Auto thefts plague campus

By Chris Nicholson
Editor-In-Chief

A five-day string of thefts has left the Sacred Heart parking lots with eight missing cars, according to the department of public safety. Although the thefts are being investigated, no leads have been reported except for the fact that the problem may be related to a rash of thefts in the general area, including the Trumbull Shopping Park. According to Director of Public Safety Alison Flaum, there is no apparent pattern to the thefts; they have occurred in scattered lots, at different times of day and with different types of cars being stolen.

"It appears there is no pattern," Flaum said, "and there is no particular method being used to steal the cars."

The first car disappeared Sept. 26, the second Sept. 27, two more on Sept. 29, and a startling four were stolen on Sept. 30. Approximately half of the cars have been recovered off campus, said Flaum. In response to the crisis, parking lot patrols have been increased and the department of public safety has circulated a flyer to the faculty and staff to be read in all classes. The memo warns the SHU community of the recent thefts and offers several tips to help prevent one's car from being stolen:

* If you have a car alarm, use it.
* Purchase and use "the club," or a similar anti-theft device.
* Don't leave valuable items where they are visible from the car's interior.

See Tips, page 2

Possible successor to pope to visit campus, receive honorary degree

(Permission of Egon Pinheiro, Pope John Paul II. Copyright 1992 by Egon Pinheiro.)

His Eminence, Ignatius Pius Mei Cardinal Kung, the Roman Catholic Bishop of Shanghai, will be honored by Sacred Heart University at a special academic convocation on Monday, Oct. 19 in the campus Theatre, beginning at 1 p.m.

The 91-year-old Cardinal will be presented the degree Doctor of Humane Letters, honoris causa, in recognition for his steadfast devotion to his faith in the face of Communist persecution. He was imprisoned by China's Communist government for nearly one-third of his years, from 1955-85. Released from prison in 1985, Cardinal Kung was welcomed into the Diocese of Bridgeport in 1988 by then-Bishop Walter W. Curtis. He now resides at the Queen of Clergy Home in Stamford. The academic address will be delivered by His Eminence, Pio Cardinal Laghi, prefect of the Sacred Congregation for Catholic Education in Rome. For several years, Cardinal Laghi was the observer of the Holy See. He is regarded as a possible successor to Pope John Paul II.

Born in China in 1901, to our community.

See Doctorate, page 2

Hispanic Week on horizon

By Brian W. Corvo
News Writer

La Hispanidad will be sponsoring and organizing the 23rd Hispanic Week at Sacred Heart University. Activities will be held from Oct. 13 through the 16th.

According to Sonia Mikolic, president of La Hispanidad, "The events are designed to increase knowledge and respect of Hispanic culture in our community."

The activities will begin at 11 a.m. on Tuesday in the SHU Theatre. Aires de Aragon, a professional Spanish dance group and champions of a national dance competition in Spain, will be performing folkloric dances from Spain.

On Wednesday a group of faculty members will be doing a presentation on their visit to El Salvador last summer and talk about the conditions they witnessed in that country. The presentation will take place at 3 p.m. in Faculty Lounge.

Mayan weavers from Guatemala will give a workshop on Thursday. The weavers will be demonstrating different weaving techniques and some items will be for sale.

Friday is the "grande finale" of Hispanic week. The festivities will start at 8 p.m. in the theatre as dancers from all around the Hispanic world will be doing different folkloric dances. Later on, a "Fiesta" dance party will be held in the dining hall from 10 p.m. to 1 a.m. Dances featured will include the Zapateado, the San Juanero, Merengue, Plena and many others.

All events are free of charge and open to the public; however donations will be taken to support La California, a needy elementary school in El Salvador.
NEWS BRIEFS

HIV/AIDS and The Women and Children of Bridgeport

On Friday Oct. 23, Sacred Heart University’s nursing program in conjunction with the McKinney Foundation will be sponsoring a program on HIV/AIDS and The Women and Children of Bridgeport.

Commencing in the Schine Auditorium at 8 a.m. for registration and a continental breakfast, the first lecture, entitled “Women and AIDS: Hidden Facts” — will be presented by Ann Williams, Ph.D., RN of Yale University.

Following Williams’ lecture, SHU’s Community Health Faculty member Linda Strong, MSN, RN will deliver a lecture entitled “Epidemiology of HIV/AIDS: What’s Happening in Bridgeport.” At 11:15 a.m., Deputy Director of Bridgeport Men’s and Women’s Project Sandy Vinning-Beethea, will deliver a lecture entitled “On the Streets of Bridgeport.”

Following lunch, Adeline DeMarris, MA Director of the Evergreen Network will speak on "The Psychological Impact of HIV/AIDS on Children: Approaches to Counseling."

The concluding lecture, "HIV/AIDS Symptom Management in Women," will be given by Richard Viscarello MD, director of the women and AIDS program at the Yale School of Medicine.

For more information on registering to attend the lectures, call 371-7715.

