

SPECTRUM



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Flik Director discusses future possibilities

By Joe McGuigan
Contributing Writer

The Flik Corporation is in its fourth year of service to the Sacred Heart University community. Throughout this time we have seen changes and advancements with their service. Many people feel the biggest improvement from last year is the addition of the Market Place.

"The quality of the food is always our biggest concern, but because of the influx of students each year crowd control has become a major issue," said Flik director, Chip Kennedy.

According to Kennedy the market place was designed to entice some of the students

to obtain their meals there. This way the lines in the cafeteria would not be as long.

"Every year we get more and more students, but the space we have to work in does not grow. This is why we upgraded the selections in the Market Place as well as introduced the "grab and go" sandwiches," said Kennedy.

When asked about Flik's service, Ally Bernier, a senior Social Work major had this to say, "The selections from the salad bar have improved, but the selections on the hot food line are still repetitive."

Kennedy addressed this issue and blames it on the lack of space. Flik has a long term con-

See Flik, page 2

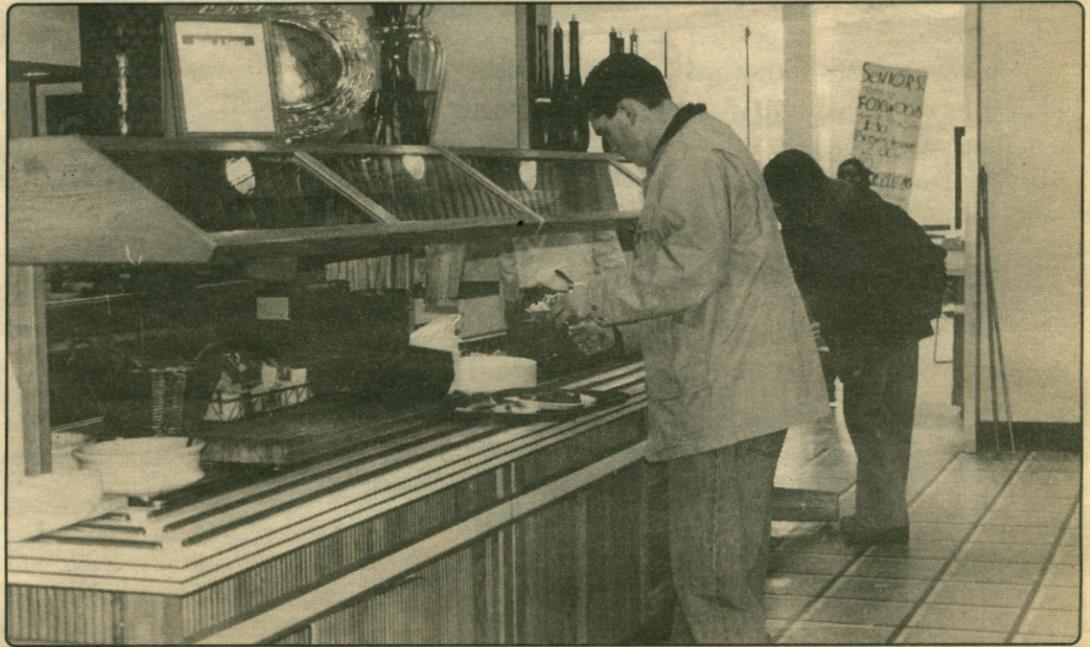


Photo by Kerrie Darress

A Sacred Heart University student gets some food from the Flik salad bar located in the cafeteria.

Park Avenue to be closed for rest of semester

By Bridget Flynn
Contributing Writer

Park Avenue, between the intersections of Wilson Street and Eckard Street, will remain closed until May 16, 1998.

The road is closed for the construction of a new intersection at the corner of Geduldig Street and Park Avenue, said

Annette Petrus, chief inspector of the work site.

Park Avenue and Geduldig will remain accessible to all local traffic and emergency vehicles at all times during the construction.

"The whole job will take 244 days. We will be out of here by Sept. 19 if all goes well," said Petrus.

The road construction has two phases. Phase one will last for 16 weeks, phase two will be

complete on Sept. 19. Phase two will allow Park Avenue to be open, alternating one way only.

A recent Connecticut Post article by James Clark said the \$988,000 project is designed to fix a dangerous intersection at Geduldig and Park Avenue. One motorist has been killed and at least 40 accidents have taken place at the intersection. The street will be lowered about 12 feet to provide better visibility for drivers entering and leaving

Geduldig street.

"We will be putting in new sidewalks and curbs as well as repaving the road in this section of Park Avenue," said Petrus.

Although a detour has been established, the construction creates an inconvenience for a majority of the Sacred Heart University community.

"It takes me an extra 15 minutes to get to school now that Park Avenue has been closed," said Katharine Davis, a resident

of Taft Commons.

Due to the construction, residents of Parkridge will no longer be permitted to park their cars on Geduldig Street or Park Avenue. This presents a problem for those students who can not use the parking lots at Parkridge.

The construction has created many inconveniences for the SHU community.

"Why can't they just put a See Park Avenue, page 4

Lullo out, Dutton in at S.E.T. New president to address attendance problems

By Amy Finkle
Staff Writer

In three years, the Student Events Team, or S.E.T., has grown from six members to 45. Although the organization is

growing and its advertisements of events wallpaper the halls of Sacred Heart University, there is hardly ever a large turnout at their functions.

Mike Dutton, a junior from Feeding Hills, Mass is the new president of S.E.T. He replaced

Sophomore V.P. Tim Lullo. "My decision to resign was completely my choice. I chose to do this so my academic studies would receive more 'stress-free' attention," said Lullo.

Dutton spent last semester in Seville, Spain where he wrote as an overseas columnist for the Spectrum. He explains that the goal of the program is to improve the life of the SHU community and make it fun. But he is disappointed to see that the majority of the student body seems uninterested in the events.

"One of the problems is that we have no tradition and no school spirit here," he said. "That is what S.E.T. wants to do. We want to establish tradition for our students."

Dutton also feels that he is here to have a good time as well as to further his education. He

See S.E.T., page 4

Campus Ministry changes New titles for Palliser, McLernon

By Brad Wilson
Associate Editor

Sacred Heart University's campus ministry office has taken on a new look to meet the needs of an evolving campus. Sister Margaret A. Palliser has been named director of mission effectiveness and Reverend Michael McLernon has been appointed director of pastoral ministry.

Palliser, who served as director of campus ministry since 1993, will now focus on escalating the Sacred Heart community's understanding and commitment to its mission plan.

Her duties will entail orienting new members regarding their knowledge of the mission, assessing the University's success in fulfilling the mission and assist in writing documents pertaining to it.

"The most compelling reason to come to Sacred Heart was

the University's obvious and extraordinary commitment to fulfilling its mission," said Palliser.

"The developments of a strong Campus Ministry program to fit the needs and gifts of a growing student population has been a primary focus for me over the past five years. I am very pleased to work with the University community as the director of mission effectiveness," she added.

McLernon, who has been a member of campus ministry since 1994, will take on the role of overseeing the daily functioning of the campus ministry office. He will continue to address the spiritual development of Sacred Heart students and staff.

"Ministry is not about a select group of people doing something, it's about a community doing something," said

See Palliser, page 4

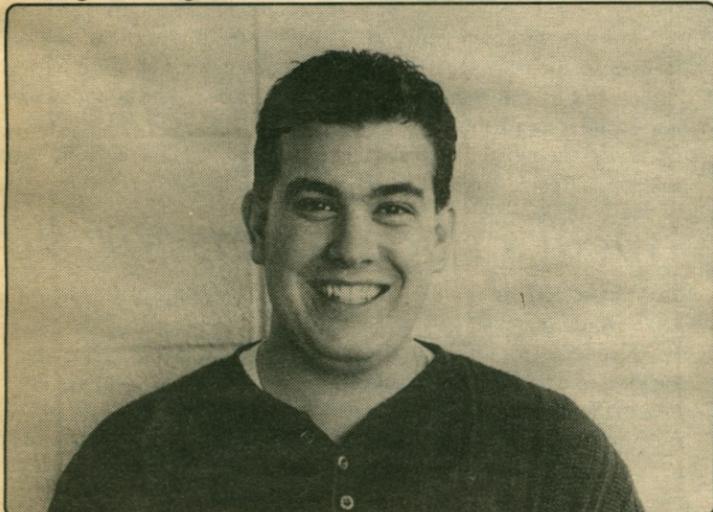


Photo by Karrie Darress

Junior Mike Dutton takes over as head of S.E.T. this semester.

Inside...

Clinton addresses nation...see page 2

It's a task to dial out...see page 4 and editorial page 5

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SKA Band preview...see page 12

News Briefs

Krytschenko taking over as new Info. Officer

Effective Jan. 26, George Krytschenko will become the new Chief Information Officer at Sacred Heart University. Krytschenko replaces Vincent Magiacapra, who resigned to pursue personal interests.

Krytschenko will serve in that capacity and report to Dr. Paul Madonna, vice president of Finance and Administration, until the position is filled.

University Networking and Telecommunications will now be reporting to Krytschenko. The Director of Operations, who supervises the Help Desk and Mailroom will also report to him now.

Sacred Heart celebrates religious diversity

Sacred Heart University will celebrate Religious Diversity Week from Jan. 25-31. During this time, the SHU community will pray for understanding and cooperation among the world's major religions.

Father Micheal McLernon, the coordinator for the event, believes that the religions of the world must accept each other.

"We need to understand each other's points of view and find out what we have in common," he said.

McLernon says that Religious Diversity Week will be observed at Sacred Heart every January. He hopes to bring clergyman from a variety of religions to Sacred Heart to speak to the community.

At daily mass during the week, a prayer will be said for a different religion each day. Mass is held at noon, Monday through Friday, in the Chapel.

Black History Month to kick off next week

Black History Month will begin its events on Feb. 4. The first event will be a reading of the Governor's Proclamation by Patricia Walker, dean of the College of Education and Health Professions.

More events will continue throughout the month of February. For more information, call the Student Life Office at 371-7846.

Women's Leadership Conference coming soon

The second Women's Leadership Conference will be held March 27 at Sacred Heart. The event will go from 11:00 a.m. to 5:00 p.m., with signup from 10-10:30 a.m.

Registration materials will be available soon. For more information, call 365-7511 or 7528.

Resume Workshops offer opportunities to many

Sacred Heart University students wishing to get ahead start on their future, the Career Development office offers internships related to specific majors or fields of interest.

The Career Development office offers several resume writing seminars which students must attend as a first step toward finding the right type of work. Seminars assist students in assembling an effective resume, as well as preparing them for the skills needed during job interviews.

The culmination of the program comes on Mar. 20, Career Day, when representatives from area companies interview students for possible employment.

Several resume writing sessions are offered throughout the semester for juniors and seniors. For more information, contact the Career Development office at 371-7975. See Campus Happenings, page 10 for workshop times.

-Compiled by Brian Corasaniti

Clinton addresses the nation

By Gina Norelli
Editor-In-Chief

They couldn't believe he'd be able to give the speech because of the sexual allegations against him. But President Clinton presented himself to millions of Americans Tuesday night at the State of the Union Address with a radiant aura of confidence and an extra wide smile. If you looked carefully though, his eyes were baggy, perhaps reflecting sleepless nights of worry.

"He's had his back against the wall before," said a commentator before the Address. "If the 'Comeback Kid' comes out of this one, he's Houdini."

The commentator said that politicians are waiting on pins and needles to see what is going to happen to Clinton, since he was accused of having an affair with White House intern Monica Lewinsky and allegedly asking her to deny it under oath.

Clinton's life may be in a state of panic, but the State of the Union is calm and positive.

Crime has decreased, there are 14 million new jobs because of inflation, the deficit has gone from \$357 billion to a mere \$10 billion in a year, and the minimum wage will increase.

"Student loans will be less expensive and easier to pay. Now you get to deduct interest," said

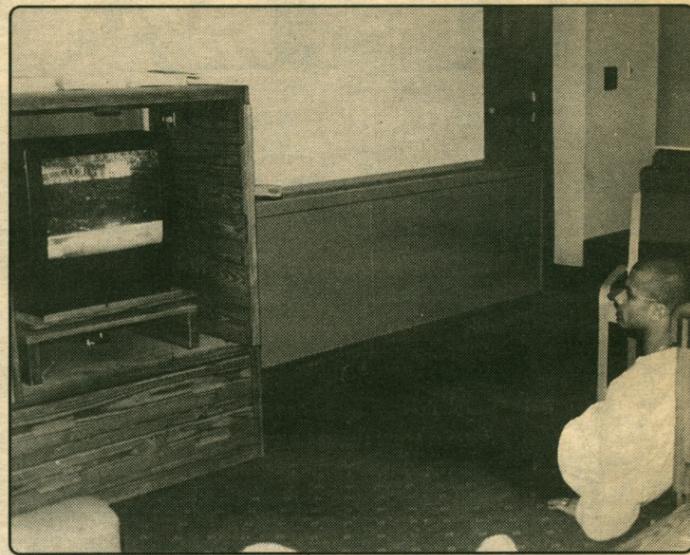


Photo by Kerrie Darress

Senior Eric Wood watches Clinton's speech in Hawley Lounge.

