Auto theft peaks at SHU

Wayne Kosminoff | Cit-Features Editor

Can the four car thefts that have hit the Sacred Heart campus over the last several weeks be linked to Public Safety’s employment rate?

According to the statistics of other universities such as Bridgeport, Fairfield, Quinnipiac, and Yale, each seems to have a lower number of stolen vehicles over the course of a semester.

Both Fairfield and Quinnipiac Universities have zero cars stolen so far this year. Last year the two colleges each had one theft. However Bridgeport and Yale’s police are right on their tail.

Bridgeport has had only two cars stolen this year as compared to the five missing in 1996.

Yale, by far the largest of all these universities, has had only one theft this year, totaling four since 1996.

William O’Connell, director of Public Safety said, “Only time will tell who will have more vehicles stolen.”

He feels the string of car thefts that has occurred will not continue to rise at the rate they have been. Eventually, the thefts will level off. This is because all schools experience a string of events in which trouble takes place.

Alecis Harrison, a first-year student from Fairfield said, “As a commuter, I find that the security lacking is thorough and consistent with protection of cars.”

Of the four universities, SHU is leading the pack with the highest number of car thefts this year, tallying four. Their closest competitor is the University of Bridgeport with two.

SHU also employs the least number of security officers on duty per shift, with a maximum of five.

Dirty laundry makes debut at Avalon...see page 3

It’s a buggy situation in the dining hall...see cartoon page 6

Stop smoking through upcoming smoke out...see page 8

A thumbs up for current movie, “The Game”...see page 12

See Pitt Center, page 3

Photo by Alicia Hurley

Larry Baxter attempts to enter the William H. Pitt Health and Recreation Center.

By Lisa Pio | Assistant News Editor

Sacred Heart University's abundant commuter population enables such programs as the Commuter Council.

The Commuter Council is an organization which tries to help commuters become more involved in the Sacred Heart community.

The organization is co-advised by Graduate Assistant, Nuala Hetzler and Assistant Director of Student Activities, Al Precourt.

“Our main goal is to increase the commuter involvement into campus life,” said Hetzler.

Assistant to the President Anthony Cemera and Executive Assistant to the President Thomas Forgety.

“We try to get the council together and get commuters involved,” said Smith.

Also serving as members of the council are the commuter assistants, CA’s serve as orientation leaders for commuters, except their duties continue throughout the year.
Women's progress seminar to be held Oct. 16

On Thursday, October 16, Sacred Heart University will hold a seminar and luncheon concerning the progress of women in the world.

First Lady Hillary Rodham Clinton will participate in the seminar by video. Other featured speakers include Sara Burd-Sharpes and Susan Bartolucci of the United Nations Development Fund for Women and Carl M. Harris, vice president for funding at Peoples bank and UNIFEM national board member.

The event costs $10. For more information, call Michele Peloso at 365-4897.

Connecticut General Assembly interns wanted

The State of Connecticut General Assembly's Internship Program is now taking applications from students.

The program begins in late January and goes through the spring semester. Academic credit is given for internships ranging from 12-15 semester hours for a 5 day week to 3-6 semester hours for a 2 day week.

The applications are due by November 1st, and are to be submitted to the academic advisor. For more information contact Don Harrison at the Public Relations office at 371-7970.

State of Connecticut gives grant to program

The State of Connecticut recently gave Sacred Heart University an $8,500 grant to continue its participation in Teaching Opportunities for Paraprofessionals (TOPS), a group that seeks to increase the number of minority teachers in urban schools.

Under the program, minority paraprofessionals from urban school districts are provided the opportunity to return to college to earn their degrees in education.

The TOPS program pays a salary and covers the cost of tuition, books and supplies for participants,' as stated in the grant application.

For more information, contact Don Golembeski or Don Harrison at the Public Relations office at 371-7970.

Volunteers wanted for Merton House Program

Wednesdays from 2:45-5:00 p.m., volunteers are wanted to help out at the Merton House After School Program.

Community time, including conversation and dinner are part of the activities involved. For more information, contact Tricia Pasley at the Campus Ministry office at 371-7840.

Merrill Lynch providing a $5,000 scholarship

Sacred Heart University is instituting a new scholarship program intended to increase student awareness of the poor and to encourage student participation in bettering their communities.

Merrill Lynch, through the Merrill Lynch Foundation, will provide $5,000 to the "Community Scholars Program" for sophomores, juniors and seniors.

Up to eight students per year will be selected for the program and will receive a $2,500 scholarship each semester. For more information, call Don Golembeski or Don Harrison at the Public Relations office at 371-7970.

Compiled by Brian Corasaniti

Fire alarm trouble continues

By Brian Corasaniti

A perennial problem that Sacred Heart has to deal with is the frequent false alarms that go off in the residence halls.

Many of these alarms are false alarms pulled by students or others. These incidents frustrate students, administration and the Fairfield Fire Department.

"It is a problem and an arrotable problem. Weawn on it badly," said Captain Harry Ackley, fire marshal of the Fairfield Fire Department.

The Administration at Sacred Heart also takes this situation very seriously. Although there are no official rules regarding penalties for pulling fire alarms, it is something that doesn't go unpunished.

"We do not have in our handbook any type of definitive sanctioning. In a lot of instances, it's based on prior history. Pulling the fire alarm is not only against University policy, it is illegal. If you are caught, you will be arrested," said Larry Wielk, dean of students.

Wielk went on to say besides arrest, suspension from school would also be a likely consequence for pulling a fire alarm.

This situation also bothers Resident Advisors.

"It definitely bugs me. As a deterrent, I hope people know they will be thrown in jail," said Lou Monaco, a resident advisor in South Hall.

Most students are also upset by fire alarms going off, especially if it is a false alarm. Many were angered by a false alarm that was pulled on Sunday, September 28 at 2:06 a.m.

"It was kind of annoying the last time it happened. It becomes a pain in the butt. It is a big hassle," said Kevin Kline, a first-year student and fire marshal on the first floor of South Hall from Hemstead, NY.

