Sacred Heart to receive facelift

By Stacey Shepperd
Staff Writer

With the population of Sacred Heart growing rapidly, the need for more space is obvious. In addition to more space, SHU will receive a facelift.

Administrators have wanted the new look for some time, according to Michael Giaquinto, director of Facilities Management, but it was not a financial priority.

"As long as we were going through the expansion for classrooms, we would add this new look," Giaquinto said.

Giaquinto explained that SHU currently has a 1960s high school look, but the new plan will modernize that idea. The front of the North Wing will be brick with conventional windows, similar to those in the new bookstore. Green roofs will match those on the residence halls to provide continuity of the buildings. "It adds a good theme throughout campus," he added.

"SHU looks a lot better than my high school," said first-year student Erica Dibiase. "If they're going to modernize it, I think it's fine the way it looks now." She added that the look of the buildings did not affect her choice of college and the money should be used for academic reasons instead.

Junior Matt Fortney agreed with the need for a new facade. "I think the school still has the old high school look. Anything that makes it look like a college is better," he said.

"The University is committed to a program of campus renovation and new construction," said Dr. Anthony Cernera, president of Sacred Heart. Of the new addition, he added, "It is part of our effort to position Sacred Heart...page 3
See Crime, page 3

Dean addresses concerns

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

Out of the concerns and problems Dean of Students Larry Wielk has encountered since he began at Sacred Heart on July 29 of this year, the Avalon Gates situation has been blatantly the most complicated.

"What makes the situation so difficult is that it's out of our hands," said Wielk.

A total of 36 students are currently displaced from Avalon, with the majority living temporarily at nearby motels: the Hi-Ho and Fairfield Motor Inn.

Wielk expects to resolve the problem by Nov. 4. "We are trying to move that date up by making swaps at Avalon when possible," Wielk noted. "I'm really impressed with the students who have been displaced from Avalon. It is a big frustration to them, but nonetheless, I'm impressed with...page 2

Elections upcoming

Are students using their power to vote?

By Cheryl Casey
News Editor

Election Day nears, and for students at Sacred Heart, many of whom hail from out-of-state, voting not only means registering and learning about the issues, but obtaining an absentee ballot as well.

"I want to have a voice in what's going on and make a difference in what happens in our country," said Claudia Soldoviero, a junior English major from Lincroft, N.J. She added that she intends to vote, but keeps forgetting to obtain an absentee ballot.

Kelly Carrano, a junior nursing major from Cheshire, Conn., echoed Soldoviero's sentiments. "I want to vote, but I guess I'm not if I keep forgetting to pick up a ballot," she said.

To vote, a student must be registered. Failing to register may lead to what Becky Cain, president of the League of Women Voters, terms the "vicious cycle."

"Look at the 18-to-24-year olds," Cain was quoted as saying in a recent New York Times article by Bob Herbert. "They do not normally register in large numbers. When the candidates look over the vote registration lists, they are not there. So the candidates say, 'I better talk to the people who are going to show...page 3
See Voting, page 3

Students call public safety pamphlet a whitewash

By Dawn Ann Anderson
Contributing Writer

Recently, the Department of Public Safety of Sacred Heart University Fall 1996 crime and awareness pamphlet was published and distributed on campus. Some question the validity of the report.

In the pamphlet, Public Safety states that in 1995 there were no reported murders, robberies, aggravated assaults or burglaries. The only reported crimes on campus last year were seven motor vehicle thefts.

In the past three years, university officials report zero arrests regarding liquor law violations, drug abuse violations, and weapons possessions.

"They're trying to make the University appear safer than it is," said Scott Antifonario, a junior art major from Dracut, Mass.
RAs face own drinking policy

Compiled by Cheryl Casey and Kristyn Mulry

By Jim Heffernan
Contributing Writer

If a student opened the Student Handbook and flipped to the page on alcohol, he or she would find a brief explanation on the alcohol policy.

On the other hand, if you are an R.A., a whole different set of rules are in place.

In past years, rules have stated that an R.A. was not allowed to be drinking alcohol in the same place as an undergraduate student, whether or not the R.A. was of age. If caught, then the R.A. would face disciplinary action from the University, which was the case two years ago.

"In the spring of '95, four R.A.s, all of age except one, were at an off-campus party with no charges alleged," said Residence Assistant Reto LaRosa.

Since then, the rules for the R.A.s have changed somewhat.

According to the Resident Assistant (RA) Policy, "If you are 21 years of age or older, you are advised not to associate with underage residents."

"The alcohol policy has improved for those who are over 21," said R.A. John Chepren, a senior computer science major from Milford, Conn.

With the new set of rules, an R.A. is allowed to be drinking at the same place as undergraduate students, but may not associate with them.

"R.A.s are told that they are held at a higher standard and to act accordingly," said Chepren.

Even with this rule, "it is still recommended that R.A.s don't attend local bars with Sacred Heart students," said Chepren. "R.A. is of age or not because it puts them in an awkward position," said another anonymous R.A.

"R.A.s don't have the freedom of regular students," said R.A. Lisa Grassi, a junior psychology major from Wildwood Crest, N.J.

"R.A.s are told that they are held at a higher standard and to act accordingly," said another anonymous R.A.

