Drug use rises in students

By Cheryl Casey
News Editor

According to national surveys, drug abuse on college campuses is dramatically increasing.

In a Sept. 18 New York Times article by Gina Kolata, Dr. Herbert Kleber, director of the Center on Addiction and Substance Abuse at Columbia University, said, "What's scary is not simply that the curve is rising, but that it is rising exponentially. It's a steeply rising curve."

"Sacred Heart is no exception. "Alcohol is a definite, but the majority of people I know use other drugs," revealed one student, wishing to remain anonymous. "Substances are very available, if you know the right people and you have the money," she added.

Another student stated, "I believe more people do it than you think, even though they seem to have a certain personality. Looks can be deceiving, and I'd say most people have tried drugs at least, and many do it frequently." "If you add alcohol to the list of illegal drugs, we have a problem, like all other campuses," said Sr. Anne Nadeau, director of Personal Counseling. Director of Residential Life

See Drugs, page 3

Murders cause concern

By Martha Burke
Contributing Writer

With a rash of killings occurring recently, city officials are proclaiming that Bridgeport is not about to revert back to its old ways.

According to an article by John Kifner in the New York Times, ten homicides in the space of two weeks—all but two of them believed to be drug related—have spurred unusual roadblocks in the city. "Coming off Exit 29 in Bridgeport from I-95, my roommates and I were stopped by a police barricade. The officer informed us that we were in the worst section of Bridgeport and should not be driving through there late at night. The officer then informed us to drive home without stopping at any traffic lights," said Lora Marcella, a junior English major from Hingham, MA.

The crimes directly affect Sacred Heart students.

"Along with the contact security we have at Taft Residence Hall, Public Safety has been making more frequent checks in the area," said William O'Connell, director of Public Safety.

Ryan Dambrose, a sophomore biology major from Shelton, CT, said, "I feel completely safe living at Taft. There is always some type of security around there if there ever was a problem."

See Murders, page 2

Class of 2000 unites

By Stacey Shepperd
Staff Writer

The Class of 2000 elections saw one of the best voter turnouts ever, as 245 first-year students cast their ballots for class officers and Senate positions on the Student Government.

It was a step in the right direction towards the goals of the elected representatives: to unite the class and encourage class spirit.

Andrew Bennett, advisor to the Class of 2000, is looking forward to working with the class. "I'm new and it's a new class, it's perfect," he said.

Melanie Kubica, elected president, served as president in high school and hopes to bring experience to her position here. A media studies major from Islip, NY, Kubica said she has been involved with student government since fifth grade and definitely saw it as part of her life at college.

Vice-President Priscilla Moose said she wants to "unify first-year students in South and West Hall, so we are known as the Class of 2000 with unity."

A nursing major from Preston, CT, Moose is also part of the Student Events Team because "we need to get more spirit."

See 2000, page 3

AIDS Quilt unfolds

By Justin Venech
Contributing Writer

Just weeks before the presidential and congressional elections, the AIDS Quilt will be unfolded and displayed by the NAMES Project, from Oct. 11-13, on the National Mall in Washington, D.C.

Considered to be the largest AIDS-related event in history, the quilt will spread from the Capitol Building to the Washington Monument, over 15 square city blocks of fabric. An estimated 750,000 visitors are expected to view the quilt.

The NAMES Project says it hopes to "bring AIDS to the forefront of American consciousness and inspire the personal and political will be needed to defeat AIDS."

Cathy Raynis, director of Residential Life, said, "I am looking forward to being part of this historical and important event." Raynis thinks more students should attend, adding that going to this event will "personalize the cause and make a profound difference in our lives as well as the lives we might touch by being there."

Over 2,000 readers are expected, including sports figures, celebrities, elected officials, community and religious leaders, educators, and people with AIDS and their family and friends, according to the NAMES Project. They will take turns at the podium reading the litany of over 70,000 names of people who have died from the disease.

Forty-five thousand panels are expected, which more than doubles the size of the quilt in 1992. An additional 3,000 new panels are to be turned in at the display itself. A 21-mile fabric walkway will allow people to get up close to each memorial panel.

In addition to the quilt displays, the Class of 2000 unites the Cause of 2000 with unity. A nursing major from Preston, CT, Moose is also part of the Student Events Team because "we need to get more spirit."

See AIDS, page 3
**Harvest theme inspires events**

By Lora Marcella
Contributing Writer

Sacred Heart will bid farewell to the month of October with activities planned around a harvest theme.

"The weekend is going to be full of events," said Mike Dutton, vice president of Student Events Team. "It should be memorable for all those who attend. This year there are 18 people on the planning committee for the series of activities versus the theme committee of two last year," he added.

The activities begin Oct. 23 with a Haunted Halls contest. Residents can reach into the creative corners of their imaginations and decorate the halls. Prizes will be awarded to the scariest and most original looking space.

At 9 p.m., there will be a lecture in the Schine Auditorium with Tony Timpane, the editor-in-chief of Fangoria Magazine, the number one horror magazine in the country.

Timpane will take a look at the best and worst horror movies ever made.

"It is going to be a good lecture," said Dutton. For those not interested in the lecture, there is a trip to the Hartford Haunted House. Saturday, Oct. 26, at 8 a.m., a bus to Great Adventure departs from outside the theater. Students who stay in the area can enjoy a hayride around campus and hot cider.

**Murders: students urged to exercise caution**

Continued from page 1

Bridgeport Police Chief Thomas J. Sweeney is quoted by Kifner as saying, he considered the recent killings an aberration.

He said, "We're not being run ragged, the way we were in '90." There seemed to be no clear pattern to the killing, he said, except that drugs seemed to figure in most of them.

"The killings haven't occurred in one specific location. It is a city-wide problem. Of the recent murders, three of the victims were shot in a crack house, and one victim was a known drug dealer," said a source wishing to remain anonymous.

Officials were quoted as saying they had hoped they were overcoming Bridgeport's reputation for urban violence with a federal and local crackdown that sent gang leaders, particularly the Latin Kings, to prison.

Bridgeport Police Chief Thomas J. Sweeney is quoted by Kifner as saying, he considered the recent killings an aberration.

He said, "We're not being run ragged, the way we were in '90." There seemed to be no clear pattern to the killing, he said, except that drugs seemed to figure in most of them.

"The killings haven't occurred in one specific location. It is a city-wide problem. Of the recent murders, three of the victims were shot in a crack house, and one victim was a known drug dealer," said a source wishing to remain anonymous.

"We are encouraging students to make use of the shuttle service the school provides," said O'Connell.

"Along with that we would also encourage students to use reasonable precautions and not walk anywhere alone. Our main goal is to keep Sacred Heart students safe,"

**State offers intern positions**

The Legislative Internship program, funded by the state of Connecticut, has set a deadline of Nov. 1 for applications.

