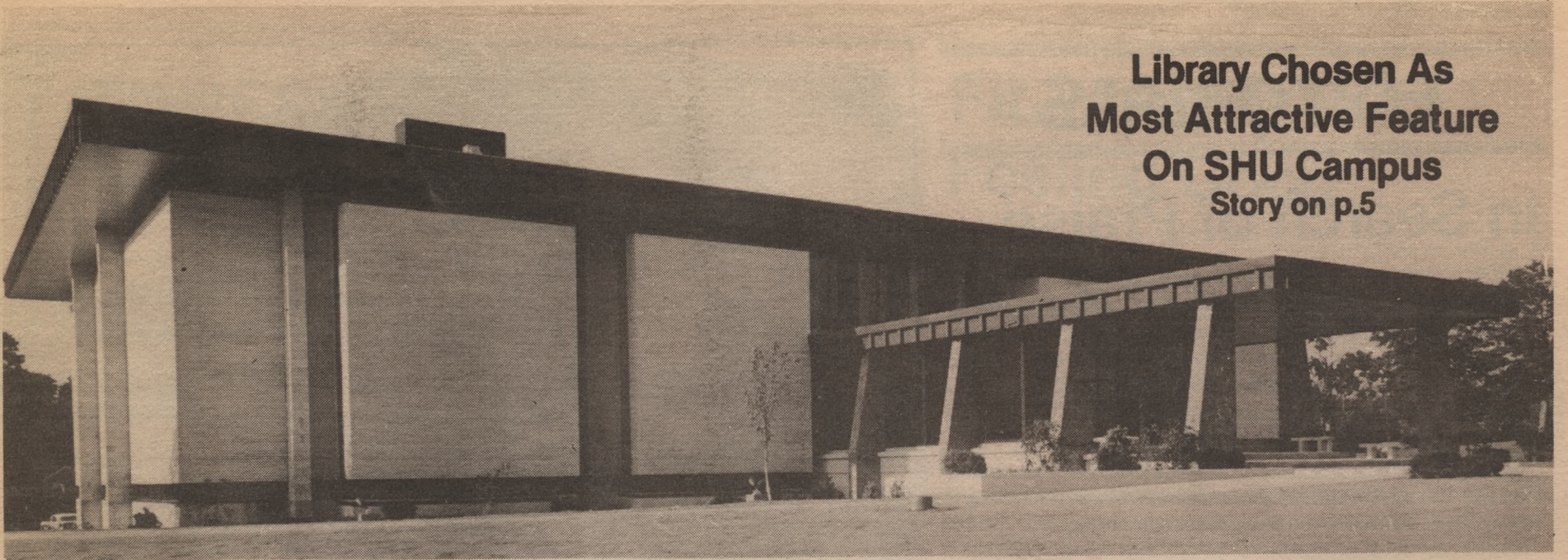


Library Chosen As  
Most Attractive Feature  
On SHU Campus  
Story on p.5



S A C R E D H E A R T U N I V E R S I T Y

## the SPECTRUM

Volume 1, Number 10

Fairfield, Connecticut

February 1, 1984

# Curriculum Changes Proposed

By KEN ROBERTS

According to Dr. Anthony Pinciario, "Sacred Heart's core curriculum had long been overdue for review and amendment." In 1981, shortly after taking over the duties of Vice President, Dr. Pinciario established the Core Curriculum Review Committee.

Headed by Dr. Paul Siff, chairman of the history department, the committee was charged with the task of reviewing the present core curriculum which had not undergone review since 1972. The C.C.R.C.'s report on the old curriculum which included their proposed amendments and alterations was then sent to the Academic Council, chaired by Dr. Pinciario and representing each department.

Months of debate and discussion followed as the proposed changes of the existing core were examined. Last November the final draft of the new curriculum was dis-

tributed to the faculty and student leaders along with an invitation to an open discussion of the document run by the Academic Affairs Committee.

Dr. Rollings of the sociology department headed the discussion and is now in the process of sorting through the various issues and comments raised at the meeting and deciding if his committee should accept the proposed core curriculum as was presented or to reject it and send it back to the Academic Council. Once the proposal does receive the A.A.C.'s approval it then goes to the senate floor where it will again be debated and perhaps altered again.

When the Senate is through with the proposal, Dr. Pinciario must then present it to the school's board of trustees for approval. Then the new core requirements can be put into the right administrative channels to become an official part of academic policy.

Dr. Pinciario feels that "the new core would not be able to be incorporated until the fall of 1985." For freshmen of '85 the core will have a number of changes. Among the changes are proposed additions to the required core, those courses which must be taken by all students

attending Sacred Heart.

It was discovered that a student could graduate from Sacred Heart without taking a history or literature course. To prevent this from happening, history and literature have now been added to the required core.

There was some talk of combining the two courses into a full year humanities course for six credits. If so, Dr. Pinciario hopes the course could be dropped into the elective core until it was well established.

(Continued on page 3)

## Seminars For Professionals

In response to the needs of area industries, businesses, and professions, the Sacred Heart Department of Continuing Education has implemented a wide range of timely professional seminars. One and two day workshops and learning intensifications offer area employers an opportunity to enroll workers who wish to keep *au courant* with the state-of-the-art developments in the change accelerated workplace of today's world.

Norman Stewart, director of continuing education, said, "At Sacred Heart, we are exploding the myth that higher education is removed from what goes on in business and industry. We're combining the theoretical aspects of business and industrial needs with practical applications."

According to MaryAnn Grimaldi, the division's assistant director, seminar topics are determined after many interviews with employers. Miss Grimaldi conducts the bulk of this investigation, visiting training and developing and personnel departments of area companies. She noted that over 120 area organizations have participated in one or more seminars at Sacred Heart. "In addition," she was quick to point

out, "seminar instructors must meet strict criteria before being chosen. Only experts with proper credentials, appropriate experience, and a professional reputation are selected."

Seminars offered for the Spring 1984 session include: Creative Time Management; Stress Management; Managing Yourself and Others; Management and Supervisory Skills; Mini/Micro Computers for the Non-Computer Manager; Better Business Presentations; Better Business Writing; Your Professional Potential; Statistical Quality Control, and Controlling the Quality of Purchases, and Corporate Giving-A Two Way Street.

## S.G. Making Progress

By ERIC LeSTRANGE

Sacred Heart student government, plagued by student apathy and non-participation, nevertheless, exists to serve the students.

Several students interviewed believe that the main function of the student government is to organize pub nights, mixers and end-of-the-year parties. S.G. President Michelle Schiappa, in a recent interview explained that setting up parties is only one of the many duties that the student government performs at SHU.

According to Schiappa, the \$25 activity fee provides extra-curricular activities and other services for the student body such as: the Student Handbook publication, peer counseling services, work/study programs and the stu-

