University restructures academics
Four colleges to be operational this summer

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

On July 1, Sacred Heart University will implement its new structure of four academic colleges. The new colleges include:
- The College of Arts and Sciences
- The College of Business
- The College of Education and Health Professionals
- The University College

A group of faculty and administrators began a review of the University's academic structure six years ago. Conclusively, the new structure will commence this summer under the supervision of Dr. David Harnett, provost and vice-president for academic affairs.

"This structure builds a level of academic management into the University, in the forms of deans of colleges, which is appropriate to our size," Harnett said. "It also provides a more logical and consistent organization of academic disciplines."

Along with Dr. Cemera, the University's Board of Trustees approved the new structure on Dec. 10 to reorganize academics into individual colleges. A nationwide search will be conducted to hire four deans for the new development.

"This structure represents the culmination of years of thought and work about how to best organize and manage academic affairs," said President Dr. Anthony J. Cemera.

"It will significantly enhance the University's efforts to fulfill its mission and meet its long-term strategic goal of becoming a leading Catholic university."

Sacred Heart students engage in world debates

By Ayoma Perera
News Co-Editor

Two members of the Sacred Heart University debate team traveled to South Africa to compete in the 17th World Championships. The championships were held at the University of Stellenbosch near Cape Town from Dec. 28-Jan. 4, 1997, marking the first time the event was held outside a European country.

President of the Debate Society Shauna Doherty, a sophomore psychology major from Hernando, Fla., and Brian Merwin, a freshman international business major from Gilford, N.H., were selected after satisfying the criteria of participating in four tournaments during the fall semester.

"I think this is a really unique opportunity because the Championship was held in South Africa especially during this time of political transition," said Dr. Katherine Kist, director of Global Studies and advisor to the Debate Society.

Doherty and Merwin competed with students, faculty and members of the Sacred Heart University community witnessed a part of history Monday, while attending the second presidential inauguration of William Jefferson Clinton and Vice-President Albert Gore, Jr.

The trip organized by Gary L. Rose, professor of political science, allowed students to hear Clinton's words and experience the unique transfer of governmental power for themselves.

"The atmosphere was very consuming. You really got into it," said Alison Sessa, a junior political science major.

Thousands of people from all over the world were bundled up trying to keep warm while inside and outside the fence surrounding the capitol. When the president and vice-president were announced, applause and cheers filled the air.

After taking the oath of office, Clinton gave his inaugural address, in which he emphasized the importance of preparing for the future. This sentiment was expressed by the overall theme of the inauguration: An American Journey Building a Bridge to the 21st Century.

"I hope the bridge he plans on building is really strong and sturdy," said Jessica Nieradke, a sophomore global studies major.

In order to build the bridge, he mentioned the importance of bi-partisan cooperation, government responsibility and establishing the Democratic party in the center of the political spectrum.

"I liked when he said 'the people themselves should move us forward, not the government. It is the people who have to do it," said Suzie O'Rourke, guest writer.

See inauguration, page 3

Sublime's album Men's ice hockey breaks music barriers... page 9

Mens ice hockey ends losing streak... page 12
Winter Weekend promises fun and games

Residential Life, along with the six Hall Councils, will sponsor Sacred Heart University’s Fifth Annual Winter Weekend from Friday, Jan. 24 through Sunday, Jan. 26.

Leading off these events is a ski trip to Sundown Mountain on Friday. There will be three packages to choose from. Package A is $30.00 and includes skis, lift ticket, and lessons, Package B is $25.00 and includes skis and a lift ticket, and the $15.00 Package C includes the lift ticket only.

Students can sign up at the International Center or the Student Activities Office. Check-in will be at 4:00 p.m. in Hawley Lounge on Friday.

Saturday, Jefferson Hill Hall Council will sponsor an ice skating trip in Bridgeport, which will be followed by the Parkridge Freeze-out, a dance party hosted by Parkridge Hall Council.

Other activities include Frozen Tundra Football in the Quad sponsored by South Hall Council, and Really Cool Rollerblading sponsored by Taft Hall Council. The weekend wraps up on Sunday with the Super Bowl Blizzard Blitz, to be held in the West Hall Great Room.

Musicians take notice

Following in the age old traditions of extra-curricular activities, the University’s music department is offering its resources this semester for anyone with musical talents.

The University Chorus meets on Thursdays at 7:45 p.m; the Chamber Orchestra meets on Mondays at 7:30 p.m; the Concert Band meets Wednesday evenings at 7:30 p.m; and the Jazz Band practices Tuesdays at 5:30 pm.

Anyone interested in joining any of these performing groups can contact Professor Leland Roberts at 371-7735 or stop by the Music Office located in room M102.

Library hours to meet student needs

At the request of Student Government, the hours of the Ryan-Matura Library are being changed this semester on a trial basis. The hours for Sunday will be expanded and statistics of people using the library during the added hours will be recorded. The hours will become permanent if those times are busy. The new hours are: Monday-Thursday, 8:30 a.m.-11 p.m.; Friday, 8:30 a.m.-6 p.m.; Saturday, 10 a.m.-6 p.m.; and Sunday, 12:30 p.m.-11 p.m.

Greens prepare for “Rush Week”

Sacred Heart’s Greek Council will be sponsoring “Rush Week” beginning Monday, Jan. 27. Five sororities and four fraternities will be represented and students will have the opportunity to learn what each organization is about.

Interested students will be able to meet their prospective “brothers” and “sisters” on Monday and Tuesday. A dance open to the entire SHU community will be held Wednesday evening in the dining hall.

Anyone thinking of joining a sorority or fraternity should stop by the second level of the Academic Center’s South Wing on Monday, Jan. 27.

Copies to the University. Students already enrolled at Sacred Heart do not need to re-apply for participation in the program.

This type of education, also known as “WEB Learning,” is considered to be an innovative development.

“In today’s busy world, where people must balance home, career and social responsibilities, we can provide them with undergraduate, graduate and life-long Learning courses literally right at their fingertips through linking their personal computer to our University via the Internet,” said Richard Farmer, dean of Graduate Studies and Continuing Education.

“Clearly, technology-based distance learning is the future of higher education.”

Dr. Philip Krebs, associate professor of chemistry, spoke of his involvement with the program.

“I’m very much into education technology. It’s a new territory, and we have to investigate it carefully.”

