European study trip planned for 1993

By Larry Mistrioni and Frank Mastroianni

Students who are interested in international study, European philosophy, and history will have a unique opportunity next summer to combine academics with a unique educational experience that cannot be obtained in a traditional class setting," said Roney.

The study trip allows students ample time to experience the European environment. There will be three hours of class discussions and lectures on Mondays and Wednesdays, planned trips on Tuesdays and Thursdays, and free time for the weekends.

According to Roney, "Many of the lectures will take place outside of the typical classroom setting, for instance, in market places, churches and museums."

Students taking the European study trip will also benefit from Roney's familiarity with Amsterdam. He has lived in the famous European city and offered suggestions about what might be particularly interesting to students. In addition, he is planning to offer informal, non-required orientation sessions in the spring semester which will allow students to learn about the Low Countries and become acquainted with the Dutch language (although many of Amsterdam's residents speak English).

In conclusion, Roney said, "Sacred Heart is attempting to move in a global direction. This is an excellent way to show it. It really promises to be a lot of fun as well as educational."

Students interested in the European study trip are encouraged to place a deposit of $150 by Nov. 20 (75% is refundable). The balance should be paid by March 31, 1993.

International students to be hosted for the holidays

By Jennifer Madonna

During the Thanksgiving and Christmas holidays, Sacred Heart University is trying to make it possible for the international students to stay with a faculty or staff member. Spear-heading this holiday host program is Assistant Registrar Nancy Sidoti. According to Sidoti, "It is much harder for the undergraduates, especially at Thanksgiving, because the break isn't long enough for them to journey home."

Sacred Heart does not provide housing for the graduate international students, therefore, they have their own apartments and many have family nearby. "Thanksgiving has traditionally been a time to give thanks and a time to share," said Sidoti. "This couldn't be a better opportunity to do both. It is a chance to share family traditions and the United States culture, while at the same time, learning about another."

Sidoti shared the experience. See Holidays, page 2

Book prices rising steadily

By Brian W. Corvo

The price of college textbooks is rising according, to the College Press Service. A study conducted is rising, according, to the College Press Service. According to Dean of Student Affairs, Kevin Kelly, "The idea started in the 1970's when the school was trying to combat growing number of suicides and alcohol related incidents."

The S.P.I.C.E. model is based on the philosophy that people are driven by six dimensions (spiritual, intellectual, career, emotional social), and that they provide a person the opportunity to grow and to enhance themselves. "The programs will help the student become a complete person," said Thomas Kelly.

According to Kevin Kelly, "Starting Wellness Week will be a Health Service open house on Monday from 9 a.m. until 5 p.m. Also on Monday will be a lecture on alcohol use entitled "At Party " at 8 p.m."

With several events scheduled for each day, the Dean encourages anyone interested to contact his office at 371-7913. In commenting on future projects centering on holistic wellness, Kevin Kelly said, "We hope to one day have a Wellness Center encompassing health services, career services, personal counseling, campus ministry, and academic advisement."

Thomas Kelly concluded by encouraging participation. "I hope a good student turnout will take place ensuring the success of Wellness Week."
Bus to Radio City Christmas spectacular

Tickets are still available for the Sacred Heart University Alumni Association’s trip to Rockefeller Center in New York City for the Radio City Music Hall Christmas spectacular.

Taking place on Sunday, Nov. 29, the cost will be $50 per person. This price includes the bus trip and admittance into Radio City Music Hall.

The bus will be departing from the university parking lot at 10 a.m. The performance is scheduled to begin at 4 p.m. The bus will be departing New York at 6:15 p.m.

For reservations call Ginny Alford in the Alumni Office at 371-7861.

Name That Song

A Name That Song contest will be taking place in Chubby’s Lounge on Nov. 12 at 9 p.m.

Winners will be awarded prizes. For more information, contact the Student Activities Department at 371-7969.

Serial Killer is topic of presentation

On Wednesday, Nov. 18, a presentation on serial killers entitled “Whoever Fights Monsters,” will be taking place in the SHU Gallery.

The event will feature Moods Pan Groove, Steelband, plus Caribbean performances.

Admission will be $5 for students and $10 for non-students. Non-students purchasing tickets in advance can do so for the bargain price of $8.

Caribbean Club presents night of culture

Sacred Heart’s Caribbean Club will be presenting a night of culture on Nov. 13 from 7:30 p.m. until midnight. For more information, contact Sophia Gevas at 371-7969.

The event will feature Moods Pan Groove, Steelband, plus Caribbean performances.

Artist Talks series continues

“Development of Concept,” by Steven DiGiovanni, is the latest Artist Talks presentation taking place in the SHU Gallery.

The talk is scheduled for Tuesday, Nov. 17, at 7 p.m. For more information, contact Sophia Gevas at 365-7650.

Holidays: 90 students to borrow beds

Enroll with two students last year and will do so this Thanksgiving with four students. It’s fun to watch their faces when they try new things,” said Sidoti. “Many of them have never tried turkey or turkeys.”

What has been an informal program in the past is now a formal process. The host family is asked to provide a separate bed(s) for the student and to include them in their holiday festivities. This year only faculty and staff have asked to host families.

