Daily Life

Psych department overflowed

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

The psychology department at Sacred Heart is currently responsible for advising an overwhelming number of student psychology majors.

For the fall 1996 semester, 5 professors are advising 309 full-time psychology majors and 62 part-time.

In addition, two professors of the department advise first-year students enrolled in '101' courses.

According to 1995-96 statistics, psychology is the most popular major at the University. "We're suffering, but it's a happy problem. We don't have the faculty or facilities to adequately advise," said Dr. Don Brodeur, director of the psychology department.

According to Brodeur, the increasing popularity of psychology is not just a local trend. The area of psychology is desirable nationally and at other universities as well.

"I would like to spend more time with students talking about careers, not just about their courses. There's no time to do that," Brodeur said. "Students deserve more time and we cannot do that in this timeframe."

Also according to Brodeur, by the Wednesday of registration week, most of the upper level courses in psychology will be closed. "We have to find more faculty to teach additional sections."

Like the rest of the University, the psychology department is experiencing growing pains, although the department has balanced these issues throughout the semester. The psychology club sponsors an evening career workshop to discuss possibilities for future graduates.

"Students come in all semester with glitches and we deal with them," said Brodeur.

The complication is being dealt with by the University. Currently, a request is in to Dr. David Harnett, provost and academic vice-president, for more faculty in this department.

Accreditation sought

Business aims for quality

By Michele Herrmann
Co-Editor-in-Chief

The business department aims for high quality with its accreditation approval from the American Assembly of Collegiate Schools of Business (AACSB).

With accreditation, the department plans to increase faculty size, update curriculum, establish programs and encourage and support faculty in research and scholarships.

"In Connecticut, only Yale and the University of Connecticut are accredited by AACSB. Most schools in our area are seeking accreditation as we are," said Darryl C. Aubrey, professor and chair of management faculty.

To obtain accreditation, a university must meet AACSB's six required standards. These include: mission, faculty composition and development, content and evaluation in curriculum, instructional resources and responsibilities, and student and faculty intellectual contributions.

See Business, page 3

Faith may strengthen environment

By Cheryl Casey
News Editor

The world is not ours. It's a gift. God gave it to us to take care of. If it's a gift and it belongs to God, that is the key connection," said Rabbi S. Jerome Wallin, of the Campus Ministry Office.

Wallin continued to explain examples in the Torah that had to do with the environment. Among these included allowing the land to rest every seven years and waiting for the first three years of a fruit tree's life to pass before using it.

"Everyone thinks the environment is growing things. Environment is animals, too," he added.

"I see churches as one natural and very helpful ally," said Bruce Hamilton, national convention director of the Sierra Club, in Gonzalez's article. "Ultimately, there can be no justice without environmental justice."

Both McLermon and Wallin said they talked about ecology during services. "We always stress respect for the environment," said Wallin of the Jewish tradition.

"There's definitely people who, out of their Judeo-Christian beliefs, see themselves as stewards of the environment," Pasley said.

"Religion makes us aware of our environment as something that God created," said Kevin Horgan, a junior psychology major from Brooklyn, N.Y.

Pasley explained that while Campus Ministry has been involved in such things as neighborhood cleanup and planting gardens, "there is no explicit connection by the office to ecological efforts."

"That's a great idea," she decided.

Inside...

Men's Ice Hockey starts off season with win...page 12
**Spiritual retreat for women**

A healing retreat for women, entitled “The Light of Christ,” will be held Dec. 6-8 at the Villa Maria Retreat Center. The effect of light as a positive biblical symbol in the spiritual journey to relieve loneliness, broken hearts, illness and other difficulties will be examined. The weekend will include time for personal reflection, presentations, prayer services and sharing. Cost is $110 per person. To register and obtain more information, contact Charismatic Renewal Services at The Catholic Center, 238 Jewett Ave., Bridgeport, CT 06606 or by phone at 372-4301 Ext. 358/359.

**Science Fellowship applications available**

Applications for the UNCF/Merck Science Fellowship are now available. The Fellowship is part of the UNCF/Merck Science Initiative, which is funded by Merck & Co., Inc. and administered by The College Fund/UNCF.

The program is targeted to African-American college students who want to work in the biomedi­cal research field. Awards are made at the under­graduate, graduate and postdoctoral levels.

Applications must be postmarked by Jan. 15, 1997 and the awards will be announced in April. Fo­r more information, contact Jacqui Burton at (703) 205-3476.

**Education department receives grant**

Sacred Heart was awarded a grant by the Connecticut Department of Education that will assist minority students as part of the Teaching Opportunities for Paraprofessionals (TOPS) pro­gram. The $8,500 grant will reduce tuition costs for five minority students who want to become teach­ing assistants. The students will work as teaching assistants in the Bridgeport and Norwalk school systems throughout the year.

“There is a real need for people of various ethnic backgrounds to become teachers so they can become role models for minority students,” said Barbara Tulley, director of certificate programs at Sacred Heart.

Compiled by Cheryl Casey and Kristyn Mulvey

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**Students online with the future**

“Use it as a quick and cheap way to communicate with my friends at other schools. It is convenient and easy,” senior media studies major Rob Sawicki said.

“And it is so accessible,” he added.

Many students have taken advantage of the school’s system and canceled their own home service. Since home service can be costly with frequent use, students gravitate towards the school’s system that they pay for in fees.

“I use the Internet every day at SHU. Since I pay a technology fee when I register for classes, I feel that I’m entitled to use the school’s Internet whenever I want,” said Art Gerkens, an English major.

Not all students find the Internet practical. “I use it for one of my classes, but outside of my class I have no need for it,” said media studies major Rich Raupp.

“The Net is a much freer medium than the traditional press right now, and people are intoxicated by it,” says media critic John Katz in the Oct. 21 issue of Time.

Do those intoxicated people include students on cam­pus? By looking at the number of people answering and receiving e-mail, it must be yes.