The Legislative Internship program gives students "the opportunity to experience first-hand the formal and informal aspects of the state's legislative process." A travel stipend will be awarded and academic credit can be arranged for those students selected.

For more information, consult an academic advisor or write to: Directors, Internship Program, Room 1600, Legislative Office Building, State Capitol, Hartford, CT 06106.

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**Business seminar to be held**

A "Professional Development Day" sponsored by Sacred Heart's LifeLong Learning Center will be held Tuesday, Oct. 29 from 8:30 a.m. to 5 p.m. at the Stratford Ramada.

For reservations made prior to Oct.15, the cost is $85 per person and includes seminar instruction, handouts and a continental breakfast. After Oct. 15, the fee will be $95 per person.

For reservations, contact Dorothy Sayers at (203) 371-7834, by E-mail at sayers@sacredheart.edu. or fax at (203) 365-7500.

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Sacred Heart to honor five at dinner

Special to the Spectrum

Robert J. Matura will receive the prestigious Bishop Walter W. Curtis Medal of Honor at the University’s eighth annual Scholarship Dinner and Discovery Awards on Wednesday, Oct. 19 in the Academic Center.

Discovery Awards will be presented to Steve Wiggins, founder, chairman and chief executive of Oxford Health Plans, Inc.; the Rev. Mrgr. Thomas P. Guinan, retired pastor of St. Michael the Archangel Church in Greenwich; Dale F. Frey, chairman of the board and president of General Electric Investment Corp. in Stamford; and Yue-Sai Kan, principal of Yue-Sai Kan Cosmetics, Ltd. in New York City.

A crowd of more than 400 is expected to attend the black-tie dinner, whose proceeds will benefit the Sacred Heart University Scholarship Fund. Donations are $250 per ticket. University trustees James Cosiello of Fairfield and A. Joan Connor of Greenwich are serving as dinner chairmen and vice-chairman, respectively.

Matura’s generosity to Sacred Heart University has resulted in two $1 million gifts over the past three years. Wiggins has built Oxford, the fastest-growing health plan in the United States. Guinan, who spent 25 years as pastor, supervised the building of a church. Frey has spent 40 years with general electric, and Kan has underwritten a scholarship program that sends top female scholars from each of China’s provinces to Beijing University.

For reservations and information, contact George Schneider, director of foundation relations and corporate events, at (203) 371-7879.

Senate improving Committees address issues

Special to the Spectrum

The Senate is currently dealing with the suggestions and concerns from the student body. They did not attend a meeting, which was held in the Academic Center.

Several committees have addressed different issues and make sure their voices are heard. Everyone to this event, calling it a celebration of lives, a renewal of commitment, and a call to action which we have confiscated and write the most "user-friendly."”

In a recent edition of The Student, a monthly newsletter published by the Senate, Brian Rivera, executive vice-president for the Senate, insisted, “Student concerns should not go unheard. I encourage you all to speak out and take action rather than sitting back and being loud.”

The Senator is just one of the many changes the Student Government has made this year to communicate with the students and make sure their voices are heard.

Several committees have been addressing different issues across the campus. The Safety Committee has been proactive in trying to communicate the administration’s attention to the needs of students, but it is not enough. The Senate is eager to provide help and resources are excellent, the Center simply doesn’t have the space. Therefore it is the most detectable all the drugs are an issue, but they are harder to detect.

“Some of the stigma has been removed because they are not using it by injection, they’re able to snort it,” explained Guillen.

One student said she had not encountered any heroin use at Sacred Heart and didn’t think it would become a problem. “A lot of people don’t want it,” they would rather experiment with other things.

William O’Connell, director of Public Safety, confirmed that heroin doesn’t seem to be an issue on campus. “We basically see marijuana, and we have found some marijuana paraphernalia in which we have confiscated and written students up for,” said Raynis.

“It’s a more visible drug, therefore it is the most detectable,” Raynis added. “Other drugs are an issue, but they are harder to detect.”

As for harder drugs on campus, another student source stated, “Definitely cocaine before heroin in the years to come. Also, a lot of people are snorting Prozac now.”

Nadeau said the Counseling Center is eager provide help and education to students concerning the issue of drugs, but realized that currently, while their resources are excellent, the Center simply doesn’t have the space.

“We have the ability to do both presentations and counseling,” she explained, “which we can do once we get into our new set-up.”

2000: promoting unity and spirit

Continued from page 1

Secretary Molly McGrath, a biology major from Lyndhurst, N.J., also wants to unify the class. She hopes to start more weekend activities to encourage students to remain on campus.

“Everyone wants to go home on the weekends. It’s sad,” she said.

Treasurer Gia-Marie Vacca said, “Only you can make your years the best.” With this idea in mind, Vaca, a media studies major from Cranston, RI, hopes to get others involved in making the next four years wonderful.

Theresa Forget, Melissa Hensley, and Wayne Krager were elected to the Student Senate. They stressed that they will strive to fulfill the requirements of the position and be the voices for the Class of 2000.

AIDS: a call to action

Continued from page 1

Drugs: supply and demand high

Continued from page 1

AIDS: a call to action

Continued from page 1

2000: promoting unity and spirit
WOMEN ROCKERS EASE PREFERENCES

Since the beginning of time, women have been treated as unequal partners in the home, the workplace and the academic world. Fortunately in this post-feminist era the perception of the woman's place in the world is changing. For example, women are involved in many creative endeavors, including the music industry. Within the last few years several women have emerged as prominent figures in this business. 

Alain Moissette, Courtney Love, PJ Harvey, Tori Amos, Joan Osborne and Justine Fleshman are only a few of the many therapeutic women rockers who have appeared with a vengeance and a message. These women remind us that women are free and intelligent. These female musicians are here to help us explore our self-esteem, identity and confidence.

We believe women have a duty to make their voices heard. Our generation can change the belief that women are inferior. Music has helped this movement, but it does not stop there.

NO EXCUSE NOT TO VOTE

Many young people have a lack of involvement in politics, and more importantly, voting. Your voice does make a difference. It is ignorant for a college student not to take full advantage of their Constitutional right to vote. If every person simply said, "I'm only one person, it doesn't matter if I vote," we would not be living in a democracy.

We believe that every person, young and old, should be responsible enough to pay attention to the issues of our nation and should at election time choose, for him or herself, the better candidate to make decisions for our country.

So, this Nov. 5, be sure to arrive at the voting booth educated about all Presidential candidates and cast your vote.

Many men and women have fought to keep this country free, and for that we should show our gratitude by voting.

COMPASSION & VINITY TAUGHT BY CABBAGE

The 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."

