President calls for new core

By Cheryl Casey
News Editor

Sacred Heart University's core curriculum has been undergoing review for five to six years, and the near future could hold changes. Dr. Anthony Cernera, President of the University, intends to present a report to the Board of Trustees in March which will suggest an increase in religious and philosophical studies.

Dr. Cernera has requested the aid of the Provost, Dr. David Harnett, and the President of the Faculty Senate, Dr. Walter Brooks, to compile the report. "This report should include a recommendation to increase the credits needed for graduation from nine to 15 in the area of philosophy/religious studies," announced Cernera.

"While I recognize that an overall revision of the core curriculum will need more work and therefore time, increasing courses in religious studies and philosophy is critical to our efforts to provide our undergraduates with an educational experience that is consistent with the Catholic intellectual and liberal arts traditions which are at the foundation of our mission," the president stated.

Dr. Brooks said he had not had a chance to consult the President about the report and was unable to give any additional information.

Many factors must be discussed and figured out, insisted Cernera, and the trustees may not even address the issue until May. Revision of the core could take another couple of years, but when

See Cernera, page 3

Pep rally raises spirit at SHU

By Michele Herrmann
Co-Editor-in-Chief

"It's a great start for the fall athletic season," Band Director Duane Melzer said, summing up last Friday night's pep rally.

The Pioneer Marching Band came out to perform, as well as the Dance Team and cheerleaders, for a crowd of about 200 and the near future could hold changes. Dr. Anthony Cernera, President of the University, intends to present a report to the Board of Trustees in March which will suggest an increase in religious and philosophical studies.

Tennis team members appeared at the rally. Bucky the Pioneer mascot returned to provide his support.

The Student Events Team sponsored the event and handed out megaphones to the crowd.

The rally was moved to the Gym, and a scheduled bonfire was canceled due to complications with the weather.

"I thought the weather was going to chase people away, but I was impressed with the turnout," said Program Assistant Dennis Leszko.

That day, students fought in an electronic battle of laser tag happened inside a 50 X 50 square foot tent in the Gym. Inside, the competitors ran through a maze, shot at blown up obstacles and tried to protect themselves from being hit.

On Saturday, "Battle of the Classes" encouraged students to dress in their class assigned colors: red for seniors, white for juniors, blue for sophomores, and for freshmen, green, at the Pioneers vs. St. John's football game.

The battle was a "spirit contest," according to Student Events Team member and sophomore Mike Dutson from Feeding Hills, MA. As for the winner, Dutson said that there was a close call between the first and second year students.

From the outcome of Pioneer Weekend, S.E.T. aims to increase spirit in students.

Off-campus housing with an oceanfront view...page 3

Mariano steps in as coach for the Laxmen...page 16

Pearl Jam's 'No Code' shows signs of life...page 12

Inside...
SG to tackle new year
Plans and pressing issues addressed

By Shaena Doherty
Staff Writer

"We set up a number of goals for each board," explained Ashley. The Senate deals with most of the issues. Problems within each class is handled by that class. However, if the problem can not be solved through class participation, the problem is delivered to the Executive Board. The Senate is dealing with safety, registration, health services, library, and parking.

Parking has been of major concern this year, but the job of the Senate is to mainly focus on the fee students pay for parking. While we pay fees for health services, we know that goes directly to the health services, Ashley noted.

The Senate is investigating whether or not the parking fees go toward the right department since, as Ashley explained, we have not seen a rise in the number of Public Safety officers hired or in the number of cameras.

The Council of Clubs and Organizations is concerned with club visibility and, in keeping with the Sacred Heart mission, with community service. The CCO would like to see more clubs in the community dealing with co-op projects. The Finance Board recently opened a student bank which gives clubs more access to petty cash and an easier way to process involving club funds. SET (Student Events Team) has a basic goal of creating better events for the student body and having more creative advertising, while Greek Council is concerned with Rushing and giving fraternities and sororities more visibility.

On a different note, student government would like to establish a commuter link between commuter and resident students. The plan would be to match up residents with commuters.

In a letter to Commerter Assistant Rob Carroll, Ashley wrote, "The program would be voluntary, but it would be ideal for both parties."

Student government has many unique ideas on how to communicate, coordinate, and solve problems that may arise.

"As long as there are people to organize, there's always room for improvement," Ashley asserted.

Rushing to be a Greek

By Lora Marcella
Contributing Writer

Rush Week is a time when the students can come meet the brothers and sisters of the different organizations and decide if Greek life is for them. Greek Week begins Sept. 23 with a sorority-fraternity dance. Tuesday and Wednesday are open rush, when all students split into groups and rotate through the different organizations. Thursday is closed rush for the students the organizations choose to ask back.

Greek Rush chair and secretary of Phi Omega Tau Danielle Nolan, a junior media studies major from Franklin, MA, said, "I think that this year is going to be the best rush year ever. Things have dramatically changed for the better. Things have become much more organized and I think many more people will become a part of Greek life."

Assistant Director to Student Activities/Union Al Precourt said, "Let's get this party started right. That's exactly what Rush will be kicking off with a dance party. It will allow students to experience inter-Greek relations on a social level. On Tuesday, the formal meetings will begin at 10 p.m. in the South Wing of the Academic Building."

There are five different sororities: Phi Omega Tau, Kappa Beta Phi, Beta Delta Phi, Nu Epislon Omega, and Delta Phi Kappa. The three fraternities are Lambda Sigma Phi, Omega Phi Kappa, and Gamma Chi Zeta.

Joining a fraternity or sorority is a way to become a more active member of the SHU community. Each organization has a main objective and each year they do volunteer work and activities to earn money and raise awareness for their cause.

Divisional head favors publication over teaching

By Cheryl Casey
News Editor

Faculty members at Sacred Heart receive pożyczek according to their merit. On what basis is merit done? According to the Divisional Chair of Communication Studies Dr. David Curtis, faculty members are evaluated in a number of different categories: teaching, student advisement, curricular development, university service and research and publications.

"As far as I am concerned," said Curtis, "in my part in giving out merit raises, I'm going to look for evidence of publication and scholarship." Curtis insisted that he has no intentions of ingoring the other areas, "but that is the one I am going to pay attention to. Who gets the best raise? The person who's publishing."

"My position is that one of the primary functions of the university is to provide a place for the faculty member to pursue his scholarly work," explained Curtis. "Obviously, one of the primary roles is to teach as well, but at Sacred Heart, we are out of balance," he added.

Rebecca Abbot, assistant professor of media studies, insisted that although research is important to a scholar, publication is hard to separate in importance from the other faculty responsibilities.

Ideally, I think the best approach for evaluating faculty is to recognize that all faculty members are different, having different strengths and weaknesses. "See Curtis on page 4"
Students enjoy surf and sand in Milford

By Jennifer Hudson
Staff Writer

Mid-September is upon us. Already the air is becoming much cooler and there is the faint scent of autumn present. It is during this time of year that we find ourselves longing to hold on to the those lazy days of summer. We wish for just one more day at the beach. Alongside it, feeling the warm sand beneath our feet. We want one more chance to enjoy the easy going of beach volleyball while listening to the gentle waves.

Although the weather remains warm enough to do these things, many of us will not have the opportunity. A new semester is here. Many of us are away from home or are just too busy for a quick visit to the beach. It seems that the only means of finding time to enjoy the beach would be to live on it.

SHU students, now you can enjoy the cuddling of the sand at the beach front housing complex in Milford, a fifteen-minute drive from campus. Sacred Heart, in conjunction with a real-estate agency, is offering six houses to accommodate upperclassmen and graduate students. Three of the six houses the upperclassmen and the other 3 contain graduates.