Krebs, who is teaching two Web courses, also helped to originate the University’s homepage. “So I felt it was appropriate for me to get involved.”

Courses are scheduled to begin on Monday, Feb. 10. There are three undergraduate courses: “Rhetoric: The Research Paper,” “Introduction to Chemistry and the Environment” and “Business Ethics.” Two graduate courses are: “Stress Management” and “Legal Environment of Business.”

Lifelong Learning courses include: “The Softer Side of God: The Church You Never Knew,” “Masters of Spirit and Might” and “HTML Hypertext Mark-Up Language.”

Munster said, “Right now, you can’t get a degree on the Web, but you can get credits at this college or you can transfer them.”

Tuition rates differ for graduate, undergraduate and Lifelong Learning students.

For more information, visit the Distance Learning Web Page at http://www.sacredheart.edu/ distancelearning. Or call 371-7830.

Debates: students challenged

“South Africa is very beautiful, very Mediterranean and clean,” said Doherty.

Merwin and Doherty agreed they would like to return to the next World Championships which will be held in Athens, Greece.

But their chances may be slim, they said, since there are more juniors and seniors debating this semester. With a full semester of debating left from late January to mid-April, Shaena and Brian will be improving and executing the skills and knowledge they learned from their experience in South Africa.

Inauguration: building a bridge continued from page 1

it.” It’s very true,” said Brian Merwin, a freshman political science major.

“His speech touched upon some good points. We always tend to look at the government and point fingers. It is important to remember he is only one person with one set of opinions,” said Amanda Limbert, a sophomore psychology and physical therapy major.

Dr. Rose and his wife, Laura Cole Rose both believe the inauguration brought a feeling of unity and greatness.

“You feel very patriotic,” said Rose.

Carano, professor of psychology, said, “It was a wonderful spectacle, a very patriotic event. There was a sense of continuity. It was a thrilling experience, just to see it, be there and experience it.”

News needs you!

Call Kristyn or Ayoma at ext. 7963 or 7966
Kikoskis offer workplace advice

Faculty member publishes

By Kristyn Maloy
News Co-Editor

A member of the Sacred Heart political science faculty recently published a book entitled, "Reflexive Communication in the Culturally Diverse Workplace," published by the Greenwood Group of Westport.

Dr. John Kikoski, an associate professor at Sacred Heart, co-authored the work with his wife, Catherine Kano Kikoski, who both reside in West Hartford.

Although the Kikoskis taught together before, Kikoski said he "found a difference in perspective" in writing the book with his wife.

The Kikoskis began their research when they read "Workforce 2000," a report published in the late 1980s.

The report stated that one-fourth of all Americans are minorities, a number that is increasing, and they wondered about the implications of that statistic, Kikoski explained.

In their research, the authors examined the communications used in the workplace.

Members of different ethnic groups express themselves in contradictory ways, which often creates problems, said Kikoski.

The goal in writing the book was to allow people to "trascend and dimish" these differences in order to create a more efficient and enjoyable workplace.

"We wanted to provide a process and set of skills by which we can come to know one another better," said John Kikoski.

The only antidote to stereotype and discrimination is to know each other as individuals," he added.

As for the public's response to the book, Kikoski said they are taking a break from their research right now, but plan to publish another work in the future.

"The next book, we plan will be an extension of their current interests, but they have not decided on a specific topic.

SHU signs agreement with Housatonic

Special to the Spectrum

Students who successfully complete the three-credit program at Housatonic Community-Technical College in Bridgeport will find it easier to enroll and transfer their credits to Sacred Heart University under a transfer articulation agreement signed recently by officials of both institutions of higher education.

"This important agreement strengthens our efforts to serve the educational needs of the people in our community," Housatonic Community-Technical College dean Dr. Annette Segarra-Negron said.

"We look forward to a long and successful partnership," said Sacred Heart President Dr. Anthony C. Kerner.

Wertz, Ed.D., president of Housatonic said:

"Sacred Heart University is working with others universities welcoming our students for their degree work. We are fortunate that in the greater Bridgeport area we have excellent colleges and universities such as Sacred Heart, and we are confident knowing that our students are well prepared and will be a credit to both their alma maters."

"We are delighted with this articulation," said Janis M. Klauser, evaluator of the program, said.

"We wanted to reach out to prospective students that had started college but did not expect that it would be their last. It's really gratifying for me turn. It's really gratifying for me to hear from the school, to realize people that they may have given up pursuing something this important."

"When the concept was put to me, I was all for it. I was all for it. I turn. It's really gratifying for me to hear from the school, to realize people that they may have given up pursuing something this important.""
EDITORIALS

SHU to implement four colleges

The decision to establish four colleges to benefit academic programs is a needed step for the University.

Although we continue to progress in enrollment and expansion, students sometimes feel that their educational needs are neglected. Or, if interested in applying for a newly established degree program, they face overlooked inconveniences.

The plan provides solutions to both of these dilemmas. Each college will serve students more efficiently by focusing attention on their assigned disciplines, and the status of these departments. Essentially, each college will work toward enhancing curriculum to prepare students to succeed in an ever-changing world.

We feel that these four colleges will better enable the University to realize its essential purpose: to educate.

Take advantage of opportunity

Sacred Heart is an institution which provides for its students. As much as the University is in constant motion, with its change and growth, we must recognize the few offices of Sacred Heart which remain dedicated to the true heart of this institution—its students.

The Wellness Center and Career Development Office are two of the many sectors of Sacred Heart which strive to meet student needs and sometimes go beyond our expectations.

Despite the Wellness Center’s relocation, it continues to maintain confidentiality for students. The Career Development Office offers internships, jobs and workshops on bettering your search for a career after graduation.

We believe that the students of Sacred Heart should use these services to the fullest.

Resolutions lead to accomplishment

With each new year, we are given a chance to start things over. The slate is wiped clean, and a fresh year with exciting possibilities is in front of us.

Many of us make resolutions for the new year in order to improve ourselves.

By the last five minutes of 1996 we did not dare drift away from this. I sat on my aunt’s couch and thought about an important type of resolution to make in addition to the standard “exercise” and “aim for a 4.0.” This is a resolution that may seem like nothing much, and even common sense, but I noticed how often I find myself drifting away from this. The idea is to make it your goal to live your life in the present moment.