Prologue yearbook meeting announced

The Prologue will be conducting their second meeting of the year on Tuesday Oct. 13 at 11 a.m. The Prologue office is located in room S210. All interested in working on the 1993 yearbook are encouraged to attend.

University Learning Center workshops

Oct. 8th through Oct. 15th

College Level Reading Thurs. Oct. 8 12-7 p.m.
Thurs. Oct. 15 7-8 p.m.

Editing and Revising Fri. Oct. 9 1-2 p.m.
Tues. Oct. 13 7-8 p.m.

Wed. Oct. 14 7-8 a.m.
Thurs. Oct. 15 10-11 a.m.

Writing Comprehension/Contrast Essays Tues Oct. 13 11-12 p.m.

Writing Effective Paragraphs Sat. Oct. 10 3-4 p.m.

Writing Effective Essays Tues. Oct. 13 12-7 p.m.

Tips: keeping cars safe on campus

Continued from page 1

* When you turn off the engine, turn the steering wheel until it locks — this makes it harder for the ignition to be turned without the key.

Flaum also noted that students should report suspicious activity to the department of public safety by calling 371-7995. According to Flaum, "Things to notice are: people aimlessly wandering, people in a parked car for an extended period of time, people looking into parked cars and people getting out of one car and into another." Flaum stressed that suspicious activity should be reported, not physically confronted.

Doctorate: Cardinal Kung to visit campus

Continued from page 1

Catholic family of many generations, Cardinal Kung knew early that he wanted to become a priest. He was prepared for his First Holy Communion by a Marist brother and studied Latin in the Jesuit-operated St. Ignatius High School.

Ordained a priest at age 29, he spent many years in education, teaching Latin and serving as headmaster of two Jesuit-run high schools. In 1949, he was consecrated a bishop — the same year that China was taken over by the Communists.

The Cardinal was well enough to travel to Rome for a meeting with the Pope — he was held imprisoned for most of the 30 years he spent behind prison walls.

On July 3, 1985, the Cardinal was released from prison and placed on parole in the custody of the government’s “Catholic Patriotic Association,” an organization he heroically opposed. He was, in fact, under house arrest during his “parole.”

With the Cardinal extremely ill and frail, the Communists announced the termination of his parole term ( Jan. 5, 1988 ) and restored his full civilian rights.

Under the auspices of Bishop Curtis and Sister Daniel Marie, president of St. Joseph’s Medical Center in Stamford, Cardinal Kung was brought to this country for medical treatment.

In May of the following year, the Cardinal was well enough to travel to Rome for a meeting with Pope John Paul II, where he was informed that he had been elevated to the College of Cardinals — in 1979.

Twelve years after his elevation, Cardinal Kung was presented his red hat in ceremonies on June 28, 1991, at the Consistory in the Vatican. He received an unprecedented seven-minute standing ovation.
Study abroad program developing

By Brian W. Corvo
News Writer

A study abroad program is in development here at Sacred Heart University. According to Clara Marone and Catherine Kidd, the program is part of the university’s expanding global studies program.

Marone, who is new to the faculty, and Kidd, who is a provost office assistant, have been working on the program together. Marone is dealing mainly with the student side while Kidd is dealing primarily with administrative work.

“Right now we are affiliating with already well established programs,” said Kidd. “Students can study just about anywhere in the world and can even choose if they want to study in school and do volunteer work, internships, and research projects.

Although there is presently no formal financial aid, students do not have to be fluent in a foreign language to go on a study abroad program. According to Kidd, “There are programs geared toward non-fluent students and going on a trip will help satisfy their language requirements.”

“Students should realize that they are not limited to only academic work,” said Marone. Students may choose to participate in volunteer work, internships, and research projects.

The study abroad program offers a wide variety of courses from the sciences to the arts and humanities. The credits earned abroad are transferrable and students do not have to be fluent in a foreign language to go on a study abroad program. According to Kidd, “There are programs geared toward non-fluent students and on a trip will help satisfy their language requirements.”

The study abroad program itself, “To study abroad is an experience that changes your life. It exposes you to another culture and makes you a more analytical and critical thinker. It’s the kind of experience that changes your life.”

Students interested in the program can contact Clara Marone at 371-7810 in the communications department. The deadline for application is spring.

OFF-CAMPUS NEWS BRIEFS

Compiled from CPS reports

Complaints silence bells

Bells that have chimed for decades on the University of New Hampshire campus have been silenced because of complaints about the volume, the time of concerts, and because some of the music is of Christian origin.

Since 1952, a carillon of 246 bells has been played at daily 10-minute concerts in the morning and at lunchtime. The music includes the New Hampshire hymn, and the school almenner, which is written to the Christian music, “Lead on, Oh King Eternal.”

Recently the concerts were moved from 8:00 a.m. to 7:45 a.m. because professors said the music interfered with early classes. The noon concert was moved from 12 noon to 12:30 p.m.

The complaints began with the change of schedule, says a school spokesman.

University officials are reviewing the complaints. In the meantime, the bells will remain silent for the first time in 40 years.