It is inevitable that overpopulated the faculty's hands and the vision of the core is being taken away from communication studies, thinks the rector of Park Ridge staff, Jen Bayley, who is the residential director of Park Ridge, is also the R.D. in Milford. John Chepren, who is living in Milford, is an R.A. both there and at and Park Ridge. The R.A.'s, and R.D. are on call every night personally or by phone.

Are these beach front houses staffed like other off-campus housing? "Yes," said Raynis, "the beach of South lot and the admissions part of the Park Ridge staff. Jen Bayley, who is the residential director of Park Ridge, is also the R.D. in Milford. John Chepren, who is living in Milford, is an R.A. both there and at Park Ridge. The R.A.'s, and R.D. are on call every night personally or by phone.

The six East Broadway houses in Milford offer residents a backyard view of beach and ocean. Photo by Rich Raupp

Cernera: recommending core revision

By Eric E. Harrison
Co-Editor-in-Chief

Last February, a committee formed to allocate student leadership stipends, which have been distributed to 17 university student heads. The organizations include Student Government, the Spectrum newspaper, the Prologue yearbook and Sacred Heart's radio station, WHRT.

The committee included: Denise Sutphin, director of student activities and advisor to Student Government; Ralph Corrigan, Ph.D., associate professor of English and faculty advisor to the Spectrum; Al Precourt, assistant director of student activities and advisor to the Prologue; Eric Rutberg, counselor in the Career Development Office and advisor to WHRT; and Dennis Lesko, a graduate assistant in the Student Activities Office. Five student representatives also helped comprise the committee.

"We distributed to students that best deemed and represented a stipend position," said Sutphin. According to Sutphin, two factors were involved in the selection which included the amount of hours the position requires and the impact it has on students.

"The head position of Student Government, the Spectrum and the Prologue were looked upon by the committee as equal and we decided that WHRT needs would like to know more about the Milford housing, please contact either Dan Connelly, director of housing, or Cathy Raynis in the Residential Life Office.

Stipends distributed

Activity fees divided for student leaders

The collaborative figure of the stipends for the 1996-1997 academic year totals $25,000, which derived from student activity fees.

• Spectrum $9,500
• Student Government $8,000
• Prologue $5,500
• WHRT $2,000

$25,000

Got a nose for news?

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365-7658
Curtis: basing merit on publication

Continued from page 2

ten strengths," she suggested. Some are original and innova-
tive, doing ground-breaking work, while others are better ad-
iministers. Consideration for merit raises should start "from
their place of strength and evaluate how they challenge them-
selves and grow in their area of weakness," Abbot continued.

There is not enough empha-
sis on the professor doing schol-
arily work, noted Curtis, and more
attention should be paid to the
professor's obligations to the
work, while others are better ad-

Dr. Richard Grigg as very active
and religious studies professor
approach," Curtis said, citing

members we have hired in the
sis on the professor doing schol-

Jennifer Heffinger, a senior who
tipped the roofs off buildings
ricane winds uprooted 436 trees,

RALEIGH, N.C.—Days af-
College Press Service

By Colleen DeBaise

"The septic isn't working so I
have no restroom. You just kind of
roll with the punches, I guess."

Heffinger, who spent sev-
weeks camping this sum-
mer, said she has lived without
modem conveniences before:

"I think I'm taking it a little
bit better than others," she said. "Ev-
eryone takes electricity and hot
water for granted."

Other universities that shut
down because of the hurricane
include: University of North
Carolina at Chapel Hill, North
Carolina State University, the
College of Charleston, South
Carolina State University, the
Citadel and Voorhes College.

South Carolina State was
forced to cancel its Sept. 7 foot-
ball game with Charleston South-

Like many schools, UNC-
Wilmington shut down as soon
as administrators learned about
Fran's approach.

"Eve since we learned about
the destruction from Hurricane
Hugo, we have decided that
whenever we have a hurricane
we will close and send home resi-
dential students," said Mimi Cunn-
ingham, a UNC-
Wilmington spokesperson.

Most of the school's 8,500
students took shelter at their par-
ents' or friends' homes away
from the coast. Thirteen interna-
tional students stayed at a nearby
shelter.

"I think winds blew the roof off
a dormitory that houses 400
women, all of whom were evacu-
ated."

"Heavy rains flooded parts of
the building, and now 23 resi-
dents must move to temporary
housing while repairs are being
made.

But the damage to the dorm
was far less than expected.

"One girl said, "Oh, we're so
glad. We thought our stuff
was going to be blown to Kan-
sas," Cunningham said.

Another roof was ripped off a
classroom building.

Although the university has
not yet figured out the dollar
estimate of the damage, Fran is
worst than other hurricanes that
have hit the campus including
Bertha and Diana in 1984, she
said.

At the University of North
Carolina at Chapel Hill, offici-
als have asked students for their help
in repairing the campus.

"We have been very fortu-
ate to come through Hurricane
Fran with no injuries or signifi-
cant structural damage, but there
remains a huge amount of brush
and debris that need to be cleared," UNC-Chapel Hill
Chancellor Michael Hooker said.

Efficiency at Flik
Bigger means better

By Justin Venech

Contributing Writer

The new expansion on the
Dining Hall will provide a
more efficient, more modern conveniences,
which will mean quicker service as
well as better quality food for Flik
patrons. It will also provide extra
space for offices, storage, refrigeration
and preparation.

The kitchen currently in use
was not meant to serve the large
amount of people it is. For
example, the kitchen at
Manhattanville College in New
York is almost four times larger
than what is found here, while
their student body is smaller.

"With the expansion there
will be enough room for each
kitchen worker to have his or her

classrooms clean up after Fran

Continued from page 3

held at the beginning of each
semester. Each student leader
will be evaluated at the end of
each semester.

As stated in the contract, "The purpose of this contract is to allow
more time to make a larger
contribution completely on their
specific student leader role."

The contract permits
Spectrum editors, business man-
ger and circulation coordinator, the Student Government Presi-
dent, Vice-President for Finance
Board and Vice-President for Stu-
dent Events Teams (SE.Ty), the
Prologue editors, and to the
WHRT station and operations
managers.

Stipends: enhancing leadership roles

Continued from page 3

to build up to where the other will  be evaluated at the end of the Student Government Presi-

There is not enough empha-
sis on the professor doing schol-
arily work, while others are better ad-
iministers. Consideration for merit raises should start "from
their place of strength and evaluate how they challenge them-
selves and grow in their area of weakness," Abbot continued.

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their place of strength and evaluate how they challenge them-
selves and grow in their area of weakness," Abbot continued.
New grad program for Catholic school teachers

A new graduate program designed to make teachers and administrators better educators of Catholicism is being introduced this fall at Sacred Heart University.

The Master of Arts in Teaching program, centering on Catholic school administration, is being established in a collaborative effort by Sacred Heart and the Dioceses of Bridgeport and Norwich and the Archdiocese of Hartford.

The program will provide specialized graduate education for hundreds of Catholic school teachers and administrators seeking a master's degree, and will be a prerequisite for those seeking administrative positions in the three dioceses.

"The program is designed to enhance the Catholic administrative functions for those seeking to be better Catholic administrators and heralds of the gospel," said the Rev. Msgr. Gregory Smith, Ed.D., director of Sacred Heart's Institute for Religious Education and Pastoral Studies (REAPS).

Smith said the new concentration is the result of years of collaborative effort by the dioceses and the University to establish a graduate program to meet the needs of today's Catholic school teachers.

The program will provide specialization directed to Catholic school teachers and administrators so that their graduate education reflects the mission, philosophy and curriculum for Catholic schools, according to Smith.

Sr. Loretta Francis Mann, OSF, assistant superintendent, Archdiocese of Hartford and a member of the planning committee that created the program, said that "as we strive to enhance the Catholic identity of our schools, this program will surely bring an added dimension to our endeavors."