In the spring of '95, four R.A.s, all of age except one, were at an off-campus party with no charges alleged. "The former Residence Assistant (RA) who was arrested in the past had to go through an anonymous system. "The former Director of Residential Life, Steve Harrington, found out and all four R.A.s were put on probation." The number of students to counselors ratio is 60 students. The departure of Professor Mary Guerrera, the newest advisor other than one from the media studies department, is having an impact on the students, but may not associate with the media house.

"The number of students that the two of us have to counsel is of course overwhelming, but we seem to be making time for each student," said Chepren. "Other professors from different departments have also been asked to advise some of the media majors," she added.

"The lack of advisors makes scheduling an appointment difficult. Meeting with one of the advisors has to be planned in accordance to both the students' and advisors' busy schedules. "The media department is small, and one advisor is assigned to advise some of the media.

"R.A.s are told that they are held at a higher standard and to act accordingly," said Chepren.

"When a student isaki, they are held at a higher standard and to act accordingly," said another anonymous R.A.

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By Franklin Buckley
Contributing Writer

Recent changes in the media studies department find two faculty members advising more than 60 students. The departure of Professor Mary Alexander after the spring 96 semester is one of the main reasons for this advisor shortage.

The two advisors for media majors, Professor Rebecca Abbott and Professor Mary Louise Spence, are overloaded with advisees. The overload is due to failed attempts to find a replacement for Alexander.

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Freddy film series to be held

A screening of "8 1/2" will be held Monday, Oct. 28 at 7:30 p.m. in the Faculty Lounge.

The 1963 film, starring Federico Fellini, is one of several being presented as part of the Modern Foreign Language Film Series. Screenings are held each Monday. The Nov. 4 picture will be the 1984 film Skyline, starring Fernando Coloma.

Women's health lecture offered

A lecture on breast cancer will be held on Monday, Oct. 28 at 7 p.m. in the Theatre.

Sponsored by the Beta Delta Phi sorority in recognition of Breast Cancer Awareness Month, the evening will feature Dr. Wagenberg, a speaker on breast cancer and other women's health issues.

Admission is free and free breast examinations will be offered. Refreshments will be provided.

Sociology meeting scheduled

A sociology meeting will take place on Wednesday, Oct. 30 from 2 to 3:30 p.m. in the S205 Conference Room.

Current sociology majors and faculty members will hold an informational meeting for anyone interested in sociology as a major or career opportunities in that field.

For additional information, contact Dr. Gerald Reid at 371-7765.

Media Symposium to be held in Schine

The third annual Sacred Heart University Media Studies Symposium will be held on Sunday, Nov. 3, at 7:30 p.m. in the Schine Auditorium.

Joshua Meyrowitz, professor of communication at the University of New Hampshire, will give an illustrated talk on TV politics. He will include various case studies and focus on the current presidential campaign.

Admission is free and the symposium is open to the public. For further information, call 371-7810.

Wielk: Impressed with student involvement

Compiled by Cheryl Casey and Kristyn Mulry

By Franklin Buckley
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Math instructor Jon Matte (front left) and first-year students plant a tree in Bridgeport as part of Community Connections ’96.

Contributed Photo

Options:  
Pass/fail may save GPA

courses can be taken as pass/fail only from Area B curriculum or electives. Major, minor or education courses cannot be taken under the option, except with the permission of the department chairperson.

The option must be chosen at registration time and cannot be changed after the semester's add/drop period. Once the course is completed, the given mark can not be changed to a letter grade.

Despite restrictions, pass/fail can serve a helpful purpose.

"Students should be able to explore courses different from their major," Rotter said. "But they would be afraid they would suffer.

"Using the pass/fail option may benefit students "with difficulties in a given subject area" who avoid taking certain courses for that reason.

"Angela Gibson, a senior majoring in international business, is taking a chemistry course as pass/fail. "I wanted to focus more on the courses for my major which require more studying," said Gibson. As her last core course, she also said, "Science is not my best subject.

"Junior biology major Stephanie Marchand is using the option for a philosophy class due to a heavy course load. "I have three sciences and three labs and I didn't want to take away from my courses," she said. "It definitely makes it easier."

Along with the positive aspects, Rohr offered negative factors, such as not having a grade on transcripts. No grade may cause suspicion in professors and interviewers that students "are looking for the easy way out."

"The pass/fail option was voted in and accepted by the Faculty Senate in April of 1994. The president of the Senate at that time, English professor David Gurris, authorized the voting. "I thought that it was important for students to take courses and not worry about their GPAs falling... to experiment," said Gurris, now the chair of the Faculty of Communications.

Continued from page 1

Crime: pamphlet misleading?

Sacred Heart students disagree.

"The statistics are too low to be true," said Melissa Bosch, a freshman from Westbury, N.Y. "In an article in the New York Times, John Silber, president of Boston University, attests to similar findings on many campuses across the U.S. and attributes this to judicial codes, laws set up by each individual university to assure civility on campus.

Silber says colleges and universities "circumvent" the role of the courts, burying criminal acts in their own judicial system to avoid publicity.

According to officials in Silber's article, administrators coerce students not to report criminal behavior to the attention of police, instead resorting to campus disciplinary proceedings to judge charges.

"No campus court can impose a fine or imprisonment for a single day," Silber says. "The most serious sanction is expulsion."

"They (Public Safety) need to involve the police," Antifonario said. "There are some things they just can not handle."

Within the campus disciplinary system, Public Safety personnel, crimes tried by the campus are not regarded as "arrests."

