

# SPECTRUM

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Fairfield, Connecticut

October 29, 1998

## Installation of new phone switch underway



Photo by Kerrie Darress

(Left to right) George Kyrystschenko, interim Chief Information Officer and Art Gerken, manager of the mailroom look over an order form for the new switch which will be installed.

By Brian Corasaniti and Tara S. Deenihan

A new switch has arrived to help alleviate the phone problems that have plagued SHU since the beginning of the year.

The half million dollar switch, which arrived about a month ago, is currently boxed up in the mailroom pending cleaning of the new room in which it will be placed in the telecommunications office.

"The installation will be in segments so that it is not simply one day that a new switch is put in," said Dr. Paul Madonna, vice president of Finance and Administration. "We would anticipate a total phasing completion by the end of the semester. Improvements will continue as the phasing

moves along."

To help alleviate busy phones lines, all America Online local access numbers were blocked so students could not use them. That comes in response to a GTE survey that found that a major use of the phone lines was due to students, particularly South Hall residents, using AOL. The lines were blocked to determine if that in fact is the case.

"There is no real way of telling at this time because the system is so heavy with traffic," said Rich Cohen, branch manager for GTE.

"It got better, but they have to do something about AOL. They are ruining it for the rest of us," said Lea Greco, a freshman from

See Phones, page 2

## Less minorities attending SHU

By Cindy Burgos  
Contributing Writer

With Sacred Heart increasing in size and population over the last few years, the number of incoming freshmen who are African-American was 54 in 1991, compared to 24 in 1998.

Grace Lim, assistant director of Student Life for International Programs said that State and Federal programs do not offer enough financial assistance to students to get them motivated to attend a higher learning institution.

"I think it has to do with economic reality. We need stronger support systems. Not only will we be able to recruit them but to also retain them," said Lim. "People need to understand the meaning of diversity. It needs to be appreciated more. We teach our students how to react to a challenge."

"Basically, financial aid is responsible for messing up people's retention in this school. We struggle with financial problems and the competition to maintain good grades," said Lien Le, a senior from Philadelphia.

Michael Bozzone, dean of freshman, said that private universities like Sacred Heart have a tough time attracting minority students.

"The price has gone up and it is a different competitive market. The school is attracting more middle class white families and fewer Hispanics and African American families," said Bozzone.

"Private colleges have to do some more work to attract more minority students and have a better rate of retention," added Bozzone.

By Julie Ann Nevero

## SHU student starts program

By Paula Jean Steiner  
Contributing Writer

Sean Otter spoor, a Sacred Heart student has launched a new volunteer program in the Bridgeport area.

The junior from Milford has started the "Step by Step" program as a way to aid in repairing front porches and steps of those who are unable to do it themselves.

"Step by Step" will be an ongoing program of The Volunteer Center of Greater Bridgeport.

Otter spoor became involved with Community Connections, a program designed to facilitate involvement in the Bridgeport community. Community Connections sponsored "Step by Steps" pilot home in August 1998.

"This is a quick repair or paint job to the steps and porches of homes," said Otter spoor. "It really makes an immediate difference in the appearance of the home and personal safety of the residents."

"Sean has discovered a need in the community and has gone about it to solve the problem," said Phyllis Machledt, director of Service Learning and Volunteer Pro-

grams. "I think it is really neat that a SHU student has taken such an initiative in creating a great program."

The City of Bridgeport supplied grant money to "Step by Step" for food and paint.

"Since we participated in Make a Difference Day, there will be grant money that can be applied for as well. Mostly we will get the funding and volunteers for each porch or steps as needed," said Otter spoor.

"We have been very lucky," said Lydia Bornick, executive director of the Volunteer Center of Greater Bridgeport. "Through a series of great public relations work, 'Step by Step' should be a great success."

"Step by Step" also received help from a teacher at Bassick High School, Jeffrey Gaivacchino. Gaivacchino had over 35 students sign up to participate in "Step by Step" on Saturday.

"Eight homes were completed, one in almost every section of the city," said Otter spoor.

"Once word got out about the program, volunteers from each area came forward as well. The community support has been great," he added.

## Commemorative flags stolen

Editor-in-Chief

The commemorative flags adorning light posts on campus celebrating the 35th anniversary of Sacred Heart University have been disappearing in recent weeks, upsetting many in the University community.

Although the University is not pointing fingers at its students, it does believe that they are most likely responsible for the missing flags.

"They are University prop-

erty and taking something that isn't yours is wrong," said Ann Miron, special events coordinator at SHU.

Buildings and grounds began installation of the flags on Sept. 9 so they would be up for the Sept. 11 dedication of Curtis Hall and will complete installation this week, according to Miron.

"This project is something that President Cernera and his cabinet had been thinking about for the last five or six years," said Miron. "The process was long

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Contributed Photo

(Top to bottom) Denise Fuzie, Bridget Ryan, Lee Ann Galli and Laurie Nagy work on a "Step By Step" project.

## NEWS BRIEFS

### Cab driver caught with cocaine on campus

A taxi cab driver was arrested for possession of cocaine and drug paraphenalia last Saturday evening, the second night of Parent's Weekend.

The man was discovered by a Flik employee slumped over the wheel of his cab, which was parked on the Administration Road at 7:57 p.m. Public Safety officers responded and found the man unresponsive. Fairfield Police, Fire and AMR Ambulance responded and the Police found cocaine and other drug paraphenalia on him.

The man was subsequently arrested on drug charges.

### Economics Club to sponsor investing game

The Finance and Economics Club will be sponsoring an investment game, which will run from Nov. 2 to Dec. 4. Any interested students may participate by entering as individuals or groups.

Entrants will have \$50,000 to invest in stocks listed on the New York, American and Nasdaq exchanges. A minimum of three stocks and a maximum of six stocks must be selected.

Entrants should fill in the form and give it to Joan Clark in HC 208 by Nov. 2.

### Who's who applications due on Nov. 6

Applications for Who's who in American Colleges and Universities are due on Nov. 6 for students in the class of 1999 and 2000.

Students must have a minimum GPA of 2.75 and be involved in Student Life and Community Service.

An application, resume and letter of recommendation is due on Nov. 6 in the Department of Student Life office.

-Compiled by Brian Corasaniti

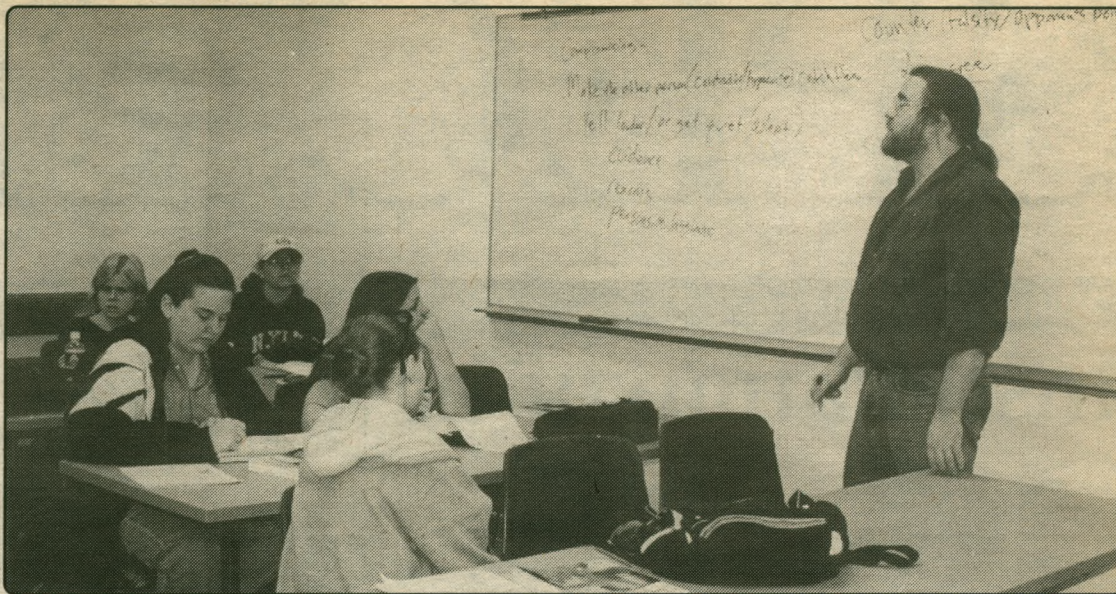


Photo by Kerrie Darress

Adjunct Language, Literature and Media Studies instructor Mark Edwards teaches one of his classes.

## Adjunct pay not competitive

By Amy Finkle and Danielle Dename  
Staff Writers

As the number of students at Sacred Heart increase, many feel the need for professors does as well. This problem is handled by the hiring of many adjunct professors for various disciplines. In the past few years, the number of adjuncts has increased significantly.

Dr. David Curtis, chair of the department of Language, Literature and Media Studies, feels the problem may stem from the fact that the University pays adjuncts a significantly less amount of money per course than the other colleges and universities.

"It is harder than ever to get good people", said Curtis. "It has become increasingly difficult to find qualified individuals willing to teach part time at Sacred Heart."

According to Curtis, the Language, Literature and Media Stud-

ies Department alone has 63 adjunct professors.