At Sacred Heart, the administration on the whole and faculty staff, preaches an attitude of maintaining diversity, but we should strive to learn about and embrace our shared differences and display compassion.

We need to love each other for our differences and not spend so much time arguing over issues which are inevitable in this world. I am reminded of a story I heard once, written by Jack Miffleton entitled "The Stranger." 

"Listen to that noise he makes. He looks like he needs a shave." or "What an old looking creature." As the story goes, the Vegetables never saw anything like this Cactus and hid their fright behind a lot of bold talk. At first, all the Cabbage would say was, "Buena dias." "Pas, mis amigos." "Good day. Peace, my friends.

This story holds true to all communities. Sacred Heart's diversity is its strength, although many people see this as a cliché or as being superficial. If you are the Cactus in this story, don't become weary or frustrated with what you have to offer. Many of us are in the category of the Vegetables.

Debate '96 -- Clinton vs. Dole

By ROB SAWICKI

President Bill Clinton and Republican nominee Bob Dole squared off in the first of two Presidential debates last Sunday night in Hartford.

The ninety-minute debate, moderated by PBS Jim Lehrer, was intended to educate voters about the differences between the two candidates. I reflected on the debate to try to determine what we really learned.

First, we learned that ninety minutes may be too long for a debate of that format. Each candidate was censured for being off the same lines. Whether it was President Clinton referring to "11 million new jobs," Bob Dole's "$550 bill light scheme," or Mr. Dole, and Mr. Gingrich's cuts in Medi­care.

So, Senator Clinton repeating how "the government should pinch its pennies for a change rather than the people," or repeatedly bringing up how he will refer to Bill Clinton as "Mr. Presi­dent," a courtesy which Clinton "did not extend to President Bush in 1992."

They could cut the debate down to sixty minutes by limiting the candidates response time down, and not allowing them to go back and address previous issues.

The Cactus began to move a little and the Kentucky Green Beans cried out, "He's going to attack." But the Cactus said cheerfully, "Pas, mis amigos." Over time, the Vegetables began to lose their bright colors and looked unhealthy.

The Vegetables decided to catch the Cactus off guard and cut it down at night. They gathered and all broke into a fierce battle cry, and with one mighty whack someone sliced into the side of the Cactus. With this, sweet water began to flow from the side of the Cactus, soaking the garden and refreshing the parched veget­ables.

After this, the garden felt a sense of shame and realized that surely this was a friend.

To this day, the stranger's simple words are remembered as a common sign of welcome for all who come to this land. "Buena dias," "Pas, mis amigos," "Good day. Peace, my friends.

This story holds true to all communities. Sacred Heart's diversity is its strength, although many people see this as a cliché or as being superficial. If you are the Cactus in this story, don't become weary or frustrated with what you have to offer. Many of us are in the category of the Vegetables.

All too often, we judge people for their outside charac­teristics. Sometimes it takes too long for us to open our minds to another person.

As the Cactus said... good day. Peace, my friends.

We learned that President Clinton feels much more comfortable in a debate setting than Senator Dole.

Dole looked very nervous during his opening and closing statements. President Clinton looked much more relaxed and confident. Senator Dole's sense of humor was a help, but it was undermined by his tendency to get petty in his shots at the Presi­dent.

Dole brought up issues like President Clinton's weight, and Whitewater, and then followed each of those by saying "I'm not going to make an issue of that." Unfortunately for Senator Dole, most viewers realized that he had already made issues of them. He had brought up his late brother Kenny, "the great exag­gerator," and compared him to President Clinton. At times, Dole looked like a challenger behind by 20 points. That was something Senator Dole wanted to avoid.

There were issues where Dole seemed to have gained points, but would lose them right back. He brought up money President Clinton has received from labor union trial lawyers, and the N.E.A.

The President was able to counter with a list of interest groups that Senator Dole's cam­paign has benefited from. Groups like the N.R.A., tobacco compa­nies and corporations who want to rewrite environmental laws.

Senator Dole, who needed to score a knockout punch in Hartford landed nothing but jabs at the President. In fact, the toughest shot the President took was a cheap shot before the debate even started.

Republicans invited Billy Dale to the debate. Dale is the head of the White House Travel Office, who was fired by President Clinton, because of mis­management of government offices.

That led to hearings by the Republican-controlled Congress to determine if that claim was jus­tified.

Dole was seated in the front row, an obvious and cheap at­tempt to throw the President off. This leads me to wonder if the President's performance in the debate was influenced by his image as the underdog.

The first debate was the one Dole needed to win. The de­bate in San Diego should be a town hall format, one which favors the President the most.

Dole only had two chances to beat the President. If he couldn't take advantage of his first chance, it's hard to imagine that his sec­ond one will go any better.

OPINION

The Vegetables should be given the chance to be heard. The President's response to the debate was good. The Vegetables should be included in our democracy.

Opponent: The Cactus

He brought up issues like the government's role in the economy, and Mr. Gingrich's cuts in Medicare.

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EDITORIAL POLICY:

The editorial page(s) is an open forum. All sub­missions are subject to edit­ing for spelling, punctua­tion and grammar and clarity. The Spectrum does not, assume copy­right for any published material. All submissions are reviewed by the Edi­torial Board.

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In an exclusive feature, offer you this transcript from the Presidential Debates between Bob "Dye My Hair Brown So I Can Look Younger" Dole and Bill "Keep My Hair Gray So I Can Look Older" Clinton:

Moderator: Good evening. We're here in Hartford, Connecticut at the Bushnell Theater. Bill, do you have a bushel? Oppalops? Pears? Where?

Bill: Bush!

Moderator: Mr. Dole, Mr. President, it's Bush!

Bill: Oh, good, I already know I can beat him.

Moderator: It's a momentous occasion, Mr. Dole. Now please save your interruptions for Mr. Clinton.

Bob: No problem.

Moderator: I will ask one candidate a question, at which time he will have one minute to answer. Then we will probably mention something that has nothing to do with the question but he wanted to mention anyway, then the original candidate will have 15 seconds to decide whether he wants to pant or go for the first down. At the end of each round the candidates will return to their corners and pretend they're not bleeding. Does everyone understand the rules?

Bob: Yes.

Bill: Yep.

TV audience: Ahh!

Moderator: Mr. Clinton, is the country better off now than it was four years ago?

Bill: First of all, I'd like to begin each answer by saying "first of all." I'd also like to thank Senator Dole for being here this evening, and I'd like to thank my Cabinet for not being here. I'd like to thank my wife, Hillary, for sitting in the front row so she can more easily peruse me. I'd like to thank the American people for allowing me to serve them these past two...uh, four...years. And now that time is up, I'll answer the question.