A concern of the administration is the fire department changing its policy on responding to fire alarms at the University.

"If it continues, they (the Fairfield Fire Department) will set up requirements before they come. It will involve an extra five to fifteen minute response time, and if that happens, it jeopardizes people's lives. The potential for harm is very serious," said Dean Wielk.

Captain Ackley did say that the fire department would respond to all false alarms that go off. We have to and we will respond to all alarms," he said.

Sopomore Molly McNear poses as the culprit of a false alarm on the sixth floor of West Hall.

Commuter Council: Helps students

Continued from page 1

The three Commuter Assistants are sophomores Antonella Melennoa, Phalla Touch, and Shwanta Maitland.

As CA's they are required to hold five programs per semester. The programs must be geared toward residents and commuters.

Maitland created a program that will be on Oct. 17. There will be a commuter/resident luncheon at Fortune's on Main St. in Bridgeport, to help integrate commuter students with residents.

Touch is working on a program called West Side Commuter Council which is basically a chance for commuters to perform community service in the Bridgeport area for a day.

Melennoa is in charge of Bingo Day. Bingo will be played in Hawley Lounge for prizes. A date has not yet been set.

The commuter council as a whole also helps create programs to help commuter students meet other commuters along with students who reside on campus.

Every other Wednesday, the council holds a free breakfast from 9:10-30 a.m. for commuter students only.

The council is holding a "Guess the Pumpkin's Weight" contest from October 22-26. The winner will win the giant pumpkin.

There will also be a fund-raiser to help Camp Hemlock, a summer camp for physically disabled children.

The council is sponsoring "Dead Day" on Nov. 12. Students who sign up to participate will be asked to dress in all black and wear signs that explain how they died in an alcohol related death. Students will not be able to speak unless they are in class. This is to raise the awareness of alcohol related deaths.

The council meets every Thursday at 2 p.m. in the Magonamy room. Any commuter student interested in getting involved is welcome.

Voice your opinion on the rates charged at the Pitt Center by completing this form and submitting it to the Spectrum office (located by the cafeteria) by October 20. Parents and others in the community may also comment. Responses may be published in a future issue.

Name:

Phone:

Class (if student):

Position (if faculty):

What is your opinion on the prices charged to students/faculty at the Pitt Center? Can you offer the administration an alternative?
Dirty laundry airs at Avalon

By Marianne Cardo

The apartments in building 11 at Avalon Gates have not yet had their washers and dryers installed.

This has presented an inconvenience to the students living there. "It's getting pretty ridiculous, and we're missing more than just the laundry and dryers," said Dana Westing, a junior from Naushe, N.Y. "I am really upset because things like this should have been taken care of prior to move in day."

Avalon Gates was supposed to have the machines in the apartments that were leased by the University but they were incapable of doing so. Dean of Students Larry Wielk said that Avalon Gates and the University are looking for a solution to this problem.

"Sacred Heart can purchase washers and dryers for the apartment that they need them," said Wielk. "But from a service standpoint, if the machines were purchased by Avalon, they would be directly responsible for servicing them if anything were to go wrong."

"Although there are washers and dryers available for use in the community room, it appears that the process to have machines installed is taking too long for some of the residents at Avalon.

"We were promised the washers and dryers for the second week of school, and it's now the fourth week," said Jessica Bresnahan, a junior from Naushe, N.J.

"It's a benefit of living at Avalon, and we're paying more money to have that," said Bresnahan. "It is getting annoying."

Larry Wielk said he is trying to resolve this issue as soon as possible.

"It was always our intent to have washers and dryers for the facility as a nice feature of Avalon," said Wielk. "We will do whatever it takes to get that service, especially if it requires us to purchase the machines ourselves."

"Whatever it comes down to, we will work our fastest to get the residents exactly what they expected from Avalon," stated Wielk.

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Pitt Center: Faculty, students charged to exercise

Continued from page 1

within their notion.

"You'll find that every university charges a fee related to students or athletic facilities," said Reho. "The rates and fees were all approved by the Cabinets. It's something out of our jurisdiction."

At Fairfield University, part-time students pay $230 a year, faculty are charged $25 and full-time students' fees are part-time students pay $200 a year, said Reho. "The rates and fees were all approved by the Cabinets. It's something out of our jurisdiction."

"It's a benefit of living at Avalon, and we're paying more money to have that," said Bresnahan. "It is getting annoying."

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Cars: Other thefts rates lower than SHU's

Continued from page 1

thefts. He does not believe that the use of security cameras will make much of a difference in the war on stolen vehicles.

"The issue of cameras is a budgetary issue. While we have a few cars stolen in just a short period of time, these people (the thieves) are professionals and they could have taken them just as easily by turning their back to the cameras or wearing a hood," O'Connell added.

Jodi DiGregorio, a student at Fairfield University from Garden City, N.Y. and also the Cam-
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EDITORIALS

Car thefts on campus must cease

The Sacred Heart campus has become an easy target for car thieves. Since Sept. 11, four vehicles have been stolen, the latest from the faculty parking lot last Thursday. With such an increase in theft action needs to be taken so this doesn't occur again. Public Safety officers patrol the campus and respond to situations the best they can.

We believe the problem is that the department is understaffed. On top of that, they have the responsibility of handling situations that don't pertain to the security of the SHU community.

Generally, four officers are on duty at a time: one supervisor, one dispatcher and two patrol officers. The dispatcher does not only answer emergency phone calls, but also acts as the University's operator after 4 p.m., since there is no night operator.

Transferring calls to other extensions and answering questions is not a responsibility an officer should be required to handle. The time the dispatcher is using to act as an operator, should be used to monitor cameras or be in contact with patrol officers.

Patrol officers also have too many less significant responsibilities. They are required to open doors for students locked out of rooms and jump-start cars. The time it takes to handle these tasks should be used to cover more of the campus at a quicker pace.

Where are the female athletes?