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**Campus Ministry collects for needy**

**Thanksgiving service remembers less fortunate**

Sponsor the Annual Interfaith Thanksgiving Service in the Ma­hogany Room at 9:30 a.m.

In conjunction with this cel­ebration, the Campus Ministry P.E.A.C.E. Council and Com­munity Connections will coordi­nate the distribution of needed items to less fortunate members of our local community.

The food and toiletries col­lected will be donated to The Thomas Merton House of Hos­pitality and St. Charles Food Pan­try in Bridgeport.

Merton House and St. Charles are especially in need of the following items: cereal, cans of soup, fruits and vegetables, peanut butter and jelly, macaroni and cheese, rice, pasta and beans. They are also in need of toiletry items such as soap, toothpaste, toothbrushes, shampoo and shav­ing cream.

Departments, clubs, teams, and all other organizations on campus are being asked to join together and prepare a box or basket of items to benefit one of the two organizations. Donated boxes must be la­beled and brought to the thanksgiving service in Bridgeport.

**Special to the Spectrum**

On Thursday, Nov. 21, the Office of Campus Ministry will sponsor the Annual Interfaith Thanksgiving Service in the Ma­hogany Room at 9:30 a.m.

Calling on the number of people answering and receiving e-mail, it must be yes.

**Thanksgiving basket items:**

Food: cereal, cans of soup, fruits and vegetables, peanut butter and jelly, macaroni and cheese, spam, corned beef hash, tuna fish, beans, rice, pasta, tomato sauce, pancake mix and syrup.

Toiletries: soap, toothpaste, shampoo, shaving cream, etc.

All baskets must be la­beled and brought to the thanksgiving service on Nov. 21.
Undergraduate scholarships raised by dinner

By Ayoma Perera
Staff Writer

Despite the stormy weather, the Ninth Annual Discovery Awards Dinner was held as scheduled on Saturday, Oct. 19. A pre-dinner reception and cocktail in the Mahogany Room followed by the Awards and dancing in the Sacred Heart Gym filled the evening for guests.

Each fall, over 300 people attend this event to honor those who have made significant contributions to the Sacred Heart community.

Any donations made are allocated to the undergraduate scholarship fund. "The Discovery Dinner has established two kinds of scholarship funds, a general fund where most of the contributions are allocated to and a restricted fund where the donors decide which scholarships should receive their money," explained Assistant VP of Institutional Advancement, George Schneider.

"This year we raised gross $320,000 before taxes for undergraduate scholarships," he added.

Five honorees received awards that evening. The Chairman of the Board, Robert Matura, received the Bishop Curtis Medal for his outstanding contributions to and accomplishments in the Sacred Heart community.

Dale Frey, chairman and CEO of General Electric Investment Corporation, Stephen Wiggins, chairman and CEO of the Oxford Health Plan, Rev. Monsignor Thomas P. Guinan, retired from St. Michael the Archangel Church, and Mrs. Yue Saikan, an entrepreneur in China, were all recipients of the Discovery Award.

Included in the list of guests were some faculty and students. "This year six student scholarship recipients attended this dinner," said Schneider.

Stamatigue Andriolas, Gabriel V. Bonanni, and Chauncey O. Wilson, three Browning Scholars, Carson Scholar Eleonora Pontortero, Trustee scholar Eric Wood and GE Scholar Kadianne McGregor were also honored.

The annual Discovery Awards Dinner will be held next October. No date has been set as of yet.

Left to right: Joan Connor, Steve Wiggins, Dr. Anthony Cornera, Rev. Msgr. Thomas P. Guinan, Dale Frey, Bob Matura and James Costello at the 1996 Discovery Award Dinner.

Contributed Photo

Chemistry— not just equations
SHU American Chemical Society honored

By Stacey Shepperd
Staff Writer

The SHU American Chemical Society (ACS) received special recognition as a "Commendable chapter for activities conducted during the 1995-1996 academic year," according to a recognition letter from ACS President-elect, Ronald C. Breslow.

Nine thousand students make up 900 chapters in the United States and Puerto Rico. However, only a select group are recognized and honored.

According to Dr. Babu George, chair, faculty of science, mathematics and computer science, only about 10 to 15 chapters are honored. This honor will be noted in Chemical & Engineering News, the ACS official national news magazine, and In Chemistry, the student affiliates magazine.

"It's a reflection of the University."

Faculty Adviser Dr. Linda Farber said the club's most important activity is the Out Reach Program. In this program, SHU students promote chemistry, and science in general, to local elementary schools.

"The ACS hopes to spark students' interests in science at a younger age. Many students believe that chemistry is boring and never pursue it. "Chemistry is not just equations," Farber added.

The ACS is an advocate of chemistry being interesting rather than boring. The members, mostly chemistry majors, meet each Wednesday and welcome anyone who is curious about chemistry.

Breslow's letter also noted that Farber "deserves special commendation."

Of her recognition, Farber said, "It's a credit to the students. It's mostly the students who should be commended. I just facilitate."

"It's a reflection of the University. If you have a good affiliate, it means you have a good mentor and good students," added George, who is extremely pleased with this honor.

Business: raising standards

Continued from page 1

The business program underwent a self-assessment to determine where it stood in respect to these standards. A specific plan was developed in order to raise needed areas over a five-year period.

With its review and acceptance by the assembly, Sacred Heart has this time period to accomplish the plan. If completed, the University will win accreditation.

The accreditation "will make the business department and the University more attractive in the eyes of potential students."

The accreditation "will make the business department and the University more attractive in the eyes of potential students and assure students of an education that adheres to the high standards we have in the United States for a business education," said Aubrey.

The planned changes in curriculum will also affect accounting, finance, economics and international business. The curriculum will touch both graduates and undergraduates, and all campuses including Luxembourg.

Want to write for news?
Stop by the Spectrum office today!

Please recycle this newspaper

$ $$ $
Transitions arise in D.C.