Moderator: Time.

Bill: Yes.

Bob: Well, Mr. President, and I will refer to you as Mr. President, a courtesy you didn't extend to George in 1992, I can tell you that back in the 1930s, when times were tough and it snowed hard, and when a brown bag was all you had to carry spare car parts in, I couldn't believe that, that I, too, thought that we're not better off than four years ago, but probably will be in four years.

Bill: Huh?

Moderator: Time. Mr. Dole, did you agree with the President's policy on Bosnia?

Bob: Well, I remember how in World War I they never smoked pot, but I won't bring up any of the President's personal history, but I did now, not that Mr. President was in World War I, not that I would know, because I was retired from the service by then, but 96 percent of the people thought that bonds would decrease inflation revenue in the 60s. But that's not something I'll advertise.

Bill: First of all, I'm not sure how to answer that.

Moderator: Where's your Zantac?

Bill: Mr. Clinton, do you believe Saddam Hussein has more power now than he did four years ago?

Bill: First of all, my administration has taken 30,000 handguns out of the hands of handgun owners across the country, and that deserves a hand. In addition, Saddam occupied the north of his country and we told him to get out, and he's begun to. But I don't want our troops in there getting killed. There's a potential to lose more American lives than we did even in the Civil War.

Bob: Mr. President, I'll address you as Mr. President unlike you did to George in 1992, you exaggerate the effectiveness of trial lawyers and trial feasts on the federal outcome of global warming, and I have many statistics that show clearly that less education will mean more ice cream parlor jobs going out of business and more cherry bombs will dood out, a fact that I won't even mention, and small businesses will lose employees to drug cartels in new Mexico every time a small business owner is steered on a Washington pretend stands, which obviously means that you're wrong, and I know you're wrong because I know the Civil War, I fought in the Civil War, and let me tell you, Mr. President, you are no Civil War.

Bill: Bill: First of all, what was the question?

Moderator: Time.

Letters to the editor...

ATHLETES ARE NOT DUMB JOCKS

To the editor:

At Sacred Heart University and other schools, the word dumb jock has been defined to students who focus more on playing sports and less on school work. Athletes have been labeled as scholarship kids who do not put enough time in their studies, but put more mental preparation and effort in the sport he or she plays.

HOT TOPIC

To the editor:

The hot topic of conversation this semester is the parking situation at the University.

Parking at the University is a whole different matter than parking at the residence halls. The halls either need more parking or the number of cars need to be limited at these locations. Does this defeat the purpose of having a car on campus? The car is less important, I had never before been that far away from my family and friends, especially for that length of time.

My independent nature was tested as soon as I stepped off the plane.

As I was preparing to leave for my semester in Ireland during the spring of my junior year, I became more and more nervous about the challenges that I would encounter.

I didn't know what to expect in terms of the academic structure and the difficulty of classes. More importantly, I had never before been that far away from my family and friends, especially for that length of time.

As my classes got underway and became settled, however, I realized that I could overcome any adversity. Then is when I began to truly appreciate my experience in a culture other than that of America.

I lived with a family named the Whelan's in a village called Maynooth just west of Dublin. As time wore on, however, I realized that not all homestay programs are perfect.

Although my time within the Whelan home was positive, I still view it as a learning experience that only made me a stronger person.

Jennifer Gilbert

PHILIP MCDONALD

The big time sports such as football and basketball that draw the large crowds, have been the target of the label. That would be foolish, since any athlete playing a sport must maintain a grade point average of 2.0.

Those athletes who are not succeeding in the classroom must attend workshops which supply tutors to help improve their grades. Also, athletes have little time to socialize since they have a goal to succeed at a higher level than most.

Philip McDonald

PHILIP MCDONALD

is essential in reaching success. For athletes, success is what they strive for and without it you do not stand a chance.

Therefore, the next time you label someone a dumb jock, remember that these individuals have a goal to succeed at a higher level than most.

Philip McDonald
Break addictive relationships

By Gina Norelli
Features Editor

Editors note: This article was originally published in the April 27, 1996 issue of the SPECTRUM. By request, it has been reprinted.

A guy hangs up the phone after talking with his girlfriend and is crying uncontrollably. He has just learned that she has him on hold. He asks for some time to think about it, if he wants to still be with her, but she offers him an ultimatum: If he doesn't phone her by 10 minutes, he will have 24 hours to make up his mind about his relationship with her. She hasn't had enough of his terrible treatment.

He wonders why he allows himself to be under her control and why she is making all the "rules." He comes to the conclusion that she cheats on him and manipulates him because he doesn't love her enough. Thoughts crowd his mind of the beginning of the relationship, when everything seemed "perfect."

He is convinced that if he tries hard enough, it can be that way again. He promises himself that he will do whatever it takes to not upset her again when in reality he has done nothing wrong.

His self-esteem has dropped so low that he cannot imagine anyone else ever liking him, so he stays with her despite how he is treated.

All of the warning signs are present that this is an addictive relationship, which has nothing to do with love.

"Addictive relationships wear down the other person's self-esteem," said Sister Anne Nadeau, director of counseling. "There's nothing left but a lot of guilt. For a relationship to be addictive, there has to be one person who is a 'sponge.' It's something in both people," she added.

These relationships are very much like drug and alcohol addictions, except that the object of addiction is a person rather than a drug.

Without the person that is the object of addiction—the addict goes through withdrawal. They may consider suicide or harming others that they perceive to be threats to the relationship.

"The biggest red flag is when someone says they will kill themselves," said Sister Anne. "That's the ultimate control."

In many cases, the person that is the manipulator will put on an act and pretend that he or she has changed and is truly sorry for what was done. But given time, the same thing will happen again. It's a dangerous cycle that needs to be broken.

This can only be done if you get out. "See it for what it is and leave it to be true to yourself," said Sister Anne.

"You can't see it for what it is until you distance yourself from it, and listen when a friend tells you. Most of the time professional counseling is needed so they don't fall into it the next time," said Sister Anne. She also offers some spiritual advice. "If we see ourselves as God sees us and ask him to see our own goodness...if only we could see that, we wouldn't get ourselves into these traps.

College women shortchanged on sleep

By Colleen DeBase
College Press Service

CHICAGO— Tamara Hahn doesn't have time to sleep. Hahn, a 20-year-old junior at the University of Illinois at Chicago, juggles a full class load, softball practice and a part-time job at a sandwich shop.

"During the [softball] season, I get no sleep," says Hahn, as she spreads mustard on a roast beef sandwich. "It's hard to get to classes sometimes. It's hard to pay attention."

Weekends are a time to catch up on sleep, she says, although sometimes "I try to make up my sleep right after practice, but that's when I have to do work or study."