Many people are amazed at the beauty of the Pitt Center. Part of this beautification includes several works of art decorating the lobby and the walls of the fitness center and the first level corridor. The works show athletes in competition in a variety of sports. However, out of the 22 pieces, women appear in only three.

Seville is one of the largest Division II athletic programs in the country, how can there be such an imbalance, especially when the school offers more varsity sports for women than men? Several of the sports represented in the works have female equivalents, yet why is there a lack of representation of these female athletes on the walls of the Pitt Center?

Don’t stay knocked down when stress strikes you

I feel like I’m being knocked down. Papers and books are swirling around my head. “Words, words, words,” (Shakespeare’s Hamlet or Beavis and Butt-Head) when they are reading the warning label on a piece of paper on graduation day that tells us it was all for naught.

I am not quite sure where I am with this. Let’s just say, that when your are “knocked down,” you will keep something in mind to pull you through. Whether it is a weekend at home or a trip to the movies with roommates on an old Monday night, there is always something to look forward to.

Everyone gets “knocked down.” It is important to remember, though, that we can get back up, dust ourselves off and continue. The song goes on to tell about a guy wasting the night away in a bar. While that might sound tempting, it’s probably not the best course of action.

I prefer to start my day with a healthy breakfast. It is the most important meal of the day.

Stress cannot be escaped. But it can be managed. Eating healthy, exercising regularly (try running every day, even if you can’t make 12 miles on Sundays) and taking time out for a cat-sap are excellent stress reducers.

Also try watching television. Don’t be ashamed of watching “Derry Girls,” “Seinfeld” at eleven.

By Stephanie Smith

The Writer of Seville

Seville is a city of 659,000 people and loads of history. The part where I live reminds me of a lot of stuff you see on television. Streets are very packed with lots of buses, cars, people and motorbikes.

My apartment is very quiet, but when I look out my window I see the neighbors ten feet away. Maria is always cooking and Antonio works out a lot. My host family is very nice. They don’t speak English, but if you show pictures of hamburger-look, they understand you. Common meals are huge portions of meat, seafood, maybe rice or beans and vegetable-cooked all in olive oil.

Diners almost all have ham on them, but they are extreme taxonomy. Food here is nothing like Mexican such as tacos, nachos or burritos.

I have already seen all of Seville and the great history it holds such as the Alcazar (fortress palace) and the Cathedral dating back to the 1200s. There are so many different buildings with so many types of unique architecture and lots of beautiful parks. I know that will not be bored here, even though for now I have severe culture shock and sore feet.

Well, I’m off to the beach because I hear the beaches are great and the scenery is quite nice if you know what I mean. Hasta la vista!

Come on, write to him!

The editorial pages are an open forum. Letters to the editor are encouraged. All submissions are subject to editing for spelling, punctuation, grammar and clarity. The Spectrum does not assume copyright for any published material. All submissions are reviewed by the Editorial Board. The Spectrum is a student-run newspaper of Sacred Heart University, published every Thursday during the academic year.

All mail should be sent to: Spectrum, Sacred Heart University, 5151 Park Avenue, Fairfield, CT 06432-1000. The advertising deadline is 7 days prior to publication. Off-site phone numbers are (203) 371-7966 or 7963. Fax number is (203) 371-7828.

By MIKE DUTTON

SHU Spectrum - 5

October 9, 1997

EDITORIAL POLICY:
The SHU Voices

How can Sacred Heart University stop car thefts on campus?

Compiled by Brad Wilson

Jennifer Black
Senior
Swansea, Mass.
"Have more Public Safety officers on duty."

Eddie Mariconda
Sophomore
Lakewood, N.J.
"Public Safety should only handle security situations, not lock-outs."

Taniesha Mitchiner
Junior
Harlem, N.Y.
"Give Public Safety more space in its office for monitoring equipment."

Brian Rivera
Senior
Kings Park, N.Y.
"Everyone should work together to be aware and help."
FLIK DIRECTOR ADDRESSES PROBLEM OF FORGETTING CARDS AND PILFERAGE
To the Editor:
The Management and staff of your dining service is committed to providing the highest level of service possible.

Your input is vital for us to achieve this goal. Please feel free to voice your concerns and comments at any time so that we can respond quickly.

I would like to take this opportunity to make a couple of points.

If you are on a meal plan or have dining dollars, you must have your ID card when you wish to make a purchase. The magnet on the back of your card contains information to access your account so that the Valantine computer can track the various transactions.

If you forget your card, you should go back and get it the next time you are eating in the dining hall. If you lose your card, you must obtain a new one.

I realize that the office that you must go to get a new card has limited hours. Therefore, we will allow you to eat and be manually input. But, this is a costly procedure and we can only do this for a couple of meals at a time, then we will require you to produce your ID in order to purchase meals through a plan.

I have also noticed that pinning of food items during meal hours by customers is beginning to be more than a random annoyance.

Frankly, it is getting out of control. Obviously, pilfering is costly and can only be result in higher prices.

Those of you who feel the necessity of stealing a Snapple into your book bag, or eating your mozzarellasticks in the secrecy before going to the cashier, be on notice that if you are caught, you will be dealt with accordingly.

We are determined to hold or reduce pricing on many items in the cafeteria and marketplace to satisfy the Sacred Heart community in eliminating pilferage— one good way to control costs.

Chuck Kennedy
Director of FLIK International

COULD THE ATTITUDE THAT GOES WITH SMOKING AND DRINKING IMPROVE?
To the Editor:
I am not against smoking or drinking, if people choose to, then that is their prerogative. I am more against the attitude students here on campus who wants to drink and smoking. It is no longer a cigarette, a day; it has moved to a pack. It is no longer drinking with friends on the weekend, it is drinking every night. I have even heard someone say, "I can't sleep here until I have a drink or two." It is the freedom here that has made them change. No longer do people try to hide their cigarettes. They can carry them in their hand. And they do.

They could have a bag or a purse, but then have to have the cigarette in their hand or on their look.