Low grades linked to heavy drinkers

College students with low grades consume an average of 11 alcoholic drinks a week, three times the amount that honor roll students do, say researchers from two universities.

The study, based on a survey of 56,000 students on 78 campuses during the 1989-90 school year, also found that students at smaller schools are drinking more than at larger schools, and that male students are more likely than women to go on drinking binges.

Students who were getting D’s and F’s were averaging 10.8 drinks a week, while students with A’s were consuming 3.4 drinks.

Researchers from Southern Illinois University and the College of William and Mary in Virginia analyzed the survey results and created the report, which is intended to assist school officials in designing substance abuse prevention programs.

Researchers found that alcohol, as expected, is the drug choice: 86 percent of respondents said they used it in the last year, and 45 percent said they drink on a weekly or more frequent basis.

Twenty-seven percent of students said they smoked pot in the past year, and 6.1 percent said they used cocaine.

Other drugs reported on campus included steroids, opiates, hallucinogens, amphetamines, sedatives and inhalants. The most significant result in the link between alcohol and grades, say officials.

Hey Mrs. Broad!!!!

Thanks for feeding us hungry journalists. Without food we tend to make lots of grammer mistakes, but after a decent meal likes yours, we usually do real good.

Thanks again. -- the Spectrum Night Crew
Letters to the Editor...

Dear Editor:

I read the collection of thoughts in Michael Champagne's column in the Spectrum on Sept. 24, 1992, and felt moved to collect my own thoughts to share with you and your readers.

My first collected thought is the easiest for me to express. I agree with you wholeheartedly that the quality and journalistic presentation of the first issue of the Spectrum was excellent. The student newspaper is an important, actually essential, medium of communication not only for the students, but the faculty and staff. And I would include your writing skills and techniques of phrasing as part of the reason for the Spectrum's high level of journalisticism. But now for the however. In your discussion of the residence halls and the architects, you make an assumption that is not valid even though most people would agree with you. I refer specifically to the assumption that a high quality building or nationally ranked architects are more expensive than a lesser quality building or mediocre architects.

The architectural team of Kasper Associates and The Architets Collaborative resulted from a national competition that took place in 1989. Kasper Associates is a Bridgeport firm with an extraordinary reputation for engineering and construction skills; in a word, buildings they build are superbly engineered. The Architects Collaborative is a Cambridge, Mass., architectural firm that is one of the several leading design architectural firms in the United States; for instance, they were awarded the contract to design the national offices of the American Institute of Architects, among others.

Michael Shea, Charo Clark, Sarah Gauthier, Jean Paul Velotti, Daniela Ragussa, Julie Fredriksen, Jason Calabrese, Rachel Lisi, Kevin Phillips, Amy Madison, Dawn M. Kentosh, Donna Robinson, Chris Nicholson, Paul Perille, Chris (who is also male and colorblind), Paul Phillips, Todd Ross, Kathy Bothos and Kelly Phillips.

Spectrum is a student-run newspaper of Sacred Heart University. It is published every Thursday during the academic year.

The Spectrum office is located in the Academic Building, room S219. The phone number is (203) 371-7963. All mail to the editor are welcomed and encouraged. All are subject to editing for weight and substance. Unsigned editorials appearing in the far left column of the first editorial page represent the majority opinion of the Spectrum Editorial Board. Guest columns and letters to the editor are welcomed and encouraged. All are subject to editing for spelling, punctuation, grammar and clarity. Letters to the editor should not exceed 250 words and will be considered on a space basis. All submissions are reviewed by the Editorial Board and final decisions are made by the Editor-in-Chief.

The Spectrum is a student-run newspaper of Sacred Heart University. It is published every Thursday during the academic year. The Spectrum office is located in the Academic Building, room S219. The phone number is (203) 371-7963. All mail to the Spectrum should be sent to Sacred Heart University c/o The Spectrum, 351 Park Ave., Fairfield, CT 06432-1023. The Spectrum believes all advertising to be correct but cannot guarantee its accuracy. The deadline is nine (7 days prior to publication). For information call (203) 371-7966.
Sever the crime triangle

By Alison Flann
Shu Public Safety Director

Do you go to... the beach, dances, movies, the mall, grocery store, classes, bars/clubs, or even walk? If so, you are a target for crime. But YOU can do something about it.

The key is OPPORTUNITY! Criminals seek that for a crime to be completed, three elements MUST exist. If any one of these elements are removed, then the crime can not be successfully accomplished.

First is DESIRE. The criminal must have the desire to commit a particular act. Second, this person must have the ABILITY to carry it out. Third, the person also needs the OPPORTUNITY to do it. Without this, the criminal has no potential wallet to steal, person to rob or individual to rape. People with criminal intent need access to the person or property they intend to victimize. Break apart this crime triangle by eliminating opportunity.

The criminal can't also directly effect the desire and ability other have to harm our person or property. However, we can control the level of criminal opportunity we present to others. Take control of your surroundings and environment, by acknowledging vulnerabilities, assessing risk, and engaging in preventative measures in order to prevent away the criminal opportunity.