The four new courses offered in the program of 13 graduate credits will be formatted in learning modules to accommodate the adult learner's needs. Most courses will be offered either during the summer or in intensive one-week courses in the fall and spring. Courses will be presented at three different sites in the state, serving the three dioceses.

Tampa student arrested in airport

By College Press Service

TAMPA—A theology student was arrested Aug. 31 after trying to board a plane with explosives, ammunition and weapons in his carry-on bag.

An airport security guard opened 21-year-old Roman Regman's bag and discovered two hand grenades, a 9 mm pistol, about 180 rounds of ammunition, six military-style knives, five handmade explosive devices and other materials, police said.

Regman held a ticket to Wilkes Barre-Scranton, Pa. He was set to start his third-year of study for priesthood in the Orthodox church at St. Tikhon's Seminary near Scranton.

Regman, who was charged with seven counts of carrying explosive devices, six counts of carrying weapons and one count of carrying a concealed firearm, insists that the materials were harmless.

"The things I had were not real. They're used weapons. They were no good. The grenades are dead," Regman told a Florida television station from jail, where he is being held without bail.

Lt. Steve Marlovits, a spokesman for the Tampa airport police, said that was not true. "Everything was functional," he said.

The FBI told reporters that an investigation would focus on what Regman's motive were in attempting to pass the material through the security checkpoint.

Seminary have described Regman as a quiet person who kept to himself.

"Naturally we are saddened and shocked over what has taken place," said Archbishop Herman Swaiko. "It [doesn't sound like] the person we know,"

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**The Commuter Shuffle**

Sacred Heart University began in 1963 as a commuter school and thrived for years. But now, with its proud history of commuter students seems to be lost in the shuffle. As of the fall 1996 enrollment, residents comprise roughly 63 percent of the undergraduate population and this percentage continues to climb. To some, it appears that Sacred Heart has forgotten about its commuter students by dedicating most of its attention toward resident students.

We believe that commuters are an integral part of this community. In fact, some of the area’s most prominent leaders attended this institution as commuters.

We understand that commuting to and from school as a full-time student can be discouraging as well as time consuming. But we think the extra effort it takes to become part of the university community by joining a club or organization is well worth it.

So let us not forget about the group of students who continue to commute, like Sacred Heart’s original students. Possibilities exist on campus for all students.

**Give respect, get respect**

At this University, we come in contact with many different people. Each person is different culturally, mentally and emotionally. We must communicate with professors, roommates, faculty, friends and strangers each day. The way in which we communicate and our eye contact we make with one another and the words we speak, affect our everyday attitude and mood — affecting the way we behave and think.

In order to obtain respect from others, we must build a common bond of courtesy and warmth amongst each other. Making enemies and disliking others is a waste of time at a place of higher learning. Smiling at others in the hallways and holding doors for people are simple ways to set a standard of good citizenship at Sacred Heart.

If we are decent to one another and we respect each other, this University will be a more peaceful place. If you are just beginning
to go to Sacred Heart, know that you do not get a second

*Give respect, get respect* is an open forum; submissions are not judged by the opinions expressed or by any criteria not related to the quality of the writing or timeliness of the thoughts. Opinions expressed on the editorial page represent the majority opinion of the Editorial Board. Guest editorials and letters to the editor are welcome and editorial page represent the majority opinion of the Editorial Board. Unsigned editorials appearing in the far left column of the first page of the editorial page(s) is an open forum; submissions are not judged by the opinions expressed or by any criteria not related to the quality of the writing or timeliness of the thoughts. Opinions expressed on the editorial page(s) are those of the authors. Unsigned editorials appearing in the far left column of the first page of the editorial page represent the majority opinion of the Spectrum Editorial Board. Guest editorials and letters to the editor are welcome and encouraged. Submissions are subject to editing for spelling, punctuation, grammar and clarity. Letters to the editor should not exceed one page in length and should be considered on a space-available basis. The Spectrum does not assume copyright for any material it publishes. All rights are retained by the author. All submissions are reviewed by the Spectrum Editorial Board and final decisions are made by the Editor-in-Chief.

The Spectrum is a student-run newspaper of Sacred Heart University, published every Thursday during the academic year. The Spectrum is available in the Academic Building. The phone number is (203) 371-7963. All mail to the Spectrum should be sent to Sacred Heart University c/o the Spectrum, 5151 Park Avenue, Fairfield, CT 06432-1000. The Spectrum believes all advertising to be correct but cannot guarantee its accuracy. The advertising deadline is (7) days prior to publication. For information call (203) 371-7966. Fax number is (203) 371-7828.

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**Political Viewpoint:**

**Defense of Marriage?**

By Rob Sawicki

Last week, the U.S. Senate passed a bill entitled the "Defense of Marriage Act." What is the purpose of this legislation, you ask? Well, based on its name you might think it would be an effort to save the institution of marriage. And, with a divorce rate of 50 percent, it might not be a bad idea to determine whether or not to legalize same-sex marriages. The reason for this bill is that those who oppose same-sex marriages are afraid of its recent legalization in Hawaii would set a legal precedent forcing other states to adopt a similar policy. This bill would prevent that from happening.

One of the big questions is: why is there such an opposition to same-sex marriages? When asked this question many Republicans responded by saying they are against it "to defend the sanctity of the institution of marriage." How exactly does an opposition to same-sex marriages save the institution itself? Will it replace the astronomic divorce rate? No! Will it even have an impact on heterosexual marriage? No! Then, how could the main purpose of this bill be to defend marriage?

The answer is: for many, it isn’t. It is primarily economic. We must understand that if homosexuals are allowed to legally marry, their union will be entitled to the same benefits as the spouses of heterosexuals.

The same big business and insurance companies that tried so hard to defeat the Clinton health care plan are back again to try to stop the legal marriage of homosexuals. They don’t want to provide those same benefits, because it will cost them more money.

There is no justification for not allowing homosexuals to be married, and denying the benefits that other married couples do. Why not allow them to jointly file their taxes? If one member of the couple chooses to stay at home and take care of the house, why not allow them to be insured under the policy the income-earner gets through their job? That is what happens in many heterosexual households.

While the bottom-line may be the main motivation for many against same-sex marriages, morality is at the heart of the issue for conservatives. Many of whom honestly believe that allowing the legal marriage of homosexuals would destroy the institution.

I’m not here to change anyone’s religious beliefs (unlike many members of the religious rite), but you shouldn’t try to stop two people who want to get married from doing so, regardless of their sexual orientation. If they want to go before a judge and become legally joined together, they should be entitled to do so.

I’m not saying that a church should be forced to recognize same-sex marriage. That should be left up to each individual church. The problem is that we in the United States are not a religious country. If they want to go before a judge and become legally joined together, they should be entitled to do so.

One of the reasons is that the same religious conservatives who think that same-sex marriages are destructive to the institution of marriage don’t seem to be bothered by divorce. Now, maybe I’m in the only, but I would think that divorce plays a higher role in weakening marriage than allowing homosexuals to marry.

The next time legislators decide to defend marriage, they should simply pass a law that would make it clear to the voting public that their policy the income-earner gets through their job.

If Congress and the President want to pass a “Defense of Marriage” law, they should do it right.

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**Ready to cast your vote?**

SHU student poll shows lack of interest

By Jennifer Gilbert

Contributing Writer

In an informal poll of 25 SHU students, only 9 said they were definitely planning on voting in the November Presidential election.

Students planning to vote already know whom they are going to vote for. Five out of the nine have already made up their minds. The other four had a good idea who they were going to vote for.

"I basically know who is going to get my vote, unless something drastic happens in the debates and I don’t see that happening" junior Jacob Mitternik responded.

The students with a low voting potential gave many reasons for not voting. Some were clearly not interested in the political system. Sophomore math major student Laura Cohn said, "They’re all the same to me. One is just as bad as the next."