The adjuncts at Fairfield University receive over \$3,000 per course, and at Housatonic Community College, a two year institution located in Bridgeport, the adjunct professors receive \$2,500-\$2,800 per course, according to officials from each respective institution who wish to remain anonymous. Salaries for Sacred Heart Adjuncts were unavailable.

"Adjuncts help to keep the University's instructional budget in the black", said Dr. Ralph Corrigan, professor of English. "Without them teaching here, the University would have to either raise the tuition or cut back student services, so they're crucial to the health of this institution."

"The adjuncts I have had in the past, were very thorough," said Michael Vaughn, a senior from Mashpee, Mass. "I think they deserve more than they receive, because they take time out from

their careers to teach us. They want to teach or else they would not be here."

According to Dr. Marian Calabrese, professor of English, Sacred Heart University's pay is not competitive, and it is difficult to find individuals willing to teach who have the appropriate degree.

"I don't know how we get them to come here," said Corrigan. "They are good people and good instructors and must feel that SHU is a special place and are willing to sacrifice the money to teach."

Dana Westing, a senior from Nashua, N.H. feels that the adjuncts should be paid at a more competitive rate.

"I think the situation is horrible because sometimes I feel the adjuncts are better than the full time professors," said Westing. "They are teaching everyday in their full-time careers and can sometimes bring more into classrooms than just the information in the textbook."

## Phones: New switch will be installed over the course of the fall 1998 academic year

Continued from page 1

Newington.

Although AOL was not informed about the blocking, George Kyrtyshcenko, acting Chief Information Officer, is not concerned about any legal ramifications, such as lawsuits from AOL. "Technically, a private institution can block whatever they want."

Telecommunications plans to evaluate the AOL situation and will then decide whether to provide the numbers again or not.

"We have to evaluate what the problem is to make sure it isn't and AOL issue per se," said Kyrtyshcenko.

Experts from Dallas, Virginia, New York and local areas were brought in to help SHU diagnose the phone problems.

According to Kyrtyshcenko, one of the main problems has to do with the current switch the University uses.

The current switch is from 1982 and unable to handle the amount of students using the phone systems. All calls coming from South and West Halls, the Pitt Center, Jefferson Hill, Parkridge, Taft Commons and Avalon Gates

have to currently go through the main switch.

"The reality now is that it needs to be upgraded to new technology," said Kyrtyshcenko.

"We can't get any work done because you can't get the proper information you are looking for," said Rosa Cervoni, administrative assistant in the Art Department.

Kyrtyshcenko said he hopes to eventually have Parkridge, Taft and Avalon dialing out from there and not having to go through the main switch, but he said he has to wait until the current situation is resolved before any future plans can take effect.

"We are using every resource possible to deal with the enormous increase in telephone traffic," said Madonna.

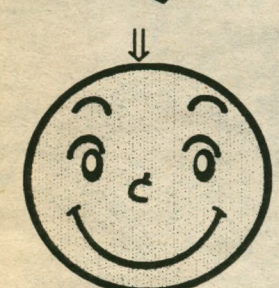
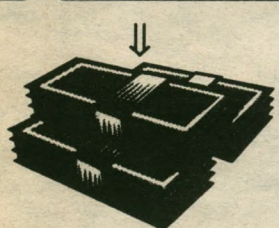
So far, Madonna said that the installation process of the new switch is going relatively smoothly.

"We get some sporadic problems as we go through the phasing. The phase that we are going through is called the balancing of the voice traffic. That has shown improvements," added Madonna.

Brian Corasaniti is News Editor and Tara S. Deenihan is Associate Editor.

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## PUBLIC SAFETY RELEASES

### Public Safety Releases from Oct 18 - Oct. 24

**Oct. 18: 12:13 a.m.-** Jefferson Hill resident reported a vehicle speeding and screeching its tires in the parking lot. Officers responded and dealt with a disorderly student.

**3:00 a.m.-** Parkridge Officer reports a large altercation at Parkridge; Officers responded. Bridgeport Police requested. Officers separated parties and restored order.

**6:00 a.m.-** South Hall resident reported a prior altercation occurred between 5 females in front of South Hall; at least one student injured. No medical attention requested.

**8:58 a.m.-** A visitor's car parked in the Jefferson Hill lot was vandalized overnight.

**6:57 p.m.-** West Hall fire alarm caused by candles left burning in an unoccupied room; candles confiscated, matter referred to Res. Life.

**10:15 p.m.-** South Hall resident reported his roommate's girlfriend, who resides in Bristol, was threatening to harm herself. Bristol Police were called and responded to her home; individual did not harm herself.

**Oct. 19: 12:46 p.m.-** West Hall fire alarm caused by burnt food.

**9:57 a.m.-** Pitt Center staff requested an ambulance respond for a male who suffered a seizure; 911 called. Fairfield Police, Fire/Rescue and AMR Ambulance responded; male was transported to the hospital via ambulance.

**10:30 a.m.-** An ill West Hall resident requested an ambulance respond; Officers responded while AMR was called. Ambulance responded and transported the student to the hospital.

**12:31 p.m.-** Minor motor vehicle accident reported in the North Lot; Officer investigated. Fairfield Police also responded.

**Oct. 20: 12:59 p.m.-** Minor motor vehicle accident reported at the entrance to campus near the flag pole; Officer investigated. Fairfield Police also responded.

**3:32 p.m.-** Library fire alarm received; no problem found.

**6:10 p.m.-** West Hall resident reported a discharged fire extinguisher in the kitchen; Officer replaced it.

**Oct. 21: 12:28 p.m.-** West Hall fire alarm received; no cause found.

**10:06 a.m.-** West Hall fire alarm received; no cause found.

**10:49 a.m.-** Staff member reported falling and injuring themselves in the hall outside of the Marketplace; no medical assistance requested.

**12:18 p.m.-** Officer observed the Fairfield Fire Department responding to campus with lights and siren. Public Safety had no knowledge of any emergency. The Officer followed the fire engine while the Dispatcher called 911 to determine the nature and location of the emergency. The Dispatcher was informed a resident of Jefferson Hill was reported to be in and out of consciousness. Officers responded. Fairfield Police and AMR Ambulance responded. Student transported via ambulance to the hospital.

**2:26 p.m.-** Avalon Gates student reported the theft of property from his apartment. Public Safety investigated; Trumbull Police also notified.

**5:22 p.m.-** Taft resident reported their vehicle was vandalized overnight while parked on the street.

**6:02 p.m.-** Student reported his vehicle was hit and damaged while parked in the North Lot.

**6:06 p.m.-** West Hall fire alarm received; no cause found.

**6:16 p.m.-** Officer observed graffiti on the Taft garage door; B&G notified.

**Oct. 22: 4:17 p.m.-** Academic Bldg. fire alarm received; no cause found.

**9:04 p.m.-** Pitt Center staff reported a male injured his leg; an ambulance was requested and transported the individual to the hospital.

**Oct. 23: 12:45 a.m.-** Academic Bldg. fire alarm received; no cause found.

**1:35 p.m.-** Jefferson Hill resident reports several females arguing in the bldg; Officers responded and restored order.

**1:53 a.m.-** Public Safety dispatch received a phone call from the second elevator in South Hall; no one on the other end. Officer responded and found the elevator empty and vandalized; the elevator was taken out of service.

**12:35 p.m.-** Staff from Health Services informed an Officer of a student at Health Services who was ill and needed an ambulance. Dispatcher dialed 911. Fairfield Police and Fire, and AMR Ambulance responded; ill student transported via ambulance to hospital.

**3:19 p.m.-** South Hall fire alarm activated by air freshener spray.

**9:14 p.m.-** South Hall fire alarm caused by burning incense.

**Oct. 23: 1:39 a.m.-** South Hall resident reported suffering alcohol poisoning; 911 called. Fairfield Police and Fire, and AMR Ambulance responded. Student transported via ambulance to hospital.

**1:45 a.m.-** Jefferson Hill residents reported a male, dressed in a "Jason" mask, was scaring people; Officers responded, male had left the area.

**2:21 a.m.-** Officers observed a suspicious male in the North Lot, who was observed stealing an antenna from a vehicle. When Officers approached, he fled. Officers pursued the male on foot through campus onto the golf course, where he was apprehended. Fairfield Police were called and responded. Suspect said he was a

## PUBLIC SAFETY (cont.)

lacrosse team recruit, staying with a student.

**2:59 a.m.-** West Hall fire alarm received, multiple floors in violation. Fairfield Fire Dept. called and responded. Building was fully evacuated; no cause for alarm found.

**9:57 a.m.-** Visitor to the Pitt Center fell from a chair and injured her back; 911 called. Fairfield Police and Fire, AMR Ambulance responded. Injured person was transported via ambulance to the hospital.

**3:30 p.m.-** AMR Ambulance transported injured football player to the hospital.

**5:14 p.m.-** South Hall resident reported the theft of his laptop computer from his room.

**7:57 p.m.-** Flik employee reported a taxi cab driver parked and slumped over the wheel of the taxi on the Admin. Road; Officers responded and found the driver unresponsive. 911 called; Fairfield Police and Fire, AMR Ambulance responded. Fairfield Police found cocaine and drug paraphernalia on the taxi driver, for which he was arrested.