"My birthday was after the last elections, so I wasn't pushed to vote," said O'Connell. "I didn't want to take away from my courses," she said. "It definitely makes it easier."

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Within the campus disciplinary system, Public Safety
**EDITORIAL**

Is it worth the wait?  
*Probably not.*

The original intention for Avalon Gates was to provide a solution to the lack of housing on campus. Juniors and seniors in good standing in the University would be considered for this housing selection.

Staying in a spacious apartment at Avalon with the comforts of home is attractive, and some juniors and seniors moved in. But with the recent announcement of another delay for future Avalon residents, perhaps it's time for those staying at the Hi-Ho and Fairfield Motor Inn to rethink their housing situation.

A room in a hotel is not the home away from home.

We believe for those who can no longer tolerate these conditions, moving back on campus is probably the best answer.

If Avalon is still preferred, we hope your wait will end soon.

The choice is up to you.

- **Sherry T. Gerckens**

**Drinking: The dangers of false invincibility in view**

By Arthur T. Gerckens

The next time you come crawling home after a night of partying and are about to say a prayer for the great god of good, look in the mirror and ask yourself, "Do I like what I see?"

If you tell me alcohol tastes good, I'll say so does water. If you think I like drinking to excess, then your head feels like it is in a giant vise until the next morning when your stomach is screaming for a truthful answer, so wait to ask yourself, "Do I like what I see?"" is a question that will not give you a truthful answer, so wait until the next morning when your head feels like it is in a giant vise and ask yourself, "Do I like what I see?"

Many people who have been阿里巴巴 sensing cannot score with.

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**Battling for the 105th Congress**

With less than two weeks until Election Day, a recent poll shows nearly three-quarters of likely voters believe that President Clinton is going to win re-election.

Though Republicans aren't willing to publicly count out their Presidential nominee, privately they're focusing on their attention and resources on keeping control of Congress.

You can expect to see Republican Congressional candidates airing ads warning voters of the peril of not only re-electing President Clinton, but also giving him a Democratic Congress.

They will try to use the same scare tactics they used in 1994, when they seized control of Capitol Hill from the Democrats.

They reminded voters of some of the problems that occurred during Clinton's first two years. What voters failed to rec

That's true, but only half-truth. While Congress and the President didn't enact Welfare Reform, an increase in the minimum wage, and portability of health insurance, they were all done just this past year—where both the Congress and the President were trying to get re-elected.

What those in favor of divided government are failing to mention are the two years of endless Congressional hearings at every hint of possible White House impropriety, and the closing of the federal government, once, twice, and thrice.

Given the record of the 103rd and 104th Congress, I would like President Clinton given another shot with a Democratic 105th Congress.

That seems to be the crucial question that voters in 1996 still have to answer as they go to the polls on Nov. 5.

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From the genesis of time, snakes have been causing trouble. Do you remember the whole Adam and Eve mess in The Bible? Adam and Eve had been happily living in the Garden of Eden when they strayed from God’s rules by eating an apple from the infamous Tree of Apples. Then bad things happened. Child birth became painful. Men developed kidney stones. Eve started wearing clothes because she thought her thighs were getting fat.

And this all resulted from them listening to an annoying little visitor who came to their home uninvited: a Jehovah’s Witness. No, that’s not true. It was actually The Devil, played by George Burns. (Random thought: If The Devil had a pet, would it be a called a Devil Dog?)

And when Adam first saw The Devil, he turned to Eve, punched her in the arm and said in a loud, proud voice, “Punch buggy Beelzebub!”

“No, idiot!” she said, “it’s Beetle!”

The Devil then appeared in the form of a snake, which prompted Adam’s next reaction: “AAAAAAAAAAHA!”

And to this day, that’s how people react to snakes. Especially my friend J.P.

J.P. was once in a pet store to buy something (probably a pet product) that was shelved among tank after tank of snake after snake. Slithering, coiling, sticking out their tongues because their mothers abandon them at birth and don’t teach them better. J.P. inhaled a long, deep breath. He set his eyes straight forward, and slowly, deliberately, cautiously crept down the aisle. Step by step, gradually advancing. Eyes not looking left, nor looking right, nor looking up or looking down. Deliberation... concentration... mind-over-matter at its peak. Then J.P. stepped on a hose.

That particular pet store now has a new sunroof.

I mention all this because I’ve noticed a disturbing trend: I have noticed that snakes have frequently been causing some newsworthy trouble:

- On Jan. 15, The Washington Post reported that two Chinese women broke a world record by living in a locked environment for 12 days with 888 snakes, 666 of them poisonous. Half of the non-poisonous snakes needed to be replaced after the first day because they had been killed by poisonous ones. Those women were a few wontons short of Pu Pu Platter, if I do say so myself.

- The Feb. 23 Phoenix Gazette, in a story titled “Snake’s heating pad sparks house fire,” reports that a snake was allegedly lounging on the coach, alone in the house, when its heating pad burst into flames, creating a new west-coast Tai recipe, “Pad-Fried Snake,” which allegedly tastes a lot like chicken. Why the snake was using the heating pad was unclear, but family members pointed out its recent unruly behavior and suggested that maybe it had cramps.

- The New York Daily News reported on Oct. 11 that a 19-year-old Bronx resident was killed by his 44-pound pet python choked him to death. Immediate speculation indicated that the man had tried to sell the snake fake World Series tickets. The family’s reaction: “We trusted that snake!”

