spring sports season once again, and every season the same story is heard in the Spectrum office. "We never get enough coverage. You guys have something against our team?"

Well, we can probably assure you that we don’t have any vendetta against any team on campus. Well at least not yet. With the exception of some students taking English internships, the Spectrum is a purely volunteer organization. These volunteers, many running whole sections, are responsible for what you read every week.

As Sacred Heart, sports always finds its way to the forefront. With over 26 varsity teams on campus, it is obvious that all can not be covered to everyone’s liking. There is one option, that is rarely overlooked by many fine, complaining athletes. Write your own stories. Yes we accept work from anyone in the student body, students, athletes, faculty and staff.

So if you feel your team is lacking support from us, then do something about it. Please.

Voters can make a difference

As the university community prepares, once again, for Student Government elections, there is one fear that comes to mind. What if no one votes?

This year, unlike elections of the recent past, four students are vying for the position of SG president.

These four presidential hopefuls, judging by their comments published elsewhere in this paper, believe they can make a difference on this campus.

Because this University is a growing institution seeking to position itself as one of the leading Catholic universities in the Northeast, the role of SG president becomes increasingly more important. You as student voters, owe it to these student leaders to listen to their ideas next Tuesday afternoon, and then to vote for the candidate of your choice.

Your vote will make a difference.

By Jonathan McCarthy
Editor-In-Chief

Well it’s that time of year again. It is the time that we as a student body collectively pick a group of people who we believe will accomplish nothing, waste time in a Hawley Lounge office and maybe if we’re lucky, run up a $500 phone bill. Yes, it’s student government election time.

Shannon Pons, without a doubt, has been one the most effective Student Government Presidents in the past three years. Unfortunately, hindering her success was the government he presided over which time and time again managed to drop the ball in some way, shape or form. It is now time for Shannon to move on and there are four people who would like a shot his unsatisfactory position. Let’s take a look at all the candidates, in no particular order.

First, there is Rob DeClement. Rob was head of the highly dysfunctional CCO. The same CCO that infuriated students on a weekly basis and the same CCO that many members complained was so poorly run that they dreaded going to.

Rob however says that because he was a part of the Senate he knows what the students want. Well, if he got his insight from the Senate, I would guess the students want to roll over and die.

The Senate is the only organization that comes close to the CCO in the category of biggest waste of time. Almost every week it was easy to hear a story about senators quitting because they felt it was not worth it to represent their class in such a poor forum.

DeClement has all the prior experience needed to run the Student Government in the same direction it has been heading, into the ground.

Secondly there is Ashley Ashley. Ashley, who has also been part of the Senate, has been a huge proponent of the university’s recycling program, and her work with the environmental club is directly responsible for the appearance of the blue recycling bins on campus. Ashley’s activity in the Senate is an interesting story.

It seems as if Ashley was constantly challenging the Senate to accomplish some sort of task. At times she would anger and even annoy current student leaders because she was upset with their performance. Her desire for the position is evident since at the time of press for this issue she is the only candidate with posters up. In Ashley there is a decent candidate.

Next up is Justin Venich. Justin has one tremendous plus. He was never a part of Student Government. That means he never had the opportunity to be infected with their horrendous work ethic, never was able to accomplish next to nothing. His leadership experience comes from the Dining Services Committee (DSC) of which he was President.

This is unique because the DSC actually accomplished many things this year. Their two most obvious accomplishments are a improved menu at FLIK and the tray bussing project which effectively improved the condition of the Dining Hall. Justin, therefore, has leadership experience in an organization that has actually contributed to the University. Justin has the potential to be a great President.

Finally there is Joshua Cole. Cole, like most candidates, is focusing on the rapid growth of the University and how it has affected the students. So far there can be little said about Cole. He has experience as a senator, which has been established as detrimental. And he is soft spoken. Cole would benefit from some more experience and will most likely have a better shot at President in the next two years.

The issues for this election range from the over-growth of the University to the ineffectiveness of the Student Government itself. This should only be a two person race that will be decided by voter turnout. Student Government President used to be a very powerful position here at Sacred Heart. Maybe that time will soon come again.
I was in my jeep, giving myself testosterone—one rushes by intermittently shifting into 4-wheel drive and ploughing through snow drifts, driving south on a cold Saturday morning towards Fairfield County.