Clinton. He also noted the idea of tax free education and a \$1500 tax credit for the first two years of college.

He urged Americans to encourage poor children and those in dead-end jobs not to give up. "We can make college as universal in the 21st century as high school is today."

Clinton wishes to close the door on drugs at our borders, and ensure that medical decisions are made by American doctors, not insurance company accountants. "You have the right to choose the doctor you want for the care you need," he said.

Throughout the Address, many Republican's looked grim

and didn't clap or stand up as Clinton's people did after nearly every sentence.

Clinton remembered to mention his wife Hillary throughout the Address, and the camera zoomed in on her, as she sheepishly stood up.

Many Democrats kept their distance as they rapidly exited the building after the Address.

The commentator said, "Considering the week he had, it was a remarkable performance."

A student, who wishes to remain anonymous, agreed that it was indeed a performance: "I am surprised at how well he bullsh**ed his way through it with the sex scandal on his mind."

Residential Life looking for RAs

By Amanda Massey
Contributing Writer

The Office of Residential Life is looking for more Resident Assistants. Several Resident Assistant positions need to be filled by the fall '98 semester.

There are 10-15 Resident Assistants leaving this year, with 50 positions available. It is unknown how many Resident Assistants will return next year.

"We have no official number yet. The number will be based on the letter if intent that all Resident Assistants must submit," said Cathy Raynis, director of Residential Life.

"Not all Resident Assistants are rehired, only the phenomenal are welcomed back," she added.

Resident Assistants are awarded an RA Scholarship. "By your second year as a Resident

Assistant, the scholarship covers most of your housing payments," said Ray Turner, a second year senior Resident Assistant at Jefferson Hill.

Other Resident Assistants are interested in the ways they can contribute to the Sacred Heart community.

"I like being able to be there for my residents," said Jessica Stewart, a first-year Resident Assistant in South Hall. "It is a lot like peer counseling. It is very productive towards people skills," she added.

South and West Hall Resident Assistants are mostly there to help the transition of incoming first year students and any problems they are experiencing.

"Upperclassmen tend to take care of their problems themselves, but it is always nice to know that if they need me, I am here for them," said Robert Glejzer, a Resident Assistant at

Taft Commons.

Raynis also said that becoming a Resident Assistant helps students become more involved with their community and also helps pay part of their housing tuition.

"Becoming a Resident Assistant is an opportunity of a lifetime. It is an immense opportunity for self growth. You build a community with your personality and become a leader," she said.

"By dealing with different types of people on the course of the job, you get to learn a lot about yourself, and the person you want to be," said Turner.

Students can pick up a Resident Assistant applications at the Residential Life Office. Interview preparation sessions are scheduled for Feb. 9 at 7 p.m. Resident Assistant interviews are Feb. 16-27, and the Group Process Day is Feb. 19 from 6-10 p.m.

Flik: Kennedy speaks about plans for '98

Continued from page 1

tract with SHU and Kennedy is assured that Flik is capable of doing much more for the students, providing they had the space.

Carla Torre, a senior psychology major, admits that the Market Place has improved this year but, "there is still not enough of a selection to choose from."

"The Mahogany room would make a great addition," said Kennedy. If the Mahogany room was allocated for Flik's

use, the selections for the students would increase.

Kennedy would like to see the kind of a food court we find in a mall, with a Chinese food section, a taco section, and perhaps a pasta station.

Some students are still concerned with the high prices in the Market Place despite recent measures such as offering a Bargain Bundle to help cut down on costs.

"I'm a commuter and sometimes I'm stuck here all day. Buying food from the Market Place gets expensive," said Paul Engo, a junior Media Studies.

"The other day I bought a turkey sandwich and a soda and it cost me over five bucks. That's ridiculous," Engo added.

"Many of the commuter students don't realize that if they put money towards Dinning Dollars they could save eleven percent on each purchase," said Kennedy.

He went on to mention that they have to meet a quota each month with the Flik Corporation.

If they lowered the prices in one area they would have to raise them in another, Kennedy added.

Segregation in South Hall

By Elizabeth Hyer and Brian Corasaniti
Co-News Editors

In honor of the late Rev. Martin Luther King Jr., South Hall sponsored a variety of events for the holiday, including one that promoted segregation between men and women.

For this program students had to use specific elevators and stairwells that were identified by gender only.

If students did not comply, they would be documented by a Residential Life staff member.

"Students were concerned about why the stairs and elevators were segregated. They weren't sure of a reason," said South Hall resident Steve Evans from Blue Point, NY.

"This was a very successful program," said South Hall Residence Hall Director Jenn Bayly.

"Even if it was over people being inconvenienced," she added.

Another resident who wrote an anonymous letter to the Spectrum editor was also concerned.

This person was disgusted by the segregation and added, "What is even more ridiculous is the threat of documentation should we fail to comply with these standards."

"I feel there should be no reenactment whatsoever. Yes, these terrible acts occurred in our society, but we as a country have grown past that point and

should be proud of that," the anonymous student added.

"I find it amusing that some students are not worried about being documented for drinking or smoking pot, but are concerned about being written up for this," said Bayly.

The program, which was to last for two days ended within one night.

This was mainly due to the

complaints that many of the Resident Assistants received and because the majority of the segregation signs were either vandalized or stolen.

"If the program made students angry, then it was definitely successful providing they understand what it was about," said Jim Giudice, Residence Hall Director for Jefferson Hill.



Photo by Kerrie Darress

First year student Joe Pecora by a sign that was in South Hall.

Public Safety Releases

Public Safety Releases from Jan. 18 - Jan. 24

Jan. 18: 12:53 p.m.- Non-student came to Public Safety to report he injured his nose while at the gym; he was given an ice pack.

7:48 p.m.- Public Safety responded to assist Residential Life at Taft with a suspected marijuana violation. Bridgeport Police called; non-student issued a summons for misdemeanor drug charges.

Jan. 19: 8:59 a.m.- Suspicious male observed near Provost's Office. The individual was found in the library; no problem observed.

12:50 p.m.- Parkridge resident reported a suspicious male sitting in a vehicle on the street; Officers responded and identified the person; no problem found.

1:31 p.m.- South Hall resident reported receiving harassing phone calls.

6:31 p.m.- Visitor to the Schine Auditorium became ill; AMR Ambulance transported individual to the hospital.

7:52 p.m.- Jefferson Hill fire alarm caused by activated smoke detector.

11:00 p.m.- Officer reports a fire extinguisher was missing from Parkridge; it was replaced.

Jan. 20: 6:20 p.m.- South Hall resident reported their credit card was used without permission; Fairfield Police investigating.

6:47 p.m.- Student fell and injured themselves in an Academic Bldg. stairwell. Treatment and/or transportation declined.

Jan. 21: 3:03 a.m.- Officer observed a possible stolen vehicle parked in the North Lot. Fairfield Police notified, confirmed vehicle was stolen; vehicle owner notified.

10:02 a.m.- Officer escorted a solicitor in the North Lot off campus.

4:34 p.m.- Library staff report a disorderly homeless person in the building; person had left before the arrival of officers.

10:01 p.m.- Library staff report the person was back in the library; Public Safety Officers and Fairfield Police responded. The person was identified, given a warning and escorted off of campus.

Jan. 22: 1:19 a.m.- South Hall resident fell and injured his face; sustaining a severe laceration. 911 was called; student was transported to the hospital.

1:31 a.m.- Another South Hall resident, who observed the above, fainted and injured her head; she was also transported to the hospital via ambulance.

11:40 a.m.- Non-student reported the theft of his vehicle from the North Lot; Fairfield Police notified and responded.

Jan. 23: 2:10 a.m.- Taft residents observed a male attempt to break into a vehicle parked in the rear lot; Bridgeport Police notified and responded.

8:41 a.m.- Vehicle which was reported stolen from the North Lot on Thursday was recovered in the Jefferson St. Commuter Lot, near Merritt Parkway.

4:02 p.m.- South Hall fire alarm received; smoke detectors tampered with.

6:52 p.m.- South Hall fire alarm received; smoke detector was hit.

7:35 p.m.- Public Safety Officers separated arguing students in the Academic Building, preventing an assault.

Jan. 24: 7:47 p.m.- South Hall fire alarm received; smoke detector hit.

8:22 p.m.- Public Safety informed the Deja Vu bus driver he is not allowed on campus; he left.

SHU gets ready for AIDS Awareness Week

By Donna Serpe
Contributing Writer

To promote AIDS awareness on campus, the Office of Student Life selected the week of Feb. 16-20 as AIDS awareness week. Clubs and organizations will sponsor events throughout the week.

A lecture on Feb. 16 will be given by Professor Adaline DeMarrais.

"I will be speaking about the reality of HIV today and give some current information involving transmission and the pandemic," said DeMarrais.

DeMarrais, founder and director of Evergreen Network Incorporated, is a professor of psychology at Sacred Heart and has been published by Yale University press.

Evergreen is a social service agency for those affected and infected with HIV and the

AIDS virus.

Another lecture entitled, "Being Around a Person with the Infection is Not Easy," will be delivered by Jaissina Arguelles, someone who has witnessed the effects of AIDS.

Phi Omega Tau is sponsoring two lectures during the week as well as decorating the halls and distributing pins.

"The sorority is getting involved to help promote AIDS awareness on campus," said Melinda Nicoletti, pledge educator of Phi Omega Tau.

"We will be decorating the halls with balloons and handing out pins to students around campus," she added.

One of the highlights of the week will be the displaying of the AIDS Quilt in the mahogany room.

"Connecticut has two 12 by 12 pieces of the quilt and hopefully both are coming," said Henry Parkinson, program assistant in Student Activities.

"I made a few calls to the National Names Project in Waterbury and someone will be coming out to assess the school and see if we are approved," Parkinson added.

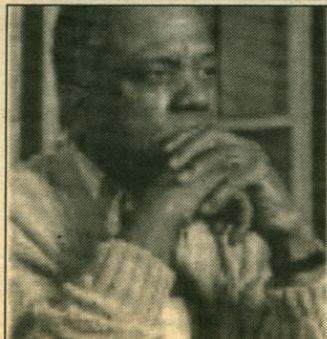
To help take the edge off the educational aspects of the week, there will also be the games AIDS Jeopardy, a version of Jeopardy which will include AIDS and HIV facts, and Singled Out.

Both games will be held at Taft Commons.

"The week sounds as though it will be interesting," said Ted Bludevich, a senior from Stratford.

"I would like to hear some of the lectures. I think that it is a good way to educate people," Bludevich added.

"I feel AIDS awareness is an important issue. I plan to attend some of the activities and hope other students will as well," said Gail-Sue Capone, a senior from Medford, N.Y.



He wants to do his taxes but he finds it too difficult to hold a pencil.

Without your help, he may not be able to do them.

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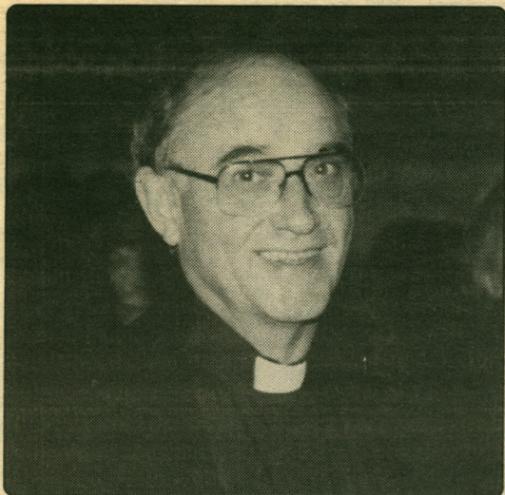
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Father Michael McLernon



Sister Margaret Palliser

File Photos

Palliser: New jobs for Fr. McLernon and Sr. Palliser

Continued from page 1

McLernon. "This change is about a structure meeting reality rather than reality meeting a structure. It is to reach out to the entire community."

Palliser received an S.T.D. in spirituality theology, *summa cum laude*; S.T.B. and S.T.L. in theology, all from Pontifical

Gregorian University in Rome, and a master's degree in music education from Boston University.

McLernon earned an A.B. in philosophy from Mount St. Mary's College, Emmitsburg, Md., and a master's certificate of advanced studies in counseling, both from Johns Hopkins University.