**8:17 p.m.-** Woman at the Pitt Center was having an allergic reaction to something she ate; the Fire Department responded from the Admin. Road call. AMR Ambulance responded and transported patient to the hospital.

**8:40 p.m.-** Staff member reported falling down the steps by the Park Ave. House; medical treatment and/or transportation declined.

**10:44 p.m.-** West Hall resident received a wrist and face injury playing basketball; a friend drove the patient to the hospital.

## Flags: thefts mounting up

*Continued from page 1*

and hard."

Student Government President and member of Cernera's 10th Anniversary committee said that students may not be the only one's to blame.

"Someone is obviously taking them," said McCabe, "but it could be students, outsiders or visitors. We just don't know."

Miron feels that those taking the flags are not only stealing, but are also putting themselves in danger. She noted that a light post on the pathway to the Pitt Center, from which a flag was stolen, had a broken glass dome.

"No one at this University wants to see anyone get hurt," she said.

The University noticed that some of the sizes of the flags were inappropriate for their locations and as a result, those surrounding the perimeter of Jefferson St. will be replaced with 60 inch flags and the smaller ones will be installed in on-campus locations.

Miron believes that the culprits find the flags so "intriguing" that they want to have one for themselves. SHU is currently looking into producing mock flags that the University community would be able to purchase.

SHU has negotiated with the town of Fairfield for flags to be installed in its downtown area, according to Miron. Flags will fly three times a year in this location, equaling that of Fairfield University. They will hang from October to November, again from January to February and during the month of May. Sacred Heart is currently petitioning for a fourth flying as well.



Photo by Kerrie Darress

A vandalized flag that was almost stolen stands on display.

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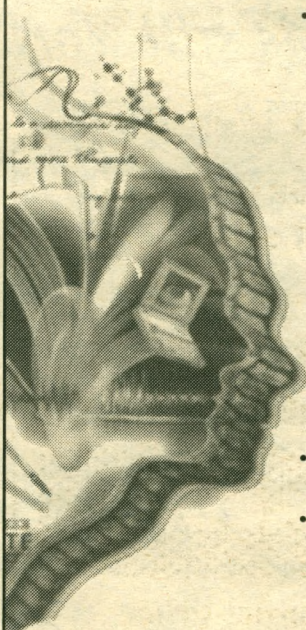
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# EDITORIALS

## Parent's attendance low at sample classes

Last week's Parent's Weekend featured many activities and events for students and their parents to participate in. Among the many events were the sample classes taught by University professors. The purpose of these classes was to make parents aware of the kinds of things that their sons or daughters are learning here. Parent's attendance at these mock classes last weekend was almost non-existent. Why?

Parents and students attended the Breakfast with President Cerera from 9 to 10 a.m. and could attend classes from 10 to 11 a.m. No other activities were scheduled at this time, so where did everyone go? They disappeared for a couple of hours only to resurface at the football game, where they were packed like sardines in the stands. The classes were also one of the only activities that was free.

This is probably one of the most important activities the weekend features yet hardly anyone attended. This seems ironic given that this is the reason why students are attending college.

## Adjuncts offer students a breath of fresh air

The Sacred Heart University student body is at an advantage as far as its adjunct faculty is concerned. Some of the most talented and intelligent members of our faculty are adjuncts. Not to say that they are better than our full-time faculty, but in some cases, they have more to offer than full-time faculty members.

Adjuncts have the advantage of not having to be on campus all day, every day, five days a week. These people have other jobs, usually in the field in which they are teaching, and can offer students a more in depth look at the jobs they want to pursue because of this personal experience. As one student mentioned in the article, they can bring more life to a class because they draw on more than just a textbook. This is a breath of fresh air.

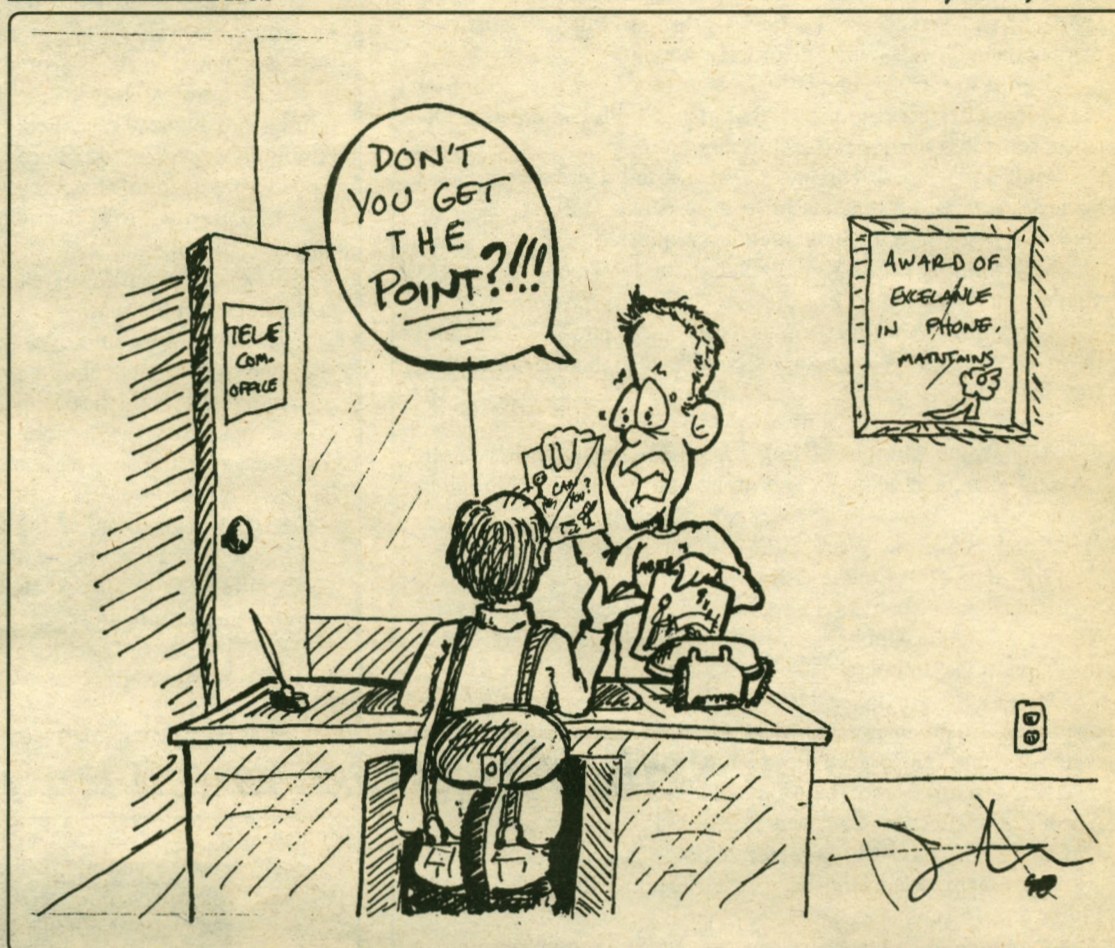
Adjuncts usually just as qualified, if not more so in some instincts, and deserve a competitive salary yet they are and will probably continue to be paid significantly less than full time faculty.

Adjuncts are a vital part of this institution and should not go unnoticed by the students, administration and other faculty.

**Correction:** In last week's issue of the Spectrum, the name of a contributing writer was misspelled. The author name is Samantha Fiedler, not Fielder.

## if the SHU fits

jeremy staul



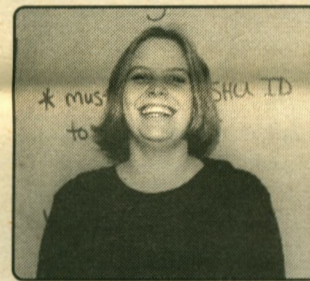
## The SHU Voices

### Have phone problems inconvenienced you? If so, how?



**D-wayne Davis**  
Junior  
Sanbornton, N.H.

"No. I have not had any major problems compared to other students."



**Cori Kiley**  
Junior  
Greenlawn, N.Y.

"Yes. You can't get through in an emergency and if you do, you get cut off."



**Frank Todaro**  
Senior  
Queens, N.Y.

"Yes. I now only use calling cards due to the unreliability of the phone lines."

## SHU may be diverse, but there is still work to be done

An issue that has been brought up is a lack of diversity on campus, and more specifically, minority students.

There is a concern growing that we are attracting mostly a white middle class student body and not much else.

I know for myself personally Sacred Heart was quite a culture shock, meaning that there was actually culture here.

I am from the small town of Jericho, Vt. where diversity is not what we are known for.

Although the ugly cloud of racism did not hover over my childhood, I lived in an area with little culture.



**By Brian Corasiniti**

I was one of the fortunate ones to have culture in my family, though. Half of my father's family came to this country from Italy earlier this century and most of them that are here live in New York. I would always hate to leave my trips to see my family, because I loved spending time around them and our culture.

As much as I love Vermont, it becomes very easy for residents, especially those whose families have lived there for generations, to become sheltered from the rest of the world.

Things that people down here take for granted are alien to many people who do not get out of the state often.