I think it is said that people have to be this way. I want people to know that there are just as many people if not, more who are attracted to not-smokers and non-drinkers.

Don't fault it. Be who you are, not what you think others want you to be. But enjoy and respect the freedom you have gained from this change in your life.

College is a great thing, treat it as such.

Ursula Akey
First-year student

EQUESTRIAN TEAM MEMBER WANTS THE TEAM FUNDED AND RECOGNIZED
To the Editor:
Sports. They are great. Not only do you meet lots of new people, but you have something good that allows you to go away from campus for a little while. Being part of a team is terrific. It is an exciting freshman, I knew a limited number of people, none of which was upperclassmen. Then joined the equestrian team. Within a matter of a few meetings, I found myself amongst a circle of new friends.

The love of the sport is shared together. Many of my freshman friends joined sports also. Tennis, crew, and football just name a few. When I tell people about the equestrian team, the usual reply is, "What is that?"

Well, the SHU equestrian team is a varsity team, and a successful one at that. Last year alone, we had a number of riders go on to the regional competition and do well. They went on to zones. And then nationals.

When is the last time any other SHU competed at that level? I believe that the equestrian team deserves to be known around the school. I believe this very successful large team deserves to be funded like the other varsity sports on campus instead of just being funded as a group with club status.

I do have to admit, the team has more recognition this year than last.

Our coach actually has an office. Well, a cubicle. But for at least a team that has, can and will bring the school national recognition, we deserve to be known.

Tracy Gauvin
First-year student

To be happy, think happy. To be unhappy, think unhappy.

"Mind over matter." I have heard that cliché millions of times, but I never stopped to realize how much truth there really is in it. Your mental state is the ultimate ruler.

By ABBY CROTTY

FLIK director addresses problem of forgetting cards and pilferage

Student baffled by her best friend's self-blame of rape
To the Editor:
We grew up in a small town, quiet and set away from the rest of Western Massachusetts. As we were about to embark on our new lives, our college years, we were nervous but excited. We knew the dangers of the world, but knew that nothing would ever happen to us.

She went to a small prestigious college in Boston. She is a strong-minded girl with a good head on her shoulders. She is sweet and caring, and very faithful in her relationships. She knew that she always should be careful, but certainly nothing would ever happen to her. She would never let herself get into that situation.

Yet, it happened. She was at a party, relaxing with her new friends, and my best friend got raped by her friend who lived on the same floor in her. She didn't take it for her; she didn't make herself vulnerable, she wasn't drunk. But he was.

She never reported it. Rape on college campuses is something that happens with much more frequency than most of us believe. It happens daily, and it has probably happened to some of your closest friends.

The process of thought and reasoning that goes on in the mind of a victim is scary. I never thought I could bear my best friend, wisest of the "Most Likely to Speak Her Mind" superlatives in high school, say that it was her fault. That it was her fault that an intoxicated man had taken advantage of her, assaulted her and raped her; but it was her fault. But I did, and I will never forget the looks of terror, pain and disgust on her face the day she finally told me. Melissa Bradley sophomore

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By Abby Crotty

Your state of mind affects everything you do; when you're frustrated or unhappy, you are more apt to get sick; when you're happy, you're healthy, and when you are stressed, your whole body feels the effects—like a Mack truck run over you.

How do we control mental state? Well, sometimes it is beyond our control. Psychiatrists may disagree because they believe we have the power to govern our own emotions despite outside forces. It's a bit more unrealistic.

We are all humans, and humans have feelings; feelings that are altered by what others care about and sometimes we don't care about.

If you are overweight and you have friends continually tights you you are too fat to be good at dancing or tennis or even being toned, it is insinuating you will consider yourself worthless. The book The Zone by Barry Sears, Ph.D., describes being in the "zone," the healthiest and most desired condition, as when "the mind is relaxed, yet alert and "as if one were not right" his or her body."

Meanwhile, well body is fluid, strong and apparently indefatigable. It is almost euphoric.

Notice the first and most essential factor has to do with the mental attitude. Without this state of mind, nothing physical could be achieved.

I, for one, know that I perform at my best when I am mentally prepared—meaning I am focused, confident and happy.

Being in a depressed, unhappy state lessens my physical capabilities.

I have had a badly, failed a test, fought with a friend, et al — it will be evident in my basketball game that day.

The actual physical well-being of an individual is directly linked to one's mental condition.

This is why very clinically depressed people are in danger of rapidly decreasing health.

When their minds believe they are not right, their bodies show the signs of deterioration.

One can also use this factor to their advantage. "What the mind believes, the body achieves."

I have known that I am tired and my legs feel like lead and my arms like twenty-pound weights, I can convince my body to ignore these signals and play on.

Mental strength is a powerful weapon.

The moral is to live with a positive attitude and the rest will follow.
Urge to blurt gives an earful to others

By Wayne Kosminoff
Co-Features Editor

Consider the scenario. You're boarding a train from Boston to New York. Last minute passengers race up and down the aisles searching for seats. Finally, there's an empty one. You throw your luggage in the compartment above. In an attempt to get settled, you open your laptop and type sporadically on the keys.

But the seat next to you is not empty. There is a stranger in it, a stranger with a burning desire to chat.

Even worse, this person wants to tell you his most private thoughts and is blabbing endlessly about his marriage and financial problems. While he spits his guts, you think to yourself, "How bad can a five-hour trip like this be?"

Given the ease of the conversation, and the cancer with which he discloses his inner secrets, the stranger could have just as easily been telling you how he cheats on his taxes or is wanted for some felony he has committed.

Sound familiar?

Could it be the influence of radio talk shows that make people feel the sudden urge to pour out their feelings? Maybe it's just because people are starving for listeners. Whatever the reasons may be, people love to tell it all.

"It's cathartic. People who smoke for a variety of reasons, to reduce stress, social reasons, the fact that people are bored, and influence from family members or friends. On Thursday, Oct. 16 at 7 p.m., the Respiratory Therapy Club will be teaming up with St. Vincent's Medical Center, who also sponsors a Swim Across the Sound event, to raise funds to help others.