"It really doesn’t matter if I vote," "all the candidates are the same," and "I’m too busy to worry about stuff like that" were some of the most standard excuses given by the non-voters.

Another excuse given by the non-voters is that they are not registered to vote. For many SHU students, this will be the first Presidential election that they are able to actively vote in.

If they are unable to register and vote in Fairfield, it is easy to obtain an absentee ballot from their home state or city. With the election of 1996 only 960 two only months away, SHU students should do their homework and learn about the Presidential candidates.

There is still plenty of time to listen and read about the candidates. Even though it is still four years away, the President elected in November will carry this country into the next century and set the political tone for the next couple of years.

So, let’s all get out there and VOTE!
September 19, 1996

NEWS FROM TULUS
By Chris Nicholson

Several years ago the marketing executives at McDonald's ("I have an idea. Filet McMignon") rallied together in a campaign to convince the eating public that McDonald's food is healthful.

It began as a bet between Ronald and the New York Jests. "Sure you will," the Jests said, laughing. "And if you convince people that McDonald's is healthful, we'll win a game.

The bet is, obviously, still ongoing. Health has become an important, healthy issue in today's health-conscious world, which is why Earth's leading Nutritionists tell us we should bypass the fruit containers that talk, and go for the fresh, natural fruits and vegetables.

"Of course," you say, "the Wicked Queen put into Snow White's apple) is no longer used to shine the fruit (now the chemical, "alar," the same chemical that the chemical can kill apples to make them shinier, with the possible minor side effect that the chemical can kill apples to make them shinier)." And the newspapers are right; if you don't eat them, you won't eat the apples. But the apples are probably better avoided anyway, along with any of its cousins: Crab Apples, Pineapples, Adam's Apples and overpriced, bug-ridden computers.

More recently, health experts agreed—after decades of continuously eating tossed soft croutons and baked potato skins—that Margarine is bad. To this I say: Duh. First, it's made of fats and by-products that even hotdog cooks don't touch. Second, I say stay away from any food that comes in little plastic containers that talk.

Alcohol causes just about every illness in existence, so we can rule out any Irish Breaths and bitter gourd drinks. Corn, Cheese, Chocolate, Eggs, Baking Powder—and I believe Gun Powder too—have all been blamed for causing Alzheimer's Disease. So have Antiperspirants and Buff'ered Aspirin, but you'll be okay if you eat them on holidays.

Even Red Meats (especially meats containing Red #5) are all aggravate Arthritis. They once said that cracking your knuckles causes arthritis, but now it's probably allright, as long as you don't eat the shells.

Fork, Poultry, Broccoli, Cabbage and Cauliflower have been thought to contribute to Asthma, to Bronchitis, to Emphysema and (especially with cauliflower) to Spelling Errors. You shouldn't eat Onions because—mainly—they taste terrible.

Any food with sugar is evil. Why? When sugar enters your bloodstream, your body releases a chemical to convert the sugar to energy. When you eat a large quantity of sugar, your body releases even more chemical to quickly convert the surplus, thus the resulting "rush" after eating candy. But when all that extra sugar is converted away, your blood still has calories of chemical still breaking down sugars, eventually leaving you weakly sugarless. If you were gun, you'd be highly recommended.

The list, supposedly, goes on. Coconut Oil can lead to Cardiovascular Disease. If you don't want Diarrhea (and please tell me you don't), then stay away from the Dairy Products. Herring triggers Depression (what a hummer). Mushrooms, Cakes, Peas, excessive Yeast (a big part of my diet) and all Fish (including Swed­ish) cause Gout. MSG is the orgie of an extreme desire for Fortune Cookies. Fish Oil contributes to Diabetics (of course).

Get a dell?—forget salt and sodas. Tur­ berkulosis?—say good-bye to white flour and faucet water.

Also, don't consume fruits, black tea, strong tea (also know as Capital Tea), ice cream, pickled anything, canned foods, corn syrup, salted seeds, ground pepper, duck, duck, goose, organ meats, piano strings, processed oatmeal, mayonnaise, peanuts and frozen beans, whether they're Lima, Pinto, Kidney or Jumping.

And if there's anything that should be restricted, it's Pimento Loaf: Pimento Loaf was, frankly, a rather stupid idea to begin with, and nobody really likes it anyway.

When doing eliminate all these foods from your diet, what real food is left that you can eat? Nothing. So I say let's eat the Nutritionists. Then we'll eat McDonald's.

Letters to the editor

A friend of mine recently un­ nounced his plans to go to law school. He wants to fulfill his childhood desire to become a Su­ preme Court justice. Such a goal might seem silly. After all, there are only nine justices and thou­ sand of legal scholars who covet a spot on the top bench of the land. But admire his boldness. He is right to dream big. How else can we expand the boundaries of thought? We have to stretch the mind's limits in order to be ready for the impossible. He is right to dream big. How else can we expand the boundaries of thought? We have to stretch the mind's limits in order to be ready for the impossible.

I'd like to encourage SHU students to think big. Students, make merciless progress towards your goals. Don't give up. Interim failures are in­ evitable. We can learn from our mistakes. Don't limit yourself. History books are full of people who overcame difficult circum­ stances and then went on to meet their goals—personal and pro­ fessional.

After all, maybe some of the sitting Supreme Court justices de­ clared the same goal as my friend before the they went to law school.

Sincerely,
Ed & Gayle Sajewicz

Vicki Leigh Sajewicz, 1976-1996

The following letter is addressed to all Sacred Heart students fronf the parents of Vicki Leigh Sajewicz, who died this summer. She was an esquirent for Sacred Heart and a sophonore biology major.

Dear Students,

Though we do not know each of you personally, we wish to express our deepest gratitude for the love, compassion and support you generously bestowed on us during those days following Vicki Leigh's death. We were so touched by your kindness and have drawn strength in knowing there are still many, many good people in this world today.

We know that many stories about Vicki's death have developed, however there still is no final determination as to the cause of her death. The investigators have completed their investigation and wanted to rule Vicki's death an accidental drowning. However, Mr. Sajewicz and I could not refute the evidence that made it impossible for us to believe the accidental drowning. We have spent a good part of the summer trying to get answers to our many unanswered questions, finding the more questions we asked, the more questions we had. Suffice it to say, the Putnam County District Attorney has taken over the events surrounding her death. Her death was so very difficult for you, but we're hoping and praying that, with the passage of time, your wounds have begun to heal.

Please accept our gratitude for your generosity, and our apolo­ gies for the delay in getting this note to you. We wish you a new year filled with many successes, goals achieved and dreams come true.

Sincerely,

Chairman of the Board

Ed & Gayle Sajewicz

Voice your
view!
Write a letter to
the editor...

The following letter is addressed to all Sacred Heart students from the parents of Vicki Leigh Sajewicz, who died this summer. She was an esquirent for Sacred Heart and a sophonore biology major.
Are students glued to the tube?

By William Volk
Staff Writer

As many students have either returned to Sacred Heart or entered for the very first time, they may find it difficult to escape from the television set that they watched so freely during the summer.

Television can cause students to be distracted from their academic studies and other important things. Although a great way to relax from the long, exhausting day, how much is too much? Some students find that watching TV and getting their work done is possible. Their first job is to get any academic work done, then watch television. As they can tell you, TV is not the reason why they're going to college.

“It's great to watch football, basketball or other shows,” said Owen Walker, a junior from Brooklyn, N.Y. majoring in business administration. “It's really easy to get distracted from your work, but you have to remember to do it before anything else.”

Sacred Heart professors have their own views on the subject of watching television. Dr. Charlotte Gradie, assistant professor of history, had an experience with one student who scheduled her classes around her favorite shows.

“They seem to keep television as a major priority (and it effects how) they arrange their classes,” she said.