The radio was tuned up to play a popular song from yesteryear, a song with profound, inspirational lyrics; it began:

Woody Bully, Woody Bully, Woody Bully, Woody Bully, (drum fill)

Or something like that.

I often make fun of the lyrics of old 50s songs, not because I don’t like them, but because the lyrics tended to be...well...stupid. For example, one 50s group composed the following lyrics to artistically illustrate the sociological complexities of living as a constant runner in the economical workforce of mid-20th century America:

Boom, boom, boom.

Sha, na, na, na, na, na.

Dom, dom, dom, dom, dom.


The April 1996 issue of the UC Berkeley Wellness Letter reports that, if the current trends continue, the average life expectancy for Americans may be 96 and 90 years for females and males, respectively. (Note: you have just witnessed a rarity—for the currently living generations, the words “female,” “male” and “respect” almost never occur in the same sentence, unless the sentence is written in the morning.)

The article continues, “About 40 million Americans will be 85 or older by the year 2050.” I, for one, am buying stock in Bennigay.

The story also states, “One out of every three newborn girls and one out of every ten boys will live to be 100... As life expectancy grows, the traditional division of life into three stages—education, employment and retirement—will have to be rethought.”

No more retiring at 65; only two thirds of life will be through.

No more attending school for only 16 years; people will need to re-attend school for blocks of time at different points in life, just to keep pace with new knowledge.

No more driving on highways at speeds over 26 miles per hour; for roads, instead of speed limits, we’ll need age limits. (“Sir, I pulled you over for driving in a 55-year-limit zone at 69 years old.” “Officer, how did you know?” “I saw you count out exact change at the toll.” “Oh.”)

Anyway, I digress—slightly. I was driving, listening to the radio, when the disc jockey announced that George Burns died that morning.

Here was this guy who was living the dream we all have in half of our hearts: to live forever. One hundred years. Millions of people were born and died while he still roamed the planet. He lived next to many world-altering events that we only read about in history books: World Wars I and II, the big blimp that blew up, the invention of candy bracelets.

Now George is gone, and our illusion of permanence fades with him.

Sacred Heart University center

A tribute to faculty and staff for the continuing service

Leland Roberts: 30 years
George Miller: 25 years
Clarke Young: 25 years
Laurence Weinstein: 20 years
Sidney Gotlieb: 20 years
Jean Sells: 20 years
Domenick Pinto: 20 years
Michael Sweeney: 20 Years
Rawlin Fairbaugh: 15 years
Dr. David Curtis: 15 years
Val Chevron: 15 years
celebrates Founders Day

continued dedication and outstanding service

Andrzej Anweiler: 15 years
Raymond Altieri: 15 years
Angela Dipace Fritz: 15 years
Rev. George Rowe: 15 years
Pauline Yatrakis: 15 years
Valerie Cologgi: 15 years
Theodore Gutswa: 15 years
Virginia Harris: 15 years
George Lombardi: 15 years
Eunice Stead: 15 years
Loretta Winter: 15 years

Not Pictured: Carol Schofield (30 years) and Alfred Tufano (20 years)

All photos by Laura Geier
March 21, 1996

CLUB HAPPENINGS
Compiled by Michele Herrmann

English Club
Come to Poetry in the Pub tonight at 9 p.m. Tonight is open mike. Come and read something from a favorite poet, your own poetry, act out a scene or recite a favorite piece. Tell a story or a joke, share a riddle or just give out a rhyme. Or just sit back and enjoy a night in the Pub. This event is co-sponsored with the Student Events Team. The English Club meets Tuesday nights at 7:45 p.m. in S208.

Habitat for Humanity
The university’s chapter of Habitat for Humanity is meeting Tuesday, Mar. 26 at 1:40 p.m. in S211. Students are welcome to attend.

History Club
See the exotic treasures of the Orient on a trip to the Metropolitan Museum of Art in NY on Friday, Mar. 29. Buses will depart at 9:30 a.m. and then return at 4:30 p.m. The cost of the trip is $18 and admission is $3.50 with a student ID. To reserve a seat, please contact Dr. John Roney at 371-7741 or the secretary of the History Department at 371-7730.

Social Work Students Organization
The Social Work Student Organization is presenting "Social Workers in the Criminal Justice System" with speakers Don Killa and Guay Chatfield, director and assistant director of the Bridgeport Court Clinic on Monday, Apr. 1 at 4:30 p.m. in the Schine Auditorium. Students are welcome to attend.