Despite the fact that voters nationwide seemed to vote for the status quo, they also voted to change how both parties work together. Both the Republicans in Congress and the President seem to be hearing this message loud and clear.

President Clinton is losing a number of people that served in his administration during his first term.

His Chief of Staff Leon Panetta has resigned so he can go back to California and possibly challenge Pete Wilson for the Governorship. To find a replacement for Panetta, the President has turned to an old friend and golf partner, Erskine Bowles, whom the President trusts a great deal.

There appears to be changes in the President’s cabinet as well. Neither Secretary of State Warren Christopher or Secretary of Defense William Perry seem to be interested in sticking around for another four years.

Changes in these positions bring about interesting choices for the President.

Colin Powell’s name has re-surfaced as a possibility to replace Christopher in the State Department. Powell, after turning down the same offer four years ago from President Clinton, has said he’s open to the idea, if the President would ask him this time.

Former Senate Majority Leader George Mitchell will also be a consideration for this post, but will more likely be held aside as a Supreme Court Nominee.

By ROB SAWICKI

VIEWPOINT

nee, if one of the current Justices steps down during Presi­dency Clinton’s second term. Finding a new top man at the Pentagon also gives the President some good choices. Senator Sam Nunn, the Geor­gian from the Armed Services Committee who is retiring from the Senate will be a consider­ation for this job.

Along with Nunn, Senator Richard Lugar, Republican from Indiana will also be a con­sideration.

Many rumors persist that President Clinton would like to replace Attorney General Janet Reno. She made that difficult for the President, last week, when she said that she wants to stay.

The President is showing two things with many of the names that have popped up as considerations to be part of his administration for his second term: First, he wants experi­ence, so there won’t be a repeat of the mistakes of the early days of his first term. Second, his desire to have Republicans as part of the administration is showing a willingness to work with the Republicans in Con­gress.

There have also been rum­blings about Newt Gingrich no longer having his party’s sup­port for his Speakership. If I were in the Republican hierar­chy, I would get both Gingrich and House Majority Leader Dick Armey out of the Leadership.

Republicans would be bet­ter off with Henry Hyde as Speaker of the House, with Tom DeLay as House Majority Leader and John Kasich as House Ma­jority Whip.

Republicans will not make changes this drastic, but they do appear to be ready to work with the President.

It is nice to see that both sides seem to making the neces­sary changes to prepare for a productive 1997. Let’s just hope that they continue their apparent quest for productivity.

By MICHLE BERRMANN

Perspective

The media is filled with stories about change. Almost everything we read or see is about some change that is taking place around us. Whether it is business or personal change, the need is to accept the change and move on.

I have been a reporter for many years and have seen change as a normal part of the work. As a reporter, I have to be able to adjust to the changes that come with the job.

One of the biggest changes that I have had to adjust to is the transition from print to electronic media. The transition from print to electronic media has been a major change that I have had to adjust to.

The change has been gradual and has not been without its share of challenges. The biggest challenge has been learning to work with new technology. The new technology has been difficult to learn and has required a lot of patience.

Another challenge has been the need to adjust to the new pace of the work. The new pace has been faster and more demanding. I have had to learn to work more quickly and efficiently.

The transition has also been a benefit. The benefit has been the ability to communicate more easily with people. The new technology has made it easier to communicate with people.

There are still challenges to be faced. The challenges are ones that I am willing to face. I am confident that I can adjust to the changes that come with the job.

I am looking forward to the future. I am confident that I will be able to adjust to the changes that come with the job. I am confident that I will be able to continue to do my work.
Letters to the editor...

WHRT TRANSFORMED, NOT OBSCENE

To the editors:

After looking through last week’s issue of the Spectrum, I was taken by surprise by an article entitled “Obscenity Issue Raised on Campus,” by Wayne Kosminoff. It is the third year of heading the radio station, I can think of one major obscenity issue that the former station, WWPT, had to deal with. The students involved were quickly taken off the air and no other major complaints have been raised since.

Had Mr. Kosminoff interviewed either myself or Matt Fortney, WHRT’s program director, he may have discovered the truth. However, he chose to question a past member of a station that doesn’t exist anymore.

Any who has been at this University for at least three years can tell you that the station has gone through a complete transformation. Throughout this time, we have encountered many detractors and other obstacles, yet we have always recovered.

I take the writing and publishing of this sensationalized article with its ludicrous accusations as just another one of those roadblocks that we will again overcome.

This article was unfairly written and, in my opinion, is extremely poor journalism. There are many other important and legitimate student concerns on this campus that could be reported, leaving no need for fabricated issues.

If WHRT has currently “come under fire for broadcasting obscenity” then the station’s two directors have not been notified of it. Therefore, in my eyes, it does not exist.

Sincerely,
Kristen Lalla, Operations Manager, WHRT

A WASTE OF TIME

To the editors:

Freshman Seminar 101. What exactly is it? That is the question I have been trying to figure out since I first came here in September. To me, I find that it can sometimes be a complete waste of time on a Wednesday.

It is a class designed to make the transition from high school into college a little bit easier for freshmen. I find it to be a step back than taking a step forward in my college life.

It seems as though we are discussing the same issues that we had in high school. Issues like gender, drinking, and the social scene and harassment. Fine, I realize that all of these things are still happening, but talking about them until you are blue in the face is not going to make the difference. We need advisors who can relate to our lives and ones who will not try to press the issues that we already know so well.

My Wednesdays are crazy enough with four classes, football practice and service-learning. That hour and fifteen minutes could be a nice, cozy nap instead of some boring lecture on “gender issues.” How many times can you discuss issues like that?

What freshmen need more than anything is an extra hour of sleep, and not a class on something that we already know.

Sincerely,
Mikeساسano

DISGUST FROM RADIO STATION

To the Spectrum,

I would like to address the obscenity article printed in last week’s issue of the Spectrum. As Program Manager, I take great offense to the supposed obscenity issue at WHRT. Wayne Kosminoff wrote an unfair, non-factual article and I hope to clarify the matter.