While looking through a book at a book store last month, a quotation caught my eye. It read—“Stop trying to make a better past.” As for the future, there is a quote that I often keep in mind—“The future can only be grasped one link at a time.”

How often is our thinking not in the present moment?

We may be holding on to our past, or we may be overwhelmed by all of the work that lies before us.

In college, we become easily overwhelmed when we look at the whole picture.

We may see the semester as an endless series of exams, reading assignments, papers, meetings, etc. It may seem like too much and we wonder how we can handle it.

But we do handle it, and quite well, which is why we handle things in time as they come our way.

We can experience true joy. And later, we can look back in amazement at all that we have accomplished, and know that it was accomplished through a series of present moments.

PERSPECTIVE

We get through all that lies before us one step at a time, one day at a time, one moment at a time.

The present moment is the only thing that is in our grasp—so it makes sense to focus our thinking there.

By living in the present moment, we can appreciate the many gifts that come our way. A piece of mint chocolate, you’ve taken it way too far.

There were children who were scared looking across the street and had to hide their eyes. All the people trying to watch the parade were disgusted having to see the pictures in the background as they watched the parade.

They were holding up signs as the President’s motorcade was coming down Pennsylvania Avenue.

“Mr. Clinton, you’re responsible for these,” read one sign. The most outrageous sign said “Paul Hill was right.” Hill was the pro-life extremist who shot and killed Dr. David Gunn, an abortion doctor, coming out of his office in 1993 in Pensacola, Fla.

The general consensus among the spectators at the parade was that this form of demonstration was outrageous. It is outrageous.

These extremist lunatics defeat the cause of those in the pro-life movement who are really “pro-life,” and who use lawful and reasonable methods to express their concerns about abortion and would never have anything to do with one.

But I don’t feel I have the right to tell anyone how to live their lives.

I can’t excuse those who claim to be pro-life, then conducted the life of another.

Despite the fact that I disagree with most of the pro-life agenda, I respect what it is attempting to accomplish.

I also respect most of the people behind it for their good intentions.

Unfortunately, the actions of the very few extreme members of the anti-abortion movement have given the whole movement a bad name—extreme.

Extremism defeats the cause

Protesters can go too far to make a point

I had the privilege of attending the Presidential Inauguration this past Monday. I would have liked to have written something to truly feel about my experience.

A piece describing the pomp and circumstance surrounding the swearing in of our 43rd President William Jefferson for his second term in office.

And that’s what I had planned to write about all the way up to the Inaugural Parade.

Unfortunately, it was there that something disturbed me enough to make me want to write about it even more than the Inauguration.

Across the street from my vantage point along the Inaugural parade route was a group of pro-life demonstrators.

The idea that there were demonstrators speaking up for their cause is fine by me.

It is everything that our Constitution, which Mr. Clinton took an oath to defend earlier in the day, protects.

I believe that the students of Sacred Heart are an endless series of exams, readings, papers, meetings, etc. It may seem like too much and we wonder how we can handle it.

But we do handle it, and quite well, which is why we handle things in time as they come our way.

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Letters to the editor...

FRESHMEN DESERVE SPECIAL TREATMENT

To the editor:

Many incoming freshmen during the fall semester were awarded scholarships in which they had to maintain at least a 3.2 to keep it. The amount of money varied for each individual and helped cut down the cost of tuition for many. The people that received the scholarships worked hard to get them so obviously they will try their best to keep them. However, sometimes one's best just isn't good enough. Going on to college right from high school, one doesn't know what to expect or exactly how to handle the sudden transition. Freshmen deal with many other pressures and problems besides their academic work. They have to learn how to balance everything out so they have time to get everything done.

Since freshmen are just learning how to cope with their new surroundings and a different life than high school, they shouldn't have extra weight put on their shoulders by then worrying constantly about losing a scholarship. Freshmen should then be exempt, for the first semester, from the rule of keeping a 3.2 GPA. We have so many other things to worry about and get used to.

Cynthia Horne

REPAIRS NEED NOT BE NEGLECTED

To the editor:

This letter is about the lounge situation in the dorms. A numerous amount of times my floor has asked Residential Life to fix the t.v. in our lounge. Because nothing was done about it, we attempted to fix it ourselves. The t.v. can now get about three channels, but the picture comes and goes and there is very little sound.

A lounge should be a place to relax and watch t.v. It shouldn't be a place where we have to get off the couch every 10 seconds and smack the t.v. because it doesn't work. For a school that charges students $65 on a brand new book for a class which we participate in for less than half a year.

When the end of the semester rolls around, we no longer have use of these books. So, we go to the bookstore and attempt to sell it back to the school. The problem is not the books, but the price of them and the money we get back.

Last semester I purchased a Human Physiology and Anatomy book for the price of $100. After withdrawing from the class, I went to the bookstore to sell it back. I was offered $30 for a book that was practically brand new. I did not even get half the money I purchased it for.

The school gets enough of our money each year with tuition, room and board and supplies.

As students, we should at least get our money's worth when it comes to books. I suggest that when it comes to used books, we should be given more money for what the book is worth.

Nancy L. Bramato

DIFFICULTY IN WORKSTUDY CHECKS

To the editor:

I am one of many students at Sacred Heart who is receiving financial aid. I am quite pleased with the aid that I am receiving from the University.

Part of my financial aid package includes a work study job. This seemed to me an easy way to make money and to meet new people. I am very happy with my job. It allows me to encounter many people that I wouldn't ordinarily see here on campus. The one concern I do have with the work study program is the way wages are distributed.

At the end of each week a work study employee picks up his or her paycheck in the Administration Building. This part of the process doesn't bother me. The fact that most first-year students and even some second-year students don't have transportation to a local bank does. I myself have had trouble cashing my work study checks because I have no way of getting off campus and no idea where to bring my checks.

The University should provide a place on campus where underclassmen could cash their checks. If this is not at all possible then there should be a slot on the SHU shuttle route that goes just to the local bank and back.

As I have already stated, I am very pleased with the work study program. My ideas are just attempts to make the system easier for the younger students.

Calvin Dymond

BOOK SELLBACKS ARE A SHORTCHANGE FOR STUDENTS

To the editor:

Each semester, students pay hundreds of dollars on books that they use for a few months. We may spend an average of $65 on a brand new book for a class which we participate in for less than half a year.