- The June 17 issue of the Washington Times reports a shocking story of a snake that slithered into a Richmond, Va, power plant and short-circuited the generator, joining the serpent with kagillons of volts and cutting electricity from 14,000 customers. The detail-oriented article neatly adds: “The snake died.”

- The Apr. 3 Denver Post reports, “A 10-foot python was found dead yesterday behind the Albertson’s store.... A store worker discovered the snake in a wood and glass container beside a trash bin.” Although police would not comment on suspicions of foul play, authorities reportedly believe the会长 Snake Mafia is involved. Wood-and-glass-container murders are a trademark of the much-feared godfather crony, Vinny “Snake-eyes” Linguini.

- But The Humans are avenging:
  - The Associated Press reported on Feb. 11 that 85-year-old Bill Haast of Punta Gorda, Fla., who had been weekly injecting himself with snake venom for 48 years, and who had been bitten by poisonous snakes 162 times, was bitten by a Blue Kraat, one of the deadliest snakes in the world. Haast survived. The snake died.
  - That’ll learn ‘em.

Letters to the Editor...

To the editor:

The presidential elections are important for Americans, but so many of us fail to take advantage of them. The President we choose in November could be the most important election of our time. This person regulates the money allocated toward student loans.

This person will be President when we graduate from college. This person will be in charge of curbing the trafficking of illegal drugs. This person will also be responsible for how much of our first paycheck will go to the United States Government.

This President will decide if there should be limitations on the right to bear arms. This President will decide the way in which women’s issues will be settled. This person will be responsible for the overhaul of the welfare system. This person will determine if social security will be around for us when we retire. This person will be in charge of the place we live for the next four years. This person will lead us into the next century. This person most of us will not even bother to vote for.

Isn’t something wrong with this picture?

Jennifer Gilbert

A recent trip to Washington, D.C. to view the AIDS Quilt was sponsored by the Office of Residential Life, the President’s Office and hall councils from Taft, Parkridge and South and West Halls. Ryan White’s patch (above) is just one piece from the immense quilt. Contributed by Cathy Raynis
Pizza for breakfast? Perhaps.

By Colleen DeBaise
College Press Service

CHICAGO—Kim Delaney never skips breakfast. "If I don't eat breakfast, I'm just done for," explains Delaney, a sophomore at North Park College. Usually she eats a bowl of cereal in her dorm room, even when "I only have two seconds to eat," she says. "Otherwise I get too starved, and then I can't concentrate."

On the rare occasion when she stops into the dining hall, she steers clear of grease. Delaney says, "I don't like to eat fatty, greasy stuff in the morning," she adds. "I definitely wouldn't go for a greasy hashbrown."

But not everyone is as vigilant about eating breakfast as Delaney is. Many Americans skip breakfast altogether or grab left-over pizza, cookies or soft drinks as they race out the door in the morning, a new survey says.

In a one-month period, 36 percent of Americans ate left-over pizza for breakfast; 8 percent ate cookies; and 29 percent started their day with soft drinks, according to a nationwide telephone survey conducted by General Mills. At the same time, 59 percent of the 503 adults surveyed said breakfast was not their most nutritious meal. Lack of time was the main reason people gave for skipping breakfast or grabbing leftovers.

Yet despite what Americans say they eat—or don't eat—at breakfast time, 99 percent of those surveyed said they believe nutrition should play a key role in their morning meal. The survey revealed that breakfast foods for today's lifestyles need not only be fast and convenient—to meet hurried lifestyles—but must also be nutritious, healthy and taste good," says Rich Pond, marketing manager at General Mills.

For those on the fly, General Mills suggests making time for breakfast by setting the alarm clock five minutes earlier and by getting clothes and other things ready the night before. Many college students, however, complain that their busy workloads don't allow time to eat. For University of Iowa freshman Sharon Monaghan, a hectic morning schedule prevents her from eating a good breakfast in the Dining Hall.

Her morning starts with a scramble to make a 7:30 a.m. class, followed by an 8:30 a.m. class and a 9:30 a.m. class. "And by then, breakfast is over," she complains.

But nutritionists advise: fit your morning meal in when you can.

"Breakfast does not have to be right when you get up," says Michele Lawford, chief consultant dietician for Michigan Nutrition Consultants. "It can be anytime between when you get up and your noon meal."

For students who are too rushed in the morning, or too physically nauseated to eat early on as soon as they get up, she recommends that they sit down at 10 a.m. or so and have a bagel. "Skipping breakfast is actually considered a "fat habi," she says. "People who skip breakfast tend to eat more at the end of the day. They justify it by saying, 'Oh, I didn't eat breakfast.'"

In fact, it's better for students to eat leftovers like pizza—which has all the food groups—rather than skip breakfast, she says. "Pizza actually is a great choice for breakfast," she adds. "Have a piece of fruit with it."

A person also doesn't have to give up traditional eggs and bacon altogether. "Anything is fair game for breakfast," Lawford says.

But some breakfast foods are more nutritious than others. A student must choose wisely when eating in a dining hall with a wide array of breakfast options. Generally, "stay away from breakfast meats," she warns.

Instead, choose less fatty foods such as oatmeal, yogurt, whole-wheat toast or a bagel topped with peanut butter, she suggests.