For starters, Kristen Lalla and I have spent the last three months working hard to organize the radio station.

Since WHRT went on the air in September, there have been no complaints about the music played on the air.

MISLEADING UNIVERSITY APPLICATION

To the editors:

When I filled out my application for Sacred Heart University, I was told to check off an intended major. I checked off sports medicine/athletic training.

As for the song lyrics “one can hear over the air,” any competent reporter would be able to back up his statements with facts.

Kosminoff gave no indication of a time or day when the song in question was played, or any type of verification that it was played. Kosminoff also raised the issue of having FCC licenses. WHRT is considered a third class station, so what does his waves, so why was this article printed?

In conclusion, I feel I speak for the entire station when I express my disgust that such a sensationalist article appeared in the paper.

I would expect something like this in the National Enquirer, not in a legitimate school paper such as the Spectrum.

Matt Fortney, Program Manager, WHRT

UNIVERSITY APPLICATION MISLEADING

To the editors:

I am writing in response to the article written in last week’s Spectrum titled “Obscenity issue raised on campus” by Wayne Kosminoff.

The article is filled with misinterpretations and cheap blows toward the radio station.

The opening sentence states, “WHRT has come under fire for broadcasting obscenity.” However, nobody in the entire Sacred Heart community has complained or even approached the station on the issue. The article quotes Sean Leary as stating, “Obscene words should be allowed on the air in certain situations.” He is not even a registered WHRT DJ, so what does his opinion constitute anyway?

The other problem I have with the article was that it was in low taste.

SHU is supposed to be a family.

So I ask the Spectrum, would you talk negatively about your brother or sister behind their back? WHRT does not make the Spectrum look bad on the radio waves, so why was this article printed?

WHRT and the Spectrum are closely related as the media, so let’s start acting like a family and support each other.

Sincerely,
Joel Felicio, Music Director, WHRT

News from Tulsa will be back next week
Features

Japanese spirit brought to SHU

By Gina Norelli
Features Editor

Students, faculty and staff had an exotic lunch last Thursday—which consisted of foods such as seaweed, crab, avocados, chicken teriyaki, fried shrimp and green tea. Quite different from FLIK, wouldn’t you say?

The lunch was part of the International Coffeehouse Series sponsored by the International Center. The food seemed to go fast since it was so good.

The theme was Japan, but eating was just one of the many things happening in the Faculty Lounge where the event was held. There was also opportunity to learn how to write in Japanese, make Japanese flower arrangements and origami, listen to a koto instrument and watch a traditional tea ceremony.

First-year student Irene McDonald from Stratford made several origami objects.

“I think it’s fun and different. It’s interesting to see how you have to be very careful how you fold the paper. There’s a lot of detail,” said McDonald.

Ten Japanese women from an organization called “Japan on Wheels” of Greenwich arranged the many activities for the event. The food was prepared by two Japanese sushi chefs from Hartford who will be opening a restaurant next year. The chefs didn’t make actual sushi (raw fish) being fully aware that many Americans haven’t acquired a taste for raw fish.

Instead, they made California (maki) rolls, which contain white rice filled with avocados, cucumbers, cooked crab meat and seaweed. California rolls got their name because California is known for earthquakes, a member of Japan on Wheels explained, and earthquakes turn things “inside out” so the seaweed is on the inside rather than the outside as in sushi rolls.

Senior Wayne Kosiminoff from Poundridge, NY, who attended the event said, “The cultural setting is very good and I like the food, it’s real good.”

As for the Japanese tea ceremonies, they are done for concentration and relaxation. Two women wearing kimonos (colorful silk robes) performed rituals as they added hot water to green tea powder. Most Japanese people do not know how to perform the tea ceremony, but those who do pass it on to others, Japanese student Hitomi Osako explained.

Heanue’s goals are being reached

By Arthur T. Gerckens
Contributing Writer

Corporal Martin Heanue hangs up his United States Marine Corps uniform and dons the wear of Sacred Heart’s Department of Public Safety. The assistant supervisor of the swing shift often juggles his roles as full time staff member, part time student and machine gunner in the Marine Corps reserve.

“Probably the toughest part of work is the long hours,” he said.

Heanue continued, “Each public safety officer gets one weekend per month and mine happens to be on weekends I have military duty.”

He referred to the one weekend per month and two weeks of active duty Uncle Sam requires of reservists.

Like many Public Safety personnel, Heanue plans for a career in law enforcement.

To better prepare himself for the job market, Heanue has been taking part time classes as he pursues a degree in criminal justice.

“My first year here I worked from midnight till eight, punched out, and then went right to class,” he said.

Heanue, a native of Bridgeport, spends his vacation training in sites such as San Diego, Twenty-Nine Palms, CA and Paris Island, S.C. “No Marine can ever discuss the Corps without some mention of Paris Island,” he said.

Besides the steady stream of physical fitness that the Marines requires of him, Heanue keeps fit as a bike patrol officer.

“During inclement weather, it’s not so good but when the weather is nice, the bike is a faster and stealthier means of transportation around campus,” he said. “Besides, it’s good for community policing,” he added.

Among the benefits of working for Sacred Heart, Heanue describes “gaining valuable experience” as he strives to achieve his career goals. He also points to “good community involvement” among faculty, staff and students.

With such a demand for his time, it’s easy to imagine Heanue punching out and staying away from Sacred Heart until he’s scheduled to return.

Not so. Heanue somehow finds the time to play intramural softball under the guidance of Coach Earl Graham.

On a recent trip to Los Angeles, Heanue decided to take the police test for the L.A.P.D.

He has since learned that he did well on the exam and now waits as several background checks are completed.

With Heanue’s dedication to his career, education, and country, it may only be a matter of time before L.A.P.D. calls to claim one of Sacred Heart’s finest examples of hard work paying off.