"It's really hard," she adds. An increasing number of college students, like Hahn, are spending less time snoozing and more time feeling tired and listless, according to recent studies.

In a report in the journal "Sleep," scientists speculate that Americans today are less well-rested and feel worse than their parents and grandparents.

"The simple truth is contemporary Americans aren't getting enough sleep," said lead study author Donald Blumberg, director of the Sleep Disorders Center at Emory University Medical School. "People prioritize all the time for work, family, nutrition, exercise and more."

The report compared the results of a mental health survey of 1,200 healthy adults living in the Midwest in the 1930s to those of 1,200 adults of comparable age, gender, area of residence and other factors 50 years later.

There is a surge in the number of people who report being fatigued, which indicates they've had insufficient sleep, scientists said. Another study indicates that women college students, in particular, are more likely to suffer from sleep deprivation than their male counterparts.

An Elmhurst College study of 82 college undergraduates found that similar percentages of women (53 percent) and men (58 percent) said they required seven to eight hours of sleep each night.

Sixty percent of the men reported getting in seven to eight hours of sleeping. But only 38 percent of the women students said they got that much sleep, and slightly more than half (51 percent) reported sleeping less than 6 1/2 hours per night.

"Students, particularly women students, do suffer from sleep deprivation," says Dr. Kathleen Sexton-Radek, chair of Elmhurst College's psychology department.

Women went to bed earlier during the week, but stayed up later on weekends than did men in the study.

During the week, while about half of the men and women in the sample went to bed by 11 p.m., more than 20 percent of men reported staying up past midnight as compared to only 1 percent of the women. But on weekends, the tables turn. About 40 percent of the men were in bed by midnight and 80 percent by 3 a.m. Only 20 percent of the women students were in bed by 1 a.m., and 60 percent by 3 a.m.

Women also were less likely than men to take a nap to make up the difference and more likely to be up on weekdays by 8 a.m. than are men. Many women said they try to catch up on their sleep on weekends. Nearly 40 percent of women reported not rising by 10 a.m. on Saturdays and Sundays, while only 26 percent of men slept beyond 10 a.m. on weekends.

"Napping and sleeping-in on weekends is counter-productive," says Sexton-Radek. "Napping behavior needs are complex. While the body craves sleep, the urge to sleep must be ignored to maintain a healthy, synchronized sleep cycle."

Sexton-Radek says one of the most important habits for a good sleep cycle is to go to bed and get up at about the same time each day.
Hispanic week begins with cultural concert

By Philp McDonald
Contributing Writer

In celebrating the 32nd year of Hispanic week, La Hispanidad is co-sponsoring several events during October.

One of them is Sonabo, a Latin American vocal group composed of six singers, which combines richly harmonized contemporary vocals with native instruments.

"Music is a universal language and brings people together, and in the process, you can learn to appreciate and celebrate other cultures through it," said Assistant Director of Academic Advisement, Frances Collazo.

"This year, La Hispanidad is focusing on Hispanic culture. Sonabo is one of the events we encourage participation in," Collazo said.

Sonabo, this is their first performance in America and look forward to entertaining the audience about Hispanic culture.

The proceeds from the concert and others to follow will go to the Future's Organization for young Hispanics.

Also, the concert will provide a musical workshop with different instruments used by Indians of Latin America.

"To share the greatness of our Hispanic culture with everyone, we encourage participation from faculty and students," said Collazo.

Susan Donim of Rhythm Music Monthly said, "With the ten voices soaring over a rich mix of rhythm and groove, Sonabo is bringing the joy of Latin American song to audiences wherever they go."

Concerts such as these give the audience a chance to hear the relating rhythms of popular Latin American music.

According to Donim, "The singers will teach traditional songs, demonstrate the various typical musical instruments and discuss the different aspects of Latin American culture and music continued."

The concert will be held in the Sacred Heart Theatre.

Sonabo will be playing Saturday, Oct. 12 at 8 p.m. Students with ID is $10 and non-students is $20.

More activities are scheduled. For more information, contact Frances Collazo at 365-7583 or Philp Munday, co-advisor of La Hispanidad at 371-7621.

What's 'Fantastick'?

Theresa Hickey
Assistant A&E Editor

The Sacred Heart University theater community came out to see "The Fantasticks." The expectations ran high for a play highlighted as "The World's Longest Running Musical."

Act One centered around the union of the girl and the boy through a feudal farce presented by the fathers.

The simple scenario aptly drew the audience's attention to the activity of the individual actors. The "Mute" attributed the ambience with poignant expressions and incredible disassociation.

The historical success of "The Fantasticks" pointed out the actors' portrayals of the characters. The plot already was worthy, so when the players' overexaggerate, some of the initial magic was lost.
Average college costs increase by five percent

By Colleen DeBaise
College Press Service

NEW YORK—The cost of college tuition will continue to outpace inflation this year, and students are borrowing more than ever to get degrees, according to a new study.

"I had scholarships and parental support for college [but] have been relying on loans—about $50,000—for graduate school," said Derek R. Larson, a doctoral student in history at Indiana University.

His wife is also a graduate student, and they wonder how they'll pay off the loans, he said.

"I expect we'll be lucky to pay off our debt in 10 years after finding work, assuming we can both find jobs in our respective fields at all," he added. "I feel quite insecure about the financial future my investment may bring."

According to a College Board survey released Sept. 25, students at four-year public colleges and universities can expect to pay about $607 more this year for undergraduate tuition than last year.

Room and board also jumped, an average 6 percent, or $220, at public colleges and universities, and about 4 percent, or $195, at private schools, the study found.

Donald M. Stewart, president of the College Board, said that despite costs that "are daunting too many, for most Americans, the fact remains that college is still accessible—especially in the light of financial aid currently available."

Stewart urged students and families to keep college costs in perspective, noting that a majority of students pay less than $4,000 per year. Only about 5 percent of college students attend the highest-priced universities that charge more than $20,000 a year, he said.

The study by the College Board, an association of about 3,000 colleges, also found that federal aid is available to students at a record level—more than $29 billion in aid to students—57 percent of all available aid.

But most student-aid growth has come in the form of federal loans, said Lawrence Gladieux, executive director for policy analysis at the College Board's Washington office. In 1995-96, federal loan programs provided $29 billion in aid to students—57 percent of all available aid, according to a new study by the College Board. About $607 more will be paid this year in undergraduate tuition than last year.

In contrast, federal grant support continued to decline—despite a slight increase of $40 in the maximum Pell Grant. Now grants represent just 42 percent of total federal, state and institutional aid.

"Since the mid-70s, the Pell Grant has lost ground both to inflation and to the rising cost of college—a 40 percent decrease over 20 years," said Stewart.