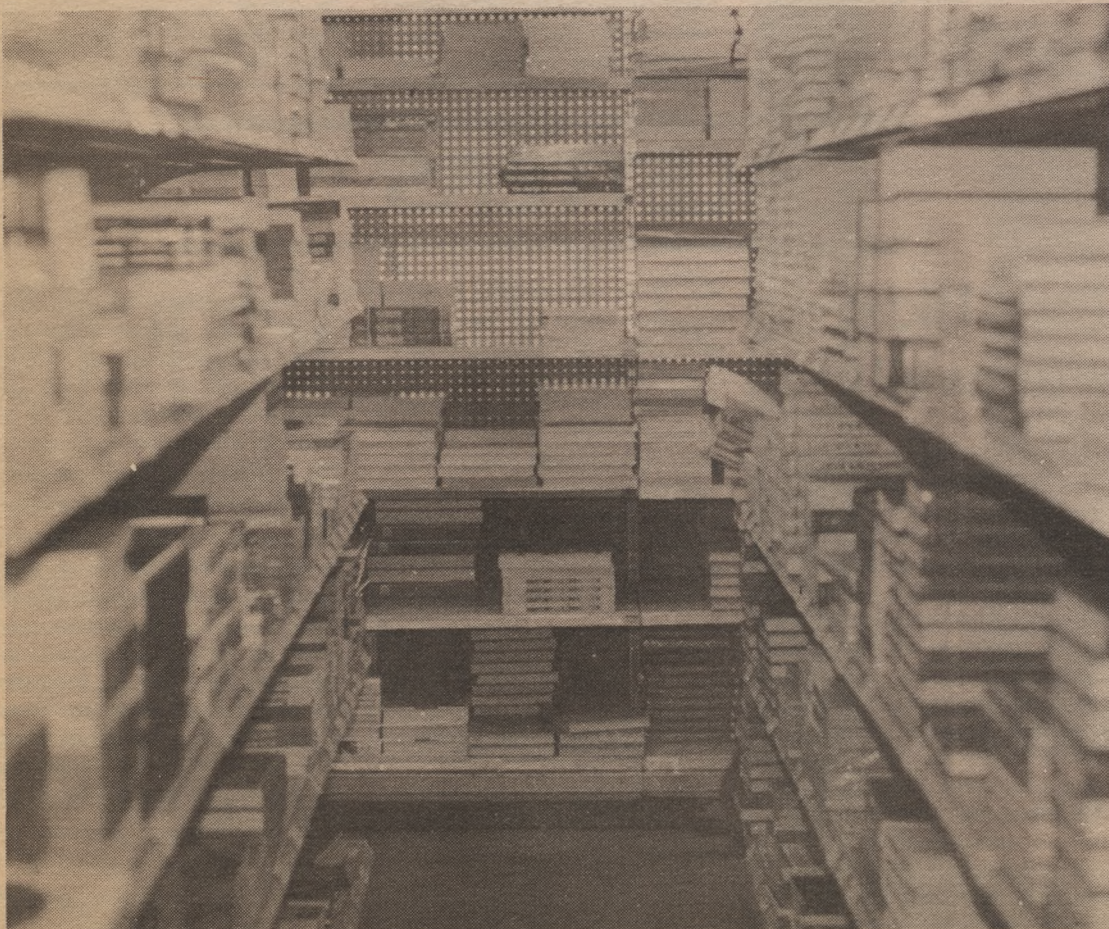
dent executive committee.

President Schiappa pointed out that many students don't realize how hard student government works for their interests. She feels that the \$90,000 to \$100,000 received from the activities fees is spent wisely.

One hundred and fifty four students were asked in a questionnaire what they would like to see happen at SHU. Among the improvements cited, was the refurbishing of the student lounge. Respondents to the questionnaire also requested a D.J. at the mixers and a major rock star for a concert at SHU near the end of the semester. Schiappa said such a concert "would be expensive, but possible."

Sh. also noted more academic-

(Continued on page 2)



Bookstore becomes organized-cuts down on lines.

(Photo by Gus Koumbaros)



# EDITORIALS

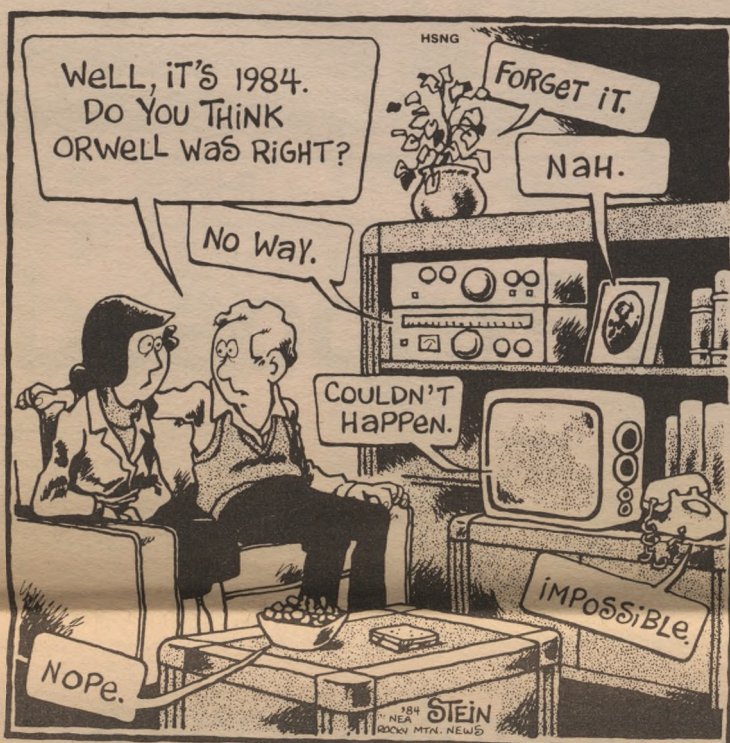
## In Search of Praise

What's wrong with a little praise now and then? Or a lot of praise often? When was the last time you noticed something special about someone and commented on it? "I like what you said in class today," or "that jacket is a great color for you" or \_\_\_\_\_ (fill in the blank). Be honest. False praise sounds phony (like canned laughter). Just be aware of opportunities to give a friend a compliment.

Over the Christmas vacation my daughter complained that she never receives any praise from her boss. Listening to her, while I stuffed the turkey, I turned and asked, "When was the last time you praised him?" She acted stunned. It never occurred to her that he might savor a little praise.

Compliments lift people right off the ground (emotionally) and give them a glow that can make their day. It's not hard to find one thing nice about the people you live, work or study with. If you're pleased — say so — sincerely. People bask in appreciation; they revel in praise.

A.G.R.



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## S.G. Progress

(Continued from page 1)

oriented events were planned for the semester ahead. Tom Jackson will give a lecture on subliminal advertising and guerrilla tactics in the job market. A student government spokesperson noted that many students, besides having school work, also have outside jobs and cannot participate in many social events. Ways to solve

such problems include better advertising, and scheduling more events during the day for convenience, Schiappa said.

According to Schiappa, student government hopes to provide students with an enjoyable and pleasant atmosphere. Every officer in the student government, she says, is open to suggestions, complaints, comments, and questions. The door is always open.



## GUEST EDITORIAL: Discovering the Liberal Arts

At some point in the time span between the first college class ever taken and the receipt of one's diploma from the college president at graduation, every student should ask the question, "Why am I here?" It is my fervent hope that this question will be asked, and answered, early in one's college career. Some of the typical answers to this question are "to get a degree," "to get a job," or "to get a better job." These are good answers in that they espouse the pragmatic and make sense to your family and friends. But, are these the best answers? I think not. If these are the best answers you can provide, then you are missing the point of being here.

To be a college student is to be involved in the process of education—a process between and among minds—yours, your fellow students' and your professors'. The late Robert M. Hutchins felt that education meant the development of the mind as a reasoning tool in order to make it possible for men and women to freely make sound judgments about values in important matters. Education, he believed, is what equips people to distinguish the better from the worse and to conduct properly the business of this planet on which we all live.

One does not become well educated by simply taking and passing a sequence of courses specified in the university catalog. This may lead to one becoming well trained, but not necessarily well educated. According to Robert Topping of Purdue University, "Hogs, dogs, and frogs may be well trained; human beings alone have the capacity to become educated." It is, more than anything else, coursework in the liberal arts which leads to becoming educated in the truest sense of the word.

The activities of the marketplace, the thoughts of the humanities and the needs of the whole society are interrelated and, whatever their differences, hold in common the desire for a better life. You should know not only what and how you do what you do, but *why* you do it. You should be aware of your cultural heritage and your values; you should have a sense of the miracle of human thought and logic and a sense of morality and history; you should get beyond your own experience.

The study of art and literature will provide a sense of the experience of others. An understanding of psychology, sociology, anthropology and history will enable you to experience art, literature, and music with

deeper appreciation and comprehension. The cultural backgrounds of all people may be discovered in the study of language. The need to reflect on personal and societal values, past and present, is fully explored in the disciplines of philosophy and religious studies. The liberal arts will prepare you to pursue the better life, however you define it.

Becoming educated depends upon you and what you choose to do. Once you possess a fund of information it is necessary to integrate it in some organized way. With skill in making integrations and connections, which occurs in the process between and among minds, i.e. education, each new fact or concept makes old ones more meaningful and comprehensible. A strong grounding in the liberal arts is the unifying force which will enable you to synthesize new knowledge with previous knowledge and prepare you to make choices. Do not let this opportunity, nay, responsibility, slip from your grasp. Be able to say with the confidence that comes from being truly educated, "I know why I am here."

Contributed by  
Donald W. Brodeur  
Dean, Division of Humanities  
and Social Sciences

## LETTERS

### Prof Bids Farewell

Dear Students and Colleagues:

I am writing this letter primarily for the benefit of those of you who expected me to return to Sacred Heart for the spring semester and who were therefore surprised to find that I had resigned from my position as Assistant Professor of Economics. During the 1983-84 academic year I was working under a terminal contract that was to expire in June; my application for tenure had been denied. In exploring alternative career opportunities, I was offered an attractive position in the business world. Since business schedules do not coincide with the academic calen-

dar, I was compelled to resign as the offer would not have waited until the end of the spring semester.