When the end of the semester rolls around, we no longer have use of these books. So, we go to the bookstore and attempt to sell it back to the school.

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Nancy L. Bramato

Drop us a line
Outpost opens with Western theme

By Carmela Chisholm
Contributing Writer

Do the “beginning of the semester blues” have you feeling down? Are you still hanging onto vacation for your dear life? Well then, it’s time to take a break and head on down to the newly opened “Outpost” for a taste of the Old West.

I know what you’re thinking. It’s just another remake of last semester’s pub, right? No, not this time.

“It’s a great new addition to the school. I think people have to come in and see how much better it is,” said Bob Kipp, a sophomore accounting major. “It’s not the same anymore.”

The Pub has been replaced by a new and exciting concept that is sure to be fun for all.

From corner to corner, the cafeteria has been transformed into a scene right out of the wild West. Everything from real horseshoes to wagon wheels and lanterns decorate the new bar and service area. Bill Cyr, an unde­
cided first-year student remarked, “It’s a lot different, and a better atmosphere than before.”

For those who are 21, the Outpost offers a roped off corral for serving beer and wine cool­ers. However, the Outpost has a lot more to offer than just drinks. Over in one corner, a group of cowboys gathered around to play a round of Black Jack, while a silent John Wayne movie played in the background.

For those who wanted to shake up their spur’s, there was country line dancing to songs like “Do the Funky Cowboy,” provided by S.E.T. and K&K Entertain­ment.

Throughout the night, nachos and Arizona drinks were provided for those who wanted to made up some gruff, and a raffle was held to win cow bells with “The Out­post” logo printed on them.

Kim Sousa-Peoples, director of the Student Union, gave her thoughts about the grand opening of the new pub. “It’s going great. The Outpost staff worked very hard to get it ready tonight.”

The bar was made possible by Flik, which included it in their plans for the kitchen enlargement. Sousa-Peoples said that there will be many things in store for the Outpost throughout the se­

The events and entertain­ment won’t always be Western, although the decorations and theme will be. There will probably be a western activity once a month or so,” she said.

She added that the Outpost will remain a safe place for stu­dents to enjoy themselves.

Mike Dutton, a sophomore and president of S.E.T., said that they have quite a bit in store for the Outpost.

“We’re going to continue what we’ve done in the pub in the past—bings, hypnotists, come­
dians and bands. Students and guests can come down on any Wednesday, Friday and Saturday night. They should keep an eye on the S.E.T. board across from the Dining Hall for upcoming events.”

In the future, the Outpost may yet have another Grand Opening. Dean of Students Larry Wielk and Vice President for Academic Affairs Jim Barquinero are cur­rently working with Student Gov­ernment to find a more perma­
nent place for the Outpost. One possibility is the current fitness center underneath the gym, when the recreation center is completed.

Overall, the Outpost is a lot of fun and a great way to loosen up and take a break. So come on partners, hop on a tumbleweed or a saddle and head on down to the Outpost for a shootin’ good time.

By Colleen DeBaise
College Press Service

CHICAGO—Jacqueline Rodriguez, 17, is taking her New Year’s resolution to lose weight seriously.

“Since November I started working out everyday to get my­self used to doing it for the new year,” said Rodriguez, a first-year student at Richard J. Daley Col­lege in Chicago. “I do aerobics and abdominals.”

Unlike Rodriguez, most stu­dents don’t have a fast-and-steady plan to adhere to their 1997 prom­ises. After inhaling all those holi­day cookies or lazily on the couch during winter break, the motiva­tion level to keep a New Year’s resolution can drop faster than the giant ball at Times Square.

Experts say designing a real­istic game plan can help you stick to your New Year’s resolution.

“Many of us vow to live healthier by giving up bad habits or making changes to our life­style,” said Dr. Jeffrey Koplan, chief medical research officer for Prudential Healthcare. “To be successful, people should try to focus on one or two resolutions and set realistic goals with an action plan for accomplishing them.”

But even if you have a plan, staying motivated is the tough part.

Rodriguez, who works two jobs, says her other New Year’s resolution is to stay in school, no matter how hectic her schedule becomes. To stick to her 1997 goals, she plans “to keep reminding myself everyday, ‘I can do it, I can do it, I can do it,’ and keep telling myself the benefits I can get out of them,” she said.

Elizabeth Allison, 25, a graduate business student at the University of Chicago, has made several resolutions for the new year.

Among her resolutions are “to get straight A’s, as or at least to do well,” she said, “and to lose 20 pounds, of course.”

Although classes have not yet started, Allison is headed off to the library. “I’m studying a lot more before the quarter begins,” she said. “And I started a new exercise program. I’m jogging about three or four times a week, for a couple of miles.”

The American Council on Exercise warns that about half of all New Year’s fitness resolu­tions will end in failure within three to six months because of a lack of motivation.

“For people who want in­

sultants, it’s easy to get dis­couraged,” said ACE spokes­person Richard Cotton. “Many people starting exercise pro­grams don’t realize that consis­tency is the key to a healthy life­style.”

As a starting point, Cotton stresses the importance of set­ting realistic fitness goals, creat­ing a challenging-but-enjoyable exercise routine and not expect­ing overnight results.

“Step into a new routine slowly,” he said. “When starting a program, don’t push too hard. Set a goal of three times a week without taking off more than two days at a time.”

Those who want to give up cigarettes in 1997 should also devise a solid plan, said Dr. Saul Shiffman, director of the Smok­ing Research Group at the Uni­

versity of Pittsburgh.

“The best advice I can give to smokers interested in quitting for the New Year is to take it seri­ously,” he said. “A person really has to set his or her mind to quit­ting. That determination, in combi­nation with preparation, will eventually lead to success.”

For graduating seniors, a New Year’s resolution may be to land a job. James Swartz, of Romac International, a human resources firm, says students will meet with success if they are committed to the job search process.

He recommends that job hunt­ers should set aside this week work on their search. Also, job hunt­ers should not be discouraged by bad experiences, and they should look for a mentor who can act as a sounding board in determining career strategy.

Steve Armond, 28, a gradu­ate business student at the Uni­versity of Chicago, says he doesn’t believe in New Year’s resolutions.

“T never make resolutions because most of the time I never stick to them,” he said.