Commentary:

A return to God

By Gina Norelli
Assistant Features Editor

While on spring break, I visited my sister, her husband and their daughter for a couple of days. I hadn’t seen my niece for a while and she had since started talking and walking for the first time—so I was really looking forward to seeing her again. While I was there, I got to really talk to my sister Nancy about a lot of things and we caught up on lost time. I spoke to her about my concerns and the conversation turned into a serious talk about God.

I had noticed a remarkable change in my sister that impressed me enough to share—she had since turned her life over to God and appeared peaceful, as if an everlasting light was glowing in her. It made me think of how we would all be better off if we improved our trust in God. My sister said that one day it just dawned on her that she should trust Jesus in everything and ask him for guidance and insight. Things that never made sense before became crystal clear. All our lives, my two sisters and I were rooted in Christian faith, but the degree of faith my sister had developed was amazing. It is so easy to lose sight of what is really important in life and be fixated on earthly things that do not matter in the long run. Much of society has become distorted and concerned with the “here and now,” often times leaving any spiritual concerns at low priority. How can college students find God when there is so much hatred, sin and immorality lurking around every corner?

“My belief in God helps keep me strong even in the worst times,” says first-year pre-nursing major Kirstie Rahtor, from Webster, MA. When we acknowledge God’s presence in our lives, we see how often he carries us when we need strength, how often he protects us and how much he loves us. If you look back to situations in your life, you will surely see that he was there, as a subtle yet constant presence. It seems as if when we have strengthened our faith in God, things seem to fall into place and we begin to see things in a different light—things that our narrow “earthly” vision made it impossible to see before. We see how truly blessed we are to be Christians.

“Sometimes when I look around, I thank God for little things like another day and my family,” says sophomore biology major Amber Hagos from Winsted, Conn.

This talk with my sister reminded me of a retreat that I went on four years ago, in which a woman spoke about how she often found herself drifting from God, but when she returned to him, he was immediately present like a loyal friend at her side. No matter how often she forgot that he was there and neglected to trust in him, he still patiently awaited her return. This also reminded me of my Confirmation in which the Bishop spoke to my class about the evils of the world and how we are endlessly going to be tempted by them. I don’t think I will ever forget his words. He said, “The evils are always going to be there, but I have faith in you. I believe that you can rise above it all. It won’t be easy, but I have faith that you can.”

Martial Arts Team plans to compete

By Michele Herrmann
Features Editor

Go into the Fitness Room on a Thursday evening and see a group of nine young men stretching. Not by bending; it’s by applying pressure. Each male raises his right leg, pressing it against his partner’s shoulder while he firmly holds it in place.

His face tightens. A few seconds pass as he keeps still. When the instructor shouts “Relax,” his facial expression does the same. His leg drops, and then he extends his left.

Stretching is the first routine of the Martial Arts Team’s weekly meeting. Next, the team practices kicking and punching and sparring (free fighting). At each practice, a team member instructs.

Each person added a different style of martial art to the team. “We all have experience in different types of martial arts,” said Joe Moura, co-president and a junior from Bridgeport, CT.

Along with basic karate, team members are proficient in tae kwon do, hapiko and, once in a while, the team practices judo. The members’ belts range from yellow to black.

In a form similar to tae kwon do, belt levels begin at white, then go to yellow, green, purple, blue, brown and, the highest, black. Seven members hold purple, blue, brown and, the highest, black belts.

Moura and Co-President Oscar Allain, a senior from Puerto Rico, founded the team last September. "We wanted to get a martial arts team together to compete on a college level," said Moura. "And, in the process, offer an alternative extracurricular activity for students to get involved in.”

Besides practicing to improve, the team plans to compete against other martial arts teams in intercollegiate tournaments. At tomorrow’s International Gala, the team will perform an exhibition of martial arts skills. “We just wanted to perform and practice as a team,” Moura said.

Martial Arts affects its participants in several ways. It provides a method of keeping in shape and mental relaxation, and builds character. Wayne Kosimoff, a junior from NY who holds a purple belt, said the reason he joined the team was “mostly just for fun, but also to practice and get better.”

Currently, there are about four beginners on the team. Any students, including females, interested in the martial arts are welcome to join.

“If you want to learn, we will teach you,” Moura said.

The Martial Arts Team meets Mondays and Wednesdays at 7:30 p.m. in Jefferson Hill Building One Community Room and on Tuesdays and Thursdays at the same time in the Fitness Room.