My years at Sacred Heart were productive and satisfying ones. I developed many positive relationships with students and faculty.

I feel confident that the Economics Department will continue to meet the needs of its students in my absence.

Sincerely,  
Pearl S. Vogel

### Voice of Westport

Dear Editor,

"If you cannot address the real and important question, due to

either ignorance or outright deceitfulness, then address a different and unrelated question in order to advance your otherwise weak presentation." These words of advice given by Machiavelli to the prince were certainly adhered to by members of Sacred Heart's intellectual elite.

HO! HO! HO! We are certainly pleased to witness this true unfolding of student philosophical repertoire, but perhaps it is time to get back into the ballgame. Now that we are familiar with the "finer-diner" places in downtown Westport, let us return to the long and seemingly lasting weaknesses of your positions.

Yours Most Truly  
I.M. Knot



## By ERIC LeSTRANGE

## The cold war between the super-

The NATO alliance went ahead with plans to deploy Pershing II nuclear missiles in Western Europe despite protests in the West and threats from the communist East.

Secretary of State George Schultz, in the opening speech for the American delegation, said that

However, Foreign Minister Andrei Gromyko of the USSR, in his speech at the conference, left it plain that his country will not submit to further strategic arms talks in Geneva as long as the US keeps its Pershing missiles in Western Europe. Gromyko emphasized that further negotiations were "pointless." He compared the US military buildup to drug addiction where the user needs greater and greater doses to live on. Gromyko said it was up to the international community to stop US militarism. What about Soviet militarism? Gromyko didn't mention that in his one-sided speech.

Ronald Reagan's speech and the Stockholm Conference are avenues to possible reconciliation between the two superpowers. It is Moscow's turn to respond to these peaceable overtures. Although both the United States and the Soviet Union have placed new nuclear missiles in Europe, there is still time for new dialogue for peace that would benefit all mankind.

Riders on the Convincer are buckled in a car seat, which is then released to slide down an incline and strike a rubber bumper. The impact riders feel is equivalent to a 6-10 mph automobile collision

The CT Public Safety Department purchased the Convincer as an educational tool to persuade the estimated 80-90% of all drivers and passengers who do not use seat belts regularly. Recent studies indicate the use of seat belt lap-shoulder restraints may save 12,000 lives each year.

(Continued from page 1)

**AREA A REQUIRED CORE:\***

**AREA B - ELECTIVE CORE:**

- |                                |    |
|--------------------------------|----|
| TOTAL . . . . .                | 32 |
| TOTAL OF AREAS A & B . . . . . | 50 |

The college credits received by students enrolled in such remedial courses as Mt 99 and En 10 will not be counted as part of the overall requirements for the Baccalaureate degree.

## CAREER SERVICES

**JUNIORS:** Don't be like the seniors. Get your placement folders started this year. It's free, painless and only takes a few minutes. Such a deal! You can also attend the workshops listed below.

## WORKSHOPS IN FEBRUARY

Take advantage of them — Call 7975 to sign up

Resume Writing	Wed. Feb. 8	1:15- 2:30	(S113)
Interview Skills	Tues. Feb. 14 and 21	11:15-12:30	(S113)
Job Search Skills	Mon. Feb. 27	1:15- 2:30	(Career Services office)

## Scholarships Available

- \$1,000** — For Stamford woman, junior or senior  
**\$500** — For New Canaan, Darien or Wilton woman, junior or senior  
**\$200** — For women of Bridgeport, Fairfield, Trumbull, Monroe, Huntington, Shelton, Stratford and Easton

Pick up applications at Career Services office

Summer Internship and Job Information in our files-too numerous to list-good experiences.

## Summer Job Opportunity

**College Open House**  
The Admissions Office at Sacred Heart University is conducting an Open House for high school students at the University on February

14, 15, 16, 21, 22, and 23.

Reservations are necessary as space is limited and may be made by calling the Admissions Office of Sacred Heart University at 371-7880 to reserve a space and discuss times of tours.

## Events On Campus

February 3: "Flashdance" Mixer  
Sponsored by Nu Epsilon Omega  
& Pi Sigma Phi; 9:00 p.m. to 1:00  
a.m. in the cafeteria; Music and  
smoke show by "Double Vision"  
\$2.50 with activity sticker  
\$3.50 general admission.

February 9: Coffeehouse Sponsored by the Class of 1987, 9:00 p.m. to 12:00 midnight in the cafeteria.

# \$25 OFF ALL 14K GOLD RINGS

See Your Jostens Representative for details of Jostens Easy Payment Plans.

**DATE:** Feb. 6-7-8 Mon., Tues., Wed.

**TIME:** 10 to 3 and 5 to 7:30

**PLACE:** Outside Cafeteria     \$10.00 Deposit

**"B.E.I. Rings Available"**



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JOSTENS IS THE OFFICIAL AWARDS SUPPLIER OF THE 1984 OLYMPIC GAMES.



# Cocaine's White Line Fever

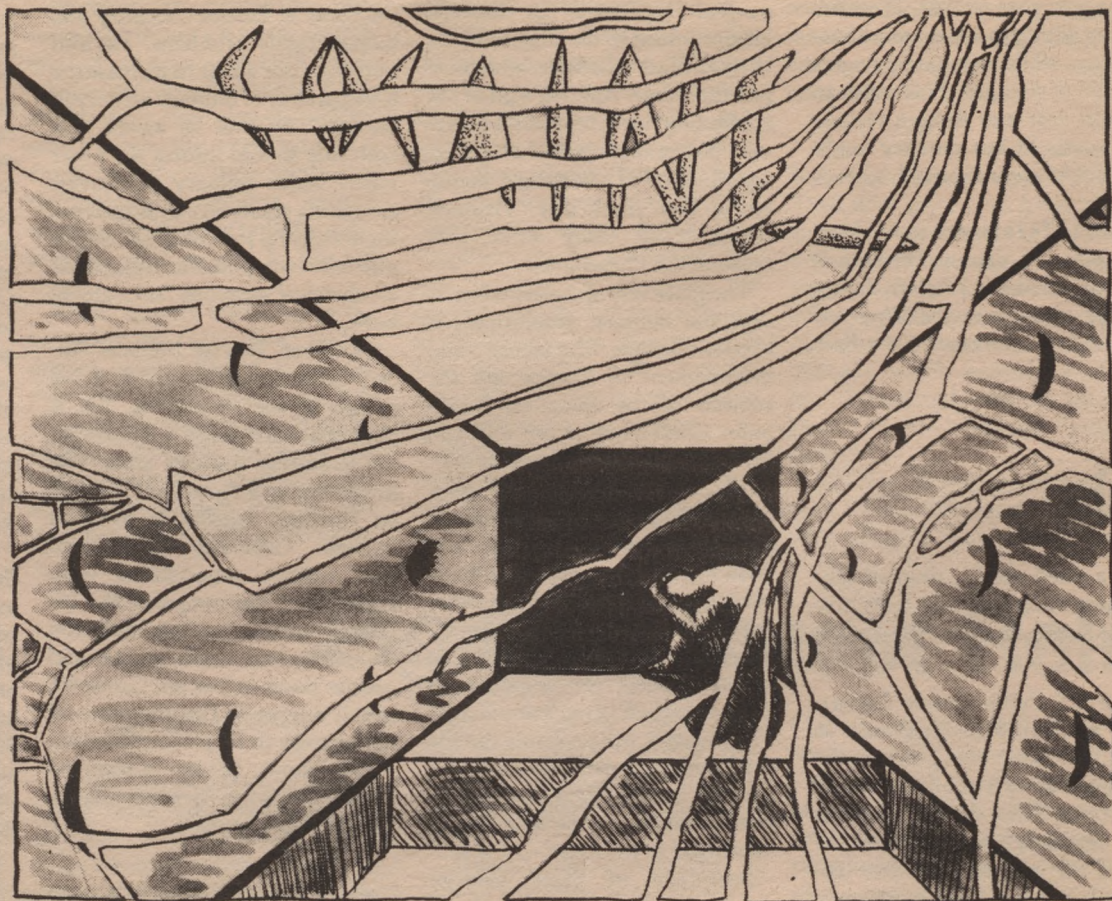
By SUZANNE PODEJKO, RN

Not long ago, cocaine was considered a drug of the rich due to its high cost. Today increased availability and endorsement by celebrities, athletes, and professionals has led to wider use by the public, even though the cost remains relatively expensive — \$100 to \$140 per gram on the street.