Since this University offers cable services to students who desire the need to have many channels on their television set, students have even more of a chance (and a temptation) to watch television. “Cable is a necessity among first-year students and sophomores,” said Bob Barnes, the cable and telecommunications director. “The students want to catch their favorite shows, get better receptions and just enjoy themselves, so they don’t mind spending eighty dollars.”

The services that PioneerNet offers are basic and local channels along with premium channels such as HBO, Cinemax, MTV and several sports stations. CNN and CNBC provide national, international and business information.

TV may look like mere entertainment to some, but students may find that watching television is a requirement for certain classes.

“We examine television shows to understand how they have an impact on society today,” said Professor of media studies Louise Spence. “It doesn’t serve as an entertainment purpose, but as an examination; analyzing the methods that network news and commercials are used to persuade viewers to their ideas.”

It is already happening in Utah, where in 1995, 10,000 students have participated in a course in broadcast network. This state-funded program is meant to help them understand how they can expand their knowledge.

Television does not seem to become a threat to hard-working, book-cracking, late night cramming students. Sodon't feel guilty watching a “Seinfeld” or “Melrose Place,” because you deserve it. Just don't let it come before classes.

Are students glued to the tube?

By Gina Norelli
Features Editor

When she was in third grade, her art teacher asked her to redo the outdoors scene she had created because her sky didn't conform to a typical blue sky. Instead, it was red and orange—the colors of a sunset.

It was soon after that Agatha Halekulani Barrows' parents decided that they would teach her at home, and save her from such conformity that could hinder free-minded thinking and creativity in the future.

Learning most of the subjects with her, and even taking the SATs at the same time as her, Barrow's parents served as her main academic teachers, although she attended both public and private schools on occasion.

"My mom is like an old hippie," said Barrows. "She has a lot of ideas that aren't mainstream."

At the young age of 16, Barrows is a first-year resident majoring in international business. Even though she never received a traditional high school diploma, Barrows has earned credits in Spanish and writing from Harvard University Extension School and credits in pre-calculus through the Taste of College Program at Sacred Heart.

When Barrows and another home study applicant were interviewed for admission to Sacred Heart, the admission counselors didn't know what to do, she explained. "They were flabbergasted. They told us we were overqualified," said Barrows.

Barrows, who is from Westport, and originally from California, was so impressed with Sacred Heart, that it was the only university she applied to. "I've always been taught to look forward to college. There are so many outlets and you can learn so much here."

"I really liked the atmosphere here. I wanted to go somewhere close to home, since I'm only 16," she said.

In Connecticut, Barrows parents had to file a paper in the beginning of the year and meet with teachers and the board of education regularly to show them what she was studying at home.

Barrows, who is astoundingly articulate and bright, doesn't worry that she never received a traditional high school diploma. "Ican't imagine I'd ever want to work for someone that said you don't have a high school diploma, but a college one," she said.

Agatha Halekulani Barrows
Contributed photo

Barrows has visited 40 of the 50 states as well as Canada, Acapulco, Australia, Fiji and Mexico.

Her activities at Sacred Heart will include crew, Habitat for Humanity, Community Connections, the Sunshine Kids, the International Club, tutoring at the Winthrop School and leading a Girl Scout troop. She is also considering joining a sorority.

Barrows lives in South Hall and has two roommates, both age 17.

"My parents have always trusted me with a lot of freedom and responsibility. If you give kids responsibility, they will take it."

Do you know someone who should be profiled?
Call Gina at 365-4554.

16 and in college: A step above the rest

By Gina Norelli
Features Editor

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Diet pills--safe?

By Marykay Welch
Contributing Writer

Each year, millions of college students take diet pills. Whether or not they need them depends on the individual, but the pills continue to be problematic.

According to an article in "Glamour," the U.S. Food and Drug Administration has re-opened old wounds by approving Relux, the first prescription diet drug to hit the market in 20 years.

In the early 1970s, the Food and Drug Administration banned the use of Amphetamines, which could be found in most diet medications for weight control.

During this time, medical professionals did not recommend the use of over-the-counter diet pills because the FDA questioned the effectiveness and high incidence of abuse of prescription drugs.

"Diet pills can mess up your metabolism and in the end you may end up gaining more weight," said Jennifer Plante, a senior nursing major from Abington, CT.

The drug Relux is designed to help people whose health problems are caused by excessive weight.

However, some psychologists fear that doctors will prescribe the drug to women for cosmetic reasons.

Relux should not be a substitute for exercise or a balanced diet because it alters brain chemistry and therefore could be slightly dangerous.

This drug works by suppressing the brain signals that cause hunger. When you are stressed or upset and likely to eat, our brain craves a neurotransmitter called Serotonin.

When students get close to graduation, they hope that there is someone out there that is interested in what they have to offer (although they’re probably still not exactly sure what that is).

If you have fully researched and mapped out your career, if you know your target market and are fully prepared for it — good. You are the exception.

Please note: if you are not able to answer the "What do you want to do?" question, do yourself a big favor — take a step back from the 'I-gotta-find-a-job' hype, and go seek advice and counsel from your campus Career Services and Placement Department or with your professors or advisers within your major.

Or until you want to do before you go out trying to find it.

And in seeking out your dream job, seek out a job you will love.

Relux is one of the most successful in their job search.

Don’t do a "walkabout" in your career and life. It just doesn’t work!

When you’re ready to begin square one of your job search, make sure you’re at square one, not square zero. Know what you’re searching for before you begin your search.

The commuter students who are the most successful in their job search are typically those who are the best prepared.

If you are still in the first years of your college career, do your homework in advance — clip this article and other job search-related articles you may find and save them in a file labeled "Jobs." That way you’ll have a variety of topics there to refer to when you need them.

And if you are in your final year, make sure you know what you are searching for first.

Krugler is the author of the book "College Grad Job Hunter" ($14.95, Quantum Leap Publishing, 1-800-879-4214) and webmaster of the College Grad Job Hunter Web Site (http://www.collegegrad.com).

Commuter Life plans profiles

By Dawn Anderson
Contributing Writer

In an effort to integrate commuters and residents, the Commuter Life Council announced plans Tuesday to have a commuter student profile monthly in the Commuter Life newsletter.

The commuter to be profiled will be chosen by Director of Commuter Life, Mike Rembish, and the writers of the newsletter. The chosen commuter will need to display an interesting background, an outside commitment such as community service, a strong academic background, and an involvement in school related activities.

"The Commuter Life Council was developed two years ago because we felt commuters were being ignored," said Rembish. "By highlighting an interesting story of a commuter, it might increase commuters involvement."

Students seem to agree that there is a separation between commuters and residents and this program may bring the two together.

"It’s a really good idea. Residents all talk like...this happened and that happened...and I’m just like okay, whatever," said Dawn Kosarko, a freshman undecided commuter from Trumbull.

"I want to do something...this happened and that happened...and I’m just like okay, whatever," said Dawn Kosarko, a freshman undecided commuter from Trumbull.

Commuter Assistant Lori Janowski said that this year with the Class of 2000, there seems to be a wanting to get involved unlike what we have seen before.

Rembish agreed with her stating that there are a lot of first-year students on the Commuter Council and writing staff of the newsletter.

"It’s a good idea to get students involved," said Kristina Gospic, a first-year undecided major from Trumbull.

The first issue of the newsletter is scheduled to be in print in the last week of September, and thereafter around the 15th of each month.

The first commuter profile will be in print until the October issue.

Start off right with career planning

By Brian Krugler
College Press Service

Remember when you were a little kid and everyone would ask you, "What do you want to be when you grow up?"

For many, the subject of career selection doesn’t come up until college graduation—when an uncertain future is staring one in the face.

When students get close to graduation, they hope that there is someone out there that is interested in what they have to offer (although they’re probably still not exactly sure what that is).