Corporal and Public Safety Officer Martin Heanue

Photo by M. Herrmann
International peer counseling to begin

By Tomoko Suzuki
Contributing Writer

The International Students Mentor Program started developing last year.

"I want to help international students who feel anxious to be away from their home countries," said Akiko Kobori, a senior from Chiba, Japan. Kobori has lived in the United States for almost two years.

"I experienced how tough it was to stay in a foreign country which has a different culture and language," said Kobori. "It is easier for me to understand these international students because they seem to feel the same as I did." Kobori originally proposed that the International Student Mentor Program be developed.

"This program is regarded as one of the International Center programs," Kobori said. "This is because the International Students Advisor Grace Lim approved the program.

"It is very hard to put my idea into practice. We bring peer counselors who are from many countries and train them first. Then we counsel students," said Kobori.

Kobori manages this program with Counselor Eric Rutberg. "We have eight mentors so far. Eric and Grace will start training them next month," said Kobori.

Kobori said that she is counseling the students currently because the program is not well known yet.

"I welcome international students to talk to me even at present," she added.

Kobori believes that international students regard this program as other people's affairs.

"On the other hand, some of them think about the word 'counseling' too seriously," said Kobori. She conducted a survey of this program with some international students. They tended to answer that the program is good only for new students.

"I want those students to know even small questions are acceptable," said Kobori.

"Those students need someone they can depend on and I want them to realize they are not alone," she added.

Kobori tries to include peer counselors in the program as well as counselors.

"In my experience and study, international students tend to be shy and culturally sensitive," she said. Kobori believes that if the counselors are the same age as the students, then the students might feel more comfortable.

"We will make a list which shows the students who is counseling at what time. So students choose who they want to meet," Kobori said.

The International Student Mentor Program is planned to be ready for next semester.

Dangers of tanning are real

By Lora Marcella
Contributing Writer

What is this? An article about tanning when winter is on its way? Yes. That's exactly what this is because people tan year round, and it's just plain risky.

No matter who you talk to, being tan is "in" even though experts say it is unhealthy for your skin and eyes.

"Those who sport a tan are congratulated for looking healthy, even though tanning results from injury to the skin," said Jane Brody in the New York Times.

Long term exposure to the sun and tanning causes "skin cancer, eye disease, wrinkled skin and allergies," added Brody.

"If any other environmental agent caused one million cases of cancer a year, there would be an unprecedented hue and cry to get rid of it immediately," said Brody.

Maria Adamo, a junior nursing major from Ridgefield, NJ likes to tan regardless.

"Having a nice tan gives me a healthy appearance. I lay out in the sun and go tanning even though I do know it is potentially bad for me," said Adamo.

Brody says that some sun worshippers may wonder how something that feels as good as sunshine can be so harmful. "Others may decide they simply do not care, opting to enjoy the sun now and taking their chances of the consequences later."

Martha Burke, a junior media studies major from Beverly, Mass., said, "I like being tan. I feel better about myself when I am dark. I know I should think about the long term consequences, but I don't."

Cosmetic companies offer an alternative to the sun.

Tanning lotion, a cream that can produce a tan without the ultraviolet rays, is used by people to achieve the natural tan look. But sometimes they can give your skin an orange tint.

For protection, if you must be in the sun, Brody recommends that "sunscreen with an SPF of 15 should be used routinely. A higher SPF is called for on bright days."

But people don't listen. It has been very hard to convince Americans that the sunshine can be unhealthy, said Brody.

So even though the winter is coming, keep in mind that the days of strong sunshine will be here again. Consider the risks—even if you visit a tanning salon.

CAMPUS HAPPENINGS

Career Development Office
Attention Juniors and Seniors! The Career Development Office is holding resume workshops on Mondays: Nov. 18, Nov. 25, Dec. 2 and Dec. 9. Draft a resume to bring. To learn interview techniques and tricks, come to a "Prep for Success" Seminar. Dates are: Thursday, Nov. 21 and Tuesday, Dec. 3. For more info, contact the Career Development Office at 79757.

Habitat for Humanity
Take part in a Habitat worksite. Habitat for Humanity is holding a trip on this Saturday from 8 a.m. to 3 p.m. Transportation and lunch is provided. For more info, call either 365-7519 or 371-7741.

Hall Council Meetings
West Hall Council meets Sundays at 10 p.m. in the West Hall Great Room.
Taft Hall Council meets Mondays at 9:30 p.m. in the Community Room.
Partridge Hall Council meets Mondays at 8:30 p.m. in the Community Room.
Jefferson Hill Hall Council meets Wednesdays at 9:30 in the RHD/RA office.

-Compiled by M. Herrmann

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IF YOU WANT TO

Sing with the Best
Sing Great Music
Display Your Talent
tryout for the

SHU CHORALE
See Mr. Roberts in the music office or call 371-7735.
A new movie is coming out November 15 and it's not the sequel to "Jurassic Park."

Known for creating intricate, multimillion dollar productions, Steven Spielberg shot the live action sequences for "Director's Chair," his make-your-own-movie CD-ROM game, in just one week. Filmed with just one video camera, "Director's Chair" features a bizarre cast including Jennifer Aniston, Quentin Tarantino, Katherine Helmond and comic illusionists Penn and Teller.

In this three disc CD-ROM, would-be filmmakers can tailor together the script from different characters' points of view, weave scenes from 100 minutes of footage and even produce a marketing campaign for a live-action movie to which they can give an original title.

The plotline is not predetermined and has Aniston trying to save her (supposedly and possibly) wrongfully convicted boyfriend (Tarantino) from the electric chair. Along the way, Spielberg, Jurassic Park cinematographer Dean Cundey—who plays a basic part in the film—and a vigilant production assistant offer tips on successfully completing your first Hollywood feature on time and on budget.