In the past, he has made— but not kept—a number of reso­lutions, including getting up ear­lier, getting to work on time, stick­ing to a schedule and stick­ing to a budget.

“I’ve forego­

A handful of students gathered for drinks, blackjack and country line dancing.

Some of Ann Landers suggested resolutions:

Walk tall and smile more.
Give a compliment—it might give someone a badly needed lift.
Read something uplifting.
Laugh the loudest when the joke is on you.
Be optimistic.
Express your gratitude.

By Colleen DeBaise
College Press Service

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1997
Laughter is best medicine

By Tom Guerrera
Contribution Writer

What kind of a world would this be without laughter? Laughter helps us get through difficult and stressful times, while also working as a good medicine.

Few behaviors, short of shouting "fire" in a movie theater, have the impact of a burst of laughter. Dr. William F. Fry, a psychiatrist at the Stanford University School of Medicine, said in the New York Times that one hundred laughs is equivalent of 10 minutes spent rowing.

Laugh robustly and you increase blood circulation, work your abdominal muscles, raise your blood pressure and get the stale air out of your lungs. After a bout of laughter, your blood pressure drops to a lower, healthier level than before.

"Laughing has got to be the most important thing in your life," said Chris Ginolfi, a junior media studies major from Monroe, Conn. "Laughter makes you happy, therefore it helps keep you sane."

Beyond such benefits, Dr. Lee S. Berk of the Loma Linda School of Public Health in California has also discovered more subtle effects of laughter on the immune and neuroendocrine systems, which he states in an interview in the Times.

He and his colleagues have learned, according to the article, that an hour spent laughing lowers levels of stress hormones. At the same time, the immune system appears to grow stronger, and the body's T cells, natural killer cells, and antibodies all showing signs of heightened activity.

"It depends on the situation, but I feel laughter can be therapeutic," said Lora Marcella, a junior English major from Monroe, Conn. "It's a good stress reliever."

So if you feel stressed out, go see a good comedy that will make you laugh.

Japanese student set on goals

By Gina Norelli
Features Editor

Osako, a junior global studies major from Tokyo.

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Japanese student set on goals

By Gina Norelli
Features Editor

When my roommate Hitomi Osako first heard someone say “God bless you” after she sneezed, she said in a soft-spoken voice, “It was supposed to be for Christmas, but I didn’t finish it in Japan. So now it’s for Valentine’s Day,” she said in a soft-spoken voice.

Since Osako returned from Christmas break, she is still recovering from jet-lag brought on by the 14-hour time difference.

“In class, I was so sleepy. I went to bed at 4 or 5 a.m. I really wanted to get to bed earlier, but I couldn’t.” When she finally got up at 2 p.m., it was only 4 a.m. in Japan.

Osako decided to study in the United States after hearing English songs that her older sister, Makoto, played while they were studying the language. She is undecided on by the 14-hour time difference.

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**ARTS & ENTERTAINMENT**

Beavis and Butt-head silly on film

By Stephanie Smith
Co-A&E Editor

"Heh-heh. Heh-heh. Heh." Many teenagers and young adults recognize the distorted chuckles of Beavis and Butt-head. The current release of their first feature-length film, "Beavis and Butt-head Do America," exposes the world to the moronic adventures of the two adolescent boys. For anyone unfamiliar with the pair, Beavis and Butt-head are 14-year-old boys from Highland, Utah. These underachievers sit on a couch watching television while figuring out ways to earn money and pick up girls. Their antics are crude and sometimes offensive, yet also naive and amusing.

The MTV program has been gaining popularity with mainstream audiences since its debut three years ago. Creator Mike Judge decided it was finally time for the animated duo to leave the couch, according to a recent MTV interview. Of course the only motivation for getting these idiot-savants off the couch is the theft of their television. In the film our heroes are questing for their television when they encounter a feuding outlaw couple, played by Bruce Willis and Demi Moore, and are chased by a team of FBI agents headed by Robert Stack, the host of "Unsolved Mysteries."

The adventure first takes the boys from Highland, dropping them into the flashy lights and disco sounds of Las Vegas. On a tour bus full of senior citizens Beavis and Butt-head make their way across the United States toward Washington, DC. Stops along the way include the Hoover Dam and Yosemite National Park.

"Beavis and Butt-head Do America" offers few surprises. The double entendres and desires to "score" are endless. Beavis’ alter ego, Cornholio, makes several appearances. Butt-head falls in love with fellow braces-wearer Chelsea Clinton, while lost on a tour of the White House.

Try to enjoy the disco-funk soundtrack, featuring the alternative Red Hot Chilli Peppers and rap artist L. L. Cool J., while spotting other celebrity voices. At the very least the Coke and Jr. Mints will be a refreshing snack.

From beginning to end "Beavis and Butt-head Do America" offers few surprises. Any fan of the television program will enjoy the film. The double entendres and desires to "score" are endless. Beavis’ alter ego, Cornholio, makes several appearances. Butt-head falls in love with fellow braces-wearer Chelsea Clinton, while lost on a tour of the White House.

The plot-line is thin and overloaded with bad taste, but it is best to throw out any prejudices against the couple of morons and enter the theatre with an open mind.

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Try to enjoy the disco-funk soundtrack, featuring the alternative Red Hot Chilli Peppers and rap artist L. L. Cool J., while spotting other celebrity voices. At the very least the Coke and Jr. Mints will be a refreshing snack.

Whenever the brain needs a quick break from reality, "Beavis and Butt-head Do America" is the perfect vacation destination. "Beavis and Butt-head Do America" is playing at the Showcase Cinemas in Bridgeport and Milford and at the Crown Marquis in Trumbull.

The Man behind the symbol

By Mike Nimons
Contributing Writer

Whether you know him as Prince, The Artist Formerly Known As Prince, or simply The Artist, he is one of most respected and talented musicians in recent history.

His latest release, a three-disc set entitled Emancipation, is definitely one of his best in years. It seems now that he is freed from the contract that bound him with Warner Brothers, he is much happier. It is reflected in the creativity and quality of his latest work.

Prince’s first release, For You, came in 1978. He has since released 20 other albums, including: 1999, the double CD set Sign of the Times, the soundtrack to the movie “Batman,” Diamonds and Pearls and possibly his most famous and successful release, and my personal favorite, Purple Rain, which a movie accompanied.