When I started my college search, I wanted to get into a new area. I wanted to be in an environment that reminded me of home, but was something different, a new experience.

College is about change, and

that was what I wanted.

And change I got.

Although Fairfield is reminiscent of Vermont in many ways, it is also quite different. The neighborhood setting is very familiar, but the pace and size are much greater.

To put it simply, there is more stuff here. More stores, restaurants, malls, people, ect. And more culture.

Quite frankly, Sacred Heart is the UN compared to Vermont. I am not saying that there are not improvements to be made here, though.

Having the amount of freshmen African American students drop from 54 to 21 in seven years is atrocious, considering our freshmen class is at around 700 students.

There is never such a thing as too little diversity in any setting.

One of the best things we can do is to let our leaders know that

we want more. That means telling our student government officials we want them to work on diversity.

Their Executive Board and Student Senate meetings are almost always open to the public; show up and tell them that Sacred Heart needs more diversity.

E-mail our administrators and tell them the same thing.

Another important thing the student body can do is support our International clubs and organizations. Go to the coffeehouses and any other event they put on that grabs your interest.

The best thing you can do is to embrace diversity in your life. Do not prejudice anyone based on his or her race, sex or religion. Treat everyone equally, because they are equal.

If we as a University community can live by those edicts, then attracting a more diverse student body will be an easier task.

### 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, clarity and length. The Spectrum does not assume copyright for any published material. All submissions are reviewed by the Editorial Board.

The Spectrum is a student-run newspaper of Sacred Heart University, published every Thursday during the academic year. All mail should be sent to Sacred Heart University, 5151 Park Ave., Fairfield, CT 06432-1000. The advertising deadline is 7 days prior to publication. Office phone numbers are (203) 371-7963 or 7966. Fax number is (203) 371-7828.

# Letters

Please submit your letters to the Spectrum office on Mondays between the hours of 10a.m. and 6p.m. or slip them under the office door. Letters must be typewritten and signed and may be edited. Please include title or class and phone number.

## GREEK JUDICIAL URGES SIGNATURES

### Letter to the Editor:

As the Chairman of Greek Judicial Board, I would like to make a clear and important statement to the student body of Sacred Heart University.

Recently, the Judicial Board has received an increased amount of anonymous letters containing grievances directed toward Greek Life Organizations. If any student has a problem or complaint pertaining to a specific fraternity or sorority, we urge that this situation be dealt with personally by making it aware to Greek Life.

Within Greek Life, you can speak to Nuala Hetzler, advisor to Greek Life, Al Precourt, assistant director of Student Life, or myself with confidence.

Although we appreciate individuals stepping forward, we need your signature in order to hold any bearing should a trial arise. No weight shall be given to these letters in future situations unless they are signed. This is due to the fact that any individual on this campus could have written the letter for numerous reasons such as grudges, pranks, or just plain jealousy of that particular organization.

**Michael Acevedo**  
Chairman of Greek Judicial



## Like, stop liking "Like" so much

The "like" situation has gotten way out of hand.

I believe it used to be "ahhhh," then "ummm" and ever the famous French space-filler "errr."

But now that our generation and those younger than

By Melissa Sperl  
College Press Service

us (God save you, New Generation), have graduated to the more idiotic and certainly less effective "like," I am starting to fear the end of the world.

You know what I am talking about. It's the incapability of people between the ages of five and 24 to compose a sentence that does not include the word "like." You are guilty. You do it. Don't deny it, but let's do something about it.

How are we supposed to know what anybody's talking about, now that every other word they say is "like?" People are taking so long to spit out simple sentences that I anticipate the end of our nation soon. The president of Generation X will be unable to speak to the leaders of other power-nations

without them snickering behind their backs at a blubbering idiot whom we the people have chosen to lead our country.

Under the knife of folks 25-and-under, the English language has become a tortured, mangled thing. We are already exposed to so few of the facets of our language, and now we are stabbing the thousand or so words we actually use in the head by taking five minutes to dribble them out.

I have come up with a few solutions. I propose that we take back our intelligence. We must form some sort of 12-step program that will enable offenders to overcome the one true problem in our society.

Are you "Like" dependent? If you can answer one or more of the following questions with a yes, you are:

1. Do you find yourself using the word "like" one or more times in single sentences, usually in places of grammatical structure that are completely unnecessary?
2. Are you a double- "like"

offender?

3. Have your loved ones ever confronted you with a count of the number of times you used "like" in a conversation?

4. Have you ever used the word "like" during a conversation about how often people use the word "like?"

Admitting that you are a victim is the first step toward recovery. Now follow these two steps to cure yourself:

1. Find a sponsor. Commission a loved one to smack you every time you use the word "like." Research shows that pain dissuades.

2. Give a dollar to your favorite charity every time you use the word "like." Even if you support a good charity, you will shut up when you can't afford it anymore.

By sticking to these steps, you can be sure to do your part to eliminate one of the most destructive problems of our society. Of course, it will leave us with two significant problems of greed and physical abuse, but like, who cares about that or whatever? Like, you know what I mean?

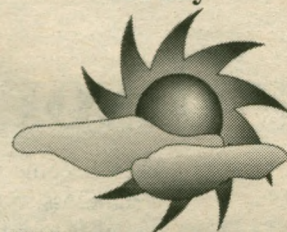
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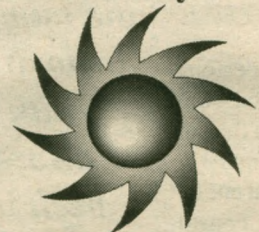
## The Weather Corner

Today



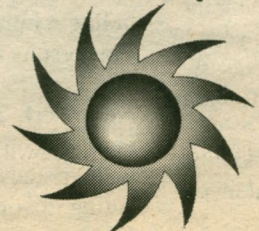
High 58 Low 46  
Partly cloudy.

Friday



High 59 Low 41  
Sunny.

Saturday



High 62 Low 38  
Sunny.

## The Spectrum

5151 Park Ave.  
Fairfield, CT 06432-1000  
Office: 371-7963 or 371-7966 Fax: 371-7828

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# FEATURES

## International students find solace in a new land

By Aliali Silverio  
Contributing Writer

They left friends, family and neighborhoods, boarded a plane with a destination thousands of miles from their home. These individuals would be faced with foreign customs, food, and religion.

Sacred Heart University has a group of students who come from other countries and nations. The international students come from countries as close as South America, to as far away as Asia or Africa.

Many international students visited the United States before attending Sacred Heart University. Some may have come on a regular basis every summer, while others studied as exchange stu-

dent in high school

Edward M. Njai, a sophomore from Kenya, Africa, is one of the few students who had never been to America until he came to Sacred Heart.

Njai had to adjust to leaving his family and friends and coming to a foreign place with no idea what to expect.

"It is very tough being so far from family," said Njai. "I've been here for over a year without going back home, and it's tough talking to my mom over the phone and writing letter. I feel alienated, in a way, from them."

Although the students are from different countries and languages may differ, they share a bond. The international students form strong friendships with each other.

"We're all the same," said Jose Ng, a sophomore from the

Philippines.

"We're here and all we have is our friends. Some of us might have cousins or aunts that live near by, but our immediate families are far away," Ng added.

"The lifestyle here is totally different from back home in terms of dress, food, everything," said Njai. "In terms of dress, the ladies here are very exposed. Their legs are always exposed. Back home, the legs are always covered. People back home are much more conservative."

Many of the international students may have come to school in the United States because it is a first world country said Ng.

The United States has all of the current technology and concepts.

In spite of different experiences in the United States all agree that their interaction with Ameri-

can students helps them ease into the transition.

"Most people have been quite friendly," said Njai.

"Being with American roommates helped me a lot. They showed me the do's and don'ts. People try to help you when you're an international student. They show you their culture and ask me about mine. I get to share with them how my lifestyle was in Kenya," he explained.

The differences in cultures may challenge and excite many international students.

"I had to learn about this culture when I came here," said first year student Maxime Yokono from Cameroon, Africa.

I know I can't change my culture or where I come from, but I try to be open to the culture here and learn as much as I can about it too," Yokono added.



Above, international students bond at their annual club social at Pinewood Lake in Trumbull. Contributed photo



Grace Lim, director of The International Center

## Eating disorders still plague many students

By Frances Moore  
Contributing Writer

Approximately ten percent of American college students suffer from eating disorders. Students at Sacred Heart University are no exception.

Jocelyn Novella, a personal counselor at SHU for the past four years, handles the bulk of the eating disorder cases on campus.

Novella estimates that one out of every five students is considered to be at risk for an eating disorder.

"Every year we run about three or four screenings, and this is an indicator as to how many people are at risk on campus," said Novella. "This past year 17 percent of the 92 students that took the screening were found to be at risk."

Anorexia, bulimia and binge eating are the most prevalent eating disorders affecting teenagers today.

People with anorexia typically will eat very little or nothing,

They become preoccupied with weight loss, even as their weight dwindles to a dangerous low.

**"Each year we do more outreach, and the number of people who are diagnosed with an eating disorder has not been increasing,"**

Bulimia finds its victim bingeing, eating great amounts of food, and then purging by vomiting or using laxatives. A binge eater will indulge in the food, but unlike a bulimic, will not purge. This results in obesity.