According to Sidoti, “If the pool of international students continues to grow, SHU’s other students’ families may be invited to do the same in the future.”

The International Student Services Advisory Committee was formed this fall to evaluate the needs of the international students and to consider whether a staff position is warranted.

According to Sidoti, “Sacred Heart University has 90 graduate and undergraduate international students, representing over 50 countries, of which Japan and Thailand are most represented.”

Sidoti concluded by saying, “We (the SHU community) have a lot to offer them and they (the international students) have a lot to offer us.”

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ADVERTISING

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Books: SHU bookstore not to blame

Continued from page 1

Vespucci and are displeased with the amount of money they had to spend on textbooks.

Sacred Heart Bookstore Manager Cheryl Cartier says that the high book prices are not the fault of the book store and that the bookstore does not make huge or unfair profits. “Bookstores do not set prices on books,” said Cartier. “Publishers tell us what we have to charge for a book and then sell it to us for slightly under that price.”

According to Cartier, “Book prices are set by the publishers across the board, therefore, you will pay the same amount for a book in this book store as you would pay at UCLA, Georgetown, or Southern Connecticut.”

Mike Hartman, an associate at McGraw-Hill Publishing Company, says that the prices his company charges for textbooks is fair. “Books are priced in relation to our cost. It can cost a publisher up to and sometimes even over a million dollars to publish a book. The cost of putting the book together, coupled with the costs of design, layout, art, production and royalties paid to the writers are high.”

Some college stores are dealing with the cost problem by instituting a textbook rental system. CPS reports that Missouri Southern State College has a textbook rental plan where students generally pay $5.00 per credit hour to rent up to three books and when they return the book in good condition, they receive $2.00.

Our used book system at Sacred Heart is a sort of rental system, in that a student can buy a book in September, and provided the book is going to be used next semester, can sell it back at fifty percent of the purchase price.

Cartier stressed that the bookstore is very involved in trying to get the best prices for students. “We think a good way to get inexpensive books for students is to buy them used and we even will go to a used book wholesaler to get the best prices.”

According to Hartman, the used book market is one reason for the high prices of new books. “Before the used book trend, we would be able to make our money over a three year period by printing more books and selling them at a cheaper price. We get no money from the sale of used books, so now we must make our money in the first year of publication.”

Hartman also mentioned that students who buy a new book, photocopy the needed chapters, and then return the book also drive the prices up.

Some professors are dealing with the price problem by creating anthologies for their classes. Teachers get the publishers’ permission to copy sections of different books and compile them into a “course pack” which is an increasingly popular and less expensive alternative to buying several texts.

According to Hartman, “This is a good way of saving money because these books usually don’t have color photos and lack the expensive graphics, design, and bindings that other books have.”

Evidence exists that some of the cost crisis may be psychological. “We are in a bad recession in the northeast and people do not like spending money on anything,” said Hartman. “Less affected areas like Arizona do not have too much of a problem paying for the books.”

Hartman concluded by saying, “If the professor were offering an interesting course, students would not mind paying for the book.”

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Busy, busy, busy

At first we were patient, but enough is enough. It has progressed to the point that the hardest thing to do at Sacred Heart is make a phone call. About 90 percent of the time, when one tries to make an outside phone call from the university phone system, he or she will only connect with a busy signal, indicating that no lines to off-campus are open.

According to the phone people (you know... the people who work the phones) the problem rests in the addition of a couple hundred new phones at Jefferson Hill. More phones, more outgoing calls, fewer lines available, it’s simple math.

In a valiant effort to rectify the problem, three outgoing phone lines were added to the system last week, but their impact has been minuscule.

A few days of telephone roulette was annoying, but weeks of playing the game is frustrating and hindering. Not only are some inconvenience, but others who use the phone to perform business activities (such as the Spectrum — we need our phones to sell ads) are being monetarily hurt. We realize that unexpected problems do arise, but mounds of time have come and gone, and it’s about time that someone gets busy fixing the busy phones.

On the brighter side

Good news... the spring course schedule came out yesterday, so run to get your copy from the Registrar’s office. Early registration begins next week, and we encourage all students to take advantage before classes fill up. And don’t forget to see your advisor first.

Oh speed bumps!, Oh speed bumps!, where are ya?

The removal of the speed bumps on the drive-way connecting the south parking lot with the Administration building parking lot has proven dangerous. When pulling out of the parking spots outside the Administration building, it is hard to view oncoming traffic from either direction, and the real danger arises when cars are zooming down the drive-way. Obviously the easiest way to solve this problem is to replace the speed bumps.

The RETURN OF THE WRITER'S BLOCK

Nickel and dime thoughts from around the area (Yeah, it’s a really obvious pun for us, but sometimes you just have to take advantage of it).

• Sometimes I just have to wonder: Why bother? I try to take care of myself. I try not to eat too much junk-food; get a moderate amount of exercise; see my doctor like clockwork for a regular check-up every seven years or so, because I know that for me, old age is lurking just around the corner, waiting to get the drop on me.