Cocaine is a stimulant that gives a feeling of well being and deludes users into thinking that their creative, social, and sexual powers are enhanced. It can make work seem more pleasurable and give one a feeling of energy. This is why many upwardly mobile people fall prey to the drug. While no tests have been done to measure a change in creativity, tests actually show a decrease in muscle strength with cocaine ingestion.

Made from the South American cocoa plant, most cocaine enters the United States from Columbia. The fine white crystals look like snowflakes under the microscope, thus the nickname "snow." Pure cocaine is cut or adulterated each time as it changes hands on the way to the street. "Street cocaine" is only about 10 percent to 20 percent pure cocaine, if any at all. Toxic effects or death can result from this great variation in the actual content of cocaine.

The user divides a gram of cocaine into ten lines, each to be sniffed or snorted through the nose, the



most frequent method of absorption. Prolonged use eventually leads to ulceration and holes in the nasal passages with accompanying upper respiratory problems.

Although infrequent social users of cocaine do not report any side effects, a psychological dependence can occur with prolonged use. As the euphoric effects wear off in less than an hour, the user may feel irritable, depressed, anxious, or lethargic. The user eventually must pay the price in weight loss due to lack of appetite, exhaustion and deteriorating interpersonal relationships.

The results of prolonged cocaine abuse can lead to hallucinations, dilated pupils and resulting sensitivity to light, rapid heart, muscle twitching, violent behavior, formication (feeling of ants crawling on the skin), sleeplessness, extreme nervousness, irrational fears and paranoid behavior.

It is difficult to determine when an occasional, social user, who has increased consumption of cocaine, becomes psychologically addicted because the user loses insight into his behavior. He does not see or ignores the effects cocaine has on his life. The drug fools him into thinking everything is all right.

If you have any questions about cocaine or know someone who needs help, call your local drug abuse office or call toll free 1-800-COCAINE, a counseling service for cocaine users.

## Jimmy the Greek Rates Presidential Candidates

By I.M. WOOLY

Walter Mondale - 10:1

Chronic alcoholism combined with hallucinations make this man an unlikely candidate. During a recent fishing trip, Mondale reeled in a rainbow trout, mistook it for a wild rabbit then clubbed the fish to death with his lunch box. Later, an embarrassed Mondale insisted that he sometimes thinks he's Jimmy Carter. "In fact, I was just saying to Rosalyn ... oh no, wait — that's not right. As I was telling my brother Billy down at the station ... no, that's not it either. Oh damn it, someone get me a scotch."

Alan Cranston - 20:1

Forget it. This self-proclaimed physical fitness buff and egomaniac is too conceited for diplomatic work. At a Kiwanis luncheon, Cranston stood at the podium and announced, "I am the President," much to the surprise of all. "Just rehearsing," he added. "There is no doubt in my mind that I will win by a landslide in every state; with the exception of California, where I will win by a mudslide." Ted Turner, Cranston's campaign manager, confirmed reports that when his man wins, the White House will be trans-

ported to Beverly Hills, and the city will be renamed "Alantown."

George McGovern - 5:1

A real nice buy, McGovern is the complete opposite of Senator Cranston. Lacking both self-confidence and intelligence, McGovern may get a few sympathy votes, but that's about all. "OK, so maybe I'm stupid," admits the former Presidential nominee. "But, I wasn't any smarter in '72 and a bunch of you voted for me then, right?" Insiders say the candidate is very excited about having bumper stickers printed with a

slogan he thought up himself — "Good McGovernment, By George."

John Glenn - 1:1

The befuddled spaceman turned statesman is the favorite to win. Possibly the clumsiest politician since Gerald Ford, Mr. Glenn is sure to attract a lot of attention on the campaign trail. His condition was originally diagnosed as an equilibrium disturbance, but, was later discovered to be a rare affliction known as "geographical dyslexia."

While in outer space, Glenn was struck on the head by a meteor, causing mild brain damage. He spent the rest of the trip thinking he was in Ohio — until splashdown — when he stepped off the shuttle, announced "One giant step for me," then fell into the Pacific.

Although this disorder abruptly

ended his astronaut days, it has had little effect on Mr. Glenn's political life; except that he doesn't know if he's coming or going. He, also, has difficulty locating his car after making guest appearances at shopping malls. If he wins the election, Glenn says he'll hire a chauffeur; reportedly Ted Kennedy.

Reubin Askew - 13:1

This fellow suffers from a severe case of McGovern-style intellect. Sitting in a pile of bread crumbs, Askew told reporters, "You will like my 'sandwich diplomacy'." Askew went on to explain that his platform is based on the principle that poverty causes starvation, and that hunger causes hostility. "So, if everyone's got a full belly, there will be world peace. Let them eat BLTs," he said! Before being carried away, the jolly Floridian shouted, "I'll Askew to vote for me."

shu view

wəiv urlə

What is your favorite book and why?

Interviewed and photographed by Gus Koumbaros



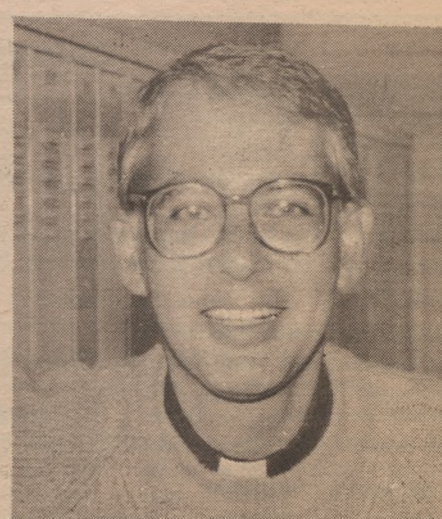
Mark Zullo, Sophomore—"The Hobbit." It was well written, interesting, and intriguing. It made you feel like the main character."



Sally Krawiec, Sophomore—"Anthem." It was a situation where society had done a complete turn around to nothing. It was similar to 1984 but much more interesting."



Scott Lotufo, Senior—"Foundation." It shows the rise and eventual decline of a great civilization and the results which were produced. It was very interesting and very good."



Father Nurik, Faculty—"Sons and Lovers" by D. H. Lawrence. While there were more famous novels, I was intrigued by Lawrence's ability to capture the interpersonal dynamics of a Welsh coal mining family. It was a masterful study."



Mary Monahan, Senior—"The Hound of Baskerville." A mystery and an intriguing Sherlock Holmes story. It was a masterful study of the happenings."



# Aerobics: A No-Win Controversy

By GERRY ECKBER

"Aerobics in Motion," a course at Sacred Heart since 1978 under the auspices of the Fairfield YMCA and then the Department of Continuing Education, will not be offered this semester at the university.

Last term, due to pressure from disgruntled students who felt they should also have access to the gym, the aerobics class was limited to one-half of the facility while students playing basketball, ping pong and operating a baseball pitching machine occupied the other half of the room.

Vice President and Dean of Students John Croffy made the decision that the gym should be open to all the university students. "People have to learn to co-exist," he said. Appeals from the aerobics students to Croffy and the Director of Continuing Education Norman Stewart to reverse the directive were to no avail.

Faced with a no-win situation, Stewart ended the "Aerobics in Motion" class at SHU leaving in the wake disappointed and frustrated devotees of the non-credit course, a national YMCA copyrighted program of exercising the heart through professionally choreographed dance routines set to music.

Mushrooming in popularity in the 80s and held in neighborhood centers, schools and churches, aerobics originally found a home at SHU to accommodate the local Y's interest in serving the people in the northern section of Fairfield, but

through the years drew its members almost exclusively from the faculty, students and staff of the university.

Aerobics was offered at 7:30 a.m. and 12 noon in the SHU gymnasium two days a week. The early-morning class was eventually discontinued as it conflicted with the maintenance crew's work schedule.

At a reduced \$10 fee per person for members of the university community (\$55 per person for the public) the tuition did not meet the basic semester costs: a \$300 instructor's fee and accrued advertising expenses. "Although it is a worthwhile loss," said Stewart, "physical fitness has not been a primary consideration of the Continuing Education Department. On the other hand," he added, "perhaps it should be."