In 1993, Prince changed his name to O(+), the unpronounceable symbol, in what was reported as an attempt to break his record contract with Warner Brothers.

Since then he has also been called The Artist Formerly Known As Prince, and most recently, The Artist. However, the switch did not get him out of his contract.

(O+), released two final albums under the label: 1995’s The Gold Experience, which was a fairly good album, and 1996’s Chaos and Disorder, which was far below the standards of musical talent Prince is known for.

On Nov. 19, he released Emancipation, on his own record label, NPG Records. It contains three discs, with a total of 36 songs. Included on the discs are new songs like the dance tracks "Mr. Happy," "Jam of the Year" and "Get Yo' Grove On." It also includes more love-based songs (some of which are slow-ballad type tracks) like "Right Back Here In My Arms," "Dreamin’ About U," "Let’s Have A Baby" and "Friend, Lover, Sister, Mother/Wife," which was played at his wedding last Valentine’s Day.

It appears that not only is he “free” from his contract, but he has much more freedom in the studio as well. The talent and creativity associated with Prince, O(+) or whatever you want to call him, is apparent in this three-disc set. While this is not his best CD ever, it is definitely one of his better ones in recent years.

An everyday listener may not like all of the songs, but I highly recommend this CD to anyone who is a fan.
Beyond Definition

Sublime breaks barriers

By Christopher Twarowski
Co-A&E Editor

sublime /ˈsuːblim/ adj. 1. Exalted; lofty: sublime poetry. 2. Inspiring awe; impressive: moving: a sublime performance. v. sub limed, sub lim ing. To pass or cause to pass from the solid to the gaseous state or vice versa without becoming liquid; sublimate. (The American Heritage Student’s Dictionary, p.862)

Sublime’s self-titled third album proves this definition true to the furthest extent of the word. Words themselves though have a tough time describing the musical realm created. It is a unique collage of ska-punk-reggae-hip-hop fused to rapping-cumbling-singing-spoken word poetry, mixed together with added exotic sounds.

The music is non-stop and extremely powerful. Mellow yet so very vivid. Mesmerizing at times. An experience. Fun.

The band consists of Bradley Nowell on guitar, B3, SH-101 sampler and main vocals; Eric Wilson on electric and standup bass, organ, SH-101 and vocals; and drummer/TT-1 sampler, Floyd “Bud” Gaugh.

Any song off the album could be used as a sort-of “unique miniature world.” “Garden Grove,” the first track, exemplifies this statement. It starts off with rock/almost surf guitar skating along with mumbled poetry, and further and further travels out as it progresses. Reggae-ska beats emerge and smoothly collide with record-scratching, rapping, singing and echoes.

The second tune, “What I Got,” is just plain addictive. Nowell rasta-raps, “Life is too short so love the one you got/ Cause you might get run over or you might get shot,” then chants, “Lovin’ is what I got.” There is also another version, “What I Got (reprise),” near the end of the album. It has an added section where it is only chaning and clapping.

It’s impossible to tell where the addiction originates: through the lyrics or the instrumentation. They are so interwoven that they become one entity.

The lyrics themselves are mostly concerned with personal earthly things: drugs, dogs (mostly Nowell’s dog, Lou), cops, guns, playing in a band and women. Images and images are relayed a lot of times like a story. However, they are so vivid and blend with the sounds so well that everything is taken to a different level. Feelings and atmospheres become literally conjured up through the music.

“April 29, 1992 (Miami)” tells about riots, people looting and other’s beliefs on the situations. However, the overall music actually gives you the feeling of a riot. Along with hearing police scanners, you feel the chaos. You run with the stolen goods, you see the blood and feel the anguish frustration.

On “Santeria,” a mood is created that is part mystic, part happy carefree and part sad. This is probably my favorite song. Complex simplicity. You have to hear it to understand.

“Seed” and “Paddle Out” are the fastest and hardest songs. Ska-punk-reggae-thrash. “Paddle Out” is an actual tidal wave. “Pawn Shop” again shows the concrete, yet easy style of the band. “What has been sold is not strictly made of stone/Please remember its flesh and bone.” It is supposedly about how they pawned their equipment to finance their own label, Skunk Records, to put out their first album, “40oz to Freedom.”

On “Under My Voodoo,” the guitar notes are sung and every space of air becomes occupied with sound. There is no room for anything but this. It erupts into a jam session which completely stops at one point, picks up, slows down, and ends.

Throughout the album, the music goes so much further than the actual running time of the songs.

Sad to say, this album will probably be the last release from the band. Bradley James Nowell died of a heroin overdose on May 25, 1996.

Bassist Gaugh was quoted in an article by Christopher John Farley in the August 12 issue of Time as saying: “The band died when Brad died.” Either way, he is very much alive inside the music he helped create on this album. A quote from Sublime’s web page, Nowell explains:

“The bottom line is I love good music and I try to stay away from all these labels that people think are so necessary to slap on music. It seems like people get afraid of a certain music if they can’t pigeonhole it to their satisfaction. They will be up all night trying to slap a label on Sublime.”

“Good music is good music, and that should be enough for anybody.”

Recycle this newspaper after reading.

Spring break specials!

Vacations starting at $549. Stay for a weekend or a week. Vouchers include round trip airfare on American Airlines ground transfers in Colorado and 4 nights lodging in Crested Butte.

Call today for all inclusive ski packages. Discounted multi-day lift tickets also available. 998-2591.

By Christopher Twarowski

Poet's Voice...

Unmask the True Self. Don't elude the uniqueness of the individual soul. Find yourself. Be yourself.

Submit to Spectrum Office.
Simmons and Hynes named to Div. II All-America team

Senior goalie Cheryl Simmons of Vernon Center, NY and junior forward Deirdre Hynes of Mahopac, NY were named to the 1996 National Field Hockey Coaches' Association Division II All-America team.

Simmons, a first-team selection, appeared in 17 games this season posting three shutouts and a goals against average of 1.65 as Sacred Heart finished 12-7. Simmons also appeared on the All-America squad in 1995 as a second team selection.

Hynes, a second-team selection, led the Lady Pioneers with 13 goals and 31 points overall. Hynes became the first person in Sacred Heart Field Hockey history to earn All-America honors in two sports as she was named to the 1995 Division II All-America women's lacrosse team last spring.