Eggs are a good option too or three times a week, and so is cereal with low-fat or skim milk. Although, "granolas can be sources of hidden fat," she warns.

For students who just want to keep something in their dorm room, she recommends low-fat boxed granola bars and bagels. Also, "pout butter keeps very well in the dorm room," she adds.

Life is just a barrel of laughs. After all, we don't have any responsibilities, no worries about tests, the future, our health, what have you. It's like living on a cloud. Maybe in a dream, that is.

Of course we all have such stress. But sometimes we forget to do something that helps us cope; we forget to laugh.

Over the past few decades, psychologists have been studying the idea that laughter may have several positive psychological and physiological effects on us.

In a Psychology Today article entitled "Happily Ever Laughter" by Peter Doskoch, these effects are explored.

The most noticeable result of laughter is that it leaves us happy and calm. This isn't all in our heads or is it?

"After you laugh, you go into a relaxed state," said Dr. John Morreall, who studies laughter.

"Your blood pressure and heart rate drop below normal, so you feel profoundly relaxed," said Morreall. Laughter also indirectly stimulates endorphins, the brain's natural painkillers.

These endorphins are the same hormones that are released after eating chocolate or exercising (commonly referred to as a "runner's high").

"The survey revealed that breakfast foods for today's lifestyles need not only be fast and convenient—to meet hurried lifestyles—but must also be nutritious, healthy and taste good," said Dr. Carol Batt, professor of psychology at Sacred Heart. "Anytime there is endorphin release, we feel good," said Batt.

In addition to its biological effects, laughter may also improve our mood through social means, the article states. Sharing a joke increases our sense of belonging and counteracts feelings of alienation.

An effect of laughter that may not be obvious is how it can inspire creativity. This effect is seen in children, who are extremely creative thinkers.

The article quotes that the average six-year-old laughs 300 times a day, the average adult just 17.

"Humor loosens up the mental gears. It encourages out-of-the-ordinary ways of looking at things," said Morreall. So maybe if you seek inspiration for an essay or term paper, find something to laugh at first, and then your ideas may surface!

Laughter leaves us happy and calm.

Morreall believes that psychological and physical health improve when people feel a sense of control in their lives.

"When we're stressed, we often feel like we have no control of the situation," Morreall said. "We feel helpless. But when we laugh, at least in our minds, we assume some control. We feel able to handle it."

We'll always have our share of stress. But by taking a moment to laugh, even for a minute, we might adjust our mood, our physiology and even our immune system. Then we can return to face what we must do.

Have a good laugh

By Gina Norelli
Features Editor

"Humor loosens up the mental gears. It encourages out-of-the-ordinary ways of looking at things," said Morreall. So maybe if you seek inspiration for an essay or term paper, find something to laugh at first, and then your ideas may surface!
The "Dude" who sets the tunes

By Charles Roosa
Contributing Writer

With his long brown hair all crumpled from last night's sleep, he quickly hits the shower.

He throws on an extra big, plaid flannel shirt, tan Dockers, a little too long for his legs, and a pair of Converse sneakers still muddy from last night's fun.

He quickly chows down his bowl of Apple Jacks and bums a ride from one of his roommates to campus.

At twelve o'clock Christopher Jude Twarowski begins arguing for the student body at his Student Government meeting.

After coming close to losing his voice, this 5 foot 6-inch hazel-eyed senior joins up with his roommate Brian Lawn, a senior business major from Boonton, NJ, at the radio station to begin their show entitled "The Two Hour Trip."

"The school still isn't communicating with the students," he said to his roommate.

"Working at the radio station allows me to send my philosophy of 'peace and love must reign' to the rest of the students," said Twarowski.

Twarowski (also known as "the Dude") is an English major from Seaford, N.Y.

He is a senator for the Class of 1997, a disc jockey for WHRT, the SHU radio station, and holds a position on the band committee of S.E.T.

When asked about how he got his nickname, Twarowski said, "I used to say 'dude' a lot and people just started calling me 'dude' as well."

Twarowski's personality makes him well known around campus.

"People constantly come up and slap me on the back and say hi. Some people I've never even met before in my life," he said.

He recalls one time while at school; "I was walking with my friend Cyrt and since I don't have a license, I was begging him to drive his car."

"I kept trying to grab his keys from his hand while walking down the hallway. We were just screwing around."

Twarowski said that the next day a girl came up to him and said she was having the most miserable day, until she saw them screwing around.

"That's what it's all about, making people happy. If a person can make at least one person happy a day, then this world would be a great place to live," said Twarowski.

As chairman of the band committee, Twarowski helps bring in bands for students to hear inside the Pub.

The band committee also has a say in which big bands they would like to see come to the school.

"We are very undecided (about this year's selection). At this point in time, we have a list that has bands from the 'Mighty Mighty Bosstones' to 'Rage Against The Machine' on it. We don't know who we can get yet, or how much the ones we can get will cost."

No doubt, Twarowski is helping make this University a better place for students through his involvement and magnetic personality.

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R.E.M. returns with 'Hi-Fi'
New album has arrived, better than the rest

By Theresa Hickey
Staff Writer

Entitled New Adventures in Hi-Fi, R.E.M.'s newest album uses undertones of past eras' musical sounds to convey a message with a modern tone. Throughout the album, the songs speak to the themes of loss of innocence and a modern vision of the world. The album's title is supported with songs like, "Leave," "Zither" and "How The West Was Won, And Where It Got Us."