Park Avenue: Detours caused by construction upsetting some off-campus residents and commuters

Continued from page 1

light at the intersection of Geduldig and Park Avenue," said Maureen Delaney, a commuter student from Bridgeport.

Director of Public Safety William O'Connell said arrangements are being made with the Jewish Community Center so students can pay \$30 to get a parking sticker for the use at the Center's parking lot.

"If students park at Parkridge without a Parkridge decal, they are subject to being towed," said O'Connell.

A detour has been arranged for the 16 week period.

Many detour signs surround the construction area providing directions for the return to Park Avenue.

Michael Giaquinto, director of Facilities Management and Construction said he was concerned for individuals who were not familiar with the surrounding area as well as for visitors of the University.

Giaquinto negotiated to have Sacred Heart University detour signs posted.

Busy phone lines dominate SHU



Photo by Kerrie Darress

Junior Mike Powers tries to make an outside call to England from his room. Access codes have not been working on a regular basis for many SHU students, making long distance calls difficult.

El Salvador trip coming soon

By Kristen Jelormine
Contributing Writer

A recent memo sent by Donna Dodge, vice president for Mission and Planning, announced one of two trips to El Salvador.

Scheduled during spring break, the El Salvador trip is part of Service Learning at Sacred Heart and will consist of volunteer faculty members and selected student applicants.

The El Salvador trip reflects the work of Dodge's office which is to uphold the mission of the University.

"SHU has a mission to help students broaden their knowledge of other cultures and help the poor," said Dodge.

"The people in El Salvador

show hope. They are happy and that made me feel good," said graduate student Henry Rondon. Rondon plans on going again this year.

"I would like to see the progress that has occurred in El Salvador," said Rondon.

Another participant in the El Salvador trip is Dr. Edward Murray, professor of Education, who attends as a faculty advisor.

"It is a spiritual and intellectual experience," said Murray.

Murray explained that SHU had at some point been a university in which mission efforts were done on an individual basis.

"The El Salvador project, along with Service Learning, has given the university identity through reaching out to the

poor," said Murray.

Some faculty members, though, are not in favor of the trip.

"I actually witness a robbery. El Salvador is not a safe place," said Dr. Robert McAllister, professor of Education.

McAllister said he also warned one of his colleagues to reconsider her plans to go on the trip.

Despite the opposition, there are still supporters of the trip to EL Salvador.

Since participating in the EL Salvador trip, Murray said he has more respect for faculty, students and the University itself.

"Besides, you can go on spring break to El Salvador and get a tan and lose a few pounds," added Murray.

S.E.T.: Student attendance still a problem

Continued from page 1

tries to help others enjoy themselves by working with S.E.T.

This month S.E.T. has sponsored a variety of events ranging from a spoken word performance by John S. Hall, to "Carnival Photos" in the Outpost.

Regardless of the fact that there is a wide variety to accompany the tastes of many, Dutton feels the turnouts are poor.

"We want to know why people are not coming," Dutton said.

The Student Events Team is given \$110,000 a year to put on events. The money comes out of

students' tuition.

"We are using your money," Dutton added.

Dana Westing, a junior from Nashua, N.H., felt that there should be a better place to hold S.E.T. events.

"It would be great if there was a fun place with a cool atmosphere to go to on campus," she said.

"I have a car, so I would not go on the trip to the movies on the Shuttle, and I really do not have the time to attend lectures on weeknights," she added.

Virginia Paradis, a junior from Milford felt similarly.

"I am not that interested in

S.E.T. events. Especially ones held in the Outpost, because it is really just the cafeteria. I am in the cafe for lunch and dinner and do not want to hang out there at night too," she said.

Donald Vinci, a junior from Stamford felt that he would attend more events if more students attended.

"None of my friends go. I would go if more people went," Vinci said.

More information on joining S.E.T. and its meetings can be obtained in Student Activities. Dutton encourages suggestions and is always looking for new members.

SECOND ANNUAL

ALUMNI ASSOCIATION
SCHOLARSHIP

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Submission Deadline Date: February 27

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- * Financial Need
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For further information call
the Office of Alumni Relations

365-4801

OR

E-mail: wayc@sacredheart.edu

EDITORIALS

A driving inconvenience, but not in vain

Finally something is being done to increase safety at the treacherous intersection located where Geduldig and Park Avenue meet. Turning at that intersection had been a guessing game for years and has resulted in 40 accidents, one killing a motorist.

Connecticut Department of Transportation has decided to lower the section of street about 12 inches to provide better visibility. The procedure will close off the portion of Park Avenue until May 16, affecting many commuters, including several SHU students and staff. They will be forced to use a detour, but we believe the increased safety is well worth the added commute.

This was the only way to remedy an extremely dangerous situation. It's possible that they could have installed a stop light, but if a motorist was to run that light the results off an accident could have been even more serious.

Who you call is often a world away

What if you have to make an emergency phone call and your phone just won't dial out? This could happen, given the unreliability of the phone system at Sacred Heart University.

One of the main problems we would like to express is the fact that on several occasions, the Pioneernet phone system does not allow one to make phone calls with their access code or a phone card, even if phone bills are paid in time. A source at telecommunications claims that it is because too many lines are being used at one time and it is the fault of students who like to chat excessively.

We feel that those working at telecommunications need to look more closely at how to solve this recurring malfunction of our phones instead of brushing it off. How about adding more phone lines since more seem to be needed?

What may be a minor inconvenience when we aren't able to call a friend to chat, can become a catastrophe if we try to get through to a relative in an emergency and we receive a beeping signal that signifies that the phones aren't working. When this happens at night, when telecommunication workers have gone home, we are left with no phones and no solutions.



SHU problems should lead to growth

This is in reaction to articles in a recent edition of the Spectrum (January 22, 1998) complaining about the shortage of books in the bookstore as well as a reaction to complaints (last semester's editions of the Spectrum) not limited to our computer network or school policy on off campus "watering holes," etc.



By Sally Ann Michlin

It is frustrating for students and faculty, when required textbooks are not available for initial course assignments. Even those of us who do submit our book orders in a timely manner may have to revise course syllabi, because students, without texts, cannot do assigned readings. Changes and improvisation can lead to more creative course content. Eventually, the texts arrive in the bookstore.

Last fall, the SHU network may have been "down" more often than not. Life without e-mail and accessibility to the Net lacked dimension academically and socially. (Frankly, it drove me "nuts.") The network problems of last semester resulted in an improved, efficient network. Another problem was resolved. Have many noticed that repairs to laptops are now done faster? That is a result of problems with laptops last fall.

Problems, whether academic or personal, should result in growth and improvement. Prob-

lem solving is a major part of being an educated, intelligent being. Life consists of these types of irritants, major when they occur and later, in retrospect, of minor significance.

Solving problems may not be an obvious part of each course, but it is part of daily life, at any stage. It is learning how to deal with these problems that makes us capable, adaptable adults. Learning how to cope with problems is part of the thinking and learning process. It is time to decide if problems are going to be used as a tool for growth or for becoming irritable about the unavoidable.

One edition of last semester's Spectrum had articles complaining about the prices in the Marketplace. Lower prices did not result, but we were given the opportunity for creative solutions, solving the pricing problems on our own. Cutting down on the number of donuts consumed daily helped one professor.

Last fall, a warning was issued to students about attending an unapproved "social" event in Westport. Many students griped. There are times when admonitions are in the best interests of students. If one student met an untimely tragedy, as a result of consuming too much alcohol that night, so many more serious and valid complaints would have ensued.

Students' complaints about costs, whether it be the price of the required laptops, food, cable, phones, etc., are frequent. Each time there is a temporary academic or campus problem, students get a tuition-free course, Problem Solving 101. Succeed-

ing at Problem Solving 101 is a valuable intangible. It's a bargain, a "freebie."

If one is going to spend four years at Sacred Heart University caught up in unavoidable problems, (common to any institution) one is not going to benefit from the many positives that far outweigh temporary frustrations. One of the best philosophies is to focus on the positives in life and learn how to deal with the problematic.

There are not many universities with such a low student-teacher ratio. Students are not just nameless faces to professors. Whether you are a second semester student, an upperclassman or a transfer student, by now, you know that most of us, as dedicated educators, are not unapproachable, as professors at many other universities may be. You are at SHU to get the best education available and we are here to ensure that. We see you as people, not just bodies filling seats in lecture halls with a hundred, or more students.

The bookstore will work with you to obtain the books that did not arrive when they should have. In some cases, books arrive within days of the start of courses. Books can be special ordered.

Temporary problems are just those—problems of short duration. The intangible, the relationships with faculty, your courses, the tools for thinking, knowledge, the ability to interact, and the values of Sacred Heart University will be with you for life.

Sally Ann Michlin is a professor of English at Sacred Heart University.

A church on campus would further our Catholic image

At Sacred Heart University, we're constantly expanding. We have a brand new sports complex, brand new classrooms, and several other large-scale renovations in the works. In the midst of all the growth, though, we seem to be missing something vital.



By TARA DEENIHAN

SHU's Catholic community must hold weekly mass in the old gymnasium, since the only Chapel on campus will not accommodate nearly the number of students worshipping.

At a college that prides itself on being one of the premiere Catholic institutions, why is there no suitable place of worship?

Funding is obviously an issue. For structures like the Pitt Center or new classrooms, government funding may be available. However, the separation of Church and state prevents government funding for worship space.

But as a Catholic University, it is surprising that a solution cannot be found. The presence of a visible Chapel would emphasize our status as a spiritual community. Since Sacred Heart advertises itself as a Catholic school, it would make sense to have a structure which cements the claim.

Mass was once held in the Mahogany Room, until the number of students attending exceeded the available space. Mass was then moved to the gym. Although the increase of students at weekly mass is positive, some students have also decided to seek worship elsewhere, because of the conditions here.

The gym must be set up each week for mass, and then cleared out after mass ends around 10 p.m. Seating is provided through

PERSPECTIVE

folding chairs and bleachers. The space is not designed for the type of purpose it must now serve, so sound does not always carry well. Also, a crowded gym can become very warm, and uncomfortable.

It is surprising that a solution cannot be found.

Actually, one could argue that the lack of a Chapel illustrates the strength of SHU's spiritual community, since students not only attend mass, but assist in setting up each week as well. Despite the fact that we have no true place of

worship, our community continues to grow.

That then leads to another question, though — doesn't a Catholic community as strong as this one deserve a home?

Among all the renovations currently in the works or planned for the future, there is little talk of providing a facility for worship. Why? Can't a solution be found to help fund a Chapel?

As a student, I cannot help but wonder if Sacred Heart's priorities are in the right place. We're becoming so enraptured with image, style and profile that we seem to be forgetting why we are really here.

This school was founded by a Bishop as a Catholic institution. But to look around, an outsider would hardly be able to tell that this is the case. When the Catholic faith is not the priority of a Catholic school, where does that leave us?

EDITORIAL POLICY:

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.

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ANSWERS

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If the SHU Fits

by Jeremy Staub



CORRECTION: A Jan. 22 article in News about the SHU bookstore contained an incorrect spelling of the company that owns it. The correct spelling is Follett.

The SHU Voices

Compiled by Kerrie Darress

Do you think President Clinton is guilty?



Andrew Gambardella III
Junior
New Haven

"The outcome will not make a difference in the way he leads the country."



Christine Turowski
Sophomore
Bethpage, N.Y.

"Yes, but its not going to matter anyway."



Nicholas Pascucci
Senior
Waterbury

"People are trying to get him."



Amber Schaper
Sophomore
West Babylon, N.Y.

"I think President Clinton is guilty because of his past history."

Letters to the editor

SHU ALUMNUS COMES TO PUBLIC SAFETY'S DEFENSE, QUESTIONS JAN. 22 LETTER

To the Editor:

I am writing in response to all the letters sent to the Editor which seem to bash Public Safety: most recently the letter titled "Where is Public Safety During Thefts" by Leah Czarnack in the Jan. 22, 1998 issue.

This letter, aside from all the other Public Safety-bashing letters, is really ridiculous. In her letter, Leah writes that it takes a car thief 30 minutes to break into a car. She believes that if Public Safety wasn't too busy pulling students over for running a stop sign, running to door alarms or writing tickets, they might catch one of the auto thefts.

This may be true. However, you just answered your own question asking where Public Safety is during thefts.

I know the answer to this because I did a research paper on the time management of Public Safety and Police in general. Public Safety spends most of their time frequently letting students into their apartment who are

locked out, giving rides to lazy students, taking reports, investigating those reports, responding to emergencies, building security (locking, unlocking), traffic enforcement, and the list goes on. Public Safety, like your local Police Dept. compares in time spent on administrative duties and actual time spent on patrol, which is usually less.

Also, I highly doubt that it takes a car thief 30 minutes to break into a car and steal \$8,000,00 worth of stereo equipment, as stated by Leah Czarnack.