Jane E. Brody, in a recent New York Time article, cited a Harvard University and Radcliffe college study on the percentage of eating disorders in the United States.

The study showed that eating disorders are less common now

than they were in the 1980's.

Novella guesses that this phenomenon could be due to increasing information available and an increase in programs that offer help to those in need.

Sacred Heart currently offers individual and group counseling to student who seek help with their disorder.

Because of the high student athlete population at the University, the Counseling Center works closely with Julie Glode, head athletic trainer, coaches and other trainers who work with the athletes.

Glode monitors the student, and if the case is serious enough, passes it on to a counselor at The Counseling Center.

Also, a group comprised of faculty, staff and students works to increase awareness on campus by planning Eating Disorder Awareness Week.

During this week the group distributes information to the University's population and take anonymous screenings to determine if student have a problem.

### Common Symptoms of Eating Disorders

Symptoms	Anorexia Nervosa*	Bulimia Nervosa*	Binge Eating Disorder
Excessive weight loss in relatively short period of time			
Continuation of dieting although bone-thin			
Dissatisfaction with appearance; belief that body is fat, even though severely underweight			
Loss of monthly menstrual periods			
Unusual interest in food and development of strange eating rituals			
Eating in secret			
Obsession with exercise			
Serious depression			
Bingeing—consumption of large amounts of food			
Vomiting or use of drugs to stimulate vomiting, bowel movements, and urination			
Bingeing but no noticeable weight gain			
Disappearance into bathroom for long periods of time to induce vomiting			
Abuse of drugs or alcohol			

\* Some individuals suffer from anorexia and bulimia and have symptoms of both disorders.

### Information provided by The National Institute of Mental Health.

"After taking the screening I discovered that I was at risk for an eating disorder," said a student who wished to remain anonymous. "I had no idea that my eating habits weren't normal, and I became really scared."

She later went on to explain that her problem was not at any

critical level. "But any eating disorder can become very serious. I'm glad I got caught before I really did some damage."

"Each year we do more outreach, and the number of people who are diagnosed with an eating disorder has not been increasing," said Novella.

# Studies link depression to heart disease

By Kelly-Ann Franklin  
Contributing Writer

College students may deal with stress from school work, a job, friendships, and relationships.

At times, stress may lead to physical sicknesses like the common cold, or mononucleosis. In recent years, heart disease has also been found to be a result of stress.

Stress can promote depression in a young person who is perhaps experiencing new situations and handling complex decisions.

Often depressed teens may decline dramatically in school performance and have difficulty concentrating. These students may become uncommunicative and bored, avoiding other people, reports The Befrienders, an internet group that offers information on depression.

Manic depression, termed a

bi-polar disease by psychiatrists, is characterized by excessive highs and euphoric feelings which flow into sad, hopeless and empty moods, according to Yale Daily News staff reporter, Jake Sullivan.

A recent study by the National Institute of Mental Health Epidemiologic Catchment Area Study reports that manic depression usually begins to appear at age 18.

In an article in the New York Times, Gina Kolata reported that a study by Dr. William Eaton of the Johns Hopkins School of Hygiene and Public Health traced people over a period of 13 years after screening for depression.

This study showed that depression may be an indicator of future heart disease.

According to Kolata, Eaton studied 1,551 people from the Baltimore area and found that

those depressed were four times more likely to have a heart attack than those with a more positive outlook on life.

***"I think students may become depressed because of the adjustment to college life and being away from home for the first time," - Kelly Betts***

Among 444 people who had been depressed 13 years earlier, 27 had heart attacks. Only 37 of

the 1,107 who had not suffered from any type of depression when the study began had a heart attack.

Dr. Wayne Katon, a psychiatry professor at the University of Washington in Seattle agreed with the study, but also wanted to find out exactly why depression has this effect.

Katon discovered two possibilities, reports Kolata. First, depressed people cannot motivate themselves to eat properly or keep their weight under control. Thus contributing to the poor eating habits and eventually leading to high blood pressure and cholesterol level.

Second, Katon said that there is a biochemical effect of depression that elicits heart disease.

Depressed people have more adhesive platelets, which are blood cells involved in clotting. People who are depressed, said Katon, may have blood that clots more easily. This leads to heart attacks

since clots can block blood vessels leading to the heart.

According to the National Institute of Mental Health, depression affects an estimated eight to 20 million Americans. Approximately 25 percent of Americans will suffer from depression at least once during their lifetime.

"There is not a certain type that suffers from depression," said Residential Assistant Kelly Betts, a junior from Harwinton.

"I think students may become depressed because of the adjustment to college life and being away from home for the first time," Betts added.

Betts recommends any student who feel they may be depressed or having problems should make use of campus resources such as the Counseling Center and Residential Life.

"It's important to have a good relationship with your RA," said Betts. "That bond is important."

# Spirits haunt Sacred Heart students at off campus home

By Jason Havelka  
Contributing Writer

With Halloween approaching fast, students may look to believe in stories of ghosts and goblins. But to four physical therapy students, the subject of ghosts is no joke.

"The guys who lived in the house before us thought it might have been haunted, but we never really thought about it until now," said graduate student Michele Krosnick of Bordentown, N.J.

For the last month a number of strange incidents have the residents believing that a ghost is possibly living among them.

On a certain occasions the television has turned on by itself and proceeded to scan through various channels.

"One morning I came down stairs and the TV just turned on,"

said graduate student Ashley Aimetti from Mystic. "The channels then started to change as I was out of the room, and I was the only one home."

Two other forms of supernatural activities scared the students.

First, a plastic bag was witnessed floating out of a bowl on top of the refrigerator and dropping to the middle of the room.

No windows or doors were open which could have caused any sort of wind to transport the bag.

Second, Krosnick and Aimetti returned to their room after class to find furniture moved and flipped over.

"We were the first ones home that day. I have no explanation for it," said Krosnick.

No resident of the off campus house has been harmed in any way. Human spirits which the

residents believe they have, are generally harmless, reports Stephanie Ramp in the Fairfield County Weekly.

Ed Warren, the well known demonologist is quoted by Ramp as saying, "If a person dies suddenly or via foul play, the soul becomes confused. The spirit becomes earthbound, attempting to understand what is happening."

Despite living in a haunted house, the residents don't seem affected by the constant strange noises and supernatural events. "We were real scared when we first moved in, but we have just come to live with it and accept it," said Aimetti.

Three out of the four SHU students living in the house truly believe that a human spirit live among them, but graduate student Tonya Pallo said otherwise.

"I just think someone is joking with us. I don't believe it," Pallo stated.

# AIDS death rates hit new low

By Bob Bulkley  
Contributing Writer

The number of Americans dying of AIDS fell 47 percent last year, a decrease not equaled to since 1987, according to the U.S. Department of Health.

It is also reported that deaths from AIDS in Connecticut fell by half in 1997 to about 250 deaths.

Meanwhile, full blown AIDS cases among heterosexual and homosexual college students 18 to 19 years of age fell from 231 to 141 from 1994 to 1995, according to the latest Department of Health data.

This rapid decrease in the deadly disease was good news to AIDS researchers and activists, proof that all their efforts to control the disease hasn't been in vain.

Donna E. Shalada, of the Department of Health, is quoted by the Hartford Courant staff reporters as saying, "The tremendous decline in AIDS deaths is particularly striking."

Shalada points out that, "What this [study] says is that the benefits of the research efforts that has been ongoing the last fifteen years is clearly paying off for patients."

Credited with the drop in AIDS deaths are increasingly effective drug cocktail therapies. Two or three years ago those diagnosed with full blown AIDS received a death sentence. Today, desperation has been transformed into hope.

Still, there are drawbacks.

"The HIV infection rate is not falling," said Beth Weinstein, director of AIDS programs for the Department of Health, as quoted

in the article "AIDS Deaths Down by 47 percent" by Hartford Courant staff reporters.

AIDS treatments are accompanied by serious side effects and a high price tag, averaging \$25,000 per patient per year. AIDS is already the sixth leading cause of death among college students 18 to 24 years of age.

Unfortunately, AIDS health care is very expensive.

"Medicaid must be modernized to insure that all individuals with AIDS get access to medical care before AIDS sets in, not after," said Robert Zingale, executive director of AIDS Action.

Addressing the positive sides and triumphs, Shalada of Health and Human Resources said, "I would challenge anybody to come up with any single disease that had such a dramatic change in mortality in such a short period of time."

## CAMPUS HAPPENINGS

### Flan sale sponsored by Ballroom Dance Club

The Ballroom Dance Club is sponsoring a Flan sale. Eight inch pie pans of flan will be on sale for \$8.00. The deadline for orders is Friday, Oct. 30. Please contact Darlene Harris or Francis Collazo, director of Academic Advisement. Delivery date will be Nov. 5.

### Trip to Great Adventure

The Student Events Team will be sponsoring a trip to Great Adventure Amusement park on Nov. 1. Tickets and more information are available in the Student Government office, first floor of the Hawley Lounge.