The newly released song, "Leave," which is the longest song on the compact disc, speaks directly to the modern loss of innocence and a modern tone. The subtle use of the organ, in the beginning, is contrasted with the fast-paced sound of the electric guitar and synthesizer. This display of the journey into the Hi-Fi reiterates the title.

Although the voice is unmistakably Michael Stipe, the melody of the song shows the vision of R.E.M. "The Wake-Up Bomb," "Binky the Doormat" and "Bittersweet." Better than the Monster album, Adventures in Hi-Fi is reminiscent of the R.E.M. that first attracted its fans.

The album as a whole is an intellectual journey that holds listening appeal. The music is soothing at times, but the message provokes thoughtfulness.

The song "The Wake-Up Bomb" describes the vivacity of youth and how at some point, you can give up and give way to the line, "what a joke." The hardship is ended in the song "Underwor," where the narrator is "drowning—me." The suicide is even more tragic because the narrator sings of making a conscious decision not to fight the water. The music at the end of the song is engulfing like the sea and dies with the decision, just like the narrator.

The criticism of the Hi-Fi, which R.E.M. is exploring, comes together in songs such as "Electotite," which discusses the "obscenity" of modern stardom. "New Test Leper" also attacks the modern media with the discussion of a talk show guest who had a point to share. By the end of the song, the guest realizes the medium he wished to utilize just used him.

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Better than the Monster album, Adventures in Hi-Fi is reminiscent of the R.E.M. that first attracted its fans. The talent of poetry, mixed with music, is heard in the new album. R.E.M.'s life experiences are heard as well.

Concert-goers do more than just listen

By Christopher Twarowski
Contributing Writer

People running into each other at high speeds in a circle, fans being thrown into the air against fences, people's clothes being ripped off against their will. That is moshing.

Like it or not, moshing has become synonymous with rock concerts. "I think it's a good stress reliever," says Timmy J. Baker, a senior English major. "It makes me feel good about myself."

"It's unnecessary violence at a concert," says Jen Cassell, a senior criminal justice major. "It makes no sense."

And so the issue over moshing at rock concerts thrashes on. Is it a form of self-expression or an outright act of violence?

Moshing can be extremely dangerous, said Robin Pogrebin in the New York Times. Pogrebin cited information from Crowd Management Strategies, a Chicago organization that conducts an annual survey on rock concert safety.

Outside the United States, 22 people were known to have died due to crowd problems at concerts and festivals in the last four years, according to Crowd Management Strategies. Worldwide, the group adds, at least 10,000 others have been injured.

Pogrebin tells of Christopher Mitchell, an 18-year-old, who died at a Life of Agony show in Brooklyn. Mitchell died of a brain hemorrhage caused from crashing his head on the floor of the club.

Prosecutors charge that Mitchell was thrown off the stage by a bouncer.

Monitoring what goes on inside a mosh pit is difficult. Fists and forearms are thrown, and people are grabbed and knocked to the ground.

Such was the case of the mosh pit at the 1994 Woodstock, where, according to Crowd Management Strategies, 7,000 injuries resulted. Some mosh pits even include fans with razor blades.

"Those are just wrong," said Peter Carlow, a junior biology major from Beverly, MA. "Certain moshing is fun, like when you are into the music and all, but then you get some people who just want to mess somebody up."

Recently, at a Pearl Jam concert at the Meadows Amphitheater in Hartford, moshing became a concern of the performers themselves. Eddie Vedder, the vocalist in the head, interrupted their song "Porch" to address the heavy moshing in the front rows, on top of the seats.

"Now settle down there," said Vedder. "There's chairs. Now sit down... you don't want to get hurt."

After beginning another song, he again had to scold the crowd.

"From now on, anyone over the top is out. That's it," Vedder said. "Stay where you are. I'm trusting you."

Nearly 78 people were ejected from the show and nearly 30 arrests made for rushing the stage, kicking down barricades and fences, selling nitrous oxide and struggling with police, according to the Hartford Courant.

Concert arenas with chairs bolted into the floor usually preclude the possibility of mosh pits. The Meadows show was an exception.
Witching Hour' heightens intrigue

By Tracy Reilly
Staff Writer

The compelling novel, The Witching Hour, written by Anne Rice, is the first novel in a three part series which follows the lives of the Mayfair family and their amazing supernatural powers.

The Mayfairs are a prominent family who have been haunted by a male spirit. Lasher, who has brought them power, wealth and immense sorrow.

The novel begins with Suzanne of Donneleigh, Scotland who is burned at the stake and is the catalyst for a realm outside of our own. A vampire, Lasher, has manipulated a family into creating the most powerful witch, the one who will make him flesh and blood.

He cannot be stopped. The women who control him are madly in love with him and the power he gives them. The Witching Hour takes place in three separate places and consists of four parts, beginning in 16th Century Scotland, and then traveling through Europe, Africa and moving into the 18th Century, to New Orleans, Louisiana.

Anne Rice has written her most brilliant novel yet. Filled with intricate and complicated Mayfair family history, The Witching Hour includes stories that not even the most intelligent historian could keep up with.

The Witching Hour will take a good two months to read, but it is well worth your time. Rice's most popular book, Interview With A Vampire, is good, but The Witching Hour is phenomenal.

The eight experiences that these four guys go through as an interesting bunch are all those dragged into the rising sun. As for Lasher...see for yourself.