Write for Features. Call 365-4495 or 396-6365.
Seinfeld wins big with people

The hit TV series walks away with Best Comedy Award

George’s promotion in the New York Yankees organization, as well as the episodes with George’s refusal to reveal his ATM code, Elaine dating a guy just because he did not remember meeting her and Jerry being accused of mocking Leaping Larry, a man with only one leg.

Other episodes included Kramer posing as the movie phone guy, Kramer’s AIDS walk disaster and George wanting to name his son Seven only to have a friend of his “steal” the name. The funniest episode of the season, which is arguably the funniest episode ever, is that with the “Soup Nazi.”

This episode also featured Elaine buying an armoire which gets stolen while Kramer is guarding it and George and Elaine’s fascination to lie himself in and out of situations is another thing which viewers may have tried to do, therefore, can relate to. I think that people like this show so much due to the fact that they can see parts of themselves and the people they know, in the characters.

As this season comes to a close, fans of “Seinfeld” will eagerly wait for the next one (possibly the last) to begin. They will have to fill their need for the show with the reruns, on syndication, of such classic episodes as “the contest,” “the magic luge,” and the one in which the reporter thinks they are gay.

As fans, like myself, eagerly await new episodes to air, we hope that the cast realizes exactly how popular the show is and decide to sign on for many more seasons.

Hamell on trial guilty of anxiety

This month Hamell on Trial releases his debut album, Big As Life, on the Mercury label. According to his biography, put out by Mercury, Ed Hamell started out as a member of a series of bands but decided to go solo because as he said, “...now when we have rehearsal, we all show up on time, we’re sober and we all agree on the material.”

Hamell on Trial calls “rock and roll” the album Big as Life, is at least a different approach to what Hamell on Trial calls “rock and roll.” The reading style of Hamell’s songs tend to leave the listener in a laid back mood. The tempo of the music, on the other hand, leaves the listener feeling anxious. It is very fast paced which would lend to the idea of dancing but as soon as the lyrics are added, the listener sits down and does not know how to respond.

Although the style is different and Hamell is an excellent verse reader, the musical enjoyment factor is not there. He is talented and deserves credit for performing such complex and powerful pieces on his own.

Though, the overall atmosphere it creates is almost parallel to the theme song in Jaws, it may be popular but it definitely is not pleasurable. After the album is finished the listener does not want to replay the whole thing. He or she may have to replay a song in disbelief.
Ani DiFranco analyzes life with Out of Range

Patrick Schiller Contributing Writer

Hey everybody, long time no see. I blame it on the computer again. Do not fret, I have gone back to the ol' slate and typewriter method. It is hard in a carry, but well worth the wait (ha).

I am listening to Ani DiFranco's 1994 release, Out of Range. All I have to say is, wonderful. Ani DiFranco has hit the note that I have been looking for. She is one of the few musicians that can sing about life and mean it. I was thus familiar with her from Ani. "I build each of my songs out of glass, so you could see me inside them I suppose." Listening to Ani sings takes you right to her head. You feel a sense of connection.

The album starts with "Buildings and Bridges," a slowish ballad about life and its uncanny way of being very circular. Her sound is similar to Natalie Merchant, but her lyrics are harder and more attuned to Bob Dylan. Ani sings of the frustration with life, with men and with her past. She is not afraid to tell you about what she has done or where she is going. She does not hide behind her words but stands in front and leads them to your ears and heart.

Along with her folk side, Ani can just jam. Her song "How have you been?" has an added horn section and the song just kicks your butt.

A drawback to this 25-year old Buffalo native is that you actually have to sit and listen to her sing and listen to what she says. I know that that is a major problem for some people (imagine listening to music...whodah thought?). The album itself has been wellmade. The songs flow nicely from one to the next, creating a gentle yet harsh tale. She challenges you to wake up and make a change. "If you're not angry, then you're just stupid."

Ani's seventh album, Dilate, is due out May 21. She is touring in support of her latest effort and she will be coming soon to the local area.

You can check her out Apr. 21 in New London, CT, Apr. 23 in West Hartford, CT and the Palace Theatre in New Haven, CT on Apr. 27.

A few other album to look for by Ani DiFranco are, Imperfectly (1992) and Paddie Dive (1993). Also, in 1993, Ani took a selection of songs from her first two albums (Ani DiFranco (1990) and Not So Soft (1991)) and recorded them with new musicians to create Like I Said.