*"physical fitness has not been a primary consideration of the Continuing Education Department. On the other hand," he added, "perhaps it should be."*

Camille Reale, faculty member and enthusiastic student of aerobics, felt the new dual use of the gym a dangerous arrangement with the noise, the confusion of voices, and even flying missiles. "It was difficult to concentrate on the dancing, to hear the music and the instructor's directions," she said, "and being distracted, one could easily trip and be injured." She

withdrew from the class rather than risk injury, feeling disappointed not to be in the program and irked at what she considered "an inequity against the students taking the course."

Anna Lafferty, professor of art at SHU and an aerobic student also questioned why with twenty hours of open gym weekly (10 a.m. to 2 p.m. Monday through Friday) the aerobics class could not be given the full facility for two 45-minute segments each week. "Aerobics is a fabulous program," she said, "with a great group of enthusiastic students; but they need a large space where they can leap and run and stretch. The gym was such a convenient location. Isn't there any other suitable room available? Otherwise," she continued, "I'll have to go to the Y and pay \$55."

Maureen Bike co-ordinator of the Y's "Aerobics in Motion" and the instructor during the fall term at SHU explained that the semester started off badly as the 35-enrolled students were "jammed" for the first few sessions onto the stage of the auditorium, a "dangerous" alternative location assigned to them while the gym floor was being resurfaced; the roster dropped to 15 students.

"Once the class transferred to the gym," Bike explained, "it continued to be a stressful situation with distractions from the other side of the room which defeated the purpose of the program: to relax and be free in spirit and mind and body. Since it is a movement activity, you need a lot of room," emphasized Bike, "and I felt bad for

the students that the full facility was not granted to them."

Pete DiOrio, assistant athletic director, did not feel as sympathetic. "Their biggest problem," he said, "was they didn't want people looking at them in their leotards. They are welcome to the gym, but they have to share it with other students who pay tuition, pay an activity fee and want to use the facility too."

Other special interest groups on campus do not have to share the facility with anyone else. From 2:30 p.m. to 7 p.m., the gym is assigned to the basketball team and other organized sports. From 7 p.m. to 9 p.m., volleyball, 9 p.m. to 11 p.m., softball, 11 p.m. to 1 a.m., baseball. "The soccer team," DiOrio stated, "is looking to get into the gym and comes in sometimes at 7 a.m."

According to DiOrio, who said he regularly supervised the noon period, "I counted no more than eight or nine people in the aerobic class, and the sharing of space was good — no problems."

Asked about the danger of injury to aerobic students from the combined activities in the gym, Croffy answered, "That's a lot of rubbish — aerobics poses more of a danger to others. But, there is adequate room for each group. Nevertheless, if the aerobic students were uncomfortable," he added, "and want to reinstitute the program in the future, the early morning cleaning schedule could be adjusted and the class could have exclusive use of the gym again at 7:30 a.m."

## The Good, the Bad, the Ugly: The Attractiveness of the SHU Campus

By MABEL SANTOS

What would your answer be if you were asked to name the most and least attractive features of the SHU campus? During the 1983 fall semester, students in Professors Christina Taylor and Steven Bradon's environmental psychology class conducted an informal survey in which 44 students and 31 faculty members were asked to "name two or three most attractive and two or three least attractive physical features of the Sacred Heart University campus."

The library was named as the most attractive feature of the SHU campus by the largest number of

both students and faculty. The table shows that 25% of the students and 33% of the faculty cited the library.

The landscape/grounds was cited as the second most attractive feature. The table indicates that 13% of the students and 26% of the faculty voted for the landscape/grounds.

In the category of the least attractive physical feature, the cafeteria won, hands down; first choice of both the students and the faculty. The table shows 21% of the students and 23% of the faculty named the cafeteria.

For the second most frequently cited least-attractive feature, we finally encounter a difference of opinion between students and faculty. Whew! I was getting worried that the students may have been thinking along the same lines as the faculty. The students (14%)

cited the parking lots as an unattractive feature. I can sympathize with their choice since I have had to deal with the frustrations of the parking lots many times. Once, I drove around the South lot three times, ending up parking by the gym; a five-minute walk from my class in the South wing. There can never be too many parking spaces; however, there is always a shortage of them.

For the faculty, the restrooms emerged as the second most frequently cited unattractive feature. Here, too, they have my understanding. I can only speak from experience about the ladies' rooms but wherever one is located, there is some sort of unique difficulty. For example, the one by the gym has very dim lights. How is a girl to touch up her makeup if she can't see it? The ladies' room by the student lounge also suffers from dim

lights plus a series of 'leaks' which are constantly underfoot. The one in the North wing downstairs also has dim lighting with the added inconvenience of no place to put your books. Finally, the one in the South wing upstairs, has dim lights, outrageous graffiti on the stall walls (grandma would have been appalled) and the water faucets rarely work — not that you'll find any soap to wash off, anyway.

You may ask "What do these findings mean?" "Why should we be concerned with the attractiveness of our campus?" Actually, there are many studies which show that the environment and its aesthetic pluses or minuses can have favorable or unfavorable effects on social interactions and work performance. Environment isn't everything, but it's a great beginning.

### Most Attractive

Faculty		Students	
Library	33%	Library	25%
Landscape	26%	Landscape	13%
Center lounge	6%	Center lounge	6%
Chapel	6%	Location	6%
Others	29%	Others	50%
Total	100%	Total	100%

Total No. Responses:  
Faculty - 66; Students - 89.

### Least Attractive

Faculty		Students	
Cafeteria	23%	Cafeteria	21%
Restrooms	18%	Parking Lots	14%
Classrooms	14%	Classrooms	12%
Lockers	6%	Restrooms	6%
Others	39%	Others	44%
Total	100%	Total	100%

Total No. Responses:  
Faculty - 66; Students - 97.

### A NOTE OF APOLOGY

A note of apology for the transfer of names under the pictures of Susan Anderson and Anne Fryburg in the SPECTRUM SPOTLIGHT, January 19 issue. That was carrying the theme of the article on transfer students a bit far!



y?



Sophomore—"Hound of the It was full of suspense and all that good stuff. It was very and showed what a master was in solving suspicious

Lisa Monte, Freshman—"Gatsby. It was extremely ordinary. You could not predict what would happen next. The life of Gatsby was one that you would want to read about but not live. The book was very well written and it was very intriguing."



# Streisand's Solo Project

By ELISABETH K. MUHLEBACH

Throughout Fairfield County, the film *Yentl* is currently showing to mixed audience reactions. Barbra Streisand directed, produced, co-wrote and starred in the film loosely based on Isaac Bashevis Singer's short story "Yentl the Yeshiva Boy."

Barbra Streisand, well remembered for her leading roles in such popular box office hits as *Funny Girl*, *The Way We Were* and *A Star Is Born*, for the first time in her career directed a big Hollywood musical. Risking her personal reputation, she pursued this project for the past 16 years at a high personal cost. *Yentl* was turned down by six different studios and went through countless script changes. Her nine-year relationship with Jon Peters,

the hairdresser turned film producer, didn't survive the making of the movie.

Streisand has created her own version of Singer's mysterious folk story about a Jewish girl in a Polish village who disguises herself to be able to study the Talmud. In Streisand's hands, the story becomes a moral tale about three victims of circumstance, prejudice against women, the idea that nothing is impossible, and a vehicle for her songs.

Yentl, secretly instructed in the scriptures by her ailing father, dreams of studying at a yeshiva. After her father's death, she cuts off her hair, dons boy's clothing, calls herself Anshel, becomes a rabbinical student in another town, and inconveniently falls in love with her study partner Avigdor.

After Avigdor's engagement to beautiful Hadass is broken off by her family, Avigdor persuades Anshel to marry Hadass instead.

At this point, Anshel is too far into her masquerade to back out and the improbable happens: Yentl/Anshel marries Hadass. In a potentially embarrassing wedding night scene, Anshel fast-talks herself out of consummating the marriage for a while. Anshel and Avigdor leave on a trip and Anshel, unable to continue the disguise, reveals her true identity to the unbelieving Avigdor. The two friends then part, Avigdor goes back to his true love Hadass and Yentl leaves the country.