This theory is the basis for any pro-active crime prevention effort. Identify criminal opportunities and then reduce them. It is important to remember that nothing is 100% effective. I wish I could give you 100% protection.

More Letters to the Editor...

Continued from page 4

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New English professor enjoys SHU intimacy

By Kathy Bothos  Features Co-Editor

In addition to the changes physical on campus, a multitude of new faces have joined our university community. Dr. Allison Warriner is one of those many new faces on campus. Originally from New York, Warriner taught at the University of California at Berkeley for eight years, and now has transferred to Sacred Heart University. At Sacred Heart, Warriner teaches two freshman English classes and one Advanced Composition class. Excited about becoming a major part of the university, Warriner states, “I’m having a wonderful time at Sacred Heart and everyone is working really hard to make me feel welcome.”

Warriner applied for the position after reading the M.L.A. job list, but didn’t believe that she was qualified for this teaching position because Sacred Heart requested international qualifications. However, with a bachelor of arts and master of arts degree from Mills College in Oakland, California, a Ph.D. from Berkley, and many years of teaching experience, Warriner was a prime candidate for the position. Much to her surprise, Sacred Heart hired her. “The position was just right.”

Dr. Allison Warriner started teaching English courses at Sacred Heart this semester after eight years at the University of California at Berkley. Warriner enjoys the “very visible” student-teacher interaction at Sacred Heart.

By Joann Mariani  Staff Writer

Most of us who exercise (myself included) do so for the obvious physical benefits. Regular aerobic exercise not only strengthens your heart and lungs and lowers the risk of heart disease, but can also boost your immune system, build stronger bones, and may even slow the aging process. In comparison to Berkley, what appealed to Warriner the most was the fact that personal attention is given to each student as well as the faculty, unlike Berkley, which is a research institution. Recently, Warriner became a member of the Adjunct Faculty Committee and will start her new position as coach of the debate team next fall. She’ll be preparing for that position this year by undergoing training. “So many people are asking me to join committees and various programs, and I’ve said yes to practically everything,” exclaimed Warriner. Fascinated by her students here at Sacred Heart, she feels that every student has the ability to succeed in whatever they choose to do in their lives. “The students here, in all three of my classes, are willing to work so hard. I know that mid-terms haven’t hit yet, but they’re not complaining about the workload I’m giving them, and it’s the same workload I gave at Berkley—just as difficult.”

For that position this year by undertaking training. “So many people are asking me to join committees and various programs, and I’ve said yes to practically everything,” exclaimed Warriner. Fascinated by her students here at Sacred Heart, she feels that every student has the ability to succeed in whatever they choose to do in their lives. “The students here, in all three of my classes, are willing to work so hard. I know that mid-terms haven’t hit yet, but they’re not complaining about the workload I’m giving them, and it’s the same workload I gave at Berkley—just as difficult.”

It’s very visible to someone who has been in a research institution for so long.

"Just do it;" exercise your right to exercise

By Joanna Mariani  Staff Writer

Most of us who exercise (myself included) do so for the obvious physical benefits. Regular aerobic exercise not only strengthens your heart and lungs and lowers the risk of heart disease, but can also boost your immune system, build stronger bones, and may even slow the aging process. While the almost obsessive goal of a lean, trim body may not be one of our most noble ambitions, it’s a fact of life. Fit is in—for good reason—and probably will be for decades.

But if feeling and looking good aren’t enough to get you to the track (or the pool, or the gym), consider this: working out at the health club may help you become a better student. The idea that physical activity improves mental activity is not revolutionary; the ancient Greeks were great proponents of exercise, and they weren’t exactly ignorant. Most recently, tests conducted at Maxwell Air Force Base showed that the students who performed best on a twelve-minute aerobic test also showed the highest academic achievement. The higher the fitness level, it seems, the higher the GPA. The best of scientists don’t know the precise cause of this aerobic/academic connection; it’s probably a combination of hormonal, chemical, and psychological factors. However, the results are undeniable. If you need some extra motivation to get started, consider some of the mental “side effects” that have been positively linked to exercise: *improved mental response time.* Physically fit people seem to be able to respond to on-the-spot questions more quickly and most importantly, are correct more often. Is it coincidence that the majority of “Jeopardy!” contestants are also exercisers? I think not. This mental agility can be useful not only in responding to on-the-spot questions in the classroom, but it may cut down on homework time as well.*endurance, energy, and concentration.* Exercisers find they have greater perseverance in sticking with mental tasks, and can stick with complicated problems for much longer than their couch potato classmates (and have a better chance at solving them, as well). The ability to forge through long study sessions with high energy and improved concentration may be the most valuable mental benefit from exercise.

*better connections.* People who exercise are able to carry more ideas in their heads at the same time and are able to make better connections between concepts. When you’re pulling together an argument or solving a complex problem, exercisers may have the ability to think of many different solutions at once, whereas couch potatoes might have only one or two ideas that finally work out. And the better connections that exercisers make, the better they’ll be at connecting the dots, and the better they’ll do on complex problems. It’s a very visible benefit of simple exercise.