If I were a car thief and I needed 30 minutes to break into an automobile I would not expect to be in business too long, nor would I call myself a professional. It probably takes less than five minutes for car thieves to get what they want: alarm, club, kill switch...it doesn't matter if they want your car bad enough, they will take it regardless.

Also, if this is such a high risk parking area, why leave \$8,000 worth of stereo equipment in your vehicle knowing of the

existing problem with auto theft?

Like some students at Sacred Heart University, I also had my vehicle stolen. My car, however, was taken from my home in Trumbull, not Sacred Heart. My car was taken from my garage which was shut and locked.

My garage, like Public Safety, is like a security device and when I noticed my car missing I didn't blame the dog for not barking or my father for not setting the alarm. I simply realized that I was a victim of a crime that happens every day around the world. The thief (or thieves) wanted my vehicle and was not going to be stopped. This was evident when they broke into a locked and shut garage.

Therefore, knowing where Public Safety is during the time of auto theft, take the personal precautions to minimize car theft. Although they don't always prevent theft, get an alarm, club or kill switch, park in a highly illuminated area and minimize the amount of merchandise and equipment in your vehicle.

Also, don't run stop signs, ask for rides to your dorm when you can walk or have Public Safety do anything unnecessary that takes them away from their patrol time.

So, if you find yourself asking the ignorant question of where is Public Safety during theft, instead ask yourself: Have I done all I can to minimize theft such as call in suspicious persons or have I contributed to theft by leaving my computer in an unsecure area, advertising my stereo equipment in the window of my car or leaving the doors unlocked without an anti-theft device?

Theft (whether it be auto or not) doesn't happen to everyone else, it happens to almost everybody...especially if you live in a suburb because there isn't much to steal in the ghetto. As I pursue a career in Law Enforcement I know I can look forward to responding to ignorant letters like Leah's.

Joseph Divincenzo
SHU Alumnus

COMMUTER INTERNET USER BELIEVES THAT SYSTEM NEEDS TO BE PERFECTED

To the Editor:

There has been discussion in the past without any action, but I hope that this letter will prompt some action to improve the Sacred Heart University Internet system.

The Internet is a valuable tool for research that only improves the quality of students' work. Additionally, the e-mail system helps students stay in contact with each other and professors. It also informs students of the many campus activities. This is a valuable asset to the Sacred Heart community.

However, there is still a major problem. While on campus data jacks allow student to log on free of charge, off campus students must pay for a regular, long distance phone call. Some students avoid using it or limit the amount of time in use, simply because it is too expensive. Since we have spent so much money on the laptop computers, I feel this problem needs more attention.

I am a commuter student, therefore this charge is a major inconvenience to me. However, I assume that it must also be an inconvenience to students when they are home during breaks or summer vacation.

Additionally, while dialing in from home, I am unable to get

a connection. Each time I have used the system on campus, I have received an immediate response. However, from home, I usually make several unsuccessful tries before giving up in disgust. Being unable to use all the functions on my laptop, I wonder if the purchase was really worth it.

While the system is very helpful, it needs to be perfected. Internet Service Providers have a local access number and one flat rate; therefore, some students are abandoning the SHU system and using cheaper services with flat rates. I think there should be a toll-free number or local number for off campus students to access the Internet or e-mail. I would like to think that our Activity Fees would allow us the advantage of free access. If anyone has any other solution ideas or information about how to implement free access, I would appreciate it if they would speak up too. Otherwise, I would like to end with my final request. Please do something to fix this problem. The computer system should be a way to access information and maintain communication but this system is becoming a financial burden.

Stacey Shepperd
sophomore

FIRST-YEAR STUDENT URGES THINKING BEFORE THE ACT OF DRINKING ALCOHOL

To the editor:

The concern that I have as a freshman here at Sacred Heart University is the following: The concern involving drinking.

Of course everyone drinks sometime in their life and I would be a liar if I said I never drank before. The concern that I have is that when drinking gets out of control. A couple of beers after a long day at school or work to unwind and to relieve stress seems typical but when this drinking

makes you out of control, there is no excuse for obnoxious behavior.

I had a close friend who got killed by a drunk driver and this experience has changed my way of thinking before I get into anyone's car after a night out.

I would just appreciate it if people would think before they drive and not to be selfish when it comes to drinking and driving.

Jaimie Daniel
first-year student

ANOTHER STUDENT WONDERS WHERE PUBLIC SAFETY IS DURING THEFTS

To the Editor:

I am very concerned with safety on campus. I believe that this issue should be addressed in your newspaper. One of my main concerns is car safety. Last semester I heard from many friends that they knew someone who had their car stolen. It was done in broad daylight right in the parking lot of Sacred Heart University. Many of the students who had their cars broken into or stolen even had car theft devices in their cars. This campus is supposed to have protection from these incidents. Where is Public Safety when you need them? Another concern of mine is the lack of care that is taken to pre-

vent such incidents. Last semester myself and another friend of mine had our cars hit in the parking lot at Sacred Heart. She immediately told Public Safety and they said they couldn't do anything about it. This angered me greatly. It is their responsibility to keep watch over the parking lots and make sure nothing like this happens and they said they couldn't do anything! The other day I saw a guy hit a parked car in the parking lot. I was going to go tell someone in Public Safety but then I thought—what was the point? They would just tell me that they could not do anything again, right?

Sarah A. Seclensky

ARE COMMUTERS LEFT IN DUST WHEN IT COMES TO LAPTOPS?

To the Editor:

I'm a freshman here at SHU and I'm a commuter.

I enjoy attending this school for many reasons.

It has a wonderful campus, the classes as well as the professors are great and I enjoy the Pitt Center.

The only thing which I'm not pleased with at Sacred Heart is the lack of instruction given to the commuter students about their

laptops.

I wasn't happy about having to use my scholarship money to purchase the laptop.

But upon receiving the laptop, I was excited about being able to use it and becoming more computer literate.

I was looking forward to being able to use e-mail from my house.

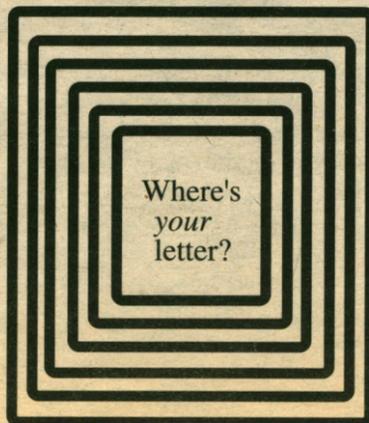
During computer class we weren't informed of how to use

our computer from home.

When I went to get my password the computer rep. said to plug it into the phone line. I tried this several times but was unable to connect.

I'm upset with this and feel they should have informed us better.

Deanna Cerro
first-year student



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FEATURES

To sleep or not to sleep? *Voices left unheard*



Student Nicole Bishop poses to be sleeping during her English class.

Photo By Kerrie Darress

By Keysha Whitaker
Assistant Features Editor

Few things in life may be guaranteed. However, some are etched in stone - birth, death, and hopefully some sleep in between.

Most college students may agree that along with crowded dorms, bad food, and too much work, not getting enough sleep is all too common.

Some students may still try to go to bed at eleven p.m. while others have given up hope completely, settling for a bedtime of two or three in the morning.

Sophomore Aaron Chrostowsky, a political science major from Marlborough said, "I believe you need eight hours of sleep, but that is not realistic in a college setting. Since I started college, I haven't been able to go to sleep before two a.m. I have dealt with the deprivation of sleep, but sometimes I fall asleep in class."

Staying awake in class is often a battle for fatigued students. Some students may choose to stay in bed and catch up on the missed hours, rather than go to class and fight to keep their eyelids open.

How many hours of sleep should students get?

"People should get six to eight hours of sleep," said biology professor Kate VanCleaf. "The lack of sleep contributes to poor productivity in class and the propensity to fall asleep in class. Overall, not getting enough sleep gives you more anxiety."

Knowing how much sleep is needed still may not be enough to convince some students to go to bed earlier.

Getting the proper amount of sleep is of significant importance to the well-being of an individual.

Human Anatomy and Physiology, by Dr. Elaine N. Marieb, states that sleep is a restorative stage - neural mechanisms return to the normal level and the body uses this time to repair itself. Inadequate amounts of sleep contribute to emotional instability and various personal disorders.

Why can't students go to bed earlier?

Dorm life may have some influence. Late activities on campus and hanging out with friends prolong the day. Perhaps the commuters win this round.

First-year student Janet Daniele, a biology major from Stamford said, "Because I live

at home, I get enough sleep. There aren't people knocking on my door all the time. I get six to eight hours of sleep and that's enough for me."

"The lack of sleep contributes to poor productivity in class and the propensity to fall asleep in class. Overall, not getting enough sleep gives you more anxiety."

Though various factors affect the time students go to bed, choosing a bedtime is an individual responsibility.

Junior Paul Engo, a communications major from Henly, England summed it up nicely.

People should get eight hours of sleep. I can function on six, but eight is better. The maturity level of the student contributes to how much sleep he or she gets. If you want your work done, you need sleep."

Though there may be many frustrating aspects to college life, inadequate amounts of sleep does not have to be one of them.

By Amber Schaper
Assistant Features Editor

Angela DiPace, a Dr. of English here at Sacred Heart University for the last 17 years, now wants to expand the curriculum, and create classes of her own.

DiPace began her teaching career as an adjunct professor teaching everything from Intro. to Literature, 20th Century British Lit, as well as honors classes.

Most recently she has taught EN 299 (Shakespeare's Sisters), a combination of a women's studies class and an English elective.

This course studies women writers such as Queen Elizabeth and Emily Dickinson. Of the class, she stated, "It's an academic class, but there is still room for expression. I would like to make other courses with women for students, like women in philosophy, or women and religion."

DiPace confessed that she was always interested in women's studies, even in college where she thought that females were under-represented.

Feeling that she had not had a good grounding in the writings of women, she tried to read them on her own. DiPace, most interested in Virginia Woolf, author of, among others, "A Room of One's Own" and "To the Lighthouse."

But women are not the only minority which DiPace is interested in.

This Doctorate of English has the desire to start an Irish studies class, and women of color, as well as a men of color class. These last two classes would include African Americans as well as Asian Americans, Southwestern Chicanas, and other foreigners.

[The study of minorities] "Should be interdisciplinary until they become part of every

class," replied DiPace in response to her involvement in teaching classes with them as a focus.

Being one herself, DiPace feels that she has a lot of compassion for SHU's immigrants. "I am always conscious of the language barrier, especially in the literature. I try to help out the international students." She feels she has made good use of the immigrant experience, she uses it as a positive rather than negative occurrence, commenting on her traveling to her classes when it was appropriate.

"Teaching four classes doesn't leave me with much time to myself. The semester just seems to fly by."

DiPace, born in Sicily, Italy, came to the states at age 9. Now, an American citizen, she considers herself to be an Italian American. She loves living in New England, though she does travel to Italy. Her last visit was in the summer of '94, where she saw the changes to the ruins and the Greek theater. "Every time I go, there is something new to see or do," exclaimed DiPace.

DiPace whose native language is Italian, says it wasn't hard to learn English.

DiPace's hobbies include traveling, going to cultural events such as the theater and museums, reading, watching movies, and listening to rock.

However, she stated, "Although I like my colleagues and I love my students, classes are large and teaching four classes doesn't leave me with much time to myself. The semester just seems to fly by."

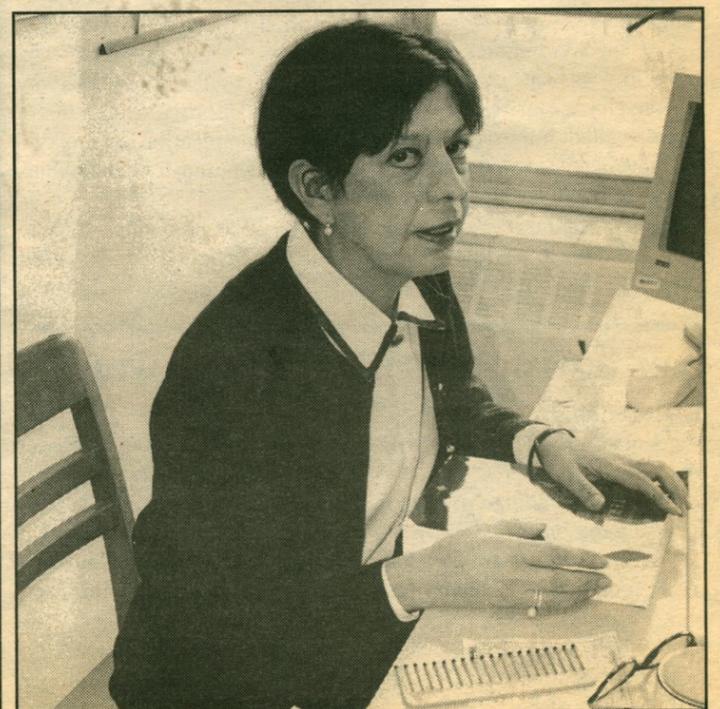


Photo By Kerrie Darress

Angela DiPace Dr. of English sits at her desk, studying material for her classes.