"Normal classes usually cost $200, but St. Vincent's Medical Center will give the students free of charge," said Michele Czirnazi, a respiratory student from Newtown. Czirnazi, who organized the event, said, "I have seen many elderly patients in the hospital with respiratory problems due to smoking. I felt it's extremely important to try to stop them from smoking and get them to quit before real trouble begins.

"Quitting smoking cold-turkey can be nearly impossible, so why not take advantage of the program and try?"

"I personally don't smoke, but I think this program is a great opportunity for smokers to try to kick the habit," said senior Vanessa Fillion, a media studies major from Cumberland, R.I.

These sessions for quitting smoking are open to all students, staff, and faculty. Each of the seven sessions lasts 40 minutes and are all welcome to attend. The dates for the event are as follows: Oct. 20-23, Oct. 28, and Nov. 3, 10.

For more information on these sessions please do not hesitate to call 426-6293.

Still I Rise

By Alexis Harrison
Staff Writer

People smoke for a variety of reasons, to reduce stress, social reasons, the fact that people are bored, and influence from family members or friends.

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Artwork by Jason Mastroianni
To Your Health

By Carmela Chisholm

The stress of stress

"Oh my God, my paper is due tomorrow!"

"I've got practice in 20 minutes and I'm not even close to done!"

"Oh man, West Hall is on fire!"

Sound familiar? If these quotes are actual words that you've said, you could be a victim of one of America's most popular and fashionable diseases...STRESS! Just the sound of the word brings thoughts of midterms, caffeine, and all-nighters to mind.

But, what is stress? (Stress is trying to think of a idea for your column the day it's due!) Stress is a prolonged state of anxiety, during which every damn thing possible that could go wrong, does.

In reality, stress is actually any traumatic or troublesome event that makes a person worry to the point of insanity.

By Carmela E. Chisholm
Co-Features Editor

According to a report in the Oct. 2 issue of the Connecticut Post, about 50 percent of America's 16 and 17 year-olds are at risk of becoming unemployed, unwed mothers, or high school dropouts. Ken Bryson, a census bureau analyst, recently issued a report entitled "America's Children at Risk." The report was based on the March, 1996 current population survey.

According to Bryson's report, 25 percent of America's children are exposed to one risk factor, 12 percent to two factors, and 13 percent of teenagers are exposed to three or more. The factors indicated in this particular study are caused by the children's parents. Included in the list of risk factors are such things as unwed mothers, the absence of parents, one-parent families, poverty, welfare dependency, and parents who do not graduate high school.

The differences between the children who face these risks and those who do not are significant. For instance, only one percent of children who have no risk factors end up unemployed and out of school, whereas 15 percent of children exposed to three or more risks do.

This recent census report agrees with many different findings that have already been collected.

Marilyn Ondrasik, director of the Bridgeport Child Advocacy Coalition, agrees with Bryson's findings. "Child poverty, living in a one-parent family, child abuse, all of these are risks that can lead to bad outcomes."

Even though Connecticut has been improving in some areas, in other areas it is falling behind. "In 1984, Connecticut had the fewest children in poverty, however, it now ranks 21st," Ondrasik added.

While the causes of failure in later life are too numerous to be counted to be eliminated, there are some things that can be done. For instance, one of the most common problems the children face is the lack of a healthy diet and a lack of exercise. This can lead to obesity, heart disease, and other health problems.

Books are another important factor. Reading books can help children develop their reading and writing skills, as well as their understanding of the world.

As society tries to reduce stress and pressure, there are things that can be done to help children. For instance, school systems can work together to provide more resources for children, such as counseling services and after-school programs.

Unfortunately, there is no one solution to the problem of childhood poverty. It will require the efforts of everyone in the community to make a difference.

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New band director, but no new members

By Tara Deenihan
Assistant A&E Editor

This year when the members of the Pioneer Marching Band arrived for Band Camp on August 22, a new face greeted them.

Marvin McNeill, director of bands, arrived at Sacred Heart this summer, fresh from his graduate work with the UConn Marching Band and ready to begin this year's field show.

"With the size and instrumentation we're given, we have to make more with what we have."

McNeill graduated from Virginia Tech in 1994 with an undergraduate degree in music education. He spent the next three years at UConn earning his Master's degree in performance and working as a graduate assistant with the band. In his first few months here at Sacred Heart, he has met with new students and attempted to help band veterans to adjust to his style.

"It's a growing process from both sides," said McNeill. He added that his experiences with the students has been positive so far, and expressed his excitement about the hard work the band has displayed.

"He brings an excitement and energy to the band," Kami Azevedo, a sophomore nursing major from Norton, Mass., said of McNeill.

Drum major Thomas Phanopus, a political science major from New Jersey, agreed. "He's done a good job," said Phanopus.

Band members overall feel that McNeill has been a positive addition to the band, and are looking forward to this year's field show.

The show for this year is a compilation of upbeat jazz numbers. McNeill and the band got the chance to perform the show for the first time on Sept. 27 for Pioneer Weekend. The band played for touring students at open house, and performed during halftime at the football game.

McNeill received kudos for his direction of the band from Dr. Cernera and other members of the audience.

"I hope that it will be as entertaining as I envision it," added McNeill.

Part of the challenge in creating an entertaining show is the small size of the marching band at Sacred Heart. With approximately 30 members, not including color guard, the band has had to work harder than ever.

"With the size and instrumentation we're given, we have to make more with what we have," says McNeill. "Each individual is more exposed."

The band is always looking for new members. If you're interested in joining or would like more information, call x7664.

The Shu Marketplace is now offering bundled bargain lunch specials. Selected items have been bundled together to provide a hearty lunch. If you were to purchase these items separately the retail value would be $8.25. By choosing the bundled bargain you pay only $5.25.