It shows itself in little ways that might not seem too obsessive in and of themselves, but when they come on for no good reason whatsoever, it really sets my fuzzy little mind in a frenzy of Why's? and What for's?

Aches and pains, a rotten cold (no doubt my first of the season), and a diminished threshold for annoying people reading over my shoulder while I try to write my column all seem to be signs of this impending old-age.

• Well, the Fairfield Town Planning and Zoning commission has agreed to allow SHU to continue with portions of its Master Plan. Who could have known when it was all mapped out originally, that half the requests would be granted. Do you think we should have tried to have that much foresight in the matter?

• Oh speed bumps!, Oh speed bumps!, how about if someone here could see the necessity of speed bumps? If freshmen and sophomores have a written pledge barring them from parking their cars on campus as has been preliminarily proposed — the rest of the commuting university is still out about one hundred parking spaces, because in all likely-hood, the new dorms will predominantly house freshmen and sophomore students from the commuting area.

Here’s an idea: Right across the street from the north parking lot is a great little tract of land which long ago was to be a 114,000 square-foot sports arena on the hill near the football team’s “Campus Field.”

And let’s not kid ourselves about whose field it is, if you’ll permit me to digress a bit. The ladies’ softball team won’t rule that patch of turf alongside the men’s baseball team. Even the men’s soccer team held its own on that “king-of-the-hill” parcel, but was always just barely shut out of the big series games until this year. (Congratulations guys!)

So someone decided that we didn’t need all of these winning sports teams which weren’t as popular as the great American past-time of ass-kicking football, so its okay for them to scramble to find places to play until the Master Plan kicks in for them too.

Anyway, back to the original point: these high-rise dorms are scheduled to be located in the south parking lot and do you know what this means for all of us? It means that the nearest parking spots to the Academic Building are, gone; split!vissed: see you later; sayonara; adios; vaya con Dios; bis spater; auver; arri,ardic; taishen. (My apologies to anyone whose native language I’ve horribly misspelled). The area in question stretches from just outside the cafeteria or dining hall, depending on which form of rhetoric you follow — to the end of the TIE Communications wing (approximately). This raises one minor little concern in my mind. Where the hell are people supposed to park?

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From the Editor,

I would like to take this oppor-
tunity to clarify statements
which were printed in the Nov. 5,
1992 Spectrum concerning the
status of Nu Epsilon Omega so-

First and foremost, Nu Epsi-
lon and Gamma Chi Zeta were
connected in charge with parties
on Oct. 2 and Oct. 16. At that
time I stated that Nu Epsilon
spon-
sored these events.

The remainder of the article
points out sections of the alcohol
policy which the reporter seemed
to believe these parties violated.
Further investigation would reveal
that non-alcoholic beverages were
served on both occasions, therefore
the charges which Mr. Corvo
printed could not be applied to
these events.

In conclusion, I would like to
state that despite the outcome of a
Judicial Review Board hearing on
Nov. 2 (which decided the fate of
Nu Epsilon, not Gamma Chi Zeta
as reported), Nu Epsilon Omega
still maintains that we had no ac-
tive involvement in these off-
campus parties and we feel that
this article indicated otherwise.

Dennielle Deprey
Nu Epsilon Omega

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Dennielle Deprey
Nu Epsilon Omega

Since registration is coming up soon, what
classes would you like to see offered
here at Sacred Heart?

Juan Olivas
Junior
Accounting

"My major is accounting, but
my minor is English. I would
like to see an introduction to
Spanish literature."

Cammy Kearns
Freshman
Business

"I would like to see a business
writing course to show how to
write clear (concise) business
memos."

Julie Sidhu
Sophomore
English

"More Shakespeare...Shakespeare part II. I can't
wait for the sequel."

Jena Schultz
Sophomore
Undecided

"I would like to see them
offering a little more on sports
medicine."

Phounguen Chanthinith
Sophomore
Business

"More international business
courses."

Dear Mr. Editor,

Each year, returning students of
Sacred Heart have to contend with
all the hassle that is meted
out in order to obtain some fi-
nancial aid. Of course we are
always reminded that "Do not
hesitate to contact us (Financial
Aid Office) if we can be of any
further assistance to you." How-
ever, when contacted, the answer
is always rhetorical.

As if we were not under
enough pressure that comes with
finding money for tuition, books
and other necessary fees, some
thoughtful person decided to be-
come concerned about our wel-
fare. As a result, we have all
purchased some poor excuse of
an insurance policy.

Since we did not ask to be
insured, why should we have to
pay this bill? Why couldn't this
considerate person be our bene-
factor?

Most students will agree that
they are too old of being pressured.

With all the term papers and as-
signments that we have to do (we
are not complaining about these),
we would certainly appreciate a
break.

Sincerely,
Valerie Alls
That is full-fledged AIDS—no one Americans ages 13 to 24 total 9,210. New York Times, all, only the 4-H club has to worry and never hits close to home. After tion. For you, the fear of this insidiously epidemic is still in the shadows to the wind and doesn’t use prote­ liver to the hot-beds of risk groups that you, the majority, it’s AIDS this or AIDS that and after discussion our generation’s great­ risk of this disease hasn’t touched some it’s fair. No! Not in all cases, anyway. Granted, it is in the university’s best interest to have all students insured, because the liability insurance costs less for the university. But it is unfair to co­ doesn’t ring with calls from irri­

is the new mandatory insurance
unfair or beneficial... or both?