Women's track place fourth at Brandeis Invitational

The Sacred Heart women's track team placed fourth out of eleven teams and the men eleventh out of 16 in the Brandeis University Invitational at Walther, Mass.

Junior Monique Belisle (Voluntown, Conn.) was the top individual finisher for the Pioneer women. She won the shot put with a throw of 40' 1 1/2" to outdistance a field of 20 competitors. Other top finishers included sophomore Carrie Demirgian (Bread Brook, Conn.), third in the 3000 meter run (11:02.22) and freshman Yelena Kolova (Stamford, Conn.), fourth in the 400 meter run with a school record 51.26.

The top five finishers in each relay placed and the top three received medals. The women earned a total of 13 medals, 5 of them gold. The first place trophy, had much to say about his team's first victory in school history. The distance teams placed second to Southern Connecticut, the Division II Cross Country Champion, in every relay run. The distance medley team of freshmen Elizabeth Lento and Yelena Kolova and sophomore Theresa Flood and Carie Demirgian; 4 x 1 mile relay of freshmen Heather Heath and Tara Sullivan and sophomores Stephanie Smith and Lisa de Burgo; 5,000 meter relay of freshmen Michelle Wedowski and Sullivan; and 4 x 800 relay of Flood, Heath, Demirgian, and Weslowski.

Runners win relay championship

The Sacred Heart women's track and field team entered the record books on Dec. 13 by posting the team's first victory in school history. The women defeated seven other teams to become the Colgate Track Conference Indoor Relay Champions. The men's team finished second behind Southern Connecticut State by just six points.

The Lady Pioneers scored a total of 61 points, 11 more than second place Southern Connecticut, the defending Division II ECAC champions. The top five finishers in each relay placed and the top three received medals. The women earned a total of 13 medals, 5 of them gold.

Freshmen Lesley Buff and Jennifer McGovern set the mood for the evening by winning the race walk relay. This was the first time that Sacred Heart had competed in this event, so the two claimed the school record. The jumping teams of sophomore Meghan Warnock and junior Lisa Grassi (high), freshman Maura McIntyre and Warnock (triple) placed first. McIntyre and Grassi (long) took third. The distance teams placed second to Southern Connecticut, the Division II Cross Country Champion, in every relay run. The distance medley team of freshmen Elizabeth Lento and Yelena Kolova and sophomores Theresa Flood and Carrie Demirgian; 4 x 1 mile relay of freshmen Heather Heath and Tara Sullivan and sophomores Stephanie Smith and Lisa de Burgo; 5,000 meter relay of freshmen Michelle Wedowski and Sullivan; and 4 x 800 relay of Flood, Heath, Demirgian, and Weslowski.

The Sacred Heart men's team earned 10 medals, two of them gold. Noteworthy performances include junior Bill Sampson, sophomore Morrise Harbour and freshman Kelly Prisco took second. The 4 x 100 relay of freshmen Beth Stedman, Jamie Lieber, Palladino, Kolova and sophomore Gail Cicco placed second and the sprint medley relay of Cicco, Gorgone, Neveryo and Smith took fifth.

Sacred Heart placed first in every relay run. The team, comprised of three freshmen, Diane Lieber, Palladino and Stedman, combined for the win. The shot put relay of junior Monique Belisle and freshman Tara Fay took first, while the weight throw relay of junior Rosemary Roselli and freshmen Kelly Prisco took second. Belisle and Roselli have already qualified for the ECAC indoor championships in Pennsylvania later in the season.

The men's team earned 10 medals, two of them gold. Noteworthy performances include junior Bill Sampson, sophomore Morrise Harbour and freshman Ken Mailhot. These three men qualified for the ECAC championships in their respected event: Sampson, weight throw; Harbour, triple jump; and Mailhot, long jump.

Coach Christian Morrison, who was presented the first place trophy, had much to say about his team's performance. "This is my first win ever as a track and field coach," said Morrison, "and while I hope there will be more victories in the future, this one will always be special."

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Parcells will be key factor in a Patriot win

By Rob Sawicki

SHU Spectrum - 11

In previous years, professional sports championship games have come down to teams needing to score late in the game, defensively. Super Bowl XXXIX is an exception.

This year’s big game boasts the two highest scoring teams in the NFL: the NFC Champion Green Bay Packers and their AFC counterparts, the New England Patriots.

The Packers return to the Super Bowl for the first time since Super Bowl II.

The Patriots are going for the first time since the 1985 season when they were unexpected.

Lady skaters drop two-straight games

By Lauren Wiggins

Staff Writer

In their first game of the new year, the Lady Pioneers’ hockey team suffered a 4-1 loss against Wesleyan University. This past Sunday, SHU had another not-so-close match to the University of Maine, making their record 5-2.

Both opponents are doing well in the Alliance that Sacred Heart hopes to be competing in next year.

Wesleyan took a 1-0 lead, playing a man down. Then, Pioneers’ freshman center Lauren Wiggins scored to tie the game at 1-1. The Pioneers’ power play goal came from defensemen Jenn Appleton and wing Sarah Hanna.

After the goal, Sacred Heart went scoreless in the second and third periods. The other three goals of the night, one shorthanded, came from the visitors’ side.

“There’s no excuse for the other team to score shorthanded,” said coach Chris McNally after the game. “When your team is a man up you can’t let them score on you.”

Freshman goaltender Anna Alverdi did all she could turning away 34 of the 38 shots she faced.

The loss to the Cardinals was much closer than last season’s 10-3 set back.

“Four to one is a respectable score. People are starting to see how competitive we are and more Alliance teams are going to want to see us on their schedules,” said McNally.

This past Sunday’s 5-2 loss to Maine was SHU’s third Alliance opponent of the season. It was an exciting game entering the second period, but then it slipped away.

Lady bowlers snag national bid in Jersey showdown

By Corinne Waldheim

Assistant Sports Editor

What is the driving force behind the Sacred Heart women’s bowling team? Teamwork.

In November, the ladies spent Thanksgiving break competing with collegiate bowling’s ‘creme de la creme’ in the National Collegiate Match Games in St. Louis. Their fifth place standing proved their most impressive finish since the program originated in 1993.

Rookie Krissy Newman (Point Pleasant, NJ) averaged 207 for the two-day tournament, while fellow freshman Chrissy Anania (Bristol, RI) shot a high game of 286.