Well, I think that covers it. Hope you can catch Ani on her east coast tour. Take what she says to heart.

Sandler a laugh a minute in new flick

Patrick McCallagh Staff Writer

Happy Gilmore is a movie about golf. Happy, played by Adam Sandler, is a wanna-be hockey player who accidently discovers he can hit a golf ball farther than anyone in history. He joins the PGA, Professional Golfers Association, because he needs money. He brings a hockey mentality to the game resulting in a completely new style of golf.

Happy grew up as a life-long hockey fan. He has a powerful slap shot but cannot skate ten feet without falling down. He turns his slap shot into a golf swing and hilarity ensues. Happy is forced into playing a tournament at a local club by the club professional, played by Carl Whethers. The winner of the tournament gets invited to join the PGA tour. Of course, Happy wins, but refuses to join until he scores $250,000. This sum is needed to save his grandmother's house.

Once on the tour, Happy forms a rivalry with one of the tour's best players. Not only are the rivals on the links, but Happy is also after the heart of the tour publicist. This rivalry, along with the need for money, are the only things that keep Happy on the tour.

Happy Gilmore is hilarious from start to finish. Sandler is the best. He just seems so naturally dumb that he is funny. He goes from the typical hockey maniac, who thinks golf is just men in funny pants, to one of the best golfers in the world.

This scene was so funny because he did this in order to toughen himself up for the next hockey season. He also loves to fight. He fights with anyone, other tour players, for instance. Bob Barker, his partner in a celebrity tournament, is one of his punching partners. Happy also beats up the clown on the eighteenth hole of a local mini-golf. Unfortunately for him, Barker gets the best of Happy.

Overall, the movie was great, even better than Sandler's first movie Billy Madison. Definitely a movie for any Sandler fan.

A&L Briefs

Compiled by Danielle Nolan

Art Gallery welcomes Philip Orenstein

The Gallery of Contemporary Art here at Sacred Heart University will be sponsoring "Writing on the Wall," a collection of works by artist Philip Orenstein. Orenstein was separated from his Jewish family during World War II. The exhibit will include one of his mural-sized works, three paintings and seven drawings, as well as some personal history about his life in hiding during the war. Admission is free. The event takes place from Sunday, Mar. 24-Thursday, Apr. 25. For more information, contact Sophia Gevas, Gallery Director, at 365-7650.

"Cinema Realite" is this year's "Food For Thought"

Back by popular demand is this year's Lenten "Food For Thought" series entitled "Cinema Realite." On Tuesday, Mar. 26 there is a discussion and luncheon called "Leaving Las Vegas: Camelot the Kingdom, or Somewhere in the South Bronx," with Rev. Thomas Michael McMernon, Campus Minister. The event will be in the Faculty Lounge from 12:30-1:30 p.m. Please RSVP by the Friday prior so that lunch may be provided. Call Campus Ministry at ext. 7840.

Stamford Pops set to perform

On Saturday, Mar. 30 at 8:30 p.m., the Stamford Symphony Pops Orchestra will be performing "Travelin' Music," with guest conductor, Michael Krajewski. The performance will take place in the Palace Theatre on 61 Atlantic St. in Stamford. Tickets are $14-$44. Order tickets with Visa or Mastercard by calling 325-4466. There are discounts for groups of 20+. For more information, call Helen Fleishman, Director of Marketing and Public Relations, at 325-1407, ext. 301.

Announcement...

If you are considering a degree in:

- Medicine
- Dental Medicine
- Optometry
- Pharmaceutical Sciences
- Veterinary Medicine

Please contact Dr. Philip J. Krebs at 365-7630 to arrange for a Pre-Health Professions advisory meeting. It is important that you identify yourself as Pre-Health Professional to receive proper guidance and information on internships, volunteer work, test preparation and much more.
By Mark Taylor

In the spring of 1992, the athletic department decided to add bowling to the list of intercollegiate sports at Sacred Heart. Admissions counselor, Rob Cottele was named as coach. Over that summer, Rob Cottele was able to recruit two transfer students and ten first-year students to comprise the first bowling team at SHU.

Many of the players grew up together bowling the junior tournaments in the area. Cottele signed the team record and Bob Burlone took over. Today, only five of the original players remain to finish in their last team in their collegiate careers. The site of the tournament was the BJC Perry Hall Lanes in Baltimore, Maryland for the East­ sectional Qualifier to the Inter­ collegiate Bowling Championships (IBC). Sixteen other teams competed in this tournament.