Visit the Marketplace often. We are open daily from 7:30 am to 11:00 pm.
Staub finds perfect forum for cartoons

By Frank Todorov
Contributing Writer

Students flood the hallway on Thursday morning with a busy day ahead of them. They grab a copy of the Spectrum as they fly through the corridor to become informed of University matters and for entertainment. Recently however, students and faculty alike are turning to "If the SHU Fits" from a new weekly editorial cartoonist. The creator and artist of "If the SHU Fits" is Jeremy Staub, a junior art major. He has had a single plate satirical comic in the Spectrum since the beginning of the semester.

"The new editor [Gina Norelli] had seen some of my work last year and asked me if I would do one every week. I said 'sure,'" said Staub, who has had a pencil in his hand as far back as he could remember.

"In grade school I never paid attention in classes," Staub said. "All Jeremy does is draw," his parents would say. "Well let him," his parents would say.

"It's very exciting," says Nemergut. "So much time has passed, and you think you didn't make it. But all is done with a critical *point* rather than a condemning one.

"The students simply want to know what he's going to say next," said Katie Meyer, an undecided first-year student from Falmouth, Mass.

"He is a talented artist, and I would also add journalist," said Dean Larry Wielk. "In the case of editorial cartoons, you don't just have to be talented as an artist, but have a good sense of the news as well. As for always agreeing with the topic, that may be another issue. The purpose of the cartoons is to generate conversation, and given that, he is doing a good job." Wielk then added with a big smile, "I will continue to say he is doing a good job until my caricature shows up."

"I think I would be happy getting hate mail. It would let me know that I was doing my job," Jeremy said, only half joking. As yet, everybody loves Staub. He personally has heard nothing but positive comments about his drawings.

"Jeremy has proven to have a strong satirical wit in both the rendering and conceptual thinking aspects of what he is doing," said Jack deGraffenried, assistant professor of art and Staub's teacher. "Last year he was given a couple of chances to express his talent through this technique. The Spectrum has given a tremendous forum in which to work, and his work is expanding on that."

Jeremy would very much like to make a career out of drawing political and editorial cartoons.

"Hope everyone keeps reading," said Staub. "If anyone has any ideas or comments, I would love to hear them.

SHU Alumnus chosen for major art show

By Tara S. Deenihan
Assistant A&E Editor

Linda Nemergut has brought the Sacred Heart name to the west coast. In a juried competition sponsored by the Los Angeles Society of Illustrators, two of her pieces were selected for their annual show and book from over 1,500 entries.

Nemergut is a 1997 graduate of SHU, majoring in illustration. Her two watercolor pieces, "Chameleon" and "Reflections," will be published in "Illustrators West" late next year.

"It's very exciting," says Nemergut. "So much time has passed, and you think you didn't make it. To find out you did is very exciting." Her pieces were submitted for judgment in June, and she received her letter of acceptance last week.

Nemergut attributes her success to her education in the SHU Art Department. "This is a direct result of my art classes at Sacred Heart. My (illustration) instructor, Jack deGraffenried, has been exceptionally supportive and helpful." She also cites the influence of watercolor instructor Judith deGraffenried, who described Nemergut's achievement. He said, "It's great to see the names of my teachers listed in the same competition or publication that I have students in — it speaks well of their training of me and my training of someone else."

Nemergut has already made a name for herself at Sacred Heart. She has had work displayed in the University Student Art Show in the Gallery of Contemporary Art, as well as in the spring issue of Sacred Heart University Magazine, and on the cover of the 1997 football program.

She was also awarded third place in the Strathmore Paper Company's 1997 student competition.

Nemergut's plans for the future include pursuing a degree in fine arts and continuing her work in illustration.

Do you have a special talent in any of the arts or know someone that does? Call Tara at X7963 to be featured in "Arts at the Heart!"

Correction: In last week's article "Budget cuts hurt theatre program," the photo included was labeled incorrectly. The cast shown was the cast of 1997's "The Skin of Our Teeth," not "The Crucible."

Attention Administration: Please do something about the tremendous stifling heat in this Spectrum office. We have reported the uncomfortableness of this office time and time again, yet it remains unbearably hot. The staff is suffering and it's not healthy. Please help us.

Thank you.
Penn and Douglas play 'The Game'

By Tara S. Deenihan
Assistant A&E Editor

"The Game," starring Michael Douglas and Sean Penn, takes viewers on an action-filled roller coaster ride. The sophomore effort of "Seven" director David Fincher offers suspense, dark humor and a journey into paranoia of the worst kind.

Michael Douglas plays Nicolas Van Orten, a cold-hearted San Francisco business man haunted by his father's suicide and badgered by his rehabilitation brother Conrad, played by Penn. For Nicolas' birthday, Conrad gives him a gift certificate to a company called Customer Recreation Services. When Nicolas visits the office he is given a full psychological and physical exam, and a vague description of a real-life game which he will have to unravel as he plays.

As the movie progresses, CRS pulls Nicolas into one catastrophe after another, and leaves him unable to trust even his closest friends and relatives.

Under the direction of Fincher, "The Game" maintains a sinister feel throughout. Douglas and Penn both give strong performances as the brothers Van Orten, and each plays out his individual torment with masterful grace.

The movie is confusing, however. If you leave the theater to get popcorn, it will take a while to figure out who to trust again, and that's just because it will change again in another five minutes. The plot is constructed so that just when you think you've figured it out, it takes you in an entirely different direction. While this leaves viewers on edge in the theater, that's what makes "The Game" so effective. In its panic it is thoroughly entertaining.

Chumbawamba brings in the groove

By Stephanie Smith
A&E Editor

Toe-tapping. Feeling the groove. Anyone who has heard the song "Tubthumping," the first single from Chumbawamba's "Tubthumper" album knows the feeling when the music pours from the speakers.

"Tubthumper," the song, is like a small-scale version of the entire "Tubthumping" collection.

It is Chumbawamba's ninth album. A British group that came together in 1986, it consists of Dou Watts on vocals, keyboard; Dunbert Nobacon on vocals, keyboard; Boff on guitar, vocals; Danbert Nobacon on vocals, percussion; Paul Greco on bass and Jude Abbott on trumpet, vocals.