If you have fully researched and mapped out your career, if you know your target market and are fully prepared for it — good. You are the exception.

Please note: if you are not able to answer the "What do you want to do?" question, do yourself a big favor — take a step back from the 'I-gotta-find-a-job' hype, and go seek advice and counsel from your campus Career Services and Placement Department or with your professors or advisers within your major.

Know what you want to do before you go out trying to find it. And in seeking out your dream job, seek out a job you will love.

There are far too many people in today’s work world who are grinding away at work they detest just to earn the paycheck. Do what you love, and the money will become secondary.

The first step of job search prep is to have a planned path to follow in seeking your new career. Don’t start off your work life in any random direction. Don’t do a "walkabout" in your career and life. It just doesn’t work!

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Sculpture opens at gallery

By Danielle Nolan
A&E Editor

The Gallery of Contemporary Art on campus began its eighth season on Sunday, Sept. 8 with an opening reception featuring the "Shona Sculpture from Zimbabwe," a contemporary form of African art from Zimbabwe.

"Shona Sculpture from Zimbabwe," on display until Thursday, Oct. 17, includes the work of Brighton Sango, John Takawira, Henry Munyaradzi and Sylvester Mubayi.

Many Shona artists have had little or no professional training, but they have been in practice for over 30 years.

Frank McEwen, who was sent to Zimbabwe to form the Rhodes National Gallery (now named the National Gallery of Zimbabwe), encouraged the sculptors.

Originally, the National Gallery of Zimbabwe was to exhibit European art, but McEwen thought there should be work from the host country represented.

The works have been shown in the Rodin Museum in Paris, The Venice Biennale, The Museum of Modern Art in New York, The Institute of Contemporary Arts Gallery in London, the Rounda Exchange in Hong Kong and the Cleveland Museum of Natural History.

I viewed the exhibits in the gallery and they are very unique and styled. Most of them are dark colored, although there are a few which are almost either an olive green or a light tan color. They each look like hard, stone-carved sculptures. Each one is a tall, long piece.

I have never seen such sculptures in my life. Typically, westerners are only familiar with carvings created as souvenirs. The Shona exhibit is a taste of African art that you do not get a chance to see everyday.

Born in Gunwe in 1931, Henry Munyaradzi had no formal education. He spent his time growing up herding cattle and hunting game.

In 1967, he joined the rural community of sculptors at Tengenenge and stayed there for eight years.

Sylvester Mubayi, born in 1942, was raised in the Chiota District, east of Harare. Eleven years after leaving school at age 16, he began sculpting at Tengenenge.

Mubayi believes in supernatural forces and spirits. His art shows this.

His spiritual beliefs are often expressed by metamorphosis, by fusing human and animal forms.

Mubayi's faces are usually simple and innocent looking.

Born in Chegutu in 1938, John Takawira moved to Inyanga at age two and began mission school.

Twenty years later, Joram Mariga, a relative and one of Zimbabwe's stone sculptors, introduced Takawira to carving.

Zimbabwe's second generation of sculptors is vividly represented by Brighton Sango. Born in Gunwe in 1958, Sango came from a poor family with seven children.

After only two years of secondary education, he left school. Sango's sculptures have a poignant style of sharp lines and angled planes.

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By Lora Marcella
Contributing Writer

Last weekend, I had the pleasure of viewing the romantic comedy "She's the One," a Twentieth Century Fox Film which featured five bright, talented actors. It is a movie about a New York working-class family, two brothers and what happens when something comes between them.

Edward Burns wrote, directed and starred in the film.

Burns made his debut in the critically acclaimed movie, "The Brothers McMullen." In "She's the One," he plays Mickey Fitzpatrick, a New York cab driver who is content with his simple life until he meets Hope, a crazy-about-life, college graduate headed for Paris.

Maxine Bahns, Burns' real-life wife, plays Hope. Mickey and Hope meet in his cab and they run off and get married.

Mickey's brother Francis, played by Mike McGlone, has a life a bit easier. He works on Wall Street and lives the good life, except for the fact that he does not love his wife Renee, played by Jennifer Aniston, actress/star of the hit television series "Friends."

Renee is Francis' college sweetheart who is not getting what she wants out of the marriage. Renee, like Aniston's character, Rachel on "Friends," is charming, funny and in the pursuit of happiness.

Francis is having an affair with Heather who also works on Wall Street. Heather, played by Cameron Diaz, is a beautiful, young woman who happens to be Mickey's ex-fiancée.

The boys' father is a retired New York firefighter played by John Mahoney. He tries to give his sons advice about their lives when he should be worrying about his own life.

Mickey and Francis finally realize that their all-knowing father's advice is not helping and they begin to sort their problems out on their own.

Even if the end result is not what they may have expected, they only want to be happy. I really enjoyed this movie. It was a realistic comedy about real people and real life, something you do not see much of in movies today. I thought it was wry and funny as "The Brothers McMullen."

I recommend "She's the One" to anyone interested in seeing a down-to-earth romantic comedy. Burns and McGlone beautifully portray brothers once again.

The movie showed me that romance is still out there, you just have to find it.

The soundtrack is just as great as the movie itself. Warner Brothers Records put out a wonderful collection of Tom Petty songs. The hit song "Walls" is heard all over the radio. The music is catchy and easy to listen to.

Overall, I would have to say that this is the best movie I have seen in a long time. I suggest this movie to everyone.

With the combination of the movie and the soundtrack, "She's the One" is going to be a big hit this year.

The Fantastick's prepare to entertain 'The World's Longest Running Musical' comes to SHU

By Danielle Nolan
A&E Editor


The story is based on Edmund Rostand's play, "Les Romanesques." It tells the story of two lovers whose meddling fathers try to ruin their relationship.

With such hit songs as "Try To Remember," and "Soon, It's Gonna Rain," "The Fantasticks" is a must see show.

The cast includes many local talents. Milford is represented by Bob Fallon as El Gallo and Mary Richards as Louisa.

Norwalk residents George Box and Stan Oster play Matt and Hucklebee, respectively. Tom Petron of Madison plays Bellamy and Devon Nykaza of Trumbull plays the Mute.

"The Fantastick's cast is really one of the most talented casts we've ever assembled here at the Center for the Performing Arts," said Fred Sailer, theatre director.

Musical direction is by Andrzei Anwieler of New Britain, lighting design is by John Heretzi of New York and set design is by Richard Fedeli of Milford. Also, Nikki Gorman of Norwalk is stage managing the production.

Anwieler will also play piano. Joe Gaudet is on drums and Joe Choemack is on bass.

Not only is local talent featured, but well-known talent is also working on the production. The stage is under to technical direction of Richard Fedeli from Broadway's "Phantom of the Opera."

"The Fantasticks" get ready to take center stage on Sept. 21. On the left is Jon Petron who plays Bellamy and on the right is Stan Oster playing Hucklebee. Do not miss "The Fantasticks" on Sunday at 3 p.m. in the University Theatre.

The lighting design is by John Heretz, lighting supervisor for Broadway's "Les Miserables."

"A really magical evening of musical theatre is what you are going to find here," commented Sailer.

Performances are on Fridays and Saturdays at 8 p.m. and Sundays at 3 p.m. Tickets range from $15 to $12.50 for students and seniors.

For more information, contact the theatre box office at 374-2777.
Pearl Jam returns with "No Code"

By Gabriel Bonnani
Staff Writer

In hospitals, "no code" is a term used to describe patients who wish not to be revived in case of an emergency. After the band, Pearl Jam, had cancelled their 1995 protest against a corrupt concert promotion industry, they were compelled to release original drummer, Dave "4 feet" Abbruzzese.