Yes, the 4-H club: homosexu­ is a sobering figure. Ready for­tion. What is most important is­ these options, I am just relaying

You are not just sleeping with your partner but his or her sexual history. Okay. Maybe this doesn’t have the shock value it should have be­cause we are all so sick and tired or discussing our generation’s great­est concern. Everywhere you turn it’s AIDS this or AIDS that and after all the relentless bombardment it is easy to just get numb to it, tune it out and revert back to the beliefs we all had ten years ago. Sorry folks, but here is one more goad in your ear that’s telling you it’s time to wake up.

Yes, it can happen to you. My message is not directed at the high risk groups that you, the majority, feel you’re untouched by; it is di­rected at the active heterosexual college student that thinks vaccination in the wind and doesn’t sing the praises of condoms. I am a realist.

What you don’t realize is, that according to Centers for Disease Control Morbidity and Mortality Weekly Report, of the teenagers who use contraception, 78 percent use methods that offer no protection against sexually transmitted dis­eases. John Tierney, in his article “Straight Talk,” points out that studies have shown that just being on the pill can increase your chances of contracting the disease because “oral contraceptives...can weaken the lining of the cervix.” These are

the problems.

“Nothing will ever stop people from having sex, but it is crucial that people begin having respect for their bodies and use the only form of prevention known when experi­encing with your newfound sexual­ity: be dreaded, awkward, guys— I don’t feel a thing, stick ‘em in your purse, don’t have home without ‘em, latex let me introduce you to my friend. Her name is Jackie and although we are new friends, we can never be old ones. She’s 29 years old, bitter, lonely — and dying.

A trespasser in her private life of贯穿 suffering. I can’t imagine the foot of her bed and cursed myself for preying into her realm of deep. I justified my actions, telling myself I might prevent someone else from contracting the disease by allowing this inhuman thing. It didn’t help. I felt like a side-show spectator benefiting from someone else’s misery. I even promised to come back.

When poised with the question of the new, the science, the “He’s Helper Yourself” and even in a drugstore I’ve heard three possible­

I have heard three possible options, I am just relaying

the smoke, to throw a prodrome or be a sobering figure. Ready for­tion. What is most important is­ these options, I am just relaying

I know why — I researched, and I found out. My original sus­picions was that Sacred Heart could not even break on insurance rates if they could get enough people to subscribe to a plan, and if the university makes its plan a requirement for all students who wish to register, then they meet their quota. My suspicion has been confirmed by a reliable, off­

We must have known that the students wouldn’t like this idea. They waited until the last possible moment before registration to mail the bills, leaving no time for student back­

I have heard three possible options, I am just relaying

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Hey Mom, what's for dinner?

"Mom, what's for dinner?" the child shouts, peaking cautiously under the lid of the nearest steaming pot. Stopping at home for the first time today, the Hungry One has wandered into the kitchen to critique the menu.

"Food!" the mother snaps the lid closed, brandishing a slotted spoon like a samurai warrior, banishes the Hungry One to the family room. The longer dinner is kept a secret the less desperate the kids get to prepare the same meals over and over on a rotating basis, and to keep certain foods "in reserve" for emergencies.

The Four Day Traditional Meals Schedule. "My weekly menu will rotate for the following dinners: steak, pasta, fish, chicken, a casserole of some sort, and leftovers," Shirley, a Mom of two, says. And by Friday it's every man for himself." She also recommends keeping strategic rice and pasta reserves. When things don't go according to schedule, another pot of rice could be the unexpected dinner winner and dinner for six. "Always keep rice and pasta on hand!" Shirley asserts.

The Grocery Roulette System. When asked how she decides what to cook for dinner, Janet, of the 48 million baby boomers born between 1946 and 1964, a group whose sheer numbers have defined social institutions as they see through them. The twentysomethings also are savvy enough to know that boomers wield the power, particularly in the business world, and continue to do so for some time. That means the average college graduate today has much less mobility in moving up the career ladder, a fact that many twentysomethings find deeply frustrating because they're not sure what opportunities—if any—are out there for them.

In 1991, author Douglas Coupland published Generation X. It was the first novel to capture the irrevocable angst of the-twenty-something generation profoundly marked with "McJobs," defined as "low paying, low status, low future." Many in their 20s postpone marriage, careers, education and politics. They feel overwhelmed," Breinst says. "People are not out to save the world, but feel defeated by the enormity of social problems." They feel that explains why a media icon like Max Headroom does "in-the-morning jobs. People are thinking a lot more about what they're getting out of their jobs and are not so willing to fall into a pattern," Barr said. For example, the 24-year-old consumer is not happy doing the same thing I've done," said Jakubowski, a University of Pennsylvania economics graduate.

On the political front, youth who have matured in the '80s are looking for handholds to pull themselves out of apathy. They realize the benefits of involvement, but feel defeated by the enormity of social cancers—drugs, AIDS, national debt, homelessness and threats to the environment.