Chumbawamba has experimented with several kinds of music, from a capella folk to techno dance. Finally, it seems, they have found the right mix of tunes.

"Tubthumping" is an eclectic album that encompasses several music types. The hour-long adventure takes the listener through a musical story. Songs like "Tubthumping" and "Drip, Drip, Drip," are definitely feel-good with a strong beat and a twist.

No matter what the craving, it can be satisfied with Chumbawamba.

Tis the season... for Halloween pumpkins

Designers Isaac Mizrahi will deliver the keynote address to students at the first-ever Dare to Design your Future, a design competition and career day for students sponsored by The Fashion Group Foundation, to be held on Fri., Nov. 14 in New York City.

For registration information contact Salley Sekou at The Fashion Group International at (212) 593-1715. Tickets are $25. Design competition deadline is Oct. 22. Registration deadline is Nov. 3.

Hangout in the Outpost!

The Pub is a great place to sponsor events on campus, or to just hang out!

Wednesdays
9 p.m. - 12 a.m.

Thursdays
8 p.m. - 12 a.m.

Fridays & Saturdays
9 p.m. - 1 a.m.

Contact Kim Timpany at The Student Union Office or call 396-8027 to program Outpost events!
Sports in brief

Midnight Madness at the Pitt Center
On Friday, October 17, Midnight Madness will be held in the Pitt Center for the first time ever. The men's and women's basketball teams will explore new territory. The event will include prizes, shootouts, giveaways, dunk contests and admission is free. For more information call 365-7567.

Dart tournament in Hawley Lounge
A dart tournament will be contested in the Hawley game room on Wednesday October 22 at 4 p.m. It will be a team competition and teams of two should sign up. The cost is $4 per team.

Crew season set to begin this Saturday
On Saturday, the Sacred Heart crew season commences at the Head of the Housatonic Regatta. Both the men's and women's teams will compete.

Men's soccer suffers loss to Merrimack
On Oct. 1, the men's soccer team lost to Merrimack College, 6-3. Merrimack initiated the first half's scoring with a goal just two minutes into the game. The Pioneers responded with a pair of tallies by senior Rich Raupp and junior Mark Moura to take a 2-1 lead.

Merrimack answered back with three goals in ten minutes to take control of the game. Raupp's second goal in the latter half brought SHU within two points. Raupp answered back with three goals in ten minutes to take control of the game. Raupp's second goal in the latter half brought SHU within two points. Merrimack won the game 6-3.

Equestrian

Continued from page 16

The Sacred Heart University Equestrian team following the Hofstra Horse Show in Long Island.

Due to the Columbus Day holiday, there will be no issue next week!

Soccer gains speed

By Matt Duda
Staff Writer

At first glance, the Sacred Heart women's soccer team appears young, consisting of nine freshmen, eleven sophomores, six juniors, and one senior.

Even the coach, Jen Fallon, is young, having just graduated from Sacred Heart in 1996. Sure these women are on the youthful side, but they know soccer. Just ask Southampton or Southern Connecticut. They'll explain how this inexperienced squad didn't allow a single goal last weekend.

Sophomore Jennifer Higgins' unassisted goal with 15:23 left to play against Southampton (Medford, N.Y.) anchored the defense by deflecting four of the five shots she faced.

After playing a tough game on Saturday, the lady Pioneers stepped up a notch defeating Southhampton, 2-0, in Long Island.

Sophomore forward Michelle Majeski, the team's leading scorer (10, three goals and four assists), was credited with a goal and an assist. Defender Pegy Feldt (Modena, N.Y.), got into the offense by adding an insurance goal.

These two wins and a victory over Bryant College on Oct. 2 gives Sacred Heart a three game winning streak, increasing its record to 5-3-1 (1-1-1 NECCC).

Freshman Elena Rosero (East Meadow, N.Y.) and Higgins are tied for second with three goals each.

Junior midfielder Kristen Ferguson and Feldt each have two goals.

Carlin Guameri has started five games in goal and has recorded 40 saves. The team is 2-2-1 with her starting in the net. Junior Sarah Hanna (Baysville, N.Y.) has started four games, compiling 23 saves.

The Lady Pioneers return home on Sunday to play Albany State at 1 p.m. at Campus Field.

Tennis downs Franklin Pierce College

By Lisa Pio
Assistant News Editor

After a slow beginning, the Sacred Heart women's tennis team is now on its way to finishing the season with a successful record.

They improved their record to 3-6 after last Sunday's 5-4 victory over Franklin Pierce College.

"We played very well on Sunday against Franklin Pierce who finished ahead of us in the conference last year," said coach Mike Guastelle.

Sophomore Kelly Quinn (Medford, N.Y.) stood out on Sunday. Quinn, who missed the first four matches due to a back injury, had an impressive 6-1, 6-0 win over Franklin Pierce's Emily Haining.

"My injury has helped me gain appreciation for the game and become more controlled in the game," said Quinn.

Also playing well on Sunday was freshman Jessica Magri. Magri defeated FPC's Allison Smith 4-6, 6-1, 6-1.

Sophomore Desiree Bulose (Staten Island, N.Y.) beat FPC's Amy Spencer 6-2, 6-1 in sixth singles.

"The match against Franklin Pierce was a good win for us," said Guastelle.

On Oct. 17, the Lady Pioneers travel to Albany for a weekend tournament. SHU will compete for a conference title. "We have an outside chance of winning our conference," explained Guastelle. "We're finally getting everyone healthy.

"I think we will definitely hold our own in the upcoming tournament," said Bulose.

Sacred Heart has four matches left in the regular season. "Realistically, I feel we can win at least three out of the four remaining matches," said Guastelle.