Is your life filled with stress ?

Special to the Spectrum

Are you a college student suffering migraine headaches because of class deadlines? Are your muscles tight due to pressure with school, friends, or family? Do you just want to rip things apart, scream or yell?

According to M.K. Francis, writing in the *Stock Market*, these are symptoms of "Twenty something stress."

Webster's dictionary defines stress as "A body under conditions of strain or a state in which a strong demand is made

on the nervous system."

"The twenties are one of the highest stress times of life," said James Campbell Quick, Ph.D., professor of organizational behavior at the University of Texas.

The twenties are a point where decisions have to be made on what you are going to do with the rest of your life. This is the starting point for the future.

"You have to decide about a career, where you'll live, when and if you'll get married, and so on," said Susan Heitler, Ph.D., a Denver-based clinical psychologist. "All that uncertainty about the future is stressful."

"The good news is that

stress is something you can get a grip on," said Francis.

"Of course, it helps to understand why you feel so under the gun in the first place," Francis stated.

Students can decrease their stress level by: exercising, talking to friends, and budgeting time wisely.

"I use an organizer and set aside certain times for studying, free time, classes and work," said Joe Hague, a sophomore criminal justice major from Oakland, Maine.

"I now can reduce running around trying to find time to do things," Hague added.

You need some brains to fix some bones

By Wayne Kosminoff
Features Editor

The master's program, physical therapy, (PT) a relatively new field here at Sacred Heart University is growing at an accelerated rate.

The program, which originated in 1996 and awaits its first graduating class in May of '99, is nonaccredited and may be tougher than anticipated.

According to the American Physical Therapy Association, (APTA) physical therapy is defined as, "A form of health care that prevents, identifies, corrects, and alleviates acute or prolonged movement dysfunction of anatomic or physiological origin."

Yet, graduates who enroll in SHU's 45 student pre-physical therapy track, the three plus three program, are required to complete three years of undergraduate study, followed by three years of PT study.

The program allows students to obtain a bachelor's by the end of the first-year of professional studies, then move on to earn a master's by the end of the sixth.

"It's possible for students to finish four years of college first, then come back to finish up the last three," said Dr. Michael J. Emery, the physical therapy program director. "However, they must complete the required curriculum."

"If they complete the three plus three program, it's more efficient because they would have received their bachelors while they're on their way to obtaining their masters," suggested Emery.

Currently, the United States has approximately 90,000 practicing physical therapists; while the Bureau of Labor Statistics foresees that over the next 10 years, there will be a 57 percent job increase.

These health care providers obtain an average salary of \$49,000 a year, depending on their geographic location. Physical therapists in private practices can earn in excess of \$100,000.

Pupils who participate in the master's program are required to complete a minimum of 42 credits of undergraduate prerequisite course work based on anatomy, physiology, biology, chemistry, physics, statistics, math, and psychology; while as

a graduate, 76 credits are to be completed.

Yet, according to admission's criteria, you won't be accepted to the program unless you can uphold a G.P.A. of 3.2 or better, obtain a letter of recommendation, practice relevant activity in the health care field, and have an interview with the PT admissions committee.

If accepted to the program, "Students are required to obtain experience through paid or volunteer work by the end of year three, so they have some idea of what they're getting into," said Emery.

"Students also need to complete 32 weeks of full-time field work, and 100 hours part-time while in the master's program," he added.

Pre-physical therapy major, Joe Laroche, from Derry, N.H., said, "Physical therapy is very challenging, but the motivation for success is seeing the improvement of the patient's mobility."

Laroche, who works at the Moore Center for Rehabilitation in Fairfield, believes that you can take what you've learned in class and apply it to real life situations; that's what makes it so great.

A mirrors image

By Heather Pulsifer
Contributing Writer

Today, more attention is focused on the characteristics of soul mates. Men and women are searching to find their perfect match.

"The restrictive boundaries of beauty are breaking down," said Karen Duffy, a writer for *Cosmopolitan* magazine.

"Humans are moving toward becoming a more monogamous species," said Deborah Blum, Pulitzer Prize winning science writer. Blum added, "The qualities that would make a person a possible long term partner are increasingly more desirable."

While an individual may not look like Cindy Crawford or Val Kilmer, he or she is still beautiful. True beauty does not only stem from possessing an outstanding personality, but from the individual believing they are beautiful.

"Your confidence is a cornerstone of inner beauty, it shows itself to the world," Duffy said. "Beauty is all about your attitude. Self-confidence, good manners, and a positive attitude last longer and go much farther than a flat stomach and a button nose."

Self-confidence does not come without a great deal of hard work and a positive attitude. Once you convince your-

self that you are beautiful, convincing others will be a cinch.

"A greater sense of confidence can be gained by focusing on your positive attributes. You will like yourself more, which will make you happier, which will turn up your inner incandescence, which is beautiful," said Duffy.

The best looking celebrities may often be far from perfect in the looks department. Tom Cruise's nose is a little crooked and his teeth are off-center.

Yet, he is adored throughout the country.

While looks and the air of confidence are both alluring, let us not forget about intellect. "An intelligent woman is irresistible," said a male polled by *Cosmo*.

Stephanie Dolgoff, a writer for *Cosmopolitan*, said, "Men like to feel there's more to a woman than meets the eye, and they only feel that way when, well, there is."

Rebecca Curtis, Ph.D. specializes in relationships and supports Dolgoff's theory.

"The more there is to know about a woman, the harder it is to get to know it all, which is very attractive," Curtis said.

Men and women continue their search for suitable mates. Ambition, confidence, honesty, and an optimistic attitude are top on the my mate "should have" list. If an individual possesses these qualities, he or she will be very desirable.

JLC lends a helping hand

By Jon De Benedictis
Contributing Writer

The Jandrisevits Learning Center (JLC) began tutoring sessions this semester on Jan. 20. The free sessions, open to all Sacred Heart University students, are available by scheduling an appointment at the center, located in the basement of the Ryan-Matura Library.

While many students are still getting adjusted this semester, it is not too early to start thinking about midterms and finals. The Jandrisevits Learning Center offers sessions all throughout the week, and week-ends as well.

The Learning Center is particularly helpful for the special needs of Sacred Heart's more than 100 disabled students. Tutors offer one on one and group sessions. Students find the idea of a "quiet classroom" to be a healthy environment to study.

"Having structure is very important to many students, particularly disabled students," said Jill Angotta, director of special services for the Jandrisevits Learning Center.

"Students that are documented as learning disabled are entitled to take their tests at the Jandrisevits Learning Center," added Angotta, "and some are allowed extra time on the tests, if needed."

Disabled students have a lot of mobility in the room, with the desks being easily mobile by a handle which makes them rise

and fall.

This feature allows students in wheelchairs to adjust and fit under the desk with comfort.

Customized work stations in the Jandrisevits Learning Center, such as Voice Recognition Software, Head Movement Activated Mouse, and specialized software geared toward specific needs are also available for their use.

"Having structure is very important to many students, particularly disabled students."

One such piece of equipment is the Readers Advantage, which is used for students who are learning disabled or visually impaired.

It actually speaks to the student, and has controls as to how fast it can go and has a variety of different voices that it uses. Since it is an expensive item, and requires a scanner to scan the book, the JLC currently has only one.

Another useful tool is an instrument called the Spectrum Junior, which enlarges text. Used for students with tunnel-vision as well as visual impairment, it can also change the color of the text to be black on yellow, or purple on red. This helps in two ways, it helps to enlarge text without the use of a magnifying glass which can cause

headaches, and it makes the text easier to read in different colors.

Most tutors are faculty and adjunct faculty members but according to Jackie Rinaldi, the Learning Center's director, "A select number of tutors are juniors and seniors, nominated by their professors to work at the learning center."

Professors typically spend one hour helping students.

Students should book tutoring sessions well in advance, especially as the semester progresses towards midterms.

The Jandrisevits Learning Center is open Monday through Thursday from 9 a.m. to 4 p.m., Friday 9 a.m. to 2:30 p.m., and Saturday and Sunday from 2 p.m. to 6 p.m.

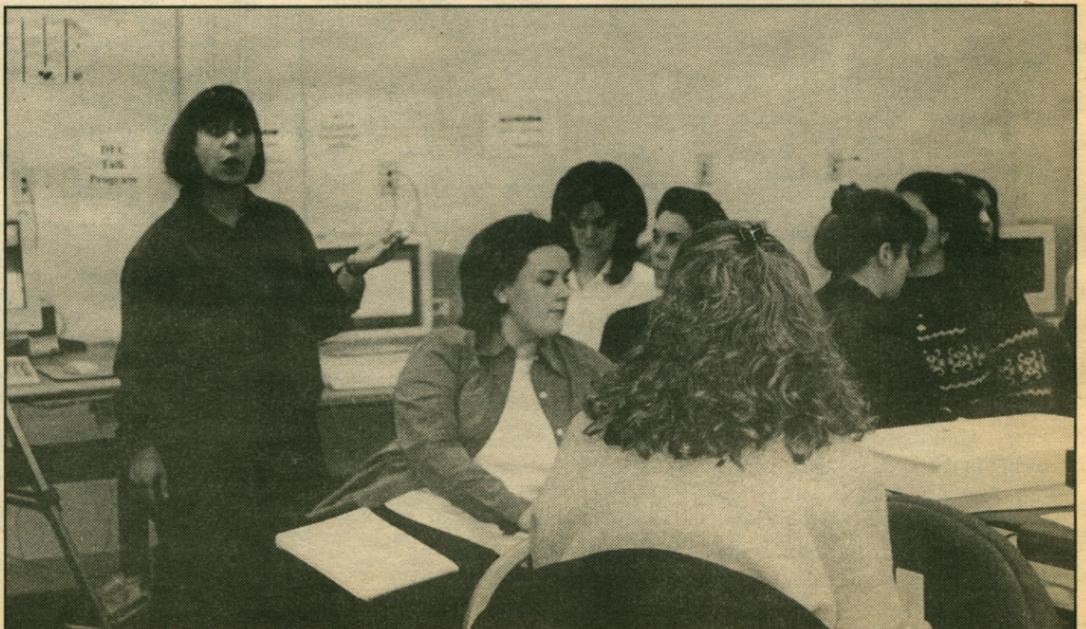


Photo by Kerrie Darress

Professor Jill Angotta (left) teaches a seminar to Jane Gangi's Education of Special Needs class. Angotta discussed the importance of the equipment for disabled students.

To Your Health

By Carmela Chisholm

Well here we are again at the beginning of yet another semester. A whole new season of exhaustion, stress, and the greatest column this side of the Rio Grande!!

Okay, now for those of you who are still reading after that last line, I'd like to tell you how I spent my first weekend at school. Well, let's just say that I discovered a great deal about my toilet bowl that I really did not need or want to know. Yes folks that's right, I had one certified, miserably disgusting, stomach virus.

A time when you see colors and textures that you've never dreamed of. You can even tie dye your bathroom without the expense of paint! Actually, I have to admit that it was quite interesting. I thoroughly enjoyed the experience of having my very own bubbling chemistry set... right inside my intestines! I never knew that the human body could make such an array of sounds!

While I was stuck inside

that wondrous shower room of contemplation, I had a great deal of time to think. One of the things that crossed my mind was world domination. I know what you're going to say... Gee Cami, I think about that when I'm in the bathroom too! Well, I just



wanted to let you know that I've figured it out. I know how to totally incapacitate an entire nation. Give them all the stomach flu!

Seriously, do you remember that story in the news last year about that cartoon that caused children to experience violent seizures? Well, that's the ticket to world power.

First come up with a great cartoon like Scooby Doo. That way, everyone will watch it, even high ranking government officials. It's not that far fetched. After all, almost the entire population watches television, right? And don't tell me that everyone hasn't caught at least one episode of Scooby Doo.

When the time comes, launch the killer cartoon. Most of the people watching will twitch out and then the world is ours! (Uh oh, I mean theirs.)

Who knows, maybe cartoons have already been used to warp our opinions.

Perhaps there are even episodes of the Power Rangers that change grown men into dribbling zombies every time they see the Spice girls?

Of course that is if they need any help to begin with. Just kidding guys.

Well, I hope we all have a great, (short), spring semester. Good luck everyone and remember that Pepto Bismol now comes in maximum strength.