Barbra Streisand, sans make-up, convinces as the quick-witted and pert Anshel. Her voice is gorgeous and ethereal as ever. She is sup-

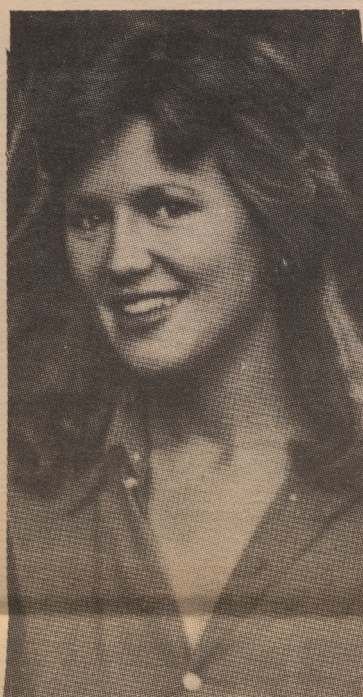
ported by fine performances by Mandy Patinkin, the warm, affectionate and handsome Avigdor, and Amy Irving who plays Hadass, the old-fashioned young woman of intelligence and beauty, brought up to serve her man.

Good-looking, old-fashioned, but often slow-moving, the film *Yentl* does score with some funny and touching scenes. But the emotional and meaningful moments are stretched out too long to accommodate the ten songs. Occasionally the songs overlap the dialogue which becomes confusing. The sets and costumes are gorgeous, maybe even too "picture perfect."

The film also has a curious ending, which Streisand changed from Singer's story. Yentl, in a

stylish knit hat and scarf is sailing toward a new beginning aboard a ship full of immigrants, singing her heart out. The movie could have ended with Yentl and Avigdor parting. I went to see this movie with great expectations, but left somewhat disappointed.

The story "Yentl the Yeshiva Boy" by Nobel Prize winner Isaac Bashevis Singer has been republished by Farrar, Straus, Giroux in 1983. But not as is the custom as a paperback with the film's star on the cover, but as a beautiful little volume, illustrated with distinct woodcuts by the Norwalk artist Antonio Frasconi. The woodcuts depict striking images of human faces and figures which enhance Singer's mysterious folk tale marvelously.



Christina Hanley

## Pig-Out: Sweet Relief

By TRICIA DUNN

Despite the emphasis on sensible eating today, many students maintain that an occasional pig-out or binge is the only way to survive the semester. On the basis of that vow, the SHU Bookstore has ordered a volume that may very well turn out to be a godsend in the months to come.

Christina Hanley's *Pig-Out*, home of The World's Richest Chocolate Cake and the source of Swine Sweeties, offers 72 "rich, sweet and easy" desserts to combat the stress of studying.

Author/Illustrator Hanley's calligraphy-written, pig-adorned paperback entices worry-ridden students with quick fixes like Chocolate Oinkers, Pooker's Panic Cookies, Lumpy's Lament, and

Porky's Dilemma. Apparently, these tasty, tension-relieving creations have caught on since area college students are buying *Pig-Out* in droves.

"There is a kind of comfort in food when you're under tension," comments Nancy Null, a Boston University graphic design major and advocate of pigging-out. "If I'm bogged down in assignments I'll turn to it (Hanley's *Pig-Out*). After indulging in something like The Butter Bomb, I'll feel inspired to return to work."

Vinnie Tangredi, a psychology student at Boston College, admits, "I used to gorge on Oreos. Then I got into pigging out more elaborately when I received this book called *Pig-Out* as a gag-gift."

*Pig-Out's* 25 year old author,

Christina Hanley, a native of Connecticut and former art student at California State University, laughs knowingly as she relaxes in her rustic Southbury living room. "I came up with the book on the basis of my own pig-out experiences in college. I'm still quite fond of binges," the slender blonde confesses as she nibbles on an Apricot Beauty.

According to Hanley, "It makes sense that college students would find a special need for these sort of recipes. Because of the anxieties that go along with homework and finals, well, that's how I invented Cecil's Mountain and Dump Dessert."

While she spends most of her hours repairing fine art objects at

her antique restoration business, Hanley still allots time for baking *Pig-Out* favorites like Bourbon Belly-Busters and Pig Haven Hash. "College students aren't the only ones who look for relief once in a while. I still have my moments."

While it is true *Pig-Out's* concoctions can be enjoyed by most, the book is hardly designed for the calorie conscious student. "Absolutely not," Hanley chuckles. "My advice to the calorie conscious student is to buy the book and give it to someone who's not." She pauses and adds, "But there's nothing wrong with pigging-out sometimes." She wickedly raises one eyebrow.

Help yourself to a delightful book; a little "gluttony" now and then is relished by even the wisest of men.

## Rediscovering The "Rascals"

By TRICIA DUNN

"Re-mar-kable!" is one line the devoted fans recall fondly from "Little Rascals" episodes.

And remarkable they were...

The quote is from *Forgotten Babies* (1933) where "Spanky" minds a load of toddlers. One youngster continues to utter that word while "Spanky" tries to glue another tot's seat to the carpet so that he won't crawl up the stairs.

What about *Love Business* (1931) with Norman "Chubby" Chaney? "Don't call me Norman. Call me Chubby-Upsy," he murmurs to his teacher Miss Crabtree with whom he is infatuated.

Then there is *Birthday Blues*

(1932) starring Dickie Moore (the rich kid cured of a stiff neck in *Free-wheeling* (1932) and the well-loved "Stymie" Beard. Together they bake a giant cake that makes cowlike noises and holds such goodies as a brush and a mousetrap.

Some may remember The International Silver-String Submarine Band in *Mike Fright* (1934) with "Spanky" and Scotty Beckett (he always wore a baseball cap sideways) as members of a band featuring home-made musical instruments...

It was not the hilarious scripts themselves but all the talented children who brought them to life that made "Our Gang" or "The Little Rascals" so "remarkable."

"I watch the 'Our Gang' comedies every single day-today!" says TV personality Orson Bean. "I just flip over them—they're genuine works of art."

"Alfalfa" Switzer, with his cowlick waxed to stand up straight contributed to much of the laughter, as he crooned tunes and pined over his love, Darla Hood. In one hysterical episode, the *Our Gang Follies of 1938*, Alfalfa attempts to sing "The Barber of Seville" and gets disgracefully booed off the stage.

Tommy "Butch" Bond played "Our Gang's" entertaining bully. Whether boxing with "Alfalfa" in *Glove Taps* (1937) or vying for Darla's affections in *Came the Braun* (1938), "Butch" also added much to the show's success. "We were the best of friends," Bond has said of Switzer. "Alfalfa was just a country boy. I don't think he ever wore shoes till he came out to California and broke into the Gang... we always had a lot of fun together, as kids and after we grew up, an awful lot of fun."

In some of the earlier reels, we meet "Wheezer" Hutchins and his dog Pete, "Farina" Hoskins (with all his hair-bows, his sex was a matter of national speculation), and the still prominent Jackie Cooper.

Later episodes introduced rascal Mickey Gubitosi, who, like Cooper, met with future fame. He is now Robert Blake of "Baretta." "I didn't like it. It was no kind of life," says Blake about his childhood in the limelight. "But," he



adds, "I was just an unhappy kid. If I hadn't been on a set, I would've been grumpy wherever I was."

How about "Buckwheat" Thomas (perfectly spoofed by Eddie Murphy on 'Saturday Night Live')? How about "Porky" Lee, or "Froggy" Laughlin (his deep froggy voice was not dubbed), or Darla "I'm in the Mood for Love" Hood?

"Spanky" McFarland. The leader of the pack, and a "genius" according to the show's director, Bob McGowan. McFarland says, "We had a ball... making those comedies." (Note—"Spanky" is especially irresistible at the age of four. *Wild Roses* (1933), in which he becomes frightened at the prospect of having his picture taken, is priceless).

Although 221 films were produced, only 133 are "talkies," the ones with which today's audiences are familiar.