After these setbacks, lesser bands would have been left for dead, but my favorite modern band, with "Ten" lives has retained its "Vitality." The Seattle supergroup assures its fans that although its style may have shifted and its mood may have mellowed, it remains very "Alive." "Sometimes" they know just how to start an album again, with a song of that name, they have met, "the challenges you give man." "Those (of us in love) must "Hail, Hail" them for recognizing our emotions in this next song. I am also very grateful to them for helping all of us realize just "Who We Are." We are privileged to enjoy new percussionist, Jack Irons, as he beats his sticks "In My Tree."

Pierced with its inscrutable irony and heavy harmonica, languishing leader, Eddie Vedder makes us "Smile" in a powerful piece. Then "Off He Goes" (with fellow jammer Mike McCready on acoustic guitar and producer Brendan O'Brien on piano) in the album's mellifluous (man on the move) melodic masterpiece. They then revert to their hard-hitting "Habit," showing concern for those who suffer from addiction.

The band warns us to beware of the tortuous temptation and itching incision of the "Red Mosquito" who visits all of us when "the sun goes down." 

In a raspy rhapsody, lasting exactly one minute, they are "Lukin" past "illusions" and into "open doors" for sincerity and solility. Bassist, Jeff "Smelly Vel­vet Shorts" Ament, then plaques perfectly attraiting conclusions from the past, pro­moting the "Present Tense."

Guitarist and vocalist, Stone Gossard, comments on the "read­v erent imitation...simulation...across the nation" and the profuse propagation of products (such as "radio... disco... magazine...isterine") by "Mankind."

"I'm Open" to all this phe­nomenal group has to offer, especially this insight into human per­ception introduced by an elevating elocution from Vedder. He, again with McCready and O'Brien, whispers assurances of hope and happiness. Then, we reverently reach the album's end.

The band that will carry our modern band, with "Ten" lives has retained its "Vitality."

Concerts prove to be easy listening

By Mike Nimmons
Staff Writer

Now that it is September, it is time to get back to this wonderful schedule of classes and homework. I hope that everyone had a summer that was as enjoyable as mine.

In addition to taking a few trips and working, I attended a total of five concerts consisting of a variety of different types of music.

My concert series began on Tuesday, May 28 at 8:30 p.m. I went to Toad's Place in New Haven, CT to see a legend of the music industry. To be standing in the same room watching him perform was an experience, to say the least.

As he took the stage and began, the majority of the crowd was either singing or simply laughing along with Weird Al Yankovic.

I must admit, he put on a really great show, complete with costumes and props, as well as video screen interviews which he had conducted with celebrities.

Throughout the night, he sang all of his hits including "Amish Paradise," "Eat It," "Gump" and "The Bedrock Anth­em." He finished his show with "Yoda," a song dedicated to the Jedi Master from the Star Wars movies.

The remaining four shows I attended were all at the Meadows Music Theatre in Hartford, CT. On Saturday, Aug. 3, I saw Meatloaf at 8 p.m. I had second row seats and they were fantastic. Instead of just singing his songs, Meatloaf used props and dialogue to his songs together and make them into more than just music.

He performed most of his big hits including a rather long version of "Paradise By The Dash­board Light" (As if it was not long enough in the first place).

My personal favorite num­ber was "Left in the Dark" which appears on his latest album, "Welcome To The Neighborhood."

For this song, he had an entire living room set up on stage.

All of the lights were turned off and he sat in a recliner with only a lamp on above him. He sang the song which ended with him turning off the lamp and sitting in the dark.

On the next day, Aug. 4, I saw the Smokin' Grooves Tour which featured a number of different hip-hop acts. Headlining the tour were Cypress Hill along with the Fugees. A Tribe Called Quest, Busta Rhymes, Ziggy Marley and Spearhead.

The show began at 4 p.m. with opener Spearhead. Busta Rhymes came out next and he ripped through most of the songs from his solo album. He sang "Woo-Hah," "It's a Party," and "Do My Thing," as well as a few songs he had made with The Leaders of the New School (his former group).

A Tribe Called Quest was next. They performed all of the songs which made them one of hip-hop's strongest groups including, "Can I Kick It?" "Bonita Applebum," "Check The Rhime," and "Award Tour." They were also rejoined by Busta to perform "Scenario," one of their biggest hits.

The Fugees performed next along with their band which makes them a great act to see live. They began by covering a number of hip-hop classics.

When the band began to play "Woo-Hah" by Busta Rhymes, he reappeared on stage to perform that song for the second time of the day.

Then, as the Fugees began their cover of Bob Marley's hit "No Woman, No Cry," Busta grabbed a mic and lead the crowd in a unique rendition of that song.

Cypress Hill followed and they were wild. They performed all of their hits amidst a cloud of smoke and before an energized crowd which jumped and sang along with Cypress Hill. Ziggy Marley closed this fantastic show by performing his songs, along with a number of covers of his father's (Bob Marley) hits.

They ended the entire show with their encore of "No Woman, No Cry."

The next show I attended was on Wednesday, Aug. 14 at 8 p.m. when Hootie and the Blowfish played the Meadows.

Nanci Griffith opened for them and she also joined them for a few numbers (like she did on MTV's Hootie Unplugged last year). Hootie, like all of the bands I saw, put on a tremendous show.

They sang the majority of the songs from their two albums "Cracked Rear View" and "Fairweather Johnson."

They also played a few songs which do not appear on those albums including, "I Go Blind" which is on the soundtrack from the TV series "Friends." My favorite songs were "I Go Blind," along with "Let Her Cry," "Sad Caper," and "Earth Stopped Cold at Dawn."

Their show lasted about two hours an included three encores. The final song was "Goodbye" which is on "Cracked Rear View" and is my favorite Hootie and the Blowfish song.
Neimann, a determination undeterred

By Adam Coleman
Staff Writer

Coming from a tennis family, senior Maren Neimann has played the game since she was a child, both in her home country, Guatemala and the United States. Upon arriving at Sacred Heart, Neimann's first question was "do they have a tennis team?"

Maren has followed in her parents footsteps by attending school in the United States. She became interested in Sacred Heart when she met with some students on a field trip. After finding out the University had a tennis team and the studies she was interested in, she was hooked.

Since the age of 10, Neimann has played tennis back home with her family. During high school, there was little opportunity for her to compete because her school and other schools lacked tennis programs. However, this did not stop Maren from playing the game she loved so much.

She practiced every day and was even able to find a club team to play for in her home country. With this hard work and determination, she earned a spot as one of Sacred Heart's premier tennis players.

The 1995 season found the Pioneers finishing with a 5-7 record. This year they hope to break that .500 mark and reach the NECC playoffs.

They should be able to accomplish both goals with the help of Neimann, who is playing the No. 1 spot due to her winning four of her last five matches last season.

"Her feet are fast and she has great footwork," said Coach Mike Guastelle. "She has a solid stroke and is an overall talented player."

With the season now under way, the team, as well as Neimann have struggled with a 1-3 record, but are confident that things will come together. "The three losses were to a few of the best teams on our schedule this year," said Neimann. "We know what we need to do to win and plan on doing just that."

The Lady Pioneers certainly have the capabilities to win, with a strong core of players behind Neimann. SHU returns five starters from last year's squad along with the added talent of freshman newcomer Monica Grassi.

"I will play tennis all of my life."

Other scores and highlights:

Women's soccer
The team defeated Dominican 3-1 last Friday and posted a 3-2 win over NECC rival Albany on Sunday to even its record at 2-2.

Women's tennis
SHU moved to 1-3 on the season after defeating Western Connecticut, 6-3, Saturday afternoon. Freshman Monica Grassi (Wildwood Crest, N.J.) improved her singles record to 3-1 with a 6-1, 6-0 win.

Women's Volleyball
The Lady Pioneers finished the week 2-3 overall after winning one of four matches at the University of New Haven Tournament.