The Writer of Seville returns

By Rieko Okubo
Contributing Writer

In the *Spectrum*, last semester, there was a column which was written by Mike Dutton, a SHU junior who was studying abroad in Spain. His column was titled "The Writer of Seville."

Editor-In-Chief Gina Norelli also said that she told Dutton that he could write whatever he wanted. Dutton's columns involved honest feelings, comparing the U.S. and Spanish culture, with some jokes. I contacted him by e-mail last semester and asked him some questions.

First of all, I asked him what did he want to tell people through his columns? Dutton answered, "I want them to share in my experiences as I do, and learn what I have learned, thus abolishing all stereotypes or preconceived notions about other cultures."

When I first read his column, I thought about my present experience of living in another country and being apart from family and friends, which is the most difficult thing. He wrote about this feelings of homesickness in three columns. For example, "Leaving for Spain was very difficult and I had many second thoughts" and "just seeing my mother and grandmother cry made me want to stay" (Dutton 25 Sep. 1997).

I absolutely could understand his feeling from this sentence because in my experience, I still cannot drive the feeling away, even though I have been living in the U.S. for two years.

Actually, I have talked to my mother every weekend since I came here. "The most difficult thing so far is without a doubt the contact missing of family and friends and the want to just hop a plane and head home right now, but I know I cannot. That is so

hard to handle," he explained on e-mail. Both of us feel the same; however, we also know that we will be able to go through more wonderful experiences than ever before.

In studying abroad, he mentioned that he has some expectations and hopes. In the first column, he conveyed, "My only hopes are to enjoy myself, learn a lot, grow as a person, and become much more open-minded to others" (Dutton 11 Sep. 1997). He had lived in Spain only two weeks at this time therefore, I still cannot know how he has changed that much but I can imagine that he is not as nervous about his new environment, because he expressed his feeling in the airplane on the way to Spain, "It has not crashed yet" (Dutton 18 Sep. 1997). It made me laugh.

When I interviewed Norelli, she said, "Many students are looking forward to reading his column and enjoying them every week because he is a very funny person and very popular." And I agreed.

"I want them to share in my experiences as I do, and learn what I have learned, thus abolishing all stereotypes or preconceived notions about other cultures."

He mentioned culture shock in his column. He thinks that most of the food, except fish, is great. He explained about the fish dishes which he has seen, and he made me laugh again. "I was very rude already though,

as I refused to eat these little whole fried fish with the heads still on" (Dutton 2 Oct. 1997).

If I was in his situation, I am sure I would not have any problems with the fish because in my country, fish is a main dish. I think generally food is the most typical culture shock.

He told me in a personal e-mail about the most intolerable shocking experience. He used to think that Spanish people would welcome and treat Americans very well. However, he knows it is not true. "I was shocked to find out that instead I got a lot of rude looks and remarks. I never before have been the minority."

When I read his feelings, I had to agree with the fact. However, at the same time, I wanted him to realize that there are not only those people but also some people who understand his situation very well, and he will never be alone.

"I am not here to take classes, but rather experience the culture and people and see the country" (Dutton 30 Oct. 1997), he wrote in his column. Therefore, I asked him about what does he do, when there is nothing to do because he also mentions before, "There are no clubs and Student Governments here to join" (Dutton 2 Oct. 1997). I wondered how he spends his time.

He has traveled to London, Paris, Rome, and all of Spain. He wrote, "I am used to being so rushed and busy." He added, "When I have nothing to do, I do something that I have never done before, and examine everything from a new prospective."

In analyzing his columns, I could sympathize with him very much, including his expectations, feelings, purposes, and aims to study abroad.

As I represented some of my personal experiences and feelings throughout this analysis, I could relate to many things.

CAMPUS HAPPENINGS

Women's Leadership Conference

On March 27, from 11 a.m. to 5 p.m., a women's leadership conference will take place. Registration is from 10 to 10:30 a.m., in the Faculty Lounge. For more information call (203) 365-7511.

Career workshops

The Career Development Office will be holding resume writing and prep for success workshop throughout the month of January-February. For more information call 371-7975:

Resume Writing

Jan. 30 at 2:30 p.m.
Feb. 3 at 4 p.m.
Feb. 4 at 10 a.m.
Feb. 6 at 10 a.m.
Feb. 9 at 5:30 p.m.
Feb. 12 at 4 and 5:30 p.m.
Feb. 13 at 11 a.m.
Feb. 16 at 3 p.m.
Feb. 17 at 4 p.m.
Feb. 18 at 5 p.m.
Feb. 19 at 5:30 p.m.
Feb. 24 at 4:30 p.m.

Prep for Success

Feb. 2 at 8 a.m.
Feb. 4 at 5 p.m.
Feb. 9 at 6:30 p.m.
Feb. 11 at 8 a.m.
Feb. 17 at 5 p.m.
Feb. 23 at 10 a.m.
Feb. 26 at 5 p.m.

African American Coffeehouse

On Feb. 5 from 8 to 9 p.m., in the Faculty Lounge, the International Center is sponsoring its second African American Coffeehouse. Snacks and beverages will be supplied. For more information contact Grace Lim at 365-7614.

-Compiled by Wayne Kosminoff

Medical Independent Study Opportunity
Yale Medical School/MedLinX Interactive, invites students to join an independent study project in developing Internet-based technologies for clinical medicine. Please send resumes to - Fax: (203) 221-9019; E-mail: poljak@seviche.med.yale.edu.

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Nicholas Genchi
5th grade

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Submit a favorite photo of the two of you together and fill out the coupon below. Place both in an envelope and drop off to the Spectrum office by Friday, Feb. 6. (If door is locked, place under door)

1. SHU STUDENT'S NAME (FIRST & LAST): _____
YEAR OF GRADUATION: _____

2. SWEETHEART'S NAME (FIRST & LAST): _____
YEAR OF GRADUATION (IF HE/SHE IS OR WAS A SHU STUDENT): _____

3. HOW LONG HAVE YOU BEEN TOGETHER? _____

4. WHAT ARE YOUR VALENTINE'S DAY PLANS? _____

TO REACH YOU AT IF WE NEED CLARIFICATION (OPTIONAL): _____

Please write your names on the back of the photos.

Questions? Call 371-7963

***Photos will be placed on a first-come basis as space permits.
No photos submitted after the Feb. 6 deadline will be accepted.***

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Consider it our Valentine's Day gift to you!

SHU Gallery ventures 'Beyond Flowers'

By Tara S. Deenihan
A&E Editor

"Beyond Flowers — Beyond Landscape," an exhibition by Westport painter Alberta Cifolelli, will show in the Gallery of Contemporary Art from Feb. 1 to March 5.

Portions of the proceeds from paintings sold will be donated to Bread and Roses, a Fairfield County organization helping men, women and children with AIDS.

Cifolelli has won national and international recognition for her paintings, drawings and pastels, including National Endowment for the Arts and Connecticut Commission for the Arts awards for painting, teaching and art administration.

For ten years, Cifolelli taught life drawing, watercolor and design at Sacred Heart. She has also

taught at Kent State University in Ohio, the Cleveland Institute of Art, the College of New Rochelle, and chaired the Art Department at the Laurel School in Ohio.

Cifolelli says of her return to SHU, "It's fun...there's been a big change at SHU since I was last there — a big improvement."

In conjunction with her exhibit, Cifolelli will give a talk entitled, "Evolution of a Painter," on Tuesday Feb. 10 at 7 p.m. in the Gallery. She will



Contributed photo

Paintings by Alberta Cifolelli like the one seen above will be exhibited in the Gallery of Contemporary Art.

also be teaching a painting workshop in the Art Department, spanning four Fridays in February. She will be working with students in Professor Virginia Zic's painting classes.

Zic said of Cifolelli and her work, "(She's) a very dynamic individual. Very colorful, and very emotional with color in her painting. She has a strong commitment to the creative approach."

Cifolelli's work has been exhibited in New York's Reece Galleries and her work

is in the permanent collection of the National Museum of Women. Her work is also included in the "Four Hundred Years of Women Artists" Travelling Exhibit.

Her work features a strong use of color and the use of landscape as metaphor.

"The show is not about flowers," said Cifolelli. "All the work is metaphorical — flowers and landscapes are the jumping-off point for ideas."

"Beyond Flowers — Beyond Landscapes" will premiere Feb. 1 in the Gallery of Contemporary Art with an opening reception from 1-4 p.m.

For information on the reception or artist's talk, call the Gallery at (203) 365-7650.

For information on the painting workshop with Cifolelli and Zic, contact the Sacred Heart University Art Department at (203) 371-7737.

Flood on Music *Metro Stylee at SHU*

By Matt Flood
Contributing Writer

Hey there boys and girls, in a moment of desperation and total lack of faith in human kind, Tara, the greatest A&E Editor in all of college newspaperdom, has given me a weekly column to discuss anything I want, so

average 90's punk influenced ska and sticking more to the roots of the music, and adding a bluesy soulful overtone.

Lead vocalist Trish Verdolino gives the band a largely unique sound with energetic female vocals (which are rare in the male-dominated ska scene) and a distinct New York accent.



Metro Stylee Contributed photo

I'll write about the most important aspect of my pathetic life — music.

The subject of my first column is the band that will be playing the Outpost Saturday night, Metro Stylee. Metro Stylee is one of the hottest young third-wave ska bands on the east coast.

Metro Stylee features ex-members of influential bands like the Skunks, the Allstonians, the Slackers, Sgt. Scagnetti, and Latin ska outfit, King Chango.

Metro Stylee's has a unique sound, drifting away from the

Metro Stylee is now beginning their tour to support the release of their self-titled debut CD. Sacred Heart will be their first Connecticut date.

This will be the band's second trip to SHU after winning fans when they played the Habitat Benefit show last semester. Also look for Metro Stylee on the Second Annual New England Ska Festival later this year.

See Metro Stylee, page 13

'Jacques Brel' comes to SHU

By Beth Brady
Contributing Writer

"Jacques Brel is Alive and Well and Living in Paris" will premiere at the Center for Performing Arts at Sacred Heart University on Feb. 6 at 8 p.m. The show will run on Fridays and Saturdays at 8 p.m. and Sundays at 3 p.m. through Feb. 15.

"Brel," a musical review of Brel's works, has received rave reviews from many of its viewers. "Brel's songs can reach your ear, but his life reaches your heart...it's a crystalline and incandescent evening," said *Time Magazine*.

"Jacques Brel" first appeared at Sacred Heart in the early 1970's and is directed by Maureen Hamill. The Musical Direction is Charles

Wade. The show reunites several of the original cast members including Hamill, Eileen Conley, Robert S. Fallon, Carl Schumacher and Randy Kaye.

Bridgeport residents Hamill and Conley both performed in "Brel" in 1971 at Sacred Heart when Conley's father, William H. Conley, was president of the University. Both were part of an acting troupe which later became known as The Downtown Cabaret Theatre. Fallon was also a member.

Hamill has toured the country with her troupe as well as performing at weddings and other functions along with Conley.

"'Jacques Brel' is a show of story songs about life and love with a great deal of humor thrown in," said Hamill, who has written,

directed and performed in several musicals at the Center for Performing Arts.

"Jacques Brel is Alive and Well and Living in Paris" is a musical revue of Brel's songs which mirror his life and experiences. The scene will be set in a French Cabaret where each of the five cast members will sing.

"Each song has its own story whether it be love, war or life," said Conley, who will be performing this show for the first time in 23 years.

Tickets for "Jaques Brel is Alive and Well and Living in Paris" are on sale now in the box office at the Sacred Heart University Theater and range in price from \$12.50 for students and senior citizens to \$15.



Contributed photo

The cast of "Jacques Brel is Alive and Well and Living in Paris," (left to right), Eileen Conley, Robert S. Fallon, Maureen Hamill, Carl Schumacher and Randy Kaye.

Akers returns to the Outpost

By Nicholas Pascucci
Contributing Writer

Acoustic singer John Akers will perform in the Outpost Feb. 4. Akers, born in Hilton, N.Y., plays electric piano and acoustic guitar and promises to cover 150-200 tracks of popular songs and songs from his CD, "Born on a Monday."

Mike Dutton, a junior international business and spanish major from Feeding Hills, Mass., said, "He sounds like Elton John and Billy Joel combined. The music that he plays sounds very

acoustic."

Akers is very well-known all over the world for accomplishments in acoustic music. He has toured all over the country including performing at the Outpost last year. He plans to make his performance at the Outpost this year better than last year's performance.

Ted Miller, a sophomore business administration major from Rochester, N.Y., and vice president of the student senate, said, "he is very talented and very good to listen to. This is one popular event not to miss."

Akers is being presented by the Student Events Team for all

students to enjoy after a study break. Michelle Day, a junior psychology and education major from Millbury, Mass. and a member of S.E.T., was thrilled about Akers' performance.