See Fitness, page 9

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See Fitness, page 9

"Just do it;" exercise your right to exercise
Is compromise good, or is it all you can get?

By J. Broad
Staff Writer

Continued from last week

Sometimes the compromise doesn’t mean overlooking bad characteristics in one’s mate, but in trying to convince oneself that a trait that the partner lacks is not really necessary for happiness. It is a way of trying to tailor one’s needs to fit a given situation, rather than attempting to change the situation to fulfill one’s needs. Jason began dating a girl in his senior year in high school who had everything he was looking for in a mate, except one thing: “She couldn’t communicate with me,” he says, “either intellectually or emotionally. I mean, at first, things were fine, but then the communica­tion thing suddenly became so obvious.” Jason tried talking to Cindy, but he “got nowhere.”

He eventually had to resort to writing her a letter explaining his concern about her inability to talk to him. He hid it in her room one night while he was over, some­place where he knew she’d find it. “After I left,” Jason recounts, “she found the letter, and called a close friend. Even after I pointed out the problem, she still didn’t call to talk to me about it! After a few days, I brought the subject up. She said she’d try.”

Things continued to deterio­rate to the point where Jason could no longer communicate with Cindy at all. They tried seeing other people in a last ditch effort to remind themselves of what they originally saw in each other. “She was reluctant to talk about the problems in the relationship,” Jason remembers, “because she was afraid that the conversation would end up with us breaking up. She thought that I would think she was complaining.”

The relationship ended when Jason met and became involved with a girl that he felt would be able to talk to him in a relationship. Hurting Cindy, who had every­thing he was looking for, except for the ability to communicate, still bothers Jason to this day, “I still wish that things had worked out. Everybody has this image of what they want. I think she may be as close as I’m ever going to get.”

Upon reviewing Jason’s case study, Ms. Barton returned to her previous study, Ms. Barton returned to her previous study, Ms. Barton returned to her previous study. “She said she’d try.”

As expected, the first few months of the relationship were wonderful, but then things began to get rocky. Some of Kenny’s bad points began to grate on Maria’s nerves. “He had a really good tough guy act going,” Maria recounts, “but he wasn’t really like that. And he used to let me win most of the arguments, as if he wasn’t strong in his convictions. I lost a lot of respect for him because he didn’t stick to his guns even when he knew I was wrong.”

Kenny’s immaturity and pessimism didn’t mesh with Maria’s optimistic, mature attitude about life. “He wasn’t trusting,” Maria relates, “and he was very cynical about people in general. His pessimistic attitude really didn’t help me much when I was down. I needed someone who could bring me up.”

As the friendship began to deteriorate, it did the romantic part of the relationship. Although they tried to reconcile, Maria fin­ally had to admit to herself that she couldn’t put up with some of Kenny’s less desirable qualities. “We had no trouble falling in love,” she says, “but we had trouble staying in love. We started dating when I was 14, maybe we were too young to have as serious a relationship as we had.”

All of the individuals involved in the cases presented above fell it necessary to compromise on cer­tain matters to keep the relation­ship afloat. Ms. Barton offers the following advice: “It is possible to live happily ever after, but it takes work. It takes knowing yourself, self­esteem and self-res­pect. Compromise means com­promise — not just one person giving in all the time.”

It is indeed a fine line between accepting that someone is not perfect and ignoring differences that matter.
Turn on and tune in to student radio WWPT

By Koleen Kaffan
A & E Editor

Sacred Heart's own student run radio station, WWPT, has just announced its schedule for the fall semester. Each of the shows are produced and performed by the DJ's themselves. New to the station this year are two specialty programs that are aired on Tuesdays between 2 p.m. and 3 p.m. First up is The Other Side, a show featuring a different artist each week as well as interviews and music. At 2:30, you can hear Spin magazine's SPIN Radio Network, which features a half hour of alternative music. All the DJ's take requests and the number is 365-7669. The line-up is as follows:

FMONTHEFM: Join host Frank Mastroianni every Monday morning from 6-11 as he spins the best from the alternative scene.

LISTEN UP: Every Tuesday, from 1-2, host Tom Donato brings you the latest from the alternative scene.

THE OTHER SIDE: 2:00-2:30

SPIN RADIO: 2:30-3:00

THE PERFECT PLACE: Every Wednesday, from 9-11, Julie Freddino for a mix of music from Don Henley to The Story.

CLUB PT: For the best of house, hip-hop, techno, and club music, catch Joe Bellizzi on Tuesdays from 11-1.

THE MONDAY SHOW: Every Monday from 1-3, join Patrick Schiller for two hours of classic rock with a mix of alternative and metal.

SPIN AND BEAR IT: Daniela Ragni brings you music ranging from The Black Crowes to Matthew Sweet every Tuesday from 9-11.