The situation for the players was either to finish in one of the top two places and qualify for nationals or to not finish in the top two and end their careers.

The tournament was held over a two-week period with eight team games bowled on Saturday and 24 baker games. The Pioneers and other teams were in the competition over spring break.

Over the past two weeks, the Pioneers missed last season, but has three goals and assisting on three games of his college career scoring a total record, scored five goals and added one assist. Dumont added one goal and one assist.

Lutz envisions a great future for Sacred Heart as a bowling dynasty. We have the potential to become a national recognition to Sacred Heart. The team faces two away games after the IBC. Numer­ ous times throughout the day they combined to throw doubles or triples in ninth and tenth frames to save the games.

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Baseball team ends up .500 after spring break games

By Chris Morrissey
Sports Writer

The Pioneer baseball team traveled to Savannah, G.A., over spring break to prepare themselves for the upcoming season.

Their record was 4-4 over the break, but don’t let this record fool you. Two of their defeats came against Armstrong State and Southern Dakota State, two of the top teams in the nation. These defeats were rough for the Pioneers. They were close games that they felt they should have won. “We could have easily been 6-2, but it was hard considering it was our first time outside,” said player Chris Jones.

The Pioneer victories came against other top teams such as Savannah State and American International College. Chris Jones and Gregg Madigan shined at the plate for the Pioneers, while Jamie Romeo and John Hart were the aces on the mound. Playing against these schools gives the team the chance to play opponents they normally would not face, which gives them experience.

The expectations for this year’s team are high as they hope to win the conference crown as well as the regionals. The team is expecting the younger players to step up and help the Pioneers reach the national tournament.

Equestrian team wins show by leaps and bounds

By Michelle Costellozzi
Sports Writer

“We just had an amazing day,” states Maureen Lutz, coordinator of the SHU equestrian team. So it was. With over 160 riders competing at the Intercollegiate Horse Show held at Nassau Community College on Long Island Sunday, the Sacred Heart equestrian team was the winning team of the day.

Pioneer equestrians scored a total of 37 points, winning five of the eight jumping classes. Juniors Jen Kotkin from Ritchfield, N.J., and Helen Hanning from Broad Channel, N.Y., won two blue ribbons each in their respective divisions, intermediate and novice. They were among the high-point champions for the day. In fact, in the novice over-fences division, the largest in the show with a total of 32 individual rounds, the SHU team swept all four ribbons.

Lutz cites Kotkin as one of the “consistent blue ribbon winners over the past few weeks.” Kotkin, who began riding at age 13, transferred from Southern Connecticut State University to Sacred Heart this year. “Everyone’s really come together,” she says. “We’ve come from the bottom. Last year, no one knew who we were — now, everyone’s hearing about Sacred Heart.”

Overall the team felt that the trip was helpful. “The trip was good. We played very well and we came together as a team as well as building chemistry between the players,” stated pitcher John Hart. The Pioneers next home game is Tuesday against St. Rose College at 3 p.m. at Kwanis Field in Fairfield. Come out and cheer the team on.

The expectations for this year’s team are high as they hope to win the conference crown as well as the regionals. The team is expecting the younger players to step up and help the Pioneers reach the national tournament.

The ladies had a slow start averaging only 173 for the first four games. This allowed them to hold the second place position for the tournament. After four more games they improved to 185 and captured first place from Temple and Wichita State, Erie C.C., Savannah State and American International College. Chris Jones and Greg McGadian shined at the plate for the Pioneers, while Jamie Romeo and John Hart were the aces on the mound. Playing against these schools gives the team the chance to play opponents they normally would not face, which gives them experience.

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Their final record after break was 4-4. Two of the losses came from nationally ranked teams

By Cori Waldheim
Contributing Writer

This past weekend the women’s bowling team attended Sectionals in Baltimore, Maryland where they competed for and won a bid to the Intercollegiate Bowling Championships in Kansas City, Missouri.

The ladies are traveling to Nationals for the second time in two years. Last year they placed eleventh out of sixteen.

“I hope we can place in the top ten,” says sophomore computer science major Cheryl Nimmo. Nimmo continues, “My hope is for us all of us to bowl our best and exceed our capabilities.”

This weekend’s format included eight team games and twenty-four baker games.

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