"People are cynical about politics, for good reason. There was a certain kind of idealism (in the '60s) they don't have now." They feel overwhelmed," Breint of Northeastern says.

"Many twentysomethings want progressive change that will shake up the status quo, but many also want to conserve their political power or focus their '60s counterparts. I'm not out to save the world...because there's too much to surmount," Robertson said.

Twentysomething generation seeks new directions

(CPS)-Each generation fervently strives to establish the separation between youth and age. By the 1950's, it was the Beats; the 1960's produced hippies. Now "Generation X" is groping for recognition in the 1990's. The twentysomething generation is comprised of 48 million Americans ages 20 to 30. Shaped by their parents, who came of age in a decade of radical change, it is an enigma, full of conflicting desires and needs.

Twentysomethings shun materialism, yet seek the comfort that it brings; they are suspicious of the status quo, but unsure how to change it. They are media savvy, sophisticated, open to opposing forces of making money and doing philanthropic work, Generation X reconciles to a simpler life and closer relationship to the land.

Many in their 20s growing up, leaving home and starting careers. Traveling to exotic locales or joining the Peace Corps seems more worthwhile. Many realize that college degrees don't go according to schedule, another pot of rice could be the unexpected dinner winner and dinner for six. "Always keep rice and pasta on hand!" Shirley asserts.

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Winning the fight for sleep: a how-to guide

By Joann R. Mariani
Staff Writer

The glowing red numbers glare at me. 3:52. I turn my back on the digital clock—out of sight, out of mind. I drowse. I look at the clock again. 4:12. I fury my head under my pillow and count the minutes...and pass...surely it’s time to get up. I peek out. 4:45. I throw my pillow off the bed. At 5:28 the window shade begins to pale and I stagger out of bed and to the kitchen to put on some coffee. All day long I bump into things, miss the phone number and screen time—time to forget where I am, why I’m there, and what I’m supposed to be doing.

Sound familiar? Chances are, you’re dealing with insomnia. Most of us are the “students of the 90’s” life, which entails going to classes, doing homework, working on a job, perhaps caring for a family, and trying to maintain some semblance of a social life— all of which come with their own stresses and pressures, and which can murder sleep more effectively than Macbeth ever dreamed of.

We’re just not sleeping like we used to. At the turn of the century, adults averaged nine and one half hours of sleep a night. By the 1950s that had been whittled down to seven and a half to eight hours, and the most recent studies (published in Wealthy magazine) show that the average adult gets about seven hours of sleep a night. And if you’re juggling all the roles above, you’re probably getting even less. There are, after all, only 24 hours in a day, and most of those are taken up with activities other than sleep.

Although sleep needs vary widely—infancy demands 16 hours a night, and the elderly can make do with less—most of us are not getting enough rest to be our healthiest and most productive. We’ve all dealt with the consequences of a night of tossing and turning; lack of concentration, sluggish reflexes, and a general feeling of misery. With pressures to perform being what they are, fitful nights can rapidly become a big deal.

Luckily, there are some very practical steps you can take to maximize your sleep time, and while they may seem like an out of innocence complexity, they can go a long way in helping you get a good night’s rest.

Set a schedule and stick to it. If you can schedule classes and stick to a work schedule, you should be able to set aside a block of time exclusively for sleep. And stick to it as closely as possible. Staying up until all hours and sleeping in the morning (usually a weekend habit) confuses your body’s natural circadian clock and you up for poor sleep that night. Is there any surprise that Monday morning seems the most productive hours of the week?

Also, Ben Franklin had something with “Early to bed, early to rise.” For reasons that aren’t completely understood, being exposed to the morning light seems to make it easier to fall asleep that night.

Watch your diet and exercise. Eating heavy or fatty foods right before turning in makes it more likely you’ll wake up during the night, and the general rule is not to eat heavily for about three hours before you go to bed.

The right bedtime snack, however, can make a difference. If you can’t stomach the traditional glass of warm milk, try hot chocolate, yogurt, or ice cream. Dairy products are loaded with tryptophan, an amino acid that is a natural sleep aid. Any reasonable light “comfort” food can’t hurt. Obviously, you should avoid caffeine at any point after the middle of the afternoon.

Exercise relieves stress and can be a natural painkiller. People who exercise regularly find it easier to fall asleep and usually spend more time in Delta sleep, the deep state of sleep that really refreshes the body and mind. Again, timing is everything. Don’t schedule aerobic activity for a few hours before you go to bed, or your body may still be too revved up to settle down.

Avoid sleeping pills. Both prescription and over-the-counter sleeping aids are intended for short-term use only. If you take them as a matter of course, your body builds up immunity to the drug and it loses its effectiveness. It’s very easy to become psychologically dependent on any medication to get to sleep, and some of the stronger prescription drugs are physically addictive as well.

The legal drug, alcohol, is also an enemy of sleep. It may make you drowsy and fall asleep sooner, but you’ll also be more likely to wake up frequently through the night, and thus not get the restorative rest you need. You’ve heard that alcohol “increases the weirdest dreams imaginable. The stronger prescription drugs are also an enemy of sleep. It may be physically addictive as well.