### Basic Christian maturity course

There will be a basic christian Maturity Course sponsored by Charismatic Renewal Services and the St. Lawrence Prayer Group. The service will be held at St. Lawrence School Library (second floor), 505 Shelton Ave, Shelton from 8 - 9:30 p.m., Nov. 2, 16, 23, and 30. Registration is \$5. Call (203) 372-4301, ext. 358/359.

Compiled by Keysha Whitaker

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## Sacred Heart gears up for Harvest Fest '98

By Samantha Fiedler  
Contributing Writer

Harvest Weekend, sponsored by the Student Events Team, kicked off Wednesday. The weekend has been extended from Wednesday through Sunday. Last year, it was held from Friday until Sunday.

This year, SET is aiming for a bigger and better Harvest Weekend.

"Last year, the events were not that good, and not many people attended," said Mike Dutton, president of the Student Events Team. "This year, we are hoping for a better turnout."

Harvest Weekend kicked off Wednesday night with a Psychic Fair and Pumpkin painting in the Mahogany Room at 9 p.m.

Pumpkin painting was added this year as an activity for students

to do while waiting in line for the psychics.

"People hate waiting in lines, so we decided to have pumpkin painting so no one would get bored," said Dutton.

Stevie Starr, a widely known regurgitator, will be performing Thursday night in the Outpost. Starr has performed his regurgitating routine on Talk Shows such as, "The Late Show with David Letterman," and, "The Tonight Show with Jay Leno."

"He is a little weird, but he has been on almost all major talk shows," said Dutton.

A Murder Mystery Dinner will be held on Friday evening at 7 p.m. in the Mahogany Room. It will be held as a dinner swap and students are required to wear appropriate dress.

Delta Phi Kappa will hold an annual Halloween Ball on Saturday at 9 p.m. in the Outpost. The

Ball will include a costume competition, prizes for the winners, a D.J. and food.

Sunday will conclude Harvest Weekend with a trip to Great Adventure Theme Park for their annual Fright Fest show.

Tickets will go on sale two weeks prior and it will cost SHU students \$25 and non-SHU students \$35.

"I have been to that Fright Fest show and I had a really good time, the prices that the school is offering are really good also," said Aaron Torres, a freshman from Granville, N.Y.

The University will also be decorated to fit the theme of Harvest Weekend.

"Dressing up the school to fit the theme of events that are happening will hopefully make it more successful than it has been in the past. We are trying to make it different," said Dutton.



Contributed photo  
Professional regurgitator Stevie Starr will perform his bizarre brrred of entertainment tonight in the Outpost at 10 p.m.

## Let's all go to the movies! 'Pleasantville' and 'The Mighty' hit theaters

By Tara S. Deenihan and  
Brian Corasaniti

Need something to do this weekend? Try checking out one of the new movies playing in local theaters. Moviegoers seeking fun will enjoy "Pleasantville," but those looking for a good tearjerker can bring tissues to "The Mighty."

"Pleasantville" examines the burning question on every high school student's mind: "What would it be like if Don Knotts transported me into a 1950's sitcom?"

That is exactly what happens to Toby Maguire and Reese Witherspoon when they are transported into "Pleasantville" by a mysterious TV repairman, played by Knotts and become Bud and Mary Sue Parker, stars of the show.

Once they get into the town of Pleasantville, they realize how different it is from their '90's existence. Pleasantville contains every color imaginable, as long as it's black and white. All the men arrive home from work promptly at dinner time to a home cooked meal waiting for them by their diligent wives. And of course, no one ever thinks about sex.

Once Bud and Mary Sue inject their modern sensibilities into the town, the color hits the fan. Gradually, the whole town starts breaking out in every color imaginable, which does not please many of the locals.

The film also stars William H. Macy and Joan Allen as Bud and Mary Sue's parents, Jeff Daniels as the local soda jerk, and J.T. Walsh in one of his last performances as Big Bob,

Pleasantville's most respected citizen.

Some of the best scenes in the movie revolve around Bud and Mary Sue adjusting to life in Pleasantville. The scene where the health-conscious Mary Sue sits down for her first breakfast complete with every artery-clogger imaginable is priceless.

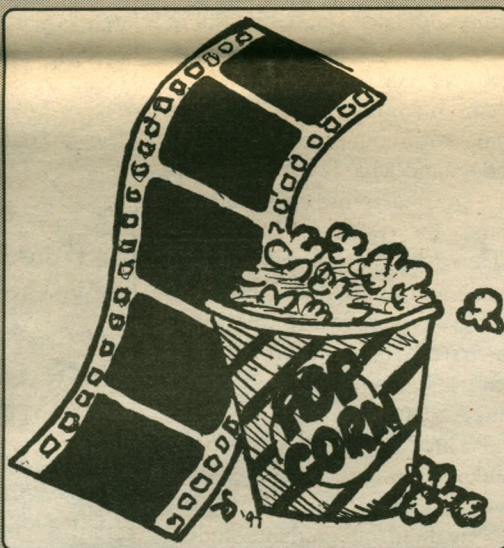
Visually, the film blends black and white and color flawlessly. In no recent film has color been so striking and effective.

The film triumphs with its portrayal of the characters. The director and actors understand these characters and make them seem real, even though they are epitome of fake. They are all rich characters who add the true color to the story.

"The Mighty," starring Sharon Stone, tells the story of two young boys, both social outcasts for different reasons, who find their place in the world through each other.

Stone plays Gwen Dillon whose son Kevin is crippled by a spinal deformity. Upon moving to Cincinnati Kevin befriends next door neighbor Max, best known around town for his learning disorder and his father's incarceration after being convicted of murder.

Kevin is a prodigy and helps Max learn to read and expand his imagination. Together the two



become a force against wrongdoing, modelling themselves after the knights of Camelot's round table. They become like one person; Kevin is the brain, Max is the feet.

"The Mighty" is an affecting movie, if a bit sappy. This small infraction is made up for, though by string performances from the two young actors as well as the supporting cast.

Gena Rowlands gives a sincere performance as Max's grandmother, and Gillian Anderson (Agent Scully to "X-Files" fans) plays Loretta Lee, a bimbo married to an ex-convict played by Meat Loaf. Anderson is frighteningly convincing as Loretta complete with big hair, spike heels and a southern accent.

The sad points in the story are well mixed with periods of comedy and triumph in the lives of Kevin and Max.

"The Mighty" is a wonderful tale of friendship, strength and finding who you are.

## Kirk Franklin returns with new Gospel hip hop sound

By Keysha Whitaker  
Features Editor

Kirk Franklin's latest release, "THE NU NATION PROJECT," is an explosive album which is aggressive, targeted toward the younger generation.

The album opens with a court scene in which Franklin is on trial for "trying to take the gospel to the world, tearing down the walls of religion, and making gospel music too secular."

The scene does not give us a judgement, but ends with the sound of the banging gavel, an intro into the first track, "Revolution."

"Revolution" is a song whose lyrics address important social issues such as crime, racism, corrupt government, fathers abandoning their babies, and even phony Christians.

The song mixes a powerful sampling of sounds including the "bwoop, bwoop" sound from KRS One's "Sound of the Beast," and the modified party phrase "All my real live saints throw your hands up."

The listener should not be surprised to hear Franklin rapping on this song, as well as a number of tracks throughout the album.

"Revolution" also features the gospel group INC, and gospel rapper Darkchild (Rodney Jerkins.)

This album is the most vocal we've seen Franklin. Though he

is rapping now, (and doesn't sound bad doing it), don't expect a career change.

Franklin remains to be a gospel artist. Even though "NU NATION PROJECT" is laced with R&B and hip-hop sounds the songs stay focused on Jesus and his love.

"He Loves Me," "Hold Me Now," and "You Are," expound on the infinite love of Christ, and encourages people to keep trying despite their mistakes.

"THE NU NATION PROJECT," successfully follows Franklin's last hit, God's Property. God's Property is most noted for its hit single "Stomp."

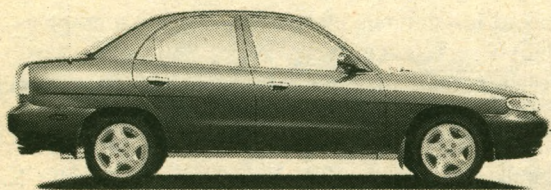
"Stomp" was a collaboration with Cheryl James, Salt of Salt-N-Pepa. Many people may have disliked Franklin for working with a non-gospel artist. "NU NATION PROJECT" is sure to make Franklin hated among these same people.

"Lean On Me" is a song on the new album which features the voices of R. Kelly, Mary J. Blige, Bono, Crystal Lewis, and also The Family. The song is positive, praising the value of friendship, and helping another person who may be in a hopeless situations.

"THE NU NATION PROJECT" has a 17 tracks including an introduction and interlude. Franklin has outdone himself with this album, and leaves the fascinated fan wondering what could he possibly do next?

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# Pioneers succumb to CCSU 1-0 in overtime

## Sophomore Carlin Guarneri has emerged as the conference's top goalie

By Matt Duda  
Sports Editor

If there was any doubt in the minds of the Sacred Heart women's soccer team about just how good they can be, they've been erased during the past month.

True, the Pioneer's 6-7-1 doesn't indicate that they are one of the better teams in the North East Collegiate Conference, but it's how they play the game, not the results that are the true measuring stick.