According to Aniston speaking to "Entertainment Weekly," it was a last minute thing," which was completed almost a year and a half ago. "I was doing something in New York, and my agent called and said Steven had requested me." Aniston arrived just in time to improve a "passionate" kiss with Tarantino whom she had never met before.

Soap and "Coach" queen Katherine Helmond, starring as Tarantino's ditzy mother, was amazed when she received "summons" from Spielberg. "Entertainment Weekly" quoted her as saying, "I had no idea what the project was. I don't have a computer at all!"

Although honored to be part of a Spielberg production she finds action movies more grueling than the sitcoms that she is used to. "It turned out to be very hard work because we had limited time. The days were longer, the lighting more complicated, and in one scene we were in an absolutely filthy, old jail," said Helmond.

Steven Spielberg lets an all-star cast play in his new adventure

By Lora Marcella
Photographer

Dear God, presented by Paramount Pictures, is the uplifting movie of the season. It is a film about a con artist who cannot imagine doing a day of honest work.

Greg Kinnear plays Tom Turner, the con artist who pulls every trick in the book. He does everything you can think of to make money. He fakes hand burns and also sells airline tickets from an airline that has not flown in 10 years.

Tom has to pull scams because he owns his bookie, Junior, $1,000. He has no other form of income so, he has to do everything in his power to make money.

While trying to sell the fake airline tickets to a foreign couple at a Christmas holiday parade, he gets busted. The foreign couple are actually undercover police officers. Needless to say, Tom ends up going to jail.

As he attempts to con his way out of trouble in court, the judge tells him to use his intelligence to find a job. Tom cannot even imagine working a 9 - 5 job but, it is find a job or go to jail.

Tom has a relative who works at the U.S. Post Office. This relative helps him get a legitimate job. Tom reluctantly chooses to serve at the U.S. Post Office. This relieves him of breaking the law and the judge allows him to serve instead of going to jail.

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Tom refuses to let him take the fall for all the good deeds. He confesses. He is charged with various counts of mail tampering.

While on trial, the entire city's streets. They back traffic up for miles and cheer in favor of Tom. mail carriers show up on the courtroom front steps. They crowd the city's streets. They back traffic up for miles and cheer in favor of Tom.

Eighteen months of Spielberg and his crew massaging the raw media experience is evident.

By Ayoma Perera
Staff Writer

Steven Spielberg lets an all-star cast play in his new adventure

CD-ROM lets

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Scorpio-(October 23-November 21)
Things may have been looking grim but, you are in for a real treat this month. Whatever you go after will be yours. You will be the center of attention at every social setting so, live it up. You will have a new love interest. Some words of advice—take things slow.

Sagittarius-(November 22-December 21)
You will be coming into some extra cash this month, but be sure to spend it wisely. Mood swings will come into play and you will not know why. Just let them ride out and you will be back to your normal self in no time. Do not worry, friends will understand and be very supportive.

Capricorn-(December 22-January 19)
All of your hard work will not go unnoticed. You will finally receive the praise you deserve. Someone from the past will suddenly come into your life again and this time, you will both develop a great friendship. Do not let this person go for a second time.

Aquarius-(January 20-February 18)
Your family will become a major source of help to you in whatever you need. Do not be afraid to rely on them. That love interest you have been seeing almost exclusively will want a serious relationship. It is your call so make some decisions before it is too late.

Pisces-(February 19-March 20)
You will be busy taking care of all of your obligations this month. Be careful not to wear yourself out between academics, activities and social responsibilities. Your friends will want to spend lots of time gossiping with you, just do not believe everything you hear.

Aries-(March 21-April 19)
A close friend will suddenly do you wrong. It may seem like your friendship can not be salvaged, but things will work out. You will run into an ex and remember exactly why he/she is your ex. Be careful not to fall back into old routines that you know do not work.

Taurus-(April 20-May 20)
You will be on a big workout kick this month. When you are not in class, you will be at the gym. Your body will show great improvement and so will your love life. There will be a possible love interest working out by your side. Pay attention.

Gemini-(May 21-June 20)
Being single is not so bad, but it may seem like everyone around you is in a relationship. Watch out. You thought it would never happen, but you will find yourself getting into a semi-serious relationship with a new love interest. Just when you are stressing out and need a break, you will be approached with a surprise get-away weekend.

Cancer-(June 21-July 22)
You will be coming out of your shell this month and it is about time. Things may have seemed boring but you are in for some real excitement. Your friends may find it difficult to keep up with you and everything you are involved in. Do not get mad, cut them some slack.

Leo-(July 23-August 22)
You may find yourself down in the dumps over a mini cold due to stress. All you have to do is start treating your body better with exercise and a healthy diet and you will be feeling better almost immediately. Take charge of your life and treat yourself to some pampering.

Virgo-(August 23-September 22)
It seems like the work you do is endless and it never stops piling up. You need to take a deep breath, relax and do one thing at a time. That might not be so easy because you will find yourself daydreaming about someone who has suddenly showed a love interest in you. Go for it, you never know.

Libra-(September 23-October 22)
A new makeover will have you feel absolutely incredible this month. Things may have seemed complicated before but, everything is falling into place. You will finally start feeling real happiness again, thanks to your love interest. Do not let this person go.

A & E BRIEFS

Foreign films alive at SHU
Continuing the Modern Foreign Language Film Series is "Ciao, Professore," being shown on Monday, Dec. 2. The film is a comedy, a re-release of Lena Wertmuller's 1976 film about a teacher's positive impact on his students from southern Italy. The film will be shown in the Faculty Lounge at 7:30 p.m. Admission is free. For more information, contact Claire Marrone at (203) 365-7629.

Musician magazine launches competition
Musician magazine is currently accepting entries for their 1997 Best Unsigned Band Competition. The contest is open to all unsigned bands and artists. It is an opportunity for local acts to receive national recognition and have their music heard by people in the industry. Judges for the contest are Tori Amos, Joe Satriani, Bob Mould, Vince Gill and Buddy Guy. Bands are judged on a two-song cassette of their material. For more information, call 1-800-BUB-2WIN.