Martial arts to KO violence
Women to participate in self-defense

By Wayne Kosminoff
Contributing Writer

The Sacred Heart martial arts team, which won its first tournament this season, is in the process of creating a women's self-defense program.

The program will be instructed by two team members, black belt Diana Perugini and second-degree black belt Brian Banet, who has taught women's self-defense for five years.

"The work ethic that Maren displays in the off-season as well as during the fall will pay off in the long run."

Look for her to have a successful season and to take her achievements back home at the end of the academic year.

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Bowlers plan to return to Nationals

By Charles Roosa
Contributing Writer

The 1995-96 Pioneer men's bowling team established itself among the elite in collegiate bowling by participating in the National Championships. This year they hope to return to the nationals, but realize they have a tough road ahead due to the loss of five key starters from last year's squad.

The team, however, return two captains, senior Rob Califano and graduate student Jeff Vemick. Califano, who currently carries a 213 average, and Vemick, who holds a 208 average will be the leaders this year.

Pre-PT major from Ardsley, Mass. Lili Hameci is going into his senior year and will also be a leader for the team.

The team's next competition will be on Sept. 23 against the beginning of the season. They will also bowl in several tournaments including stops in Chicago, St. Louis and Atlantic City.

The team will hold its first meeting on Sept. 19 at Circle Lanes in Fairfield just off Kings Highway.

Smooth running with athletic training room

By Martha Burke
Contributing Writer

Every athlete knows the importance of a qualified athletic trainer. Here at Sacred Heart we are fortunate to have ample student trainers, as well as certified trainers to tend to our athletes injuries.

"There are more student trainers at Sacred Heart this year than there has ever been before," said Dawn Zambry, graduate assistant for the training program. "The training room couldn't run without them."

Student trainers must put in 1,500 hours of service without being paid. "Even though it is a large time commitment, there is no better way to learn than with hands on training," said Denise O'Hagan, a junior Pre-PT major from Ardsley, Penn.

The benefits of student trainers are enormous. Not only do they provide quality care for the athletes, but they save the school a huge sum of money as well.

At Sacred Heart, student trainers are placed with certified trainers when covering contact sports to get a better understanding of their responsibilities. While working with certified trainers, the students learn how to evaluate and treat injuries. Senior trainers are, however, given their own teams to cover if the sport is non contact.

Many athletes expressed how grateful they are to have student trainers. "When the training room is crowded there is always enough student trainers there to help," said Holly Price, a junior field hockey player from Mt. Holly, N.J.

Pioneer runners finish fourth in Bryant Invit.

Demirgian, Hernandez make headway for Cross Country squad

Stephanie Smith
Staff Writer

The Pioneer men's and women's cross-country teams recorded solid fourth place finishes last Saturday in their races at the Bryant College Invitational. There were 11 teams in the men's race, 16 teams in the women's.

Sophomore Carrie Demirgian led the women with a fifth-place finish of 143 runners, clocking a time of 19:44.

Men's top finishers were freshmen Michaelle Wesolowski (20:09) in 10th place and sophomore Theressa Flood (20:57) in 19th.

Last year's bowling team at the Nationals (from left to right) Coach Bob Burlone, Rob Califano, Chad Autore, Dave Campbell, Mark Taylor, Joe Tomko and Chris Pepice. Contributed Photo

Glynne resigns as hockey coach

Heads for position in Lillehammer, Norway

By Jim Heffernan
Contributing Writer

In a bit of a surprise, Sacred Heart men's hockey coach John Glynne tendered his resignation in late August to take a head coaching position in Lillehammer, Norway.

Glynne left the Pioneers after two years with a record of 21-25-3. Last season Sacred Heart was 11-11-2, the first .500 season in its three-year history.

Athletic Director Don Cook is currently working to find a replacement. An advertisement in the "NCAA News" led to several resumes being received in the Athletic Office.

Football: loss to St. John's

Continued from page 16

Running back Jermaine Creighton blasted his way for four yards and another touchdown with only 34 left in the half. The score at halftime was 17-0 in favor of St. John's.

The Pioneer defense then held the Red Storm off to only one more touchdown in the second half, making the final score 24-6.

The Pioneers will have to pick up the slack this week as they take on Western New England College this Saturday.
任何人都参与了这项运动，他了解情绪化的一面。如果你是那种在大学或职业水平上打球的人，你就会对胜利和失败有同样的情感。无论是投篮还是赢得一场冠军赛，都是一场体育比赛。无论你是处于职业还是业余水平，你都知道情绪化的胜利和失败。

很多次，一场事故可能会造成重大情绪波动。在大学和职业水平上，这种情况可能会发生，但是它可能会导致球员失去信心，从而影响他们的表现。

但并不是所有的球员都会经历这种情况。有些球员在经历了一些挫折之后，他们会从困境中走出来，重新站上球场。

这就是情绪化球员的处境。他们需要面对的是心理和情感的挑战。他们需要找到一种方法来应对这些挑战，以便在未来的比赛中继续前进。

除了球员本人之外，教练和队友也起到了重要的作用。他们需要提供支持和鼓励，帮助球员克服困难。

总的来说，情绪化球员的处境是复杂的。他们需要面对心理和情感的挑战。但是，只要他们能够克服这些困难，他们就能够再次站起来，继续他们的职业生涯。

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**Men's soccer gets off to a solid start**

By Rich Raupp
Photography Editor

在赛季开始时，圣心大学男子足球队以一场胜利开始了他们的赛季。

在9月7日对阵纽黑文学院的比赛中，圣心大学以2-1的比分获胜。比赛进行得非常激烈，双方都在积极地争取胜利。

在9月14日，圣心大学在对州际大学的比赛中再次获胜，以2-1的比分赢得了比赛。

在9月21日，圣心大学在对兰帕德学院的比赛中以2-0的比分获胜。比赛进行得非常激烈，双方都在积极地争取胜利。

总的来说，圣心大学男子足球队在赛季开始时就展现出了良好的状态。他们将会继续努力，争取在赛季中取得更好的成绩。
Mariano to succeed Randall as lax coach

By Brad Wilson
Sports Editor

The SHU men’s lacrosse team will begin its fall practices with a new head coach. Tom Mariano will succeed Rob Randall, who has moved on to become assistant lacrosse coach at Division I powerhouse Army at West Point, N.Y.

"I'm thrilled to be a part of this University," said Mariano. "The team has been improving each year and I plan to continue the advances."

Mariano, head coach of Marist College for the past two years took his 1996 team to the MAAC title game where it was defeated by Fairfield University by one goal. He was a player on Nazareth College’s 1992 Division III National Championship team, where ironically Randall was one of his coaches.

Randall elevated Sacred Heart’s lacrosse program to national stature when he arrived here in 1993. In four years the Pioneers became ECAC champions and ranked No. 4 nationally in the final 1996 Division II poll, earning him Sacred Heart’s coach of the year honors.

"It was difficult for me to leave Sacred Heart, but from a personal and family standpoint it was a career move I needed to make," said Randall. Randall’s successes will put pressure on Mariano to continue the laxmen’s advances, but Athletic Director Don Cook, and second-year Assistant Coach Henry Olszewski are confident he’s the man for the job.

"Mariano took a program at Marist that was nowhere and gave it structure combined with discipline," said Cook.

"Mariano has been gun-ho about taking the position," said Olszewski. "He’s ready to take over the program and bring it to the next level." Players expressed disappointment at Randall’s departure, but believe Mariano can help them continue their winning ways.

"We were distraught when Coach Randall called us this summer with the news, but we understand his decision," said senior linebacker Jason Colapinto. "Right now we’re eager for Coach Mariano to step in and lead us to what we hope will be a National Championship season."

If the Pioneers are going to achieve their goals they will need to be prepared for a challenging schedule next spring. They will face opponents which include 1996 Div. II National Champion No. 4 ranked Adelphi and No. 3, New York Tech.