"He is incredible. He played every song that you knew," she said. "I'm looking forward to seeing him play because he is so amazing."

Day witnessed Akers perform at a concert while attending a conference with S.E.T. to seek performers for the Outpost.

Admission for this event is free for students. Look for Akers' new album in the summer of 1998.

DeNiro and Hoffman 'Wag the Dog'

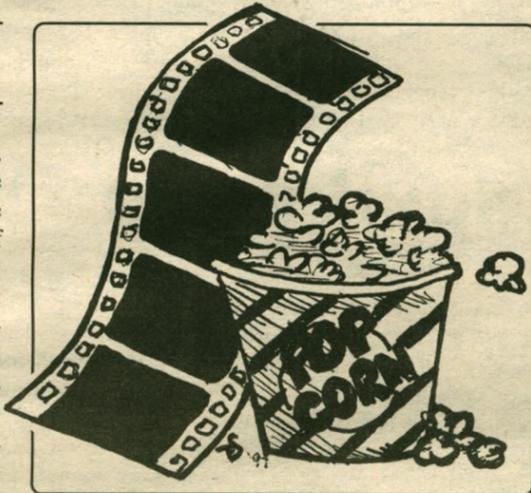
By Tara S. Deenihan
A&E Editor

Robert DeNiro, Dustin Hoffman and Anne Heche star in "Wag the Dog," a political satire of the obscure kind.

DeNiro plays Conrad, a spin doctor for the President of the United States. Heche is Winnifred, a press secretary. When the President is accused of child molestation eleven days before the election, Conrad and Winnifred must devise a way to distract the public.

Enter Dustin Hoffman, playing Stanley, a Hollywood producer with especially obnoxious charm. Conrad and Winnifred ask Stan to create an imaginary war with Albania.

Facing setbacks including



cial appearances by Willie Nelson and Denis Leary, "Wag the Dog" possesses all the elements of a great movie. Something is missing, though. The film falls short of its purpose.

Hoffman plays Stan with ambitious narcissism. In a flurry of hair spray, his answer to every problem is "this is nothing!" DeNiro and Heche underact, though, leaving Hoffman carrying the film on his own. Even Leary is surprisingly tame.

"Wag the Dog" has moments of humor, but overall seems stale and unfinished. Instead of a satirical comment on our country's politics, it comes across as a cynical and over-eccentric view of the American system.

run-ins with the CIA, a plane crash and a false war hero (played by Woody Harrelson) who turns out to be a psychotic rapist, Stan and the others constantly race to pull off their diversion undiscovered.

With a well-written script, three powerhouse actors and spe-

A&E Briefs

Auditions notices

Auditions for "Inherit the Wind," which will be presented by the Department of Communication Studies will be held on Feb. 9 and 10 from 7 p.m. to 9 p.m. in the theater.

Auditions for the musical "West Side Story," presented by the Center for the Performing Arts at SHU will be conducted on Feb. 11 and 12 from 7 p.m. to 9 p.m. in the theater.

Butch Taylor performs tonight

Butch Taylor and the Penetrators will perform tonight at Black Rock Castle on Fairfield Avenue in Bridgeport. The show starts at 9 p.m.

Gala Opening for Black History in Stamford

Stamford Center for the Arts will kick off its third annual "Black History Celebration" with a Gala Opening on Jan. 31 at 7:30 p.m. Guests include dancer Carmen de Lavallade, Sounds of Afrika, Vision 200 and vocalist Pat Tandy with the Milt Harris Trio. Tickets are \$10. For more information, call the box office at (203) 325-4466.

Get your fifteen minutes of fame!

Local band Bang! will be filming a music video on Sunday at 9 p.m. at Shenanigan's in Norwalk. Anyone attending will get a chance to be in the video.

Trip to the movies

S.E.T. is sponsoring a "Night Trip to the Movies" tomorrow, including transportation and a special ticket rate of \$4.50. The bus leaves SHU at 6:30 p.m.

-Compiled by Tara S. Deenihan

Metro Stylee: Local ska band to play at Outpost

Continued from page 12

I was fortunate enough to spend a weekend with the band back in November and heard the CD before its completion. It's an impressive album.

One of my personal favorites is "Destroy," which harps on the effects of your actions on your future. My absolute favorite song on the album is "Lullaby," which seems to be a ballad to an ex-boyfriend with samples from some of the traditional lullaby "Hush Little Baby."

The song has the fast, intense refrain, "I'll be in your dreams and I'll make you scream this lullaby to me."

I fell in love with the song the first time I heard it live, which is ten times more intense than on

the album.

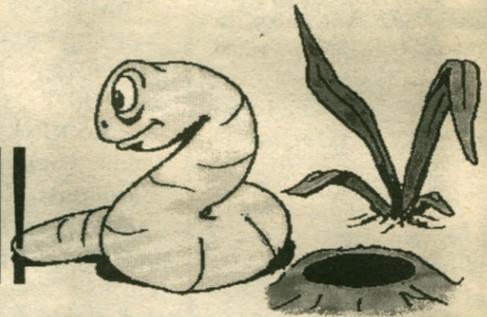
The album also features special guests Coolie Ranx (ex-Toasters vocals, present Pilters vox) on "Back Again," and Vinny Nobile (BIM SKALA BIM / Pilters) on trombone.

So if your fake ID was confiscated, or your car was stolen and you can't get to Deja Vu to get loaded this weekend, stop by the Outpost on Saturday night and chill with Metro Stylee and the S.E.T. Band Committee.

The show starts at 7:30 p.m. and is free to all SHU students.

For more information, check out www.MetroStylee.com (if your laptop still works) or call the info line at (212) 592-4762. Send questions, death threats and Dining Dollars to Plaguerat2@aol.com.

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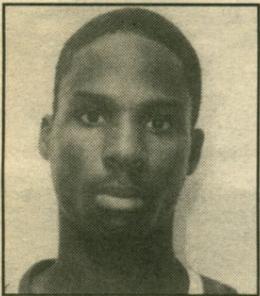
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In the Spotlight



Katie Toole
Women's Basketball

The sophomore forward from Fairhaven, N.J. had 19 points and a perfect game in the team's 82-55 victory against NHC. Toole was 3-3 in three-point field goals, 5-5 in field goals and 6-6 in free throws.



Louis Frye
Men's Basketball

The senior captain from Astoria, N.Y. scored a total 44 points in two NECC victories. He scored 26 points against UMass-Lowell and another 18 versus New Hampshire College. Frye also leads his team in total points with 351.



Heather Stockton
Women's Track

The freshman from Clifton Park, N.Y. competed impressively in the 1,500, 3,000 and the 4x800 relay. She finished fourth in the 1,500 in 4:51, third in the 3,000 and anchored a third place finish in the relay with her split time of 2:26.

Stockton leads lady runners

By Emily Greenough
Staff Writer

The Sacred Heart women's track team faced some tough competition this weekend at the Brandeis University Invitational in Waltham, Mass., but proved quite successful finishing seventh place of eighteen teams. The ladies amassed 37.20 points at the meet.

Freshman Heather Stockton (Clifton Park, N.Y.) completed a tough triple at the meet running the 1,500, 3,000 and 4 x 800. Stockton broke the school record in the 1,500 meter race by over ten seconds, with a time of 4:51.81, which gave her a fourth place finish. She had a third place finish in the 3,000 meter race in 10:41.24, just missing a record in that event and anchored the third place relay

in 2:26.3.

"Heather Stockton's performance was awesome this past Saturday," said Coach Christian Morrison. "That's not a word I would normally use to describe one of my athlete's performances,

sixth in the high jump and fifth in the triple jump.

Sophomore Michelle Wesolowski also took sixth in the 1,000 meters and ran a leg on the third place finishing 4 x 800.

Scoring at the meet was particularly difficult due to unlimited amounts of athletes in events. In some events, the Lady Pioneers faced thirty to forty competitors. The meet also offered some of the best Division I and II schools in the Northeast.

"The women are beginning to come around," said Morrison. "We've made a lot of progress over the past couple of weeks and I'm confident that we'll be ready for our big meets in late February."

The women will compete on Feb. 8 at Brown University in Providence, R.I. for the Alden Invitational. The first event begins at 9 a.m.

WOMEN'S TRACK

but that's just what it was; Awesome."

Senior captain Monique Belisle (Voluntown) finished second in the shot put with a throw of 39'10." Belisle was the top individual finisher for the women's team.

Others top performers included, freshman Brandi Blevins, fourth in the shot put; junior Meghan Warnock, third in the high jump; and freshman Sara Keenan,

How to spell relief: YOGA

By Marianne Cardo
Contributing Writer

Have you ever been so stressed out over school or work that you experienced a change in your personality? Have you taken it out on your friends or called home really upset?

According to recent studies, the practice of yoga reduces stress. Simple exercises that consist of deep breathing and stretches have gained popularity across the United States.

Yoga, according to an article by Kerry Hannon in *Good Housekeeping*, is gaining recognition for

its health benefits. Jake Jacobson, yoga expert, is quoted by Hannon as saying, "an estimated four million people regularly practice yoga in this country is nearly double the number three years ago."

In an article by Rona Berg in *Working Woman*, Cindy Ming, an expert of yoga, is quoted by Berg as saying, "yoga exercises leave you calm, yet alert and energized."

There are other benefits to practicing yoga. Besides reducing stress, yoga lowers blood pressure. It also tones and strengthens muscles in the body.

Why yoga? According to Hannon, the availability of over 1,000 exercises or "poses" make yoga easy to learn. As an exercise, yoga requires no equipment. All one needs to practice yoga is baggy clothing and a soft mat or floor.

Yoga is not a vigorous exercise. According to Hannon, in order to reduce stress, all you have

to do is, "take a deep breath, close your eyes and feel the stretch."

In an article by Marci McNaghten, in *New Woman*, Elly Gardiner suggests the "Stressbuster," a small wake-up routine proven to help wake-up your entire body.

It involves breathing and the stretching out of all of the muscles in your body.

Before you get out of bed in the morning, there is an exercise that can put you in a good frame of mind.

Students at Sacred Heart are catching onto the yoga buzz. "I practice yoga to help alleviate the stresses from all of my studies," said junior Elizabeth Hyer.

"If you start your day off right, look in the mirror and smile an exaggerated smile. This will raise your spirits and help you get ready for the rest of the day," reports Gardiner.

SHU Records

(M) Basketball	11-7 6-3 NECC
(W) Basketball	13-5 8-1 NECC
(M) Hockey	9-7 6-1 NECC
(W) Hockey	5-7
(M) Volleyball	2-1

Pioneer men: Add two NECC victories to record

Continued from page 16

The latest team statistics show that Frye is the Pioneers' leading scorer with 351 total points. Junior Dave Fesko leads the pack in rebounding with 140

total boards.

The team will face Southern Connecticut tonight in New Haven at 7:30 and return home on Saturday to play Franklin Pierce at 4 p.m. as part of Alumni Week-end.

Sports Schedule

Jan. 30- Feb. 5

Saturday	Sunday	Monday
(W) Basketball vs. Franklin Pierce, 2 p.m.	(M) Ice Hockey @ Skidmore, 7 p.m.	(M) Basketball vs. New Haven, 8p.m.
(M) Basketball vs. Franklin Pierce, 4 p.m.	(W) Ice Hockey @ Colgate, 1:15 p.m.	(M) Volleyball @ LIU-Southampton, 7 p.m.
(M&W) Bowling match #5 and finals @ New Jersey	(M&W) Bowling match #5 and finals @ New Jersey	(M) Volleyball @ U.S. Merchant Marines, 7:30p.m.
(W) Ice Hockey @ Hamilton College, 4 p.m.		

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SHU Scoreboard

* Bold scores indicate victories

Men's Basketball

SHU, 87 UMass-Lowell, 65
 SHU, 82 NHC, 65

Women's Basketball

SHU, 63 UMass-Lowell, 74
 SHU, 82 NHC, 55

Men's Ice Hockey

SHU, 2 Wentworth, 5
 SHU, 6 Iona, 5

Women's Ice Hockey

SHU, 3 Bowdoin, 7
 SHU, 11 Holy Cross, 2

Men's Volleyball

SHU, 1 NYU, 3
 SHU, 3 MIT, 3

Lady Pioneers: Suffer loss to UMass-Lowell and fall to second in NECC

Continued from page 16

some good performances from sophomore forwards Heather Yablonski and Katie Toole, and junior guard Jen Rimkus.

Yablonski had 20 points and 12 rebounds, eight of which were offensive, in the game. Toole and Rimkus both pitched in with 12 points a piece.

The River Hawks went on a 15-6 run in the second half to put them up by twelve. The Lady Pioneers would get no closer than

nine points.