SHU's Chamber Orchestra performs
On Sunday, Dec. 1 at 3 p.m., Sacred Heart's Community Chamber Orchestra will present a free concert in the University Theatre. The program will include Cherubini; Symphony in D, Rossini; Overture to La Scala de Seta and Mozart; and the suite from The Marriage of Figaro. The orchestra is now in its 27th year and it consists of community musicians and Sacred Heart students. The show is free and open to the public. For more information, contact Leland Roberts at (203) 371-7735.

Mooney Twins bring 'Conscious Comedy'
The Mooney Twins are African-American comedians who have expanded their humor to reach beyond the comedy club circuit to produce a positive change. They will be here on Tuesday, Dec. 3 to discuss such topics as multiculturalism/racism, sexism and violence. The show, entitled "Conscious Comedy," is at 8 p.m. in the Theatre. For more information or for ticket prices, please call ext. 7736.

Write for A&E
call the Spectrum at ext. 7963
Sports in brief

Cross country fares well at Regionals

The Sacred Heart University men's and women's cross country teams finished 26th and 16th, respectively, at this past weekend's NCAA Division II Regional Cross Country Championships at Slippery Rock, Penn.

The women's team improved upon their 1995 showing at the NCAA Regionals, when they placed 19th. The Lady Pioneers were led by sophomore Carrie Demirgian's time of 22:14, earning her a 33rd place finish.

Men's soccer drops final game

The Sacred Heart University men's soccer team finished its 1996 season with a 3-0 loss to #1-ranked Southern Connecticut State at Jess Dow Field last Saturday night. Goalkeeper Scott Glibowski (Rocham, N.Y.) recorded 11 saves in the loss to the Owls.

The Pioneers, who finished the season with a 5-11-1 record (1-8 NECC), were led in scoring this season by senior Steve Mooney (Bridgeport, Conn.) who had five goals and four assists for 14 points this season.

Women's volleyball falls 13-22

Sacred Heart University women's volleyball fell to 13-22 with 3-0 home losses to both Quinnipiac College (12-21) on Tuesday and Stonehill College (9-9,14) this past weekend.

Sacred Heart finishes up the 1996 season this weekend as they compete in the New England Collegiate Conference Championships at the University of New Haven and Southern Connecticut State University.

Ice Hockey: Scanlan leads Pioneers in opening games

Scanlan added a goal and two assists to go along with his hat trick from the previous night. Goalstopper Bill Sawyer was tough in the net recording 25 saves as the Pioneers downed Wentworth.

In SHU's first two games of the season, they have outscored their opponents 13-5.

Scanning the game

Hefferman (West Haven, Conn.) had a goal and three assists in the win. "Scanlan played tough in front of the net. He стары away at the puck until it goes in," said Hannah.

On Saturday, freshman center Frank Gritz (New York, N.Y.) had two goals and an assist, while...
The more I think about the concept of justice in the world of sports, the more I find myself utterly disappointed. For example, a guy like Roberto Alomar spits on an authority figure in his sport, and he doesn’t miss a single playoff game. Michael Irvin gets caught with some coke, marijuana, a couple of self-employed models, and he’s given a five-game suspension.

In my opinion, these examples illustrate a trend in sports today. Athletes are untouchable. They get by with a slap on the wrist. No justice is served. Just when I think it’s absolutely hopeless, a man named Evander Holyfield comes to my rescue. Holyfield took a convicted rapist and gave him a good old-fashioned butt whooping. I know many people will say Tyson paid his debt to society when he spent three years in a Indians state correctional facility and, I won’t dispute that.

Tyson did not, however, pay his debt to the sports world. Tyson disgraced boxing, and now Holyfield disgraced him. Justice was served this past Saturday night in Las Vegas.

In the moments leading up to this fight, I couldn’t believe what I was hearing. A few friends, with whom I watched the fight, were actually saying there was no way Holyfield would win. One friend, who shall remain anonymous, actually said to me, “It was a 3-2, man, what did this girl think Tyson wanted when she entered his hotel room?” I really don’t care.

A jury of his peers said she said “no,” he forced himself on her, he’s guilty. Tyson, who was at the forefront of boxing, disgraced not only himself but also his sport. Ban him. Tell Mr. Tyson he can’t make $30 million a fight because of what he did to Lisa Washington in that hotel room in Indianapolis.

Perhaps what disturbed me the most, was that after the fight, the only thing anyone could talk about was how Tyson lost. Nobody said a word about how Holyfield won.

Who did Tyson ever beat anyway? I’m not going to minimize his absolutely incredible punching power or how he mows through some people, but it’s not like this guy ever had an Ali or a Frasier. He hasn’t even beaten the Holyfields or the Riddick Bowes of the world. The first fight in which he faced an opponent who can take him into the third or fourth round, he gets destroyed. Tyson isn’t one of the best of all-time. He isn’t even in the top five.

We might have seen one of the top five greatest fighters of all time on Saturday night. It was Evander Holyfield, the only three-time heavyweight champion of all time. The rapist got what was coming to him. If boxing won’t ban him, maybe justice is served with Holyfield. Evander Holyfield embarsses himself as he proved to the boxing world he isn’t what everyone thought he was.

I guess athletes have to do something really serious like gamble on their sports to get banned for life. Pete Rose was found guilty of this and is banned for life from baseball. Despite his actions with a young woman, he made $30 million for getting bounced off the canvas for 11 rounds.

In the end, Tyson wasn’t untouchable. No amount of money in the world is worth the embarrassment he received when someone who was never supposed to beat him, dominates him. Justice has been served.