The cast was killer. Bette Midler makes a comeback, to say the least. She was a riot as the overweight, manic-depressive housewife.

Goldie Hawn played the "you look half your age" actress who could not keep away from the booze. Diane Keaton acts the role of the "doormat" who could never yell or stick up for herself. Sound familiar, girls?

Each had a similar story. Midler's husband left her for a young, skinny and extremely snotty "fetus."

Keaton's life is her own therapist who was supposed to be helping Keaton's character with her marital problems. Hawn's just plain left her. For a 16 year-old. The plot thickens, or whatever you want to call it, as the first wives meet again (after being best buds at college) at a funeral for the fourth first wife. It seems she could not live a life as just the "first wife." She jumped off herpenthouse balcony.

In memory of their friend, the other wives decide to get mad and even.

They form their own club for first wives only and go into action. The antics they pull are a sight to see.

They plan take-overs, break-ups and blackmail while their ex's live the good life. Not for long.

Without the famous cast, the movie would have been a bust. Not only do the well-known first wives make the movie, but the other famous characters take center stage also.

Sarah Jessica Parker plays Midler's ex's new fiancee. Elizabeth Berkley, infamous for her Showgirls, plays the 16 year-old wanna-be actress/wanna-stay-your-husband chick.

Keep The First Wives Club as a last resort on your things to do list.

If you want to see three women act like idiots and have it pay off, go take it in.

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Phish heads for mainstream

By Stephen P. Scholz
Contribution Editor

There's something very fishy about Phish. Anyone who has ever had the opportunity to see Phish live in concert, knows that Burlington, Vt. are far more creative and unique than their albums would lead one to believe. To see Phish live is to witness an incredibly talented and mind boggling feast of sight and sound.

To listen to a Phish album, not including the million of bootlegs out there, is like only an appetizer in preparation for the main dish. Phish's latest album, Billy Breathe, only reinforces this sense of a double consciousness.

One reason why Phish puts on such an amazing live show is due to their musical improvisation skills.

For example, at a show I saw at Big Birch two years ago, the band turned "Down With Disease," a short rock song off of 1984's Hoist, into a 25-minute extended jam with a vocal melody interlude and an electric vacuum solo courtesy of drummer Jon Fishman. Trey Anastasio, lead singer and guitarist, and Mike Gordon, bassist, have also gained some recognition for their trombone routine during the song "Bouncing Around the Room." The 13 songs on Billy Breathe form a mixture of Phish's varied styles: jazz, rock, country, bluegrass and improvisation. The album ranges from upbeat, hard rock on "Free" to the Dixieland, bluegrass feeling of "Train Song."

Without a doubt, the catchiest tune on the album is the jazz piano, hip-hop bass driven "Theme from the Bottom." It's also the longest song on the album, but at only six minutes it doesn't really create that vibe of a true Phish jam.

The remainder of the album is made up of catchy little ditties and several instruments. Clearly, with Billy Breathe, Phish has reached that impasse in the music industry of maintaining their creative integrity and staying true to age old fans while also producing radio-accessible and marketable material for the mainstream.

All in all, Billy Breathe adds up to a mediocre album.

It's definitely a good start for any new Phish fan. But for those of us who have been spoiled by seeing the live side of this band, the album comes off as a bit disappointing.

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Memorial tribute to be held for legendary broadcaster

Current Yankee broadcaster Suzyn Waldman will sing the national anthem.

Allen was 83 when he died last June at his home in Greenwich. He was the radio and later television announcer for the Yankees from 1939 until 1964. In 1977, he became host of "This Week in Baseball," a syndicated television show. Listeners knew the game was coming when they heard his signature greeting, "Hello there everybody, this is Mel Allen." And they knew a great play was made when he exclaimed, "How about that!"

And a ball was headed for the seats with the exuberant call, "Going, going, gone!"

Allen started out wanting to be a lawyer and earned a law degree. But he went to work in Birmingham, Alabama, broadcasting football games.

He became a staff announcer for CBS in 1936, paving his way to the Yankees.

He was inducted into the Baseball Hall of Fame as an announcer in 1978.

Sports programs building winning traditions

Sacred Heart athletic teams look forward to more positive seasons

Kevin Stevens (42) was the leading scorer (19 points) in Sacred Heart's National Championship game against Southeast Missouri State in 1986. Here he plays against Univ. Bridgeport All-American and NBA stand-out Monute Bol. Bill Bayno (15) was a Div. II All-American and has been head coach of the University of Nevada-Las Vegas for the past two years.

Special to the Spectrum

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Special to the Spectrum
One of the major issues concerning students on college campuses has to do with the availability of financial aid. This issue carries many questions. Of these questions lies the most controversial of all. Do college athletes deserve more financial aid than the non-athlete student? In my opinion, athletes deserve aid over the student who merely goes over the television. Most people in the lar activities, parties and then these questions lies the most con­cerning students on college cam­pus, does a few extra curricul­lar activities, parties and then returns to the residence halls. On Saturday afternoons at 1:30, I sit down and turn on the television. Why do I do this? Because I want to see what is going on in the world of sports. When this University wanted to build its enrollment, it turned to sports. They put into motion 29 sports, including volleyball, football and lacrosse. Sports made money for this University by bringing in bodies with their $18,000. Do you honestly think all athletes on campus are here for the social life? Not a chance. They are here in part because they play a sport, they were told it's a "new program," there was a chance they might play as fresh­men. They came holding their tennis racquets in one hand and $18,000 in the other.