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Polish mime speaks on SHU campus

By Michael Champagne
Associate Editor

After a celebration of Polish Independence in the Sacred Heart Theatre on Sunday, world class Polish mime resident in Stony Brook, New York, for a life in theatre which he has followed relatively. Between 1959-74, he was a major performing artist with the Polish National Mime Theatre, after which he co-founded, directed, and choreographed the Warsaw Mime Theatre (1974-81). Also during that latter period, Klechot was invited to perform as one of the few honored guests at the first Festival of American Mime in Milwaukee, Wisconsin, and was invited to perform a second time in 1979 to create his solo program The Wanderer under the auspices of The Institute for the Arts and Humanistic Studies at Pennsylvania State University. Since 1981, Klechot has spent time as a solo artist, creator, choreographer, and director for performances, residencies, master classes, lectures and demonstrations.

Klechot indicated his passion for mime theatre sprouted from a rather eclectic beginning. “I came from a different background: Pantomime was what I wanted to do because I didn’t want to speak,” he said.

Although pantomime is unspoken acting, and must therefore be much more exaggerated than “regular” theatre, Klechot added that “pantomime can be used in theatre, particularly during dream sequences or surreal portions of plays.”

“Beyond that,” he continued, “the actor has to realize that in order to do certain characters, you have to adjust your body to it. The body and muscles have to adopt the shape of the character.”

Andrea Adams, a student of Gzowski’s Acting I class noted that “he (Klechot) helped us to differentiate all parts of the body and how to incorporate different movements into regular theatre productions.”

Klechot is currently performing portions of various works of his for lectures and demonstrations, including The Wanderer, a piece in three parts, and teaching at both the Millbrook Preparatory School and the Yale School of Drama.

The IVY is good for all walks of life

By Katie Simms
Staff Writer

The IVY, a club of funk and punk. If you’re feeling a little zany with the urge to slam dance — the IVY on Friday nights is the place to be. Fridays are for the punk rockers or new wavers. The music, which used to be called new wave, is now called “alternative.” Alternative to what? Alternative to music that makes sense and has rhythm. Have you ever heard the song “James Brown is Dead” or “Kill your Mama, Baby?” These songs haven’t begun to explain the off-beat rhythm of the IVY. The garb for Friday nights is your best cleaning-the-gutters clothes, a mohawk krishna-do, a pierced riaise anti your mother’s clothes, a mohawk krishna-do, a pierced riaise anti your mother’s

Jennifer 8 boils with suspense

By Koleen Kaffan
A & E Editor

Fresh off the editing room which is another film based on the overdone premise of a police man who falls in love with a subject. The latest offering in this vein is Jennifer 8. Surprisingly, this film starring Uma Thurman and Andy Garcia is actually good.

The plot is based around John Berlin (Garcia), a policeman from L.A. who tries to solve a case concerning a serial killer who stalks blind women. The blind girl (Helena), played by Uma Thurman, teaches music at a school for the blind. It is from this same school that a student is abducted. After the abduction, Garcia finds Thurman and suddenly she is attacked by the killer and threatened. Eventually they become lovers and move in to fact that this is a story about finding a serial killer. Garcia’s and Thurman’s performances are strong and very believable. Thurman is not only young and beautiful, she portrays a blind person with extreme realism. Jennifer 8 is definitely worth seeing, for suspense runs rampant through the entire film.
A & E BRIEFS
Compiled by Chris Nicholson
Folk singer to trot into Hawley

One of America's foremost folksingers and backcountry travelers, Walkin' Jim Stoltz, on tour from Big Sky, Mont., will bring his multi-media show, "Forever Wild," to Hawley Lounge. Stoltz was described by late author Edward Abbey as "a music man of exuberance and passion, with more to say in one song than Frank Sinatra ever managed in a whole bloody concert."

The concert, sponsored by the Continuing Education Council, will play in Hawley Lounge on Nov. 14 at 7 p.m., and is free to all students and friends.

Nice Girls Don't Sweat on stage

Nice Girls Don't Sweat, a play written and performed by Jane Curry to commemorate Title IX, will be staged at an unannounced location on Thursday, Nov. 19, at 7:30 p.m. For more information contact the Women's Center.

Dracula returns

Brum Stoker's Dracula, directed by Francis Ford Coppola, opens Friday, Nov. 13 (ooo... spooky), and is expected to be one of the season's biggest blockbusters.

Second auditions

A second set of auditions for Once Upon a Mattress and Three Penny Opera will be held on Monday, Nov. 16 at 7 p.m. Auditions can be scheduled by contact the Sacred Heart University Theatre box office.

Lemonheads hits Connecticut

By Koleen Kaffan
A & E Editor

In 1987, I saw a band that my friends and I thought were The Mighty Lemon Drops. It turns out that they were a bunch of hyper guys from Boston. They were called the Lemonheads; but don't let the name get to you, they mean business.

At that time, they were in support of their first album, Hate Your Friends, and they were loud and quiet, fast and slow, and performed the best version of "Amazing Grace" I've ever heard.