As the holiday season came and went, the women travelled to Laurel, NJ. A squad of seven filled a roster that would land a fourth place standing.

One day later SHU fielded two teams at the Brunswick Northeast Showdown in Turnersville, NJ. Sacred Heart Red finished third, while White placed seventh.

Sophomore Adrienne Oshman averaged 208 for SHU Red. "My experience with this team has been quite exciting. Nothing compares with the thrill of team competition," said Oshman, a math major from Yorktown Heights, NY. Freshman Jessica Devellis (Albany, NY) led SHU White with a 195 average and 255 high game.

As the ladies entered into their eighth game, the Brunswick competition's roars and cheers of the crowd could not compare to the teams' enthusiasm. The Pioneers were constantly on their feet, on chairs and on fire. This spirit assisted in clinching a bid in the Intercollegiate Bowling Championship to be held in Kansas City on April 16.

The Pioneers faced off against eighth-ranked Eric C.C in the tournament's semi-final. A baker format consists of five bowlers shooting one game. The first bowler rolls the first and sixth frames while the second shoots the second and seventh frames, etc.

Their two-game series of 427 sent them into the Championship round of the contest, but an impressive 552 set shot by the top-ranked Morehead left SHU in second place.

On Saturday, SHU will travel to Rhode Island to participate in the fourth installment of the Eastern Intercollegiate Bowling Conference. The following week they will go to Montvale, NJ to compete in the EIBC Championships.

Pioneer Classifieds

HELP WANTED:


AT HOME MOM needs a day off. Care for 2 boys, ages 2 yrs. & 4 yrs. No car needed (short bus ride to Capitol Ave. & Park Ave.). Saturdays 9 a.m. to 5 p.m. $75/hr. Call Jan-Ellen Harriman 615-3323 or 334-1333. E-mail janellen@x11.nai.net

IN NEED of a responsible adult to care for an 8 yr old & a 2 yr old on 3 separate occasions. Please contact Lisa at 375-9731 if interested.

FUNDRAISER—Motivated groups needed to earn $500s promoting AT&T, DISCOVER, gas and retail cards. Since 1969 we helped thousands of groups raise the money they need. Call Gina at 1-800-592-2121. Ask for XI10. Free CD to qualified callers.

PART-TIME SITTER NEEDED— For two children- ages 7 1/2 and 4. In Westport (less than 1 minute off 1-95, Exit 18). Must have own transportation. Non-smoker. 2 afternoons per week. Call Ann (203) 223-0323.

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To place your classified ad, call the Spectrum at 371-7963 or 371-7966.
Yackmack nes game-winner
Hockey snaps three-game losing skid with win over New Hampshire

By Brad Wilson
Sports Editor

Knotted at 6-6 with under a minute left in regulation, it appeared as if the Pioneer ice hockey team would be heading to overtime with New Hampshire College.

But senior captain Jon Yackmack of Kittanning, Penn., netted the game-winner on an assist by senior Mike Silvestro of Northford, Conn., with 28 seconds remaining as Sacred Heart triumphed, 7-6 last Saturday in Manchester, N.H.

"Silvestro took a great shot from the outside and I was able to redirect it past the goaltender," said Yackmack.

The Pioneers began a seven-game road trip on Jan. 10 and 11 against Geneseo, but were defeated, 61-72 and 62-69.

They dropped their third straight game on Jan. 18, a 9-2 loss to Assumption, before rebounding against New Hampshire College behind Yackmack's one goal and two assists.

"This was a critical win for us," said Coach Shaun Hannah. "We were coming off three straight losses and the win got us back on right track. Our seniors showed great leadership and that was a big part of the victory."

Senior Aaron Foust, also from Kittanning, scored twice in the contest to bring his team-leading total to nine goals on the season. Yackmack leads the squad in total points with six goals and 10 assists.

In his first start of the season, freshman goalie Jaime Longway of Essex Junction, Vt. recorded 38 saves in the victory.

The Pioneers stand at 7-6 overall and 4-3 in the ECAC South. Their next three games are away against Worcester State (Jan. 23), Wentworth (Jan. 29) and Skidmore (Feb. 1). They return home on Feb. 7 to face Western New England College, a team they took into overtime on Nov. 21, but lost, 5-4.

Yablonski excels but women's hoops drop three of last five

By Corinne Waldheim
Assistant Sports Editor

The last few weeks have been a struggle for the Lady Pioneers (6-2, 2-4 NECC), who have lost three of their last five games.

On Jan. 8 the University of New Haven claimed a 69-56 victory over SHU.

Freshman Heather Yablonski scored 17 and pulled down 11 rebounds at center.

New Haven's high scorer, Teisha Grace, recorded 15 points to spark her team's triumph.

Later that week Yablonski shined again, scoring 18 on the road against Albany.

Junior guard Chrissie Perkins scored 17, but Albany reigned victorious in a 77-70 win.

Last year Albany knocked SHU out of the New England Collegiate Conference play-offs.

On Jan. 14, the Lady Pioneers came out of their slump to beat Southern Connecticut State, 69-65.

Thursday's game took the ladies to Long Island, N.Y. where they pounced on Stony Brook, 67-55.

At New Hampshire College the Pioneers were overtaken, 70-64, on Jan. 18. Sophomore Jennifer Rinkaus scored 14 for the hoopers.

Yablonski, standing 6'2, continues to prove herself in the vacancy left by the graduated Denise Schatz. She has led the team in scoring for the past six games averaging 18 points per game.

The Lady hoopers are looking forward to the return of sophomore forward Angela Perkins, who suffered a back injury a few weeks ago.

Saturday, the Ladies will be at home against New Hampshire College. Tip off is 2 p.m.

Men's hoops fall to 5-9 but are still in play-off hunt

By James Thompson
Staff Writer

With an overall record of 5-9, the Pioneers seem to be having a frustrating year. The team is without a doubt disappointed by their record but not their situation.

Yes it would be easier to be ranked at the top and have victory after victory but that is not the case. The fact is, the Pioneers are 3-3 in league play and far from out of the playoff hunt.

"This was a critical win for us," said Coach Shaun Hannah. "We were coming off three straight losses and the win got us back on right track. Our seniors showed great leadership and that was a big part of the victory."

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