Recently the team lost to two top teams by one goal in overtime. Binghamton State, the second placed team in the NECC, needed overtime before they could get past SHU 1-0. Binghamton is ranked 22nd in the country.

Last week, Central Connecticut State beat the Pioneers in sudden death overtime after 97 scoreless minutes.

The Blue Devils fired 24 shots on goal, but were frustrated by goalkeeper Carlin Guarneri. Guarneri made five saves and was instrumental in keeping the game

so close. The CCSU goal was the first that Guarneri had allowed in 187 minutes.

The fact that SHU played such

a tough game against CCSU is surprising, considering the fact that the Blue Devils destroyed SHU 9-0 last season.

Guarneri has had a terrific season in goal. The sophomore from West Haven has already set

a school record for shutouts in a season. Her six scoreless games this year tie her for the conference lead.

Guarneri is second among the league's goalkeepers with 120 saves. She has a save percentage of .870 and a goals against average of 1.26 goals per game.

The NECC named Guarneri to its honor roll this week.

Junior forward Michelle Majeski leads the team in scoring with a total of 10 points off three goals and four assists. Sophomore midfielder Elana Rosero is

second with four goals and an assist. Sophomore Corrie Smith has seven points, two goals and three assists.

The Pioneers are currently in fourth place in the NECC, behind Franklin Pierce, Binghamton, and New Haven.

They travel to Pennsylvania this weekend to play back to back games against St. Francis and Indiana University.

The women have one game left after that. They play a 1 p.m. game against NECC opponent New Hampshire on Nov. 8 at home.

### Sports Scores

#### Football

SHU, 31      CCSU, 38

#### Women's Soccer

SHU, 2      Bridgeport, 0  
SHU, 0      CCSU, 1

#### Field Hockey

SHU, 1      Franklin Pierce, 0  
SHU, 3      SCSU, 1

#### Women's Volleyball

SHU, 3      Concordia, 0

### SHU Records

TEAM      WLT

Football      1-6

(W) Soccer      6-7-1

(M) Soccer      0-13

(W) Tennis\*      7-4

(W) Volleyball      6-14

Field Hockey      8-6

(M) X Country      65-46-1

(W) X Country      75-30

\* season complete

### Sports Schedule Oct. 29-Nov. 4

#### FRIDAY

Football @ Monmouth, 1 p.m.  
(M) Ice Hockey @ Holy Cross, 7 p.m.  
(W) Ice Hockey vs. Holy Cross, 7:30 p.m.  
(W) Volleyball @ Delaware St., 6:30 p.m.  
(W) Volleyball @ Loyola College, Noon.

#### SATURDAY

(M) Soccer vs. Bridgeport, 2 p.m.  
(W) Soccer @ St. Francis (P.A.), 1 p.m.

#### WEDNESDAY

Field Hockey @ Monmouth, 11 a.m.  
(M) Soccer vs. New Hampshire College, 3 p.m.

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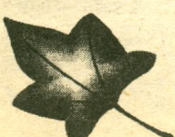
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## Office of Career Development



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Sports Management    Nursing    Computer Science    Marketing

# SHU STARS

## Wilkinson sets new school receiving record



**Chris Wilkinson**  
Football

Chris Wilkinson, a junior tight end from New Hartford, N.Y., caught nine passes for a school-record 145 yards against Central Connecticut State last Saturday.

Wilkinson also caught the first SHU touchdown pass in 2 years. He's the leading receiver in the NEC.

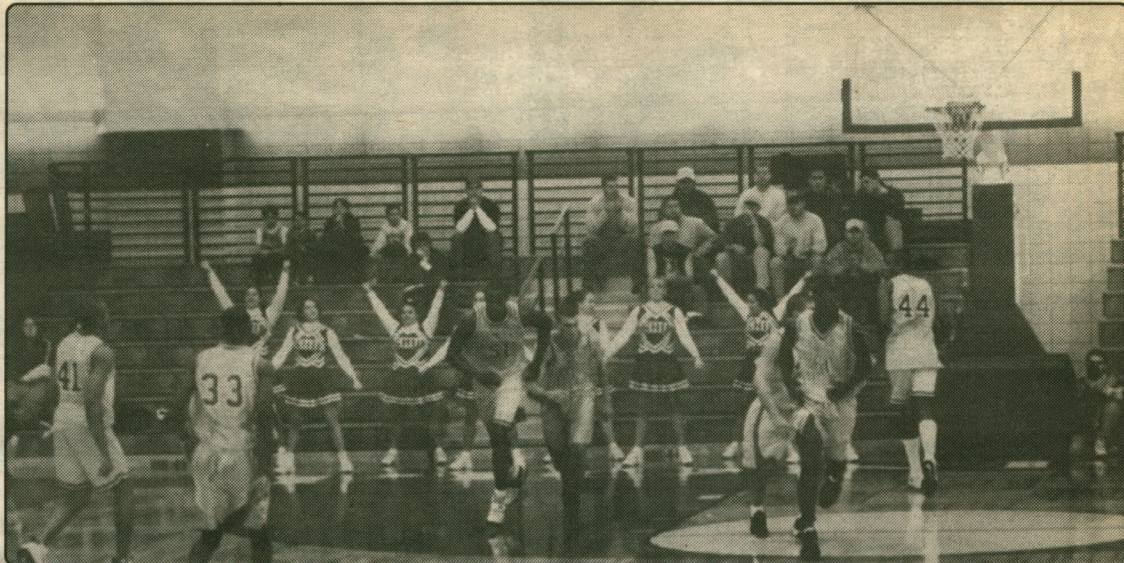
## Freshman named top newcomer by NECC



**Kim Almeida**  
Cross Country

Kim Almeida, a freshman cross country runner from Prospect, was named the North East Collegiate Conference's Rookie of the Year.

Almeida placed as Sacred Heart's second best runner at the NECC meet last weekend. Her 16th place finish was better than any other freshman at the meet.



Sacred Heart's men's and women's basketball teams are the only sports that award full scholarships. File photo

# Athletic scholarships rare

By Mike Kuchar  
Contributing Writer

Athletes hoping to receive an athletic scholarship from a college or university shouldn't get their hopes up. The number of athletes and the limited financial aid make it too difficult.

"Unless you are a star, or at the very least a starter on your high school sports team, your chances of making a college varsity team are slim," said Robert McThomas in the New York Times.

According to McThomas, no more than 200 two and four year colleges routinely grant full athletic scholarships, and some of those that do may not offer your sport or need someone of your particular abilities.

At Sacred Heart University, the men's and women's varsity

basketball teams are the only athletic teams that are granted full athletic scholarships. Each was granted four full scholarships a year starting during the 1996-97 season, said Don Cook, director of athletics.

McThomas points out that of the 400,000 high school seniors who play football or basketball, only about 20,000 will be signed by the 1,000 colleges affiliated with the NCAA.

McThomas' advice for capable athletes is to get an early jump on picking the right high school. "Your first priority should not be a school's athletic record, but its academic standing and the strengths of its guidance office," said McThomas. "Because of the strict rules limiting what the NCAA can pay you to the value of a full scholarship, you want to aim for the best college education you can get."

The varsity basketball programs at SHU will officially enter the Northeast Conference in 1999, a transition that has been planned with great care, said Cook.

"Men's and women's basketball are primary conference sports which demand full commitment from our university," said Cook.

Athletes participating in other varsity sports at SHU are granted only need based financial aid.

"We had a couple of good players leave the team last year because of money complications," said Tricia Moore, a junior volleyball player from Lindenhurst, N.Y. "I believe that all athletic teams should get the same amount of funding from the school."

Cook stated that a five year strategic plan has been compiled that addresses budget issues concerning funding for the other varsity sports at Sacred Heart.

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Tricia Moore prepares to spike the ball on the Concordia defense. Photo by Kerrie Darress

# Volleyball team earns sixth win with Concordia sweep

By Adam Lagnese  
Staff Writer

The Sacred Heart University women's volleyball team swept Concordia 15-8, 15-2, and 17-15 last Friday. The win raises the Pioneer's overall record to 6-14 on the year.

"We played a really good game," said freshman setter Katie Sammon of Bellmore, N.Y. "Our passing, setting, and hitting were good. Everything came together nicely."

Junior hitter Tricia Moore, from Lindenhurst, N.Y., continued her superiority on the court with 15 kills. Moore not only leads the team in kills with 324, but also in hitting percentage with .336. Moore is among the top 20 in Division II in both categories

so far this season.

"I am very excited about our win," said Moore. "I hope it continues this weekend when we travel to Maryland."

The Pioneers have a big match this weekend when they travel to Loyola.

"I only hope we can play our best and keep up with Loyola," said Moore. "They are a tough Division I opponent."

According to Sammon, Loyola will be the best opponent on the schedule this year for Sacred Heart.

"They are a tough team," Sammon said. "But if we play the way we did against Concordia, we will probably win a few games and maybe even win the whole weekend."

SHU also plays at Delaware on Friday.

College  
scholarships  
hard to obtain

See page 11

# SPORTS

Volleyball  
sweeps  
Concordia

See page 11

## CCSU rallies to top improved Pioneers, 38-31

By Matt Duda  
Sports Editor

Central Connecticut State scored three fourth quarter touchdowns last Saturday and went on to beat a much improved Sacred Heart University football team 38-31.