But Jack Joyce, associate director of information at the association's College Scholarship Service, points out that half of all students enrolled in higher education receive some financial aid, often in the form of grants, scholarships, loans and work-study.

"Focusing on 'sticker price' or allowing 'sticker shock' to influence college choice will limit opportunities that are out there for students," he said.

Some private schools have reacted to "sticker shock" with promises not to raise tuition more than the inflation rate; others respond with promotions not to raise tuition. The most publicized example is Muskingum College, which cut its tuition more than $4,000 this year, from $13,850 to $9,850.

James B. Appleberry, president of the American Association of State Colleges and Universities, said the good news in the College Board report is that there is more financial aid available. Students can afford to attend college than ever before.

The bad news is that the increase is in the form of loans rather than grants, which means "we are creating a seriously debt-burdened society," he said.

He blames rising costs on state legislatures that have "deprioritized" funding for public colleges and universities.

"Historically, most states have paid more than two thirds of the cost of a college education, and the student or their family paid the rest," he said. "Now, many states pay only 50 percent."

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There's a sun around the bend

Pearl Jam fans rage through the rain at Randall's Island

By Christopher Twarowski and Melissa Nahas Contributing Writers

The candles were lit. The clouds loomed overhead. Randall's Island was packed and screaming. One by one, the five members of the group Pearl Jam emerged from the shadows: lead guitarist Mike McCready, bassist Jeff Ament, rhythm guitarist Stone Gossard, drummer Jack Irons and vocalist Eddie Vedder. They were about to begin their first night of double assaults on New York.

Throughout the span of the next three and a half hours, Pearl Jam's music and messages raged against the drenching torrents of rain and wind. Nature fought, but they were not yielded. To me, the weather made the experience that much more memorable.

They opened with "Last Exit," and persistently barreled through the vault of their last four albums. Only occasionally was there a pause, merely long enough for Vedder to address the crowd. It was these breaks which even the most diehard Pearl Jam fans would have believed Florida, everyone would have left by now," said Vedder.

By the time he sang, "Black," ironically of its first album, Ten, it was as if the rain came in on cue. The masses responded to this by abandoning any restraints they may still have had. Deafening cheers erupted. People all around hugged, kissed and danced. If ever there was a music video for this song, there is was, shown to us first-hand.

Next came "Habit," a fast-paced song about drug addiction, namely, heroin. For this, Vedder accompanied on guitar.

"This is a song for all you unhealed, unlooked. Speak for all of you," he said.

Remembering the past, the band next shifted through "Not For You," "Better Man," and "Corduroy." "Reverie Mirror," a song from their second album, Verses, consisted of an expanded solo section near its end. The underlying melody held out while Vedder began chanting scattered lyrics to "W.M.A.," another song off their second album.

The hanging guitar riff to "Alive," from Ten, echoed through the watt silhouettes of the crowd. This was a song that originally started the revolution back in 1989. Vedder knelt down while he sang, pushing back his hair. Bright lights revealed body surfing and shifting.

He said, "Thank you all so very, very much." With that, the group walked offstage.

Upon returning amid cheers, they performed "Who Are You," from their latest album, No Code. Then, Pearl Jam eased back into an unforgettable rendition of "In Your Honor," from Ten.

During the solo break, John Popper from the band Blues Traveler emerged. He soloed with his harmonica on and off McCready's guitar and then by himself. Holding, letting go, fluttering. The chorus resurfaced and Popper continued until the end.

"John Popper," smiled Vedder. They hugged and Popper walked offstage.

"Daughter," was next, complete with a twelve-string acoustic accompanying Gossard. The band called out to the audience as the end with Vedder chanting, "I believe in you." We were left to imagine who that was directed to. Strobe lights highlighted "Whipping," perhaps the fastest song from their arsenal. Many now-modulated concert goers moshed creating a heated mist of expiration through the glow. If in the pit, the only escape was climbing on top of others and hoping to get thrown over the front barrier into the security. Then suddenly—stop. The entire thrashing of sound ceased for a moment.

Vedder jested, "Oh, that song."

As quickly as it had ceased, the music and the movement in the front had begun again.

Next, the band covered an older tune. An illuminated mirror ball emerged from the ceiling and psychedelic light span around the backdrop in miniature circles. The loving ones out there.

"This is a song for all you unlucky ones out there," sang Vedder, "sick of it all." Then, he addressed the crowd anew.

"Should we spend the night," he asked.

The entire Downing Stadium answered with cheers.

"I read my letters, the letters I get from all of you and it really amazes me. The people actually come together and meet through our music," sang Vedder.

"Two or three chords can bring people together. And I am mighty proud to be a part of that." Vedder continued.

Pearl Jam finished off the night with "Indifferenced", from Verses. The mirror ball came down once again and the band walked offstage.

"Thanks again. Good night," said Vedder before disappearing.

It was a night of peace, bliss and love. Pearl Jam's music made that possible.

'Spitfire Grill'--the little film that could

By Ian Spelling College Press Service

NEW YORK—The buzz on "The Spitfire Grill" began not with a whisper, but with a bang. "Spitfire," the buzz grew deafening. Now, the film is in theatrical release and, while it's no "Independence Day," it is performing respectably at the box office.

In "Spitfire," Allison Elliott stars as Percy Talbott, a quiet and shy young woman who has just arrived in Gilead, Maine, hoping to start life anew. Gilead, how­

tever, is a dying town, one where the locals can't help but speculate the magic and her past.

Soon, Percy finds work at the local restaurant, The Spitfire Grill, assisting its aging owner, Hannah, played by Ellen Burstyn. Percy also befriends an extremely timid woman named Shelby (Marcia Gay Harden), who soon joins her at the Grill.

The three women slowly form a bond that leads to joy, laughter and heartbreak as the film unfolds. During a conversation at a Manhattan hotel, Elliott, who is friendly and attractive in a scrubbed-clean, no-makeup way, explains that she considers "Spit­

fire" the little film that could.

"I've thought that very phrase to myself," she says, laughing.

"Anybody who signed up for the role in "Spitfire," the buzz grew deafening. Now, the film is in theatrical release and, while it's no "Independence Day," it is performing respectably at the box office.

During a conversation at a Manhattan hotel, Elliott, who is friendly and attractive in a scrubbed-clean, no-makeup way, explains that she considers "Spitfire" the little film that could. "I've thought that very phrase to myself," she says, laughing.

"When I first read the script, I just fell in love with it. I fell in love with Percy. I thought it would be so great for me if I could get to play Percy, just in the sense of what I thought I could explore in her, what I felt I could give to it, and how I thought I could bring this girl to life.

"It's a small film, and it was a lot of people involved who had a lot of passion, but we didn't have tremendous resources. We were on a really tight schedule.