The University is earning money because of the expanded enrollment. Now, let's start kick­ ing some of that money back. You brought them here to fill your new plush residence halls. You packed them into "study lounges" and told them to "triple up." You filled your J-Hill apart­ ment buildings with up to nine people in a six-person area. You also built an athletic field, ath­letic complex and weight room with their tuition dollars. Reward these athletes who go to class, study, practice and earn you money.

An intramural lacrosse clinic will be held on Sat., Oct. 26 on the soccer field at 1:00 p.m. The price is $5. If you would like to participate sign up in the student activities office.
SHU to join Northeast Conference
Will seek NCAA Division I status for athletic programs

Move to fulfill strategic plan

Special to the Spectrum

Sacred Heart University accepted an invitation to join the Northeast Conference and will seek NCAA Division I status for its athletic teams, fulfilling a strategic initiative established seven years ago and recently endorsed by a select panel following an intensive, seven month review of the University's program.

"This is the culmination of a strategic planning process that began in 1989 when we set out to become a leading Catholic university," said President Anthony J. Cemera Ph.D.

"Because of the many strides we have taken, we now consider the best Catholic colleges in New England to be our peers in terms of academics and faculty. So it is only logical that we now compete against them athletically," Cemera said.

The University is the third-largest Catholic university in New England after Boston College and Providence College. Fairfield University and Holy Cross College are fourth and fifth, respectively. All except Sacred Heart University share the commonality of Division I athletics.

Since the University's founding in 1965, its athletic teams have competed in the NCAA Division II (formerly College Division) bracket. With 29 varsity sports, the Pioneers' program is among the largest in the nation in Division II.

If Sacred Heart University is granted Division I status, it would join a select group of Division I programs in Connecticut that now includes the University of Connecticut, Fairfield, Yale, Hartford and Central Connecticut.

In addition to Sacred Heart University, the Northeast Conference also invited Quinnipiac and Central Connecticut to join its ranks. The conference's current members are: Mount St. Mary's, Monmouth, Fairleigh Dickinson, Rider, Marist, Long Island University, Robert Morris, St. Francis (Pa.), St. Francis (N.Y.), Wagner and Maryland-Baltimore County.

"We firmly believe that Division I is where we belong. The high quality of our facilities, coaches and student-athletes convinces me of that," Barquinero said.

"We have changed the competitive profile of the University significantly since we first considered the possibility of advancing to Division I. We now offer a broad-based program that is clearly among the finest in the region."

"This move will contribute to the quality of life and morale at the University, and help us solidify our position as one of the leading Catholic universities in New England."

Gridders win two straight
Roll past Assumption, Nichols College

By Brad Wilson
Sports Editor

For the first time this season, Sacred Heart's football team was dominant.

The Pioneers (3-3) amassed 474 yards in total offense en route to a 33-0 rout of Nichols College last Saturday at Dudley, Mass. Winning for the second straight week, the team set a school record with 445 yards on the ground.

Senior fullback Brian Biefield, coming off a 187-yard, two touchdown performance in the 16-13 nail-bitng win over Assumption, led the rushing charge against Nichols with 181 yards including touchdown runs of 9 and 4 yards. Biefield, a second-team Non-Scholarship All-America as a junior, moved within 120 yards of Ron Stokowski's career rushing record of 2,183 yards.

"We locked out with the weather being good," said Sacred Heart coach Gary Rebo. "Our running backs had a great day and we were fortunate to be able to give everybody a chance to play."

Senior Don Fowler and sophomore Matt Salvatore were solid on the ground, carrying for 104 and 65 yards, respectively. Salvatore also scored two touchdowns including the one that got the Pioneers rolling when senior quarterback Matt McGreevy connected with him on a 4-yard touchdown strike late in the first quarter.

Sophomore Lou Monaco, who broke a school record this season with a 47-yard field goal, remained on target by booting a 36-yarder just before the end of the first half.

Defensively, the Pioneers put forth their best effort of the season allowing Nichols (1-5) only 76 total yards. Sophomore Adam Fuller had eight tackles (six solo) to add to his team leading 54 tackles.

"Our defense did an outstanding job," said Rebo. "Nichols had two receivers that had record days last week versus Curry. We held them to only one catch between the two of them."

This Saturday (Oct. 26) the Pioneers will take their two-game winning streak to Waltham, Mass., to square off against Bentley College.

Last year the Pioneers were defeated by the Falcons, 16-7.

X-Country running toward best season

By Philip McDonald
Contributing Editor

The Pioneers' cross country teams, with the help of a strong freshman class, are off to their best start ever.

The women are 56-18, while the men's record is 37-38. "Everybody is pushing each other to become better runners. Both teams are supportive of each other and our coach motivates us and says the right thing," said Carrie Demirgian, a sophomore (Sewell, NJ) was Sacred Heart's next finisher in Saturday's competition, in 26th place with a time of 19:57.

"Carrie has never missed a practice and is always focused, which is not surprising," said Coach Christian Morrison.

Michelle Wesolowski (Sewell, NJ) was Sacred Heart's next finisher in Saturday's competition, in 30th place with a time of 19:57. Wesolowski, a freshman, was named second team All-NECC for her performance.

The next finisher was

See Runners, page 11