With the loss, SHU dropped to 1-6 on the year and 1-3 in the Northeast Conference.

SHU's offense put forth its best game of the year, racking up 178 yards rushing and 165 passing. The 38 points that the Pioneers managed were the most in a single game since scoring 27 last season against Assumption.

The efforts of freshman running back Brandon Graham, senior quarterback Steve Ladd, and junior tight end Chris Wilkinson led the offense. Graham rushed 19 times for 73 yards and two touchdowns. Ladd had the best performance by a SHU quarterback this year, completing 11 of 22 passes. The story of the day though, was Wilkinson.

Wilkinson caught nine passes for a school record 143 yards. In the second quarter, Wilkinson made a spectacular catch in the end zone for the Pioneer's first

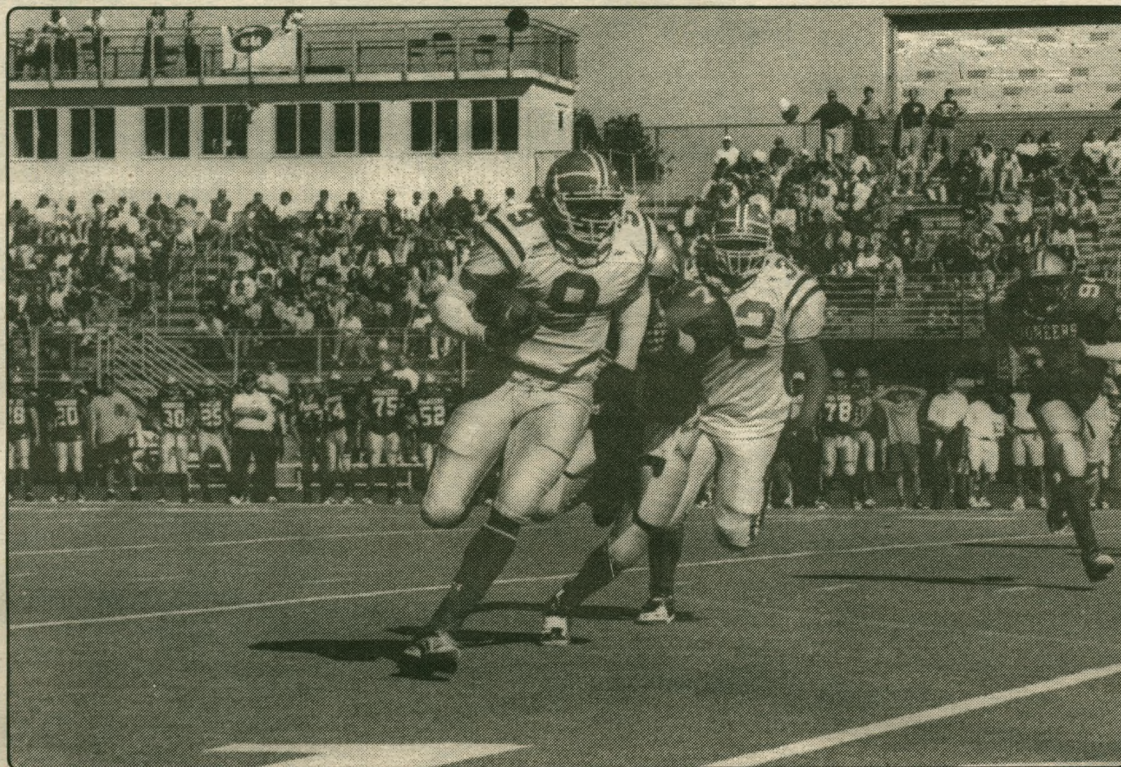


Photo by Kerrie Darress

CCSU running back Dino Harrison runs past the Sacred Heart defense for a touchdown.

passing touchdown since 1996.

CCSU head coach Sal Cintoino said the Pioneers surprised his team. "From what I've seen on film, they played better than they have been," he said. "They executed very well."

SHU led by as many as 15 points in the game. Two touch-

downs by Graham in the second quarter set the Pioneers into half-time with a 15-13 lead. SHU jumped on CCSU with Wilkinson's touchdown and a 6 yard scoring run by Kiheme Cowan.

CCSU then started to take over control of the game. Quar-

terback Keith Toolan tossed an 80 yard touchdown pass to O.B. Lomotey in what proved to be the turning point of the game. Central scored two more touchdowns and kicked a field goal in the fourth quarter.

"For the for the first time this year we came out in the second

half and played football," said Mike Kuchar. "We're a better team than we were three years ago, we're a better team than we were three games ago."

Kuchar finished with eight tackles, including two for a loss and one sack. Sophomore linebacker Chris Roche finished with 19 tackles and defensive back Lester Sutton finished with 12.

The Blue Devils blocked two of SHU's punts and turned both into touchdowns. Senior punter Anthony Palazzi was injured on the second block and left the field in an ambulance.

Ladd said that the offense earned so much yardage because of better play calling. "The coaches are letting us open up the offense more," Ladd said.

Ladd also said much of the credit belongs to the unsung heroes of any successful offense. "The offensive line played great today," he said

SHU travels to Monmouth this Saturday to face a team that Kuchar and his teammates think is beatable. Monmouth surprised defending NEC champion Robert Morris this week by handing the Colonials their first conference loss of the season. Robert Morris beat SHU 44-7 earlier this season.

## Cross country wins first NECC championship

By Emily Greenough  
Staff Writer

The Sacred Heart men's cross-country team had its first conference championship win ever at this past week's meet at University at Albany. The meet consisted of two separate conferences which combined into one race.

The men came in first place in the Collegiate Track Conference (CTC) and finished fifth in the New England Collegiate Conference (NECC).

The women were also successful by finishing second in the CTC's and third in the NECC's.

"They came through in a big way," said coach Christian Morrison of his men's team. "This

is the best performance ever turned in by a Sacred Heart men's cross-country team, bar none."

Morrison was also named the men's CTC Coach of the Year for the third year in a row at this meet to add to his numerous successes in both indoor and outdoor track.

"Awards like this serve as confirmation that the program and structure you've put in place are working," says Morrison.

"I want to thank the guys for going out and getting me this one," he added.

Freshman Kim Almeida was named the NECC Rookie of the Year and also earned second team All-NECC honors.

Sophomore Heather Stockton and junior Michelle Wesolowski

were also named first team All-NECC.

"Kim has been our most consistent performer all season," said Morrison. "She's also a hard worker and has great team spirit, so naturally I was very pleased to see her receive this recognition."

The top seven runners for the men were junior Brian Williams, sophomore Chris Eaton, sophomore Greg Kyrytschenko, senior captain Rick Janocko, sophomore Ed Njai, freshman Brian Wrinkle, and freshman Dan Morrell.

Top women performers were Stockton, Wesolowski, Almeida (16<sup>th</sup>), junior Jen McGovern, sophomore Danielle Revell, freshman Shandra Fraser, and freshman Sara Doyle.



Photo by Emily Greenough

SHU's men's cross country team walks to the starting line.

## Men's ice hockey skates into action tomorrow

By Matt Duda  
Sports Editor

Sacred Heart University's men's ice hockey team opens its season this Friday in a tough new league with a strong class of newcomers.

The Pioneers begin play in the inaugural season of the Division I Metro Atlantic Athletic Association. The league consists of Holy Cross, Iona, American International, Quinnipiac, Canisius, Fairfield, Connecticut,

and Canisius. The MAAC coaches picked Sacred Heart to finish in sixth place.

SHU's biggest returning strength is the goalkeeping of sophomore Alexi Jutras-Binet of Quebec City, Quebec. Binet averaged 33 saves per game for last year's 13-12 squad, and posted a 5.34 goals against average.

The defense will need to rely on new recruits as just one starter returns on that line. Senior Neil Welch finished with 10 points last season and will be counted on to

provide leadership. Head coach Shaun Hannah recruited several top prospects to fill in the defense, most notably Jay Reed. Reed, a freshman from Ithaca, N.Y. scored 40 points for the Syracuse Junior Crunch of the Metro Junior "A" League.

Wes Hendrickson of Spokane, W.A., and Manuel Molina, of Colombes, France, are also expected to contribute defensively.

Offensively, SHU needs to replace its top four scoring leaders. Tom LaPointe of Watertown

and Bill Demetriades will be expected to provide the scoring touch. Eric Drake and Paul Adimando should be important contributors as well.

Other important newcomers are Canadian freshmen Lloyd Marks and Peter McRae. Both have experience playing for top teams. Marks finished second in scoring in the Metro Junior "A" League. McRae scored 16 goals and had 30 assists for the Brampton Capitals.

SHU also has two transfers

who should contribute. Defenseman Derek Young transferred from Alabama-Huntsville, a strong team that beat SHU 23-4 last season.

Center Ed Bourget joins the team after defecting from St. Anselm. Bourget is the younger brother of women's ice hockey coach Trina Bourget.

The Pioneers open tomorrow at 7 p.m. at Holy Cross, the team picked to finish first in the MAAC. The two teams face off Saturday at 7:30 at the Milford Ice Pavilion.