Women’s B-Ball: Swanson has team shooting for NECC championship

Continued from page 12

fully we’ll play in the NCAA Regionals. Six first-year students are expected to help steer the Lady Pioneers to a winning season. The freshmen are outstanding. Although they have a long way to go, there is a lot of talent,” said Swanson. “There’s a huge difference between practice and playing the game.”

Huber feels that being on the team is a learning experience for the freshmen. “They haven’t played in the program,” said Huber.

The freshmen themselves are eager for the season to begin and have high regard for the upperclassmen. “The determination is really there. The veterans are using last year’s defeat in the first play-off game in the NECC tournament to a dominant SUNY-Albany squad as a stepping stone to go further this year,” said Katie Toole from Red Bank, N.J. “We have the potential, added Heather Yoblanski, a first-year student from Naugatuck.

“Losing the first round to Albany was no laughing matter,” Huber said. We beat them twice, but didn’t win a third time and we shouldn’t have,” said Jessica Bresnahan, a sophomore from Nashua, N.H.

The season opener on Nov. 16 punts the ladies at Quinipiac College. The Pioneers won home and away games against them last year.

Co-captains Huber and junior Christie Perkins, who was named to the NECC All-League Second Team last year, will be shoul- dering much of the responsibility for running the team. They will be aided by junior Maureen Delaney and sophomores Angela Perkins, Jessica Bresnahan, and Jen Rimkus.

“Both, Christie and Maureen are the three top returning players. They have the experience and know what to expect and what has to be done which they will share with the other freshmen,” said Swanson.

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Continued from page 12

added Toppin, a forward from Blairs, VA.

“ать greater unity and togetherness in our program early on and hopefully we’ll play in the NCAA Regionals,” said head coach Dave Bike. “But we have to...
Basketball teams geared up for season

Men's
Julie Nevero
Staff Writer

The men's basketball season is set to begin on Nov. 22 at Assumption College, and it's a new beginning for the team.

The Pioneers ended last season on a four-game losing streak and this season they will certainly miss graduated guard Kevin Vulin. Vulin, the "New England Collegiate Player of the Year," averaged 21.2 points and 11.7 rebounds per game. Vulin was also the team's leading scorer in 22 of 26 games last season.

Although playing without Vulin won't be the same, the team features fundamental returning athletes.

Senior co-captains Rod Toppin and Joe Doyle and senior Mike Donnelly are the core of the team this year.

Doyle, a guard from Merrick, N.Y., has a new outlook for this season. "Last year we felt at times that Kevin was going to carry us. This year there are three solid returning players and we're more of a team," said Doyle. "The guys are more upbeat in practice knowing they are going to contribute, and I can see us winning more games this year."

The team's work ethic and attitude has changed completely and a sense of unity, which may have been lacking on past teams, has been prevalent.

"I see us coming together every day."

See Men's basketball, page 11

Tough defense leads gridders past Merrimack

Brad Wilson
Sports Editor

The Sacred Heart football team advanced to 4-3 last Saturday when they defeated the Warriors of Merrimack College, 20-3.

The Pioneer defense, which gave up a combined 856 yards in previous losses to Bentley and Stonehill, responded with its finest performance this season.

Merrimack (5-4) generated little offense as the Pioneers held them to a mere 131 total yards and just four first downs. Sacred Heart's run defense was solid, limiting Merrimack to only 33 yards on 31 rushing attempts.

"Merrimack actually had bigger players, but our guys were motivated for this one and it showed in the aggressive football they displayed," said Coach Gary Reho.

Warrior quarterbacks tried finding a rhythm through the air, but completed only eight of 26 passes for 98 yards, while being sacked three times and intercepted once by Sacred Heart defensive back Eric Wood.

The stingy Pioneer defensive front was led by freshman Jason Martin's team high of nine tackles and one sack. Senior John Armstrong and senior captain Scott Kohler also recorded one sack each.

"After the losses to Bentley and Stonehill we were getting a lot of bad rap," said Kohler. We felt we needed to make a statement to anyone who doubted us."

Sacred Heart's offense pounded through the Warriors for 234 total yards, including 190 on the ground. Senior Brian Ihlefeld led the way, rolling up 124 yards and scoring one touchdown. Ihlefeld needs just 15 yards for his second consecutive 1,000-yard season.

Sophomore Terrence Washington, who hasn't seen many carries as of late, had 44 yards on just five attempts, including a 28-yard jaunt.

Sophomore Lou Monaco kicked two field goals of 23 and 29 yards and Mike Kuchar recovered Ben Romeo's blocked punt in the end zone for Sacred Heart's final score late in the third quarter.

Sacred Heart will play its final game of the season next Saturday against Pace University at Pleasantville, N.Y. Last year Pace beat Sacred Heart in a competitive contest, 12-7, but the Pioneers lead the series, 2-1.

With a win, the Pioneers will advance to .500 on the season. It could be the team's best record since its inaugural season in 1991 when they went 5-4.

See Women's basketball, page 11

What do you get when you mix perseverance and sweat with braids and ponytails? Sacred Heart Women's basketball. Heads up...they are a team to be reckoned with.

Coming off last year's 28-7 tally which broke the previous record for most wins in a season set during '92-'93, they were eliminated in the first-round of the NEC tournament. This year the Lady Pioneers are ready to win the tournament.

Coach Ed Swanson, in his seventh year at SHU and last year's winner of the Coach of the Year Award, has high expectations for the coming season. "Although we lost two solid players last year, the team is hungry to win," said Swanson.

"A lot of big players this year with new talent, new talent will greatly contribute to the team," said Kelly Lague, a junior from West Warwick, R.I. "We have a good inside team that complements an already good outside team."

Women's basketball has improved considerably over the years. Seven years ago there existed only eight players. Now the team boasts twenty-two. Their record advanced from a 4-24 season last year to last year's stellar performance. "They have improved in leaps and bounds," stated Swanson.

"The team is continuing to become more and more competitive," added co-captain and senior Beth Huber from Southington. "As long as we keep practicing as hard as we have been, hope..."