A personal favorite is the rather obscure but very moving *Readin'*

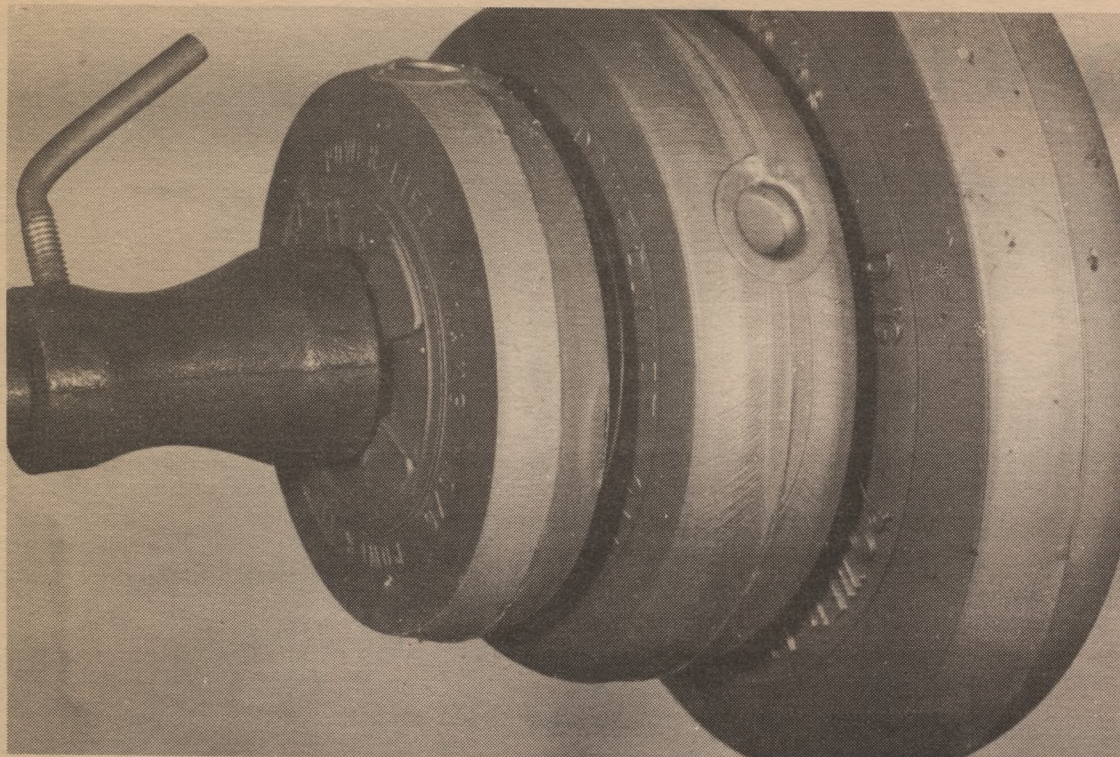
and *Writin'* (1932) with Kendall "Breezy Brisbane" McComas. Brisbane is a smart-aleck pupil who tries and succeeds at getting kicked out of school. (Among other things, he had put tanks on the seats.) Later he regrets being expelled. In the end, he decides to "learn that poem." Brisbane cries as he recites the daffodil rhyme to the class and to sympathetic Miss Crabtree. McComas's acting as "Brisbane" is wonderful.

Unlike comedies, real life often has unhappy endings. "Alfalfa" was shot to death by an ex-business partner over 50 dollars, Scotty seems to have taken a drug overdose, "Froggy" was killed in a motor scooter accident, "Chubby" died of a glandular ailment, and "Wheezer" was killed in a World War II training camp accident.

Only the laughter survives. But these "remarkable" Rascals will remain immortal in the eyes of those who watch for the reruns.







(Photo by Marty McPadden)

## SPORTS

### Recreation Open To All

By DEBBIE FISK

Between 10 a.m. and 2 p.m. of every school day, SHU students have the opportunity to participate in a variety of recreational activities. These activities, which take place in the school gym include ping pong, basketball, table soc-

cer, and weightlifting. Students also have access to the baseball pitching machine, bats and balls.

No one will be allowed on the gym floor without sneakers, and the school will not provide them. Students who wish to participate in any of the activities must report to

the recreation office in the gym and turn in their student I.D. The workers in the office will give out the desired equipment. When the students are finished using the equipment they return it to the office in exchange for the I.D.

Recreational activities are an excellent way to get exercise. They are also an enjoyable way to pass time in between classes. If there are any questions at all about open recreation contact Pete DiOrio of the athletic department at ext. 7827.

ceremony included Robert Snyder to 2nd kyu (brown belt, one black stripe); Cyrus Ipaktch and Steve Kuczo to 4th kyu (green belt, brown stripe); Stephen Frost to 6th kyu (yellow belt, green stripe); and Osmar Silva, Darryl DeMarco, Rob Bolduc, Al Horn, Mike Jackson, Ken Andrews, Edwin Rodriguez, Rick Hofer, and Joe Posa to 7th kyu (yellow belt).

More recent promotions included Judy Cuddihee to 5th kyu (green belt); Ed Donahue to 6th kyu; and Bill Carboni, Bryan Boyd, Jackie Grecious, Andrea Grecious, Greg Antignani and Brenna Corrigan to 8th Kyu (white belt, yellow stripe).

The karate club, one of the largest clubs on campus, is currently seeking new members for the spring semester from the university community. The club meets on the auditorium stage Monday 4:30 to 6:30, Wednesday 7:00 to 9:00, and Friday 6:00 to 8:00 p.m. No prior training is necessary, and club dues are \$10 per month.

## Fit, Healthy and Feeling Good

By JOHN McDANIEL

Want to know how to be physically, medically, and psychologically better, and spend a small part of your time getting there? Then try exercising with weights.

There has been a tremendous increase in the number of health clubs, and old-fashioned gyms available to both men and women. People are now beginning to realize the enjoyment, and rewards that occur when working out with others, and getting the body in shape at the same time. A Miami health club owner claims that, "Health clubs have replaced bars, and the old hangouts. If you're not in shape, or trying to get in shape, you're not into what's happening."

A weekly weight training program with the doctor's permission will help anyone lose excess fat, and increase muscle mass. The chances for cardiovascular disease, and diabetes will decrease, and the production of growth hormones in the body will increase.

A recent study by the Louisiana State University Health, and Physical Education Departments, discovered that after 45-60 minutes of weightlifting for three days a week for 12 weeks, 14 men ranging from 24-69 in age had lost an average of 2.75 pounds of bodyfat while gaining an average of 4.68 pounds of muscle.

In a strength training study at West Point, Orthopedic surgeon Howard G. Abbot found that overall body conditioning through weight training resulted in fewer injuries to athletes. The increase of

calcium in bones as well as the strengthening, and increase in blood to ligaments, tendons, and cartilage have all been attributed to weight training.

A recent study at Louisiana State found that weight training reduces the amount of serum cholesterol in the body, known to cause blockage of the arteries. The same study discovered that HDL cholesterol which helps to stop the clogging of arteries due to LDL cholesterol, increased because of exercising with weights.

Weightlifting increases the growth hormone testosterone in the body which will improve protein synthesis, increase the size of muscle tissue, and helps control fatty tissue.

A lot of people enjoy exercising with weights because it makes them feel good about themselves. Harry Hill a college student states that, "Training with weights helps me feel confident about myself as far as how I look, and how I approach school, and other pressures." Kent Wittman who is a businessman states that, "If I'm working with, or competing with someone who's really out of shape, I feel like I can do a better job than he."

Many medical experts believe that during stressful exercise the right side of the brain which is the creative half takes over the usually more useful left side, or analytical half of the brain. If this is true then exercise with weights should help people to think better, and be more productive.

### Black Belt Awarded

Dressed in traditional gis, the karate class knelt in the seiza position in rows in front of the assembled black belts. The occasion marked the close of a shiai, a recent workout that brought three Isshinryu karate clubs to campus—one from Rutgers University in New Brunswick, NJ, another from a Morristown, NJ dojo, and the host SHU club.

This recent meeting, according to Sid Gottlieb, 4th Dan, and instructor of the Sacred Heart club, was a rare occurrence in the life of the average karateka. SHU senior Joe O'Neill had successfully completed the requirements for the rank of black belt.

"Awarding a black belt to someone is a special occasion," said Ralph Corrigan, an assistant instructor. "After all, we've been in existence for five and a half years, and Joe is the first full-time student to make that grade. It's a great accomplishment."

Other promotions at the

## PERSONALS

LOST: Color slides in tan manilla envelope, last seen in cafeteria during registration. Clearly marked with my name, D. Angell. If found, please call 377-1372 or notify security.