There were painfully cuts made. There were things we were trying to get done, but there wasn't enough time. There was a fear it would never come to life, that people wouldn't see it.

"When we went to Sundance and it was seen, and I saw the reaction, it was like my dream, come full circle. That's the best gift in the world, that people can see your work, what you've put your heart into, and that it could affect people."

A former model who was born in San Francisco, Elliott is best known for her work in Steven Soderbergh's film, "The Underneath," as well as for the cable TV movie, "Indecent."

"There was a fear that it would never come to life, that people wouldn't see it,"

about the infamous McMartin case. She made her film debut as Kevin Costner's wife in "Wyatt Earp."

All of that came after Elliott discovered acting while in an arts high school.

"Anybody who signed up for the films got into none," she says. "Strangely enough, in my first play, I was a girl in prison. It was in that play I had a moment of transportation, where I lost myself in telling the story. It was a magical feeling. I thought, 'Wow, if I work hard, maybe I can do this, maybe I can affect people or be a good storyteller.' I like the idea of sharing stories."

Hollywood has taken note of Elliott's storytelling abilities, as the number of scripts she has received, and their quality, has increased since the "Spitfire" buzz kicked in. The 26-year-old actress, who splits her time between Los Angeles and New York, has heard herself referred to as "the next big thing."

"If I know what I do and think I'm being faithful to what I do, and I try to stretch and grow, that's good. That's what I can take responsibility for. I can't take responsibility for what a perception of me is."

Rather than jump into a blockbuster on "Spitfire" 's heels, Elliott is instead starring in the drama, "The Wings of the Dove," based on the Henry James novel. "Good stories and good roles are the most important things to me," she says. "In "Wings of the Dove I play an American heiress who is orphaned in the early 1900s. In all health, I travel Europe with a friend to find adventure, love and friendship, and to seek out some meaning for myself.

"We're a couple of weeks away from finishing it. After that, I don't know. I'm reading scripts right now," says Elliott.
Hey! You. Immediately run back to your room and fill out this Reader’s Choice questionnaire with any nearby writing utensil. Detach the form carefully using either: (1) a finely sharpened pair of scissors, or (2) that cheesy shark tooth souvenir you bought in Cancun last spring break.

**READER'S CHOICE**

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Field hockey wins third straight

Vi ctories over C.W. Post, Bentley College

By Lauren Wiggins
Staff Writer

The Pioneer field hockey team (7-4) added two more onto the win column this week by beating C.W. Post and Bentley College.

The game against C.W. Post on Oct. 1 was won 2-1 on goals by Deirdre Hynes (Mahopac, N.Y.) and Elena LaFrance (East Freetown, Mass.). Hynes drilled the ball off a corner for the first goal in the first five minutes. After half-time the team came out with victory in mind. LaFrance led off the half with a goal in the first five minutes.

The Post team was able to put one goal on the board, but it wasn’t enough. "We didn’t pass well today and that’s why we couldn’t get the ball down in their end more often," said Coach Robinas Schwartz.

Sacred Heart hopes to add to its winning streak against Springfield today (Oct. 10) at Campus Field.

The team will then begin a road trip facing Drew University on Oct. 15, Kutztown University on Oct. 19, and Bloomsburg University on Oct. 20, a squad that may be their toughest opponent on the regular season schedule.

The Lady Pioneers will return for a home contest against Keene State University on Oct. 22.

and the defense was outstanding. Hynes scored the only goal of the game on a shot from outside the circle.

The offense had few scoring opportunities, but nothing came from them. The last five minutes of the game were spent fighting off a surge by Bentley.

The remaining minutes were spent in the Sacred Heart circle as the defense cleared ball after ball from its goal.

"This was probably our biggest win yet. We played the whole 70 minutes end to end. We really hadn’t done that before tonight," said Coach Robinas Schwartz.

The Lady Pioneers will return for a home contest against Keene State University on Oct. 22.

Sports in brief

Women’s soccer sweeps Bryant, UMass-Lowell to advance to 4-6

The Lady Pioneers started off the week in dramatic fashion as they defeated Bryant College in a 1-0 overtime triumph on Sep. 30. They ended it with another 1-0 victory over UMass-Lowell last Saturday.

In the team’s overtime win, freshman Michelle Majekoski (Norwich, Conn., Mass.) scored with 2.2 seconds remaining in the second overtime on a direct kick.

In Saturday’s defeat of UMass-Lowell, the Pioneers’ lone goal came from sophomore forward Karen Bagley (Whitman, Mass.). The Ladies stand at 4-6 overall and 2-2 in the New England Collegiate Conference.

Women’s tennis drops to 3-6 with losses at Dowling, Stonyhill

Thursdays at 9:30 p.m. in Hawley Lounge.

Intramural information

Special events and clinics

Football accuracy throw—

October 17th, 6 p.m.

Campus Field

Lacrosse clinic

October 26th, 1 p.m.

Campus Field

League information

Street hockey league began Oct. 7th.

Championship games will start Oct. 28

Intramural Board meetings are held on Thursdays at 9:30 p.m. in Hawley Lounge.

Pioneer Classifieds

for more information on placing your own "help wanted" or "for sale" ad, call Jeremy at 571-7963

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Let's play ball: Post-season underway

By Bob Staak

October is upon us. With October comes changes in season, color of leaves and focus of the nation in the sports arena. Through the month of September, many sports fans change their focus from baseball to football. With the exception of the Padres and Dodgers, the lack of a late season pennant race had a lot to do with this shift in attention. Fans seem more concerned with how the NFL teams will begin to pan out, rather than if the Indians will win by 15 or 20 games.

Once October arrives, Sunday afternoons take a back seat to the N.L. and A.L.C.S. What has been truly special about the last two years is the shift in fan attention coming just a tad sooner. The owners and acting commissioner Bud Selig, who at every turn manages to mess things up, have actually come up with something truly special.

As clouds hung overhead, a cool breeze blew across the pitch and watch it all unfold. Suddenly the boys of October begin to pan out, rather than if the Indians will win by 15 or 20 games.

Baseball instituted the wild card. This five-game series allows an additional team to participate in the post season every year. Suddenly the boys of October become the boys of late September. What the baseball hierarchy has done is give the players an opportunity to create more memories. With the extension of the playoffs, comes more possibilities for heroics. Who could forget Junior Griffey tying a major league record for homers in a series with five in the last seasons first-round, five-game playoff with the Yankees. Or the comeback made by the Mariners, who overcame a 2-0 deficit by sweeping the Bombers in Seattle to snatch the series, 3-2. I could wax poetic forever about that particular series. But I wouldn't have had a chance under the old system, for the Yankees were the wild card entry that season.