The team will face Malloy in a make-up match at home tomorrow at 3 p.m.
In the Spotlight

Name: Deirdre Hynes
Age: 21
Hometown: Maopac, NY
High School: Maopac High School
Sport: Field Hockey
Position: Inner
Book: “Drive” by Larry Bird
Quote: “You don’t have to be talented to hustle”
Why did you choose SHU? It had my major, field hockey, good distance from home
Major: Math
Future Plans: To be a high school math teacher and coach field hockey
Pet Peeves: People who whine

Name: Chris Eaton
Age: 19
Hometown: Mason, NH
High School: Mascenic Regional HS, Vermont Academy
Sport: Cross Country
Position: 8K runner
Heroes: Big Daddy
Movie: Braveheart
Book: “The Painted Bird”
Quote: “Who knew?”
What made you choose SHU? successful recruiting and the students
Major: Undecided
Future Plans: Elementary school teacher, have a family
Pet Peeves: Ignorant people

Cross Country: Team continues to shine

Continued from page 16

men’s race were junior Rick Janecko (27:51), senior Brian Young (28:38), sophomore Brian Williams (28:46), sophomore Dan Gallardo (29:04) and junior Tom McCabe (29:34).

On the ladies side, the team received strong performances from junior Carrie DeMorgan (19:18), freshman Danielle Revell (19:30), sophomore Michelle Wendoloski (19:53), freshman Kyla Mulvey (19:55) and senior captain Stephanie Smith (20:09).

Morrison was particularly pleased with Revell’s performance in the race.

“Don’t know where this team would be without Danielle Revell,” said Morrison. “In every race this season, she has exceeded all possible expectations of her.”

Both teams are looking forward to the New England Cross Country Championships tomorrow at Franklin Park in Boston.

Do you want to write for sports? Call Corinne or Julie at the Spectrum office, ext. 7963 or 7966

HELP WANTED

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The Waldheim Report

SHU attempts to climb the divisional mountain

by Corinne A. Waldheim

SHU's women's volleyball team, after losing three straight matches, was ready to face the University of New Hampshire (UNH) Saturday afternoon. The Lady Pioneers had to face UNH in their first match and then face Albany in the last match of the tournament.

"It was great to beat them this time," said Carter. "We lost to Albany at their place earlier in the season and it was great to beat them this time," said Carter.

In their final contest, the women faced Mercy and hoped to add another win to their status, but unfortunately fall in three games (8-15, 2-15, 7-15).

"We have a chance in the next six matches to provide ourselves with the best record in this team's history," Carter added. "This team is ready to go."

The team will be in action tonight in the Pitt Center at 8 p.m. against New York Tech.

Sports Schedule October 9 - 22

Thursday
(W) Volleyball vs. N.Y. Tech, 8 p.m.
Field Hockey vs. Appalachian State, 4 p.m.

Saturday
Football vs. C.W. Post, 2 p.m.
Field Hockey vs. UMass-Lowell, TBA

Sunday
Equestrian at St. Joseph's, TBA
(W) Soccer vs. Albany, 1 p.m.

Monday
(M) Soccer at Univ. of Albany, 1 p.m.
(W) Tennis at UMass-Lowell, TBA

Tuesday
(W) Volleyball vs. Southern Conn., 4 p.m.
(W) Soccer vs. N.Y. Tech, 3:30 p.m.
(W) Tennis at American Int'l, TBA

Wednesday
Field Hockey vs. Drew, 4 p.m.

Quote of the Week -- "Skate to where the puck is going and not to where it's been."
-- Wayne Gretzky, of the New York Rangers
Sacred Heart has yet to defeat Stony Brook in six meetings, but last Saturday’s 22-7 loss to the Seawolves on Long Island was closer than the final score. "The defeat dropped the Pioneers’ record to 1-3 in the Eastern Football Conference and overall. "We are improving as a football team," said first-year Coach Tom Radhik. "For us to win, we have to be perfect." In the second quarter, junior running back Terrence Washington raced 50 yards to score the game’s first touchdown. Washington gained a career-high 117 yards in the game. He is currently ranked fourth in the EFC with 73.4 yards per game, a total of 297 for the year.

"We were very impressed with what Sacred Heart did," said Stony Brook Coach Sam Komhauser. "Their well-prepared offense presented us with problems." Senior quarterback Peter Flowers completed four of 12 passes for 26 yards. Stony Brook was our best against Sacred Heart’s defense," said Komhauser, "and our weakness is their attacking team.

Sacred Heart senior Andres Martinez (68), senior Peter Flora (19), and senior Tim Aucoin (8) collide with the opposition. Sacred Heart freshman Andrea Martinez (68), senior Peter Flora (19), and senior Tim Aucoin (8) collide with the opposition.

By Corinne A. Waldheim
Sports Editor

Field Hockey on hot streak
Hynes leads Lady pio­
ners to winning season

By Christian Konkelos
Staff Writer

The Sacred Heart field hockey team has proved in the last seven games what team unity is all about. After falling in the first three games of the season, the Lady Pioneers have posted seven straight wins in seven games. The most recent was Saturday’s 6-0 win over Franklin Pierce. Coach Barbaresi is impressed with the progress, but takes a day-to-day approach. "I don’t want to appear overconfident because the toughest part of our schedule is coming up which includes Kutztown and Bloomsburg," said Barbaresi.

Over the past few weeks, the team has changed its attitude to a positive one and in turn, produced a seven game winning streak. "Finally, we got focused and started performing with a certain amount of tav," Barbaresi added. "The ladies allowed that to happen and they are playing where the potential is, which is using their great skills."

"We’re playing awesome," said sophomore Lauren Wiggins. "Everything is just clicking." Wiggins made a few adjustments which made the difference for the offense. "We were playing three in the front line in the first three games," said Wiggins. "We now have switched to a front line of four." Seniors Deidre Hynes and Jill Beaudoin combined for five goals and two assists in the victory, and sophomore Sarah Morrill scored one goal. Senior Cheryl Casey and sophomore Lauren Cantelmo, Heidi Berndt, Lauren Ludwig and Justin Gregory. Gregory received his ribbon over open fences.

Continued on page 13

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Continued on page 13