Well, they are back with a new album (It's A Shame About Ray) and a club tour. The album includes songs that are three minutes and under; that's pretty short, but they get their point across through lyrics and a powerful sound.

To date, there are only three Lemonheads: lead singer Evan Dando, drummer, and bassist Juliana Hatfield, who was an ex-Blake Baby. This trio performs many great tunes including "My Drug Buddy," "Alison's Starting To Happen," and their single, "It's A Shame About Ray."

The video for their single, along with their album cover, features Dando dressed in pajamas strumming a guitar while Lemonhead buddy, Johnny Depp walks around. Now signed to Atlantic Records, the Heads haven't changed their sound or their flare for doing obscure covers. As mentioned earlier, they perform "Amazing Grace," Suzanne Vega's "Luka," and "Frank Mills" (a song taken from the 1968 musical Hair). The latter is about a young girl who is searching for a boy she loves but has only seen once or twice.

Live, the band emits energy that you wouldn't believe. Currently the Lemonheads are on tour with Soul Asylum and the Wall Munks. They will be taking their all ages show to Toad's Place in New Haven on Nov. 19. Call 624-TOAD for more information on the show and pick up It's A Shame About Ray, but be prepared for greatness!

Interested in reviewing movies, plays or music for the Spectrum A & E section? Call Koleen Kaffan at 371-7966.
Prognostications from a Pioneer

I am going to begin my column this week with an apology. An apology to Sacred Heart football coach Gary Reho. It wasn't until this past weekend, when I was putting together my collection of columns from this year, that I realized how overly negative I was being towards Coach Reho in general. Fact: If Coach Reho didn't know football, he wouldn't be here. Fact; how soon we forget that he turned in a 5-4 inaugural season. Fact: better days lie ahead. Fact: I am writing this apology without any pressure from the Spectrum or anybody.

While it's true that the football team has lacked a passing game this year, it's time to stop pointing out the obvious. I'm sure Coach Reho and his staff will work vigorously in the off-season to recruit a quarterback. More on the football team later.

Here are the Prognosticator's picks for the 16 NFL teams to make the playoffs:

East
1. Chicago 1. Phoenix
2. New York 2. Portland
3. Cleveland 3. Utah
5. New Jersey 5. LA Clippers

West
6. Detroit 6. Houston
7. Philadelphia 7. LA Lakers
8. Indiana 8. Seattle

Final Four: Chicago vs. N.Y.
Phoenix vs. Portland
Champions: Chicago over Phoenix (yes again)

Conradtations to the Sacred Heart men's soccer team after finishing a very successful season. The season might have ended sooner than everyone wanted, but it was still a great season. Congratulations to the NECC Coach of the Year, Joe McGuigan on a job well done.

Conradtations go to Jen Fallon on her selection as first-team All-New England. Way to go!

Ron Stopkowski has shown that he is a major NCAA running back. He is literally an unstoppable force.

Can anyone say only nine more days until basketball season?

One last note on the NFL; this year has got to be the most wide open the league has been in a long time. In the NFC, everyone from Dallas, San Francisco, and Philadelphia has a chance at the Super Bowl. In the AFC, Miami, Buffalo and Pittsburgh have legitimate shots. My guess is Dallas and Buffalo.

See you all next week.

Intramurals: new sports added for variety

Continued from page 16

The intramurals department has run into a problem, though. After meeting with Don Cook, SHU's athletic director, as well as Dave Bike, Bippy Luckie, and Ed Swanson, McLoughlin discovered that gym time will be very scarce in the middle of February, "I don't think too many people would want to go outside for a few hours to play basketball, softball, or whatever in the middle of February," McLoughlin points out.

The solution? Intramurals will most likely take place in the Jewish Community Center. However, in order to use the JCC's facilities, a large number of SHU students must become members. "If we can get enough people to sign up, it will be much easier to negotiate with them in terms of using their gym for our school's intramurals," McLoughlin added. Right now there are about 85 SHU students who are active members of the JCC.

The intramural newsletter, entitled SHUPuserst, comes out every Monday, and covers the past week's intramural news and what excitement is in store for the week ahead. "I'm running a logo contest, with a $50 prize going to the most creative intramural sports SHUPuserster logo."

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Join our weekly tournaments

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Antoine Scott's weekly feature

Lisa DiFulvio: MORE THAN A WOMAN!

BRIEF FACTS:
NAME: Lisa DiFulvio
HOMETOWN: New Canaan, Conn.
MAJOR: Graphic Design
HOBBIES: Snowboarding, Rollerblading

Lately Lisa has taken a big role in volleyball because of the absence of Senior captain Maria Cavaliere. Head Coach Bippy Luckie said, "Lisa sometimes appears a quiet person but there is an outgoing and very friendly side to her. She is a great all-around player in volleyball and softball." Lisa also plays softball, where she is the starting catcher. Her play as the starting catcher was the key to the pioneer softball team participating in post season play last season.

When she is not playing sports Lisa loves to snowboard and skateboard. She admits that she is a "bit of a thrill seeker," but usually she is fun to be with. Outgoing is the perfect word to describe Lisa; she enjoys making people laugh, especially her friend "Kearh" who she would not admit if liked her or not. In other words she likes him.