This season, the "division series" is the wild card series has been called, served an even greater purpose. This country has grown tired of seeing the players fight the owners, the umpires fight the owners, and now the umpires fighting the players and the owners. Roberto Alomar disgraced baseball. By delaying the start of the first game of each series in post test, the umpires disgraced baseball.

Alomar should have been thrown out of the playoffs. But he wasn't, now let's move on before anymore damage is done to America's past time. Baseball needs this division series games to make us all forget about spitting, fighting, and striking.

Unfortunately, the greatest pennant fight of all the races didn't produce any division series winner. The Padres took the National League Western title while the Dodgers went to the wild card. A trip to the wild-card division series meant a match-up with the defending champion Atlanta Braves, home of the last six Cy Young Award winners. The Dodgers were swept by the Braves.

The series between the Padres and Dodgers gave the country a chance to see one of the most prolific hitters in baseball history, Tony Gwyny, who owns seven batting titles and a slew of gold gloves got to make only his second post season appearance and first since 1994.

Juan Gonzalez proved to be Babe Ruth in disguise by tying a major league record with five home runs in a playoff series, and he did it in only four games. Gonzalez earned the name Senior October or Mister October, the name usually reserved for Reggie Jackson. The Yankees added another page to their storied history by dropping the first game, and then sweeping the next three. It's not Juan's fault that the Rangers surrounded him with eight outs in the batting order.

The playoff most people focused their attention on was the Orioles-Indians series. Though for the wrong reasons, this series was the biggest surprise. The Indians, winners of 99 games in the regular season lost to the Orioles, three games to one. The ironic part was that the controversial Roberto Alomar hit a home run to tie, and then delivered the base hit to win the series. Let's forget about the spitting, Alomar was an October hero. I think most of Baltimore has forgiven him.

Most of my baseball memories have come in the post season. Bill Buckner, Kirk Gibson, Kirby Puckett, Reggie Jackson, are players who burned memories into my mind in October. By creating an additional series, the owners have granted opportunities for many memories in the future. All we need to do now is sit back on cool October evenings and watch it all unfold.

X-Men drop first two at Div. I level

By John King

As clouds hung overhead, a cool breeze blew across the pitch at Seaside Park. The X-Men would be doing battle against Fordham University.

Fordham took advantage of an early penalty and kicked it through for a 3-0 lead. The X-Men answered with a try of their own scored by the scrum-half, Tim Baker wanted some action next. On the Fordham try line, "T Bone" drove in off a rolling maul for the try. The score now 17-8. Old Blue drove in for one tri and a second scored by a backfield player. The score was a nail biting 17-18. With the clock working against them, the X-Men continued their battle, but to no avail.

Fordham defeated the X-Men with a final score of 17-18.

"Everyone gave 110 percent and we couldn't ask anymore of ourselves," said captain Eric "the Birdman" Back.

Other Division I opponents have included Army A, Army B and SUNY, New Paltz. Columbus Day weekend, the X-Men will travel to New York to do battle with Iona. The next home game is Oct. 20 against SUNY, Stony Brook. Shuttles are available for those who want to show support at home games.

Do you want to be a sports writer?

Call Brad or Adam at the Spectrum office ext. 7963
Mooney lifts Pioneers to end drought

Rich Raupp
Photography Editor

The Sacred Heart men's soccer team split in games this past week, losing to Merrimack College and upending UMass-Lowell. On Oct. 2, the Pioneers traveled to North Andover, Mass., to take on Merrimack College. After trailing only 2-1 at the end of the first half, Sacred Heart faced a disadvantage in the second. Down one man from a red card, and being run into the ground, the Pioneers were defeated, 7-1.

Scoring SHU's lone goal was junior mid-fielder Rich Raupp, off a cross from the senior forward Steven Mooney.

Coming off a four game losing streak, the Pioneers let their frustrations out when they squared off against UMass-Lowell on Oct. 5 at Campus Field. The Pioneers scored five minutes into the game and led 1-0 at half time.

Coach Joe McGeimn must of said something at the intermission to inspire the club, because the Pioneers came out on fire, notching three goals to defeat UMass-Lowell, 4-0, ending their drought.

Senior forward Steven Mooney led the Pioneers with his hat trick in the contest, to become leading scorer for the team.

The Pioneers will travel to face the University of New Haven on Oct. 16, and will be at home on Oct. 19 to take on Southampton University.

Women ruggers off to solid start

By Lauren Koester
Contributing Writer

Few expectations were held for the women's first official season of rugby, but the Pioneers won their first two matches.

They whipped New Paltz, 10-0, on Sept. 29 and defeated Drew, 10-5, last Sunday.

Sophomore flanker Sarah Molloy registered the first-ever Sacred Heart score in the opening minutes against New Paltz. The women kept New Paltz on the defensive before freshman Cynthia Home scored for the Pioneers.

In the Pioneers' home opener at Bridgeport's Seaside Park, sophomore Michelle Pagponi scored the first try of the game.

Drew answered back with a tally of its own, but Home placed the ball down for another try in the second half to clinch the victory for Sacred Heart.

If any woman is interested in competing with the ruggers, she may join the team at practice. Sessions are held Tuesday through Friday at 4:45 p.m. in the Quad.

Demirgin leads Sacred Heart cross country squad

By Stephanie Smith
Staff Writer

Competing in a field of Division I schools, the women's cross country team captured a second-place finish at the Fairfield Invitational last Saturday. St. Peter's College won the meet, in which nine teams competed. The women's team placed sixth out of nine teams.

Sophomore Carrie Demirgin set a school record with a second-place finish in a field of 65 runners. Her time was 18:45 for 5,000 meters.

A tight pack of runners followed Demirgin across the line. Sophomore Theresa Flood finished in 19:41 and freshmen Michelle Wesoowski and Tara Sullivan finished in 14th and 15th places with respective times of 19:57 and 20 minutes flat.

Junior Stephanie Smith was the fifth scorer for the Lady Pioneers, crossing the line in 21:07 for a 27th place finish. Freshmen Liz Lent and Heather Heath rounded out the top scorers with 30th and 38th place finishes, respectively.

Freshman Mike Hernandez earned a 10th place finish out of 89 runners for the 3-mile course. His time was 28:15. Junior Brian Young was the second runner for the Pioneers finishing in 29:31 for 4th place.

Young was followed by a string of freshmen. Brian Williams (29:48) finished in 48th place, Dan Gallardo (29:54) in 51st place, and Ed Mahoney (29:59) in 52nd. Sophomore Rick Jancocko clocked 30:44 for 57th place and junior Neil McClure closely followed in 58th.

This Saturday the Pioneers travel to Manchester, Conn. for the Trinity College Invitational.