By Koleen Kaffan
A & E Editor

Tuesday, Oct. 6, REM's Automatic For The People album hit the stores. Unlike their last endeavour, Out Of Time the music is just plain weird, but a good weird. Lead singer Michael Stipe is still belting out his usual mumbled greatness but what he's belting out is the oddity. Songs like "Monty Got A Raw Deal" and "Man On The Moon" shows their versatility and their knack for attracting the weird. Their first single "Drive" has a heavy dose of hip-hop, and everything else!

REM's new album crashes into music stores, breaks records

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With that in mind they give you their anti-George Bush/anti-Republican song, "Ignorant!" While the album still has that REM/Athens, Ga. feel it is more reminiscent of their older music than their newer ones like Out Of Time, or Green.

Riding high on the coat tails of their 1991 MTV award for Best Alternative Album it seems that the exposure has influenced them in a positive way. They are doing a lot more experimenting and it seems they just feel more comfortable now that they have more acceptance from the media.

Automatic For The People may be all you hear from REM this year because there are rumors around that they won't be touring to support it. It's fresh in the stores so go and check it out and let the weirdness move you like only REM can.

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Capsule Review...

By Harley Richman
A & E Writer

The movie Mr. Saturday Night is a transgression of the fictitious but familiar, Buddy Young Jr. As a comedian's comedian, he has terrific timing on the stage but horrendous timing off. Buddy, played by Billy Crystal, is the quintessential comedian, funny and brazen, but very belligerent. Belligerent or not, he does have some redeeming qualities deep within him (and I do mean deep).

Still, he comes off as a warm, loving person. Crystal had much support in playing Young from his cast members, who also do a wonderful job.

This movie is a must see for many reasons. One is that it demonstrates to us that we must know our limitations and yet strive to be better not only at our careers, but as human beings as well.

Mr. Saturday Night made me laugh hysterically, cry profusely and feel for the characters deeply. It's definitely a must see and I think it could be considered one of the best movies of the year. Enjoy it and expect to be moved!

If the 15.6 million college-age students who say "My vote doesn't count" voted, this nation would be changed forever.
Fitness: better health leads to better self-confidence, self-image

Continued from page 6

entire semester’s worth of research and attempting to consolidate it into a ten page paper, this ability to see the whole picture is priceless.

* exercise is a great study break. When columns of numbers have lost all meaning or a page of text looks like it’s written in Babylonian, a 20-minute walk can clear the cobwebs in your head, boost your energy, and restore some sense to the task at hand.

Exercise can also help combat a student’s public enemy number one; stress. It can be both preventive medicine, and if not a cure, a pain reliever.

Consider that two of the physical benefits of exercise are lower heart rate and better regulation of the endocrine system, i.e., the hormones (including adrenaline). In response to stress, massive amounts of adrenaline are released into the bloodstream, preparing your body for the “fight and flight” — a legacy from the days when “stress” meant being confronted by a saber-toothed tiger.

Your heart rate and breathing rate soar, causing a feeling of physical as well as psychological distress. For a person who is physically fit, these responses will be less drastic. To put a point on it, getting regular exercise will prepare your body to cope with stress as it shows up in everyday life.

Exercise can also be an antidote to stress that’s already present. For example, on the day of an especially difficult exam, a morning walk, run or bike ride will jump-start your energy, increase your endurance, and enhance that mental response time that I spoke of earlier. After the test, a work out—even a mild one—can help relax you, wipe away “test hangover”, and leave you prepared to either get a good night’s sleep or go out and celebrate, depending on your inclination.

Finally, there’s the all-important issue of self-image. People who exercise and have reached a reasonable level of fitness tend to feel better about themselves, and this self-confidence carries over into all aspects of life, including academics. This is an area where attitude can make all the difference; never underestimate the power of self-confidence.

A word of caution here; exercising will not magically erase stress from your life, nor is it a substitute for good study habits. Skipping classes to work out will not turn you into a straight “A” student, and no amount of running, biking, or walking will help you if you just don’t study. What exercise will do is tone up your mind as well as your muscles. Exercise can also help you deal with stress in a less-stressful way, and give you the confidence to work in competitive situations.

The key to success in school, as in most of life, is physical, mental and emotional balance; exercise can help you achieve that. It’s also inexpensive, non-prescription, legal and fun. So rather than waste time listing the reasons you can’t exercise (too busy, too out of shape, don’t like to sweat), why not put that energy into planning where, when and what kind of workout you can fit into your schedule. In the words of Nike: “Just do it.”

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What’s going on at Blackrock Castle?

CELEBRATE “Half Way to St. Patrick’s Day” at BLACKROCK CASTLE October 16, 17, 18.

Saturday’s events include:

- Complimentary corned beef & cabbage
- Beer specials all day
- Irish prizes to be won
- Live entertainment 2-4 pm, 4-7 pm and 9 pm-1 am

THURS. IS WING NIGHT
10¢ wings as you like ’em!
Live rock & roll band
9:00 pm to midnight.

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9:00 pm to midnight.