Toole had a perfect game against NHC, going 3-3 in three point field goals, 5-5 in field goals and 6-6 in free throws, totalling 19 points.

"When you shoot the ball well, every part of your game is better," said Swanson. "She's in a zone and when you shoot the ball well, people start to call you a good player."

The Pioneers took advantage of 26 NHC turnovers and opened the second half on a 24-4 run.

Leading the team in scoring is Rimkus with 13.3 points per game. Yablonski leads the pack in rebounding with 7.4 per game.

Sacred Heart will be in action Saturday, in the Pitt Center, squaring off against NECC foe Franklin Pierce. The teams are meeting for the first of two contests this season.

"It's a big game for us and will be a tough game for us," said Swanson. "They're coached well and have a strong inside game."

Tip off is at 2 p.m.

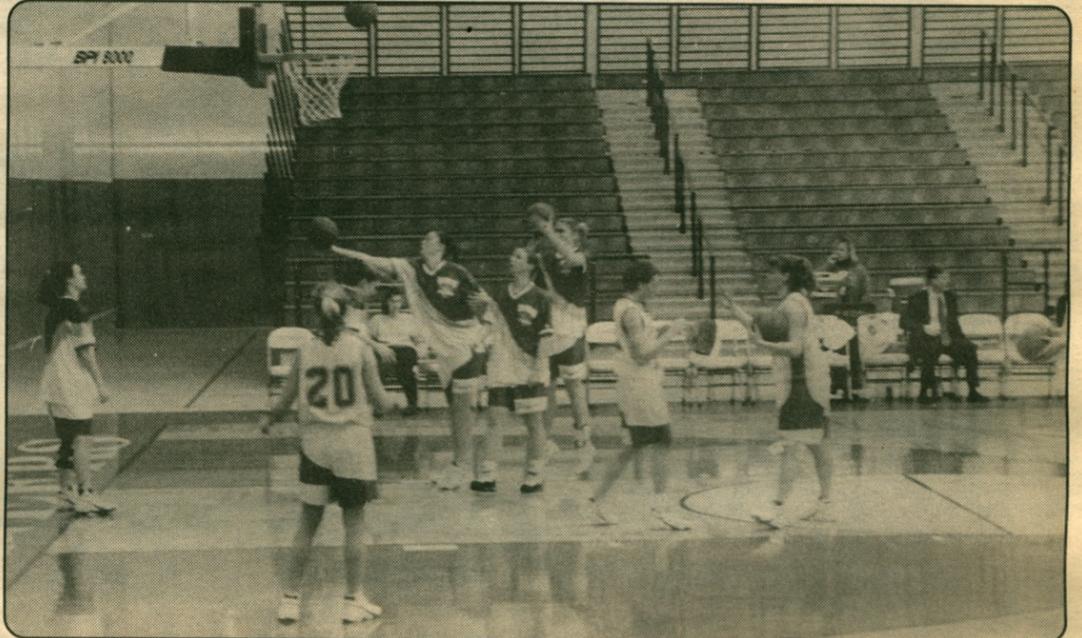


Photo by Chris Reinhart

The SHU Lady Pioneers warm up before playing a game in the Pitt Center Tuesday night.

Ballou and Harbour lead team at Brandeis

By Carl Sturino
 Staff Writer

The men's track team traveled to Waltham, Mass. last Saturday to compete at the Brandeis Invitational.

The team improved on last year's eleventh place performance as it finished ninth out of 17 teams.

Scoring was not easy due to crowded events.

The top six finishers in each event scored points for the team, but some events had up to forty competitors, making scoring difficult.

Junior Morrise Harbour had the highest finish for the team, as he continues to dominate the triple jump event, finishing first with a mark of 44' 3."

Senior captain Sean Ballou placed in two events at the meet as he took second in the 400 meters and sixth in the 200 meters.

"Morrise and Sean both demonstrated that they're amongst the best athletes in New England in their events," said Coach Christian Morrison. "They've both worked hard to get where they are

MEN'S TRACK

and deserve their successes."

Not only did the team's standings improve, but there were a number of highlight performances and records set throughout the meet.

"The men are really rewrit-

ing the record books this season," said Morrison. "It seems like they break four or five records every meet."

School records were broken at the meet by junior Tom McCabe, freshman Gregg Krytschenko and sophomores Brian "Ace" Williams and Calvin Dymond.

McCabe ran the 600 meter race in 1:29.52. Krytschenko set his mark in the 1,000 meters with a time of 2:41.44, shattering the previous mark by four seconds.

Williams ran the 5,000 meters in 16:28.91 and Dymond made his mark in the shot put, hurling it 41' 10 3/4."

The team's recent success can be attributed to its rise in numbers each year.

"We've had an abundance of

good athletes in the first three years," said Morrison. "But this year, we're really solid in just about every event."

The team has the weekend off

but will resume competition Feb. 8, at Brown University for the Alden Invitational.

The meet is scheduled to begin at 9 a.m.

Sports in Brief

Men's bowling in third place in EIBC

The Sacred Heart men's bowling team remains in third place after last week's Eastern Intercollegiate Bowling Conference meet in Lincoln, R.I.

Sophomore Tony Lopes (Seekonk, Mass.) led the Pioneers averaging 212 for seven games. Lopes took six of seven match play points.

Freshman Curtis Thompson Jr. (South Windsor) averaged 199, second for the team.

The Pioneers will compete in the last conference of the year in a two-day competition on Feb. 14-15.

Pioneer icewomen crush Holy Cross

The women's ice hockey team defeated Holy Cross in an 11-2 upset last Sunday in the Milford Ice Pavillion. Lauren Wiggins and Jaime Stimets each had two goals for the Lady Pioneers and Anna Alverari made 21 saves.

Men's volleyball opens season with a split

The team lost 1-3 to NYU last Thursday, but defeated MIT 3-0 on Sunday.

Brian Drew had 14 kills (vs. NYU) and Brian Cotte made 24 assists.

-Compiled by Julie Ann Nevero

Fact of the Week: When the Denver Broncos won the Superbowl last Sunday, they became only the second wild card team in NFL history to win the contest.

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Stockton leads women's track team at Brandeis Invitational

See page 14

Sacred Heart University Pioneers

SPORTS

How Yoga can help students and athletes relax

See page 14

Sacred Heart to honor its All-Americans



File photo

Senior Deidre Hynes (right) is among the athletes and alumni who will be honored this Saturday

Special to Spectrum

Sacred Heart University will celebrate the accomplishments of its All-America athletes in ceremonies prior to Saturday's home basketball game against Franklin Pierce in the William H. Pitt Heath and Recreational Center. The event is part of the annual Alumni Day program.

Although the University is not yet 35 years old, it has produced 45 All-Americans in nine intercollegiate sports: baseball, men's basketball, women's bowling, field hockey, football, men's and women's lacrosse, softball and men's soccer. Softball, with 14, has produced the most All-Americans followed by men's basketball with 11.

"To my knowledge, this will be the largest gathering of All-America athletes and the first time the University will honor them as a group," said Director of Athletics Don Cook. "For many of these

alumni, this will be the first time they have seen the Pitt Center, which will make the day doubly special."

Early acceptances have been received from baseball's Angelo Bruno (1983) and Rich Licursi (1990); basketball's Ray Vyzas (1973), Carl Winfree (1977), Tony Judkins (1988, '89) and Darrin Robinson (1992, '93); softball's Elizabeth Luckie (1984, '85), Michelle Palmer (1990, '91, '92, '93), Renee Melchiona (1992) and Lisa DiFulvio (1995); soccer's Joe McGuigan (1971) and Daniel Dos Santos (1990); lacrosse's Jen Fallon (1994, '95, '96) and Deirdre Hynes (1996, '97); field hockey's Palmer ('93), Cheryl Simmons (1995, '96) and Hynes (1996, '97).

McGuigan, now coach of the Pioneer men's soccer team, was the first Sacred Heart athlete to earn All-America acclaim.

A reception will follow the men's game. For information and reservations, contact Carol Way, director of Alumni relations, at (203) 365-4801.

Frye and Forde aid in two NECC victories

By Matt Duda
Staff Writer

Sacred Heart's men's basketball team rebounded from a pair of losses two weeks ago to win their last two games over UMass-Lowell, 87-65, and New Hampshire College, 82-65

last week. The win against NHC

avenged a 80-67 loss on Jan. 14. The team has improved on its record standing at 11-7 overall and 6-3 in the NECC.

Senior captain, Louis Frye, who ranks fourth in scoring in the Conference, led both teams with 26 points last Wednesday against UMass-Lowell.

Junior Michael Forde had 18 points, 10 assists, and five steals in the victory.

Nine of the eleven Pioneers

scored to help keep the River Hawks winless in the Conference.

Forde and junior guard John Randazzo paced the scoring with 21 points each in the team's win against NHC.

Frye chipped in 18 points and 4 assists.

MEN'S HOOPS

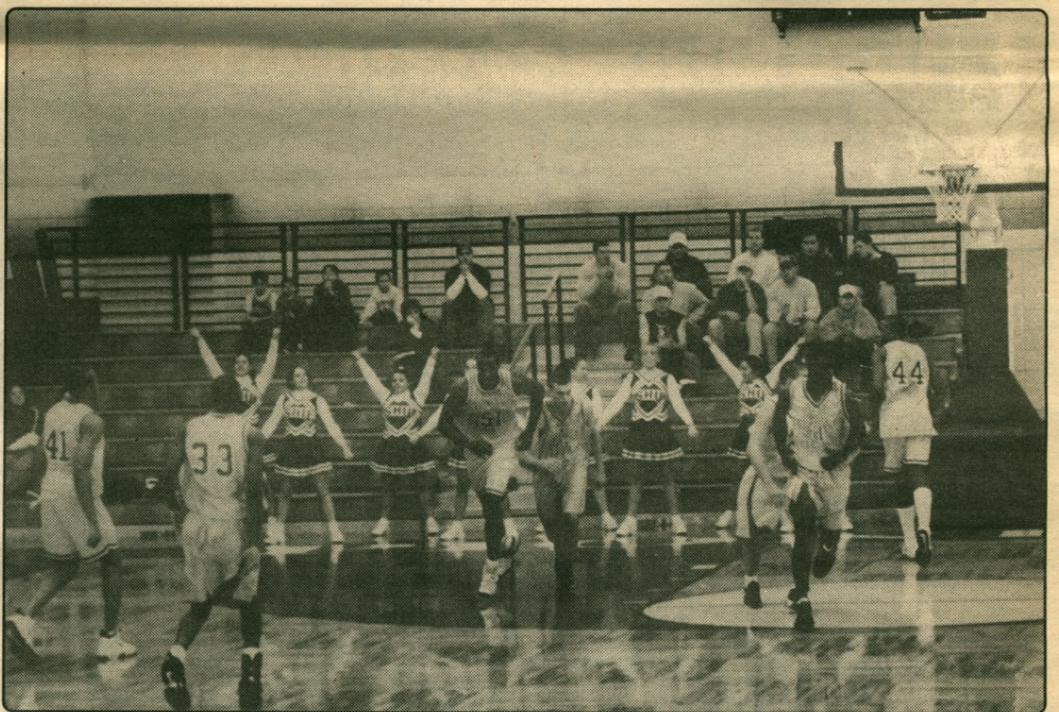
SHU raced out to a 21-12 lead in the first seven minutes

against NHC. The first half lead grew to 13 before the Penmen staged a rally.

NHC crawled as close as two points, but ended the half down by seven. They cut the lead to three in the second half before SHU managed to pull away.

The Pioneers also defeated NHC 84-71 in the Constitution Classic.

See Pioneer men, page 14



File Photo

The Pioneer basketball team improved to 11-7 with wins over UMass-Lowell and NHC.

Win streak ends as Lowell hands SHU a loss



Photo by Chris Reinhart

Junior guard Jen Rimkus rises above the crowd to take a shot in the Pitt Center Tuesday night

By Julie Ann Nevero
Sports Editor

The Sacred Heart women's basketball team lost its first game since Dec. 12, when it was defeated by UMass-Lowell (74-63) last week. The Lady Pioneers were on a six-game win streak and were tied for first in the NECC conference with the River Hawks prior to the loss. A win would have made Sacred Heart the sole leader, but the team now stands in second.

"We haven't lost in a while so it was a very strange feeling," said

Coach Ed Swanson. "We played on their home court and didn't shoot the ball well in the second half. We were only shooting 29 percent from the field."

Last Saturday in the Pitt Center, the team defeated New Hampshire College, in another NECC contest, 82-55, for the second time this season. After the split, the team stands at 13-5 overall and 8-1 in the Conference.

Despite the loss, the team had

WOMEN'S HOOPS

See Lady Pioneers, page 15