Good luck in your last volleyball tournament and thanks for being more than a woman.

Football: finale on horizon

Continued from page 16 of the year.

I had the ball in my hands, but I just took my eye off it for a second and it dropped," said Wells. The timing that Mark and I had was a little off. If we had had more practice time together, maybe the outcome would have been different. Being switched to another position that I haven't played in a long time takes time to adjust to." Marlon Blanco led the Pioneers in receiving with three catches for 43 yards. Dave Gillis added another 10 yards to the passing game.

Ron Stopkowski had 181 yards in rushing, 3-yards short of his own record that he broke last week against Iona College. Stopkoski, managed to break another record on SHU season rushing. This record was previously held by Quinn Britto who had 594 yards, and Stopkowski now has 598 yards with one game remaining.

MacDonald, a linerbacker turned fulback, added 20 yards in rushing along with his blocking duties.

Ron Stopkowski wasn't the only person breaking records; linemarker Tommy Thompson broke a SHU record for most tackles in one game with 19. "I just go out there and play football. I give credit to the defensive line, because they occupy the offense, which makes my job easier," Thompson said.

Rob Stopkowski pitched in 12 tackles. Dave Lesage had 11 tackles with one sack, and Michael Matvock added 7 tackles.

The season finale comes when the Pioneers look for their first win of the season against Assumption College this Saturday. Last year the Pioneers beat Assumption College this Saturday, and Sacred Heart grasps for season victory number one.
Football team improves, has one more chance for victory

By Antoine Scott
Sports Writer

The Pioneers stepped on the field Saturday hoping to break their nine game losing streak. Even the fans who stood in the brisk weather were convinced that Saturday would be the end of the misery. Unfortunately, the misery will go on another week as a 25-12 defeat dropped the Pioneers to 0-8 on the season.

Stonehill College, champions of their conference last year, scored first on a 20-yard run by running back Eric Dichiara. However, the Pioneers were convinced that Saturday would be the end of the misery. After another Stonehill touchdown, Sacred Heart’s Scott Warman returned the first ever kickoff return touchdown for 82-yards. This performance electrified the team, the crowd and even the eight man band. Also, it brought the score to 15-12. The Pioneers opted for a two point conversion, but failed. The Pioneers went into the locker room being down by only three points.

Quarterback Mark Oglivie, an assistant and the new director of football, gave the passing game an upscale look for opening day. Despite his effort, several dropped passes showed how the season was going to play out. Pat McLoughlin, a graduate assistant, new director of the intramurals program, is looking to expand the program to include many new sports and to accommodate the students’ needs.

So far this year, intramural volleyball and softball have been the main sports. Volleyball ran for two weeks, and the coed Meisters I, led by Tomko. As a result of last week’s fine showing at the Peabody Classic in Endicott, New York, the men’s varsity bowling team won a sectional bid. The men will be competing in Buffalo, New York for their chance to compete in Regional competition. Sectional competition will be held on March 12-14. The competition puts the bowlers one step closer to the National competition and ranking.

This weekend’s performance was uncharacteristic of Sacred Heart’s, “the FAB FIVE.” The team was very run down after the long trip and the weariness showed, but there were a few standout on the team: Chris Mauro 217.3; Dave Campbell 201.3; and Chad Autore 200.4. Rounding out the top five were Mike Morrissey and Joe Tomko.

The junior varsity team maintained its’ lead in the New York Metro Conference. If the JV Pioneers can hold on to the top spot they will also receive a sectional bid and will be making the trip to Buffalo. The Pioneers bowling team will be in action this weekend at the Sayville Bowl in Long Island.

Bowlers win sectional bid

By Chris Mauro
Sports Writer

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Intramural sports program is new and improved

By Amy Madison
Assistant Sports Editor

Intramural athletics has always been a popular activity at Sacred Heart. This year, Patrick McLoughlin, a graduate assistant and the new director of the intramurals program, is looking to expand the program to include many new sports and to accommodate the students’ needs.

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Men’s soccer finishes third, goalie is fourth in country

Team Defense

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Top Goalkeepers:

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<tr>
<td>4. Jay McDougall-Sacred Heart</td>
<td>50</td>
<td>11</td>
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<tr>
<td>5. Darren Ambrose-USC Spartanburg</td>
<td>52</td>
<td>11</td>
<td>68</td>
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<tr>
<td>6. Scott Calabrese-Bryan</td>
<td>70</td>
<td>9</td>
<td>75</td>
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<td>7. Marcus Hahnemann- Seattle Pacifie</td>
<td>44</td>
<td>8</td>
<td>81</td>
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<td>8. George Okafe-Grand Canyon</td>
<td>70</td>
<td>7</td>
<td>85</td>
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<tr>
<td>9. Mark Cartwright-Florida Tech</td>
<td>12</td>
<td>0</td>
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<td>10. Chris Starr- Cal. St. Ohio</td>
<td>73</td>
<td>6</td>
<td>89</td>
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</table>

Men’s soccer players win a battle for the ball during a playoff game. Although the Pioneers lost, they finished the year third in the NECC, which is considered the most competitive Division II soccer conference in the NCAA.