JIM McCANN in concert
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Tickets $10.00. Call 366-3990 for tickets/information.
Antoine Scott's weekly feature
Jennifer Ann Chabus: MORE THAN A WOMAN

BRIEF FACTS:
NAME: Jennifer Ann Chabus
HOMETOWN: Oceanside, New York
MAJOR: Undecided
HOBBIES: Playing soccer, basketball and horseback riding

Jennifer or "Chabus" (her nickname) is a talkative, shy and outgoing student-athlete depending on the situation. Her involvement with school activities keeps her vibrant and gives her a chance to help people. This sensitive hazel-eyed woman loves to see people smile and will go out of her way to change a sad face to a happy one. She enjoys hanging around the soccer team because they never let anyone get down on themselves. Her close friends Denise, Gail and Alex are one of the reasons why she plans on continuing her education here at SHU. "They are people you can talk, they are always there for me," said Chabus.

A member of the soccer and basketball teams, she brings the motivation a team needs when it is down. Although her playing time is limited in both sports, her unselfish attitude never gets her down. She is grateful that she is apart of the teams she is on, and will make sure she is an asset to the team when she is called to perform.

Finally, I would like to congratulate Jennifer on becoming the first woman in my weekly feature. Good luck with your college career.

Spectrum needs writers!
If you're adept with a crayon or a pen, you're welcome to attend our staff meeting at 11 a.m. on Tuesdays in the newspaper office, S219. And don't let this talky guy frighten you -- he doesn't work here.
Volleyball: record jumps to 6 - 9

Continued from page 12

Lady Pioneers fell in three straight readily whipped Merrimack College to the loser's bracket where they loss put the SHU lady spikers in lost 2-15 and 1-15. This second changed their style of play and games, the squad radically and 10 kills respectively, while Cavaliere and DiFulvio had 11 to win the consolation round. Then in the next two 15 contest. It's a toughie. At the All-Star break Dave Fleming of the Seattle Mariners was a sure-bet. But a mediocre second-half has taken him out of running. Pat Listach of the Milwaukee Brewers and Kenny Lofton of the Cleveland Indians make it a two-man race. My pick by the slimmest of margins is Listach. Batted leadoff for the Milwaukee Brewers, who challenged the Toronto Blue Jays for AL East crown until the seasons' second-to-last day. American League Manager of the Year. There isn't any debate here. Tony LaRussa of the Oakland A's wins hands down.

After the much anticipated, but not surprising, announcement that Magic Johnson would be back to play for the Lakers this season I am left asking myself some serious questions. Why did he come back? Obviously basketball fills a strong void in his life. Playing in the NBA All-Star game last season and in Barcelona this summer gave him a sample of what he was missing. OK, that's a valid reason to come back, but what I was debating was, what are the reasons for him to stay retired?

The two biggest reasons are his wife and his one-year old child. We can sit here and debate the chances of him spreading the HIV virus to other NBA players until we're blue in the face, but only shorten his life expectancy. One would think after winning an NCAA championship, a plethora of NBA championships, MVP awards, etc. that being around for his wife and child for as long as possible would be his first priority.

I'm not arguing against his coming back for the fear of him spreading the virus, because the chances of that are close to zero. But what happens if someone else in the NBA happens to come down with AIDS or the HIV virus through promiscuous sex, drug use or a blood transfusion, true or not; people everywhere will blame Magic for giving it to them. And this will put societies perception of AIDS right back to where it was when the disease was first discovered.

On to more cheerful matters, it's time for the prognosticator's first annual Major League Base-ball Post-Season awards American League MVP There are several valid candidates in this category. Joe Carter has been instrumental in the success of the Toronto Blue Jays. Jack McDowell has been sensational this year for the ChiSox. But the award goes to Dennis Eckersley of the Oakland Athletics. His 50-plus saves and an ERA under 2.00 have made him unhitable. And it's hard to envision the A's winning the west with a mediocre staffing and middle relief corps without the Eck. American League Cy Young See AL MVP. American League Rookie of the Year This is a toughie. At the All-Star break Dave Fleming of the Seattle Mariners was a sure-bet. But a mediocre second-half has taken him out of running. Pat Listach of the Milwaukee Brewers and Kenny Lofton of the Cleveland Indians make it a two-man race. My pick by the slimmest of margins is Listach. Batted leadoff for the Milwaukee Brewers, who challenged the Toronto Blue Jays for AL East crown until the seasons' second-to-last day. American League Manager of the Year. There isn't any debate here. Tony LaRussa of the Oakland A's wins hands down.

Sports Shorts
Compiles by Lori Bogue and Madelyn Dunlap
Ex-Sacred Heart baseball star impressive in professional debut
PR-Fairfield-Rich Licursi, a 1990 All-America pitcher at Sacred Heart University, was a success in his first professional season--and even was featured on a four-color baseball card. The 6-foot-2 Trumbull native compiled a 2.0 record and a 3.24 ERA with the Salt Lake Trappers of the Pioneer League. In 25 games as a reliever and spot starter, the 22-year-old Licursi amassed 38 strikeouts in 36 innings in the rookie classification. In the league playoffs, he pitched four shutout innings, striking out seven and allowing just one hit.

Based on his rookie success, the Trappers expect Licursi to be selected in the upcoming major league draft.

In his four-year playing career at Sacred Heart (1988-91), Licursi surpassed virtually all of the schools' pitching record and set two New England marks. As a junior in 1990, he assembled a 13-2 record and was selected first-team All-America, All-ECAC and New England Collegiate Conference Player-of-the-Year.

Licursi led Coach Nick Giaquinto's Pioneers to back-to-back NCAA Regional appearances in 1990 and '91. His career record was 30-13, accompanied by a New England-record 345 strikeouts.

Fall Coed Softball
Entry Period: Monday, Oct. 5 - Friday, Oct. 9
Play Begins: Wednesday, Oct. 14
Managers Meeting: Tuesday, Oct. 13 at 8 p.m. In the activities office.
Eligibility: All Sacred Heart University students, faculty and staff are eligible with the following exceptions: Anyone who has played softball or baseball intercollegiately is ineligible for one full academic year following their intercollegiate participation. Two Man: The roster limit is eighteen (18) players.
Registration will take place in the Activities Office Monday through Friday.
Rules: Registration A.S.A. rules for slow pitch will be followed. Playoffs may take place on any day of the week and teams must be able to play on the days scheduled.

**Game time is flexible time. Please arrive 15-20 minutes early in order to warm-up, etc. If you need to reschedule your game, it must be done 24 hours in advance.

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SEE PAT MCLAUGHLIN IN THE ACTIVITIES OFFICE

FOR YOUR INFORMATION

The following groups will be meeting weekly during the Fall, 1992 semester at the Counseling Center. Time will be determined by the schedule of the participants.

"Being a Single Parent and a College Student: How Not to Lose My Mind"
"I'm An Adult Child of An Alcoholic Parent: Growing Up With Chaos"
"I've Survived Abuse: I Want to heal the Scars of Sexual and Physical Violence"
"Being a Single Parent and a College Student: Grieving and Missing Someone I Love"
"I Want to heal the Scars of Sexual and Physical Violence"
"I've Survived Abuse: I Want to heal the Scars of Sexual and Physical Violence"
"I'm An Adult Child of An Alcoholic Parent: Growing Up With Chaos"
"Being a Single Parent and a College Student: Grieving and Missing Someone I Love"

For more information and an interview, contact Sr. Anne-Louise Nadeau at the Counseling Center (371-7955) by October 12.

Food Preoccupation Group (Contact Debbie Barton for more information on this group.)
Football stumbles to 0-3 record

By Antoine Scott

Sports Writer

The Pioneer football team dropped their third consecutive game Saturday against SUNY-Stonybrook in Long Island. The Pioneers are now struggling with a 0-3 record. Mark Ogilvie who made his first collegiate start at quarterback, drove the offense on their first possession to the Stonybrook 30-yard line before punting on fourth down. That would be the only time the offense could move the ball in the first quarter. In the second quarter Ogilvie hit tight end Jasin Cipriani on a 24-yard completion, that set up a 43-yard field goal attempt. But the kick barely hit the bottom upright cross bar leaving John Anello breathless.

The defense held the Patriots to six points in the first half and was up against another battle when Stonybrook returned the opening kickoff of the second half to the Pioneers 42-yard line. Ultimately, Stonybrook drove the ball to the 24-yard line but was stopped cold by Sacred Heart's defense. The field goal attempt by Stonybrook was blocked by Marcus Daly. That defensive stand would give the Sacred Heart faithful, who traveled two hours by bus, something to cheer about.

The second half continued to be just as bad as the first quarter. The offense could not get anything started on the ground or in the air. The Pioneers had a total of 143 offensive yardage (Rushing-44/Passing-99). John Wells who rushed for over 100 yards in the two previous games against St. John's and St. Peter's, was held to just 44 yards. Ernie Blocker picked up several key first downs and had a total of 18 yards rushing as Ron Stopkowski added another 16 yards.

Although the offense didn't score, Ogilvie remained confident throughout the game. "I wanted to come out and lead the team. I tried to keep my confidence and optimism up," said Ogilvie. Yet the passing game never got going due to the pressure of Stonybrook's defense. Ogilvie was sacked six times and was harassed all day. "I really can't say that much. The scoreboard speaks for itself," said a disgruntled Ogilvie. "We have to boost our intensity or we aren't going anywhere," said running back John Wells.

The defense who played well against Queens on Monday, said McGuigan might not be as good as expected this year.

The defense did have some competition in Stonybrook, with two previous games against St. John's and St. Peter's, were held to six points in the first half and struggled to six points in the second half.

Kevin Barrett, a sophomore center from Kingston, Mass., said he was up against another battle when Stonybrook returned the opening kickoff of the second half to the Pioneers 42-yard line. Ultimately, Stonybrook drove the ball to the 24-yard line but was stopped cold by Sacred Heart's defense. The field goal attempt by Stonybrook was blocked by Marcus Daly. That defensive stand would give the Sacred Heart faithful, who traveled two hours by bus, something to cheer about.

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