Emily—We're glad you're back. We all love you and would have missed you very much. Again let us say we're glad you are our friend and we're glad you are here. Luv ya, The Gang

Sundance—Friends come and go but friendships remain. Congrats and good luck always. S. Bunny

Welcome to SHU Maria DiNapoli and Gail Crisalli. Mary Ellen

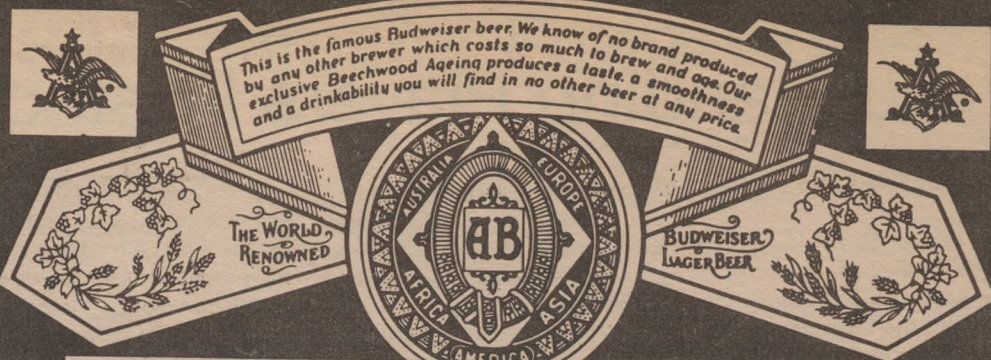
Brian—Action speaks louder than words. M.E.C.

Dear Karen and Jan—We miss you guys already! Love MEC and Sal

Dean Croffy—Thanks for everything. SHU Softball Team

To all of my friends—EASY DOES IT! ONE DAY AT A TIME! Debbie F.

Congratulations to Rich Maley for winning the Marketing Club Logo Contest. Rich's logo will now appear on all Marketing Club literature. Another job well done by a Marketing Club Member!




This is the famous Budweiser beer. We know of no brand produced by any other brewer which costs so much to brew and age. Our exclusive Beechwood Ageing produces a taste, a smoothness and a drinkability you will find in no other beer at any price.

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## ATHLETE OF THE WEEK



### Joe O'Neill - Black Belt

this Bud's for you!

GENUINE

GENUINE



# SHU Begins League Play

By DEBBIE FISK

The Sacred Heart University men's basketball team traveled to Lowell on Jan. 20 to play their first NECC game of the season. They dropped the game 72-70 in overtime, but they gained an NECC win by defeating the University of Bridgeport 75-64 on Jan. 26. SHU's league record stands at 1-1, while they are 11-3 overall.

The team was coming off a third place finish in the 17th Annual Holiday Classic hosted by SHU, when they faced Lowell. Keith Johnson was the outstanding player for the Pioneers with a game high 29 points and 12 rebound-

Roger Younger chipped in 17 points.

SHU also captured a non-league game by defeating St. Michael's on Jan. 21. The Pioneers squandered a 12 point halftime lead and with 46 seconds remaining in the game St. Michael's came within one and had possession of the ball. Johnson made the crucial play of the game when he intercepted a pass and was fouled going up for a shot with 30 seconds remaining. He canned the two free throws to give SHU a 54-51 victory. Younger led the Pioneer scorers with a team high 13 points, while Johnson added 12 points.

SHU met arch-rival University

of Bridgeport on Wednesday night in a packed UB gym where they defeated the Purple Knights 75-64. SHU led by six at halftime, but UB ran off seven straight points in the second half to go ahead 49-48 with 11 minutes remaining. The Pioneers finally broke away on a torrid scoring streak after a bench clearing brawl broke out on the gym floor. Joe Jackson canned two foul shots with one second on the clock to conclude the scoring. Younger led all scorers with 20 points while Billy Bayno pumped in 16 points. Johnson pulled down a team high 15 rebounds.

Their next home game will be on Feb. 2 against Southern.



(Photo by Russ Decerbo)

## Outstanding Players Posted

By JEFF ELLIS

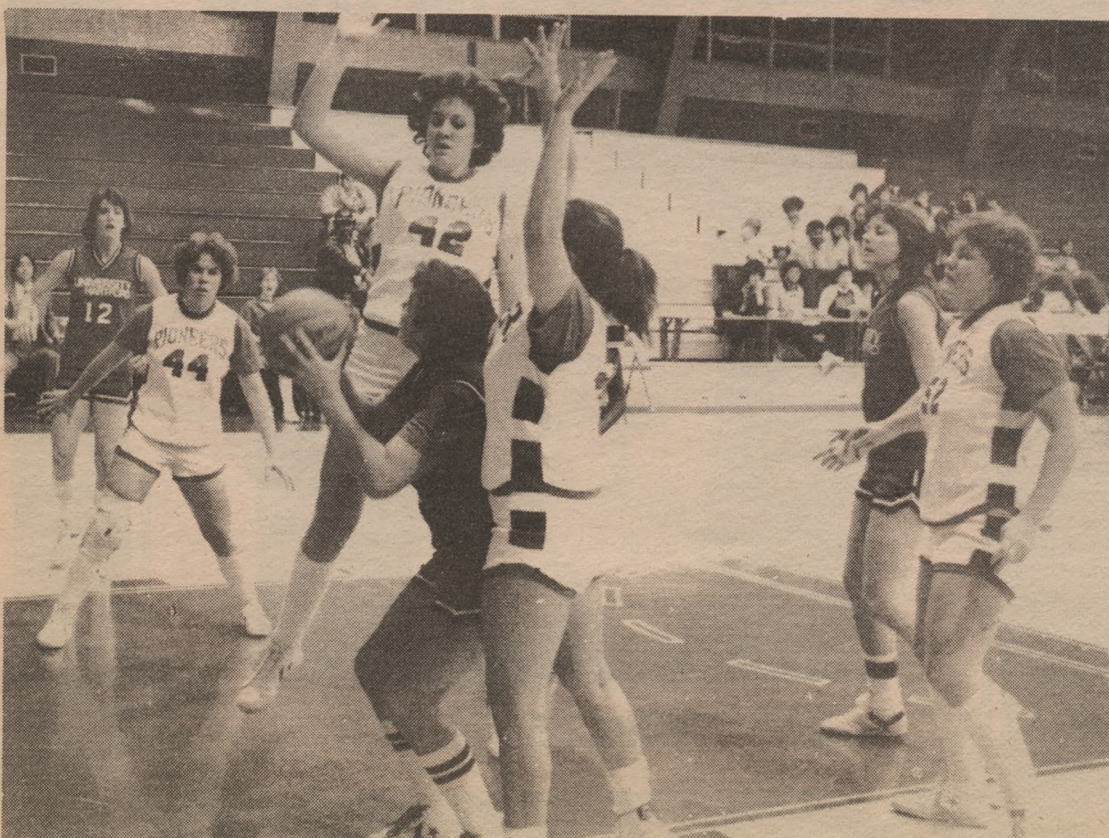
The Sacred Heart University women's basketball team lost a pair of games as they returned to action after the Christmas break. On Jan. 20 they lost to Lowell 74-67 in a tough overtime game. Valerie Light led all scorers with 22 points while Bippy Luckie added 11 points.

On Jan. 23 the Lady Pioneers lost 89-49 to a tough Bryant team.

Bryant had entered the game with a 9-1 record. The Lady Pioneers were trailing by only 3 with six minutes remaining in the half. A couple of turnovers enabled Bryant to outscore the Heart 23-4 in those final six minutes to open up a 47-25 halftime lead. Kelly Gray led the Pioneer scorers with 12 points while Tracy Gelsinger added 8 points. Outstanding efforts were turned in by freshmen Netta Cooper and Kim Schmidt.

At midseason the NECC statistics were posted. Co-captain Bippy Luckie is the fifth highest scorer in New England, and fourth in free throw percentage leaders. Co-captain Nancy Stanton is the fifth in rebounding leaders while freshman Kelly Gray is ninth. Freshman point guard Valerie Light leads New England with 49 assists, 7 per game.

Their next home game is on Feb. 2 against Southern.



(Photo by Russ Decerbo)



(Photo by Marty McPadden)

### SPORTS SCHEDULE

- February 2 Women's Basketball vs. Southern  
Home: 5:30 p.m.  
Men's Basketball vs. Southern  
Home: 7:30 p.m.
- February 11 Women's Basketball vs. Lowell  
Home: 5:30 p.m.  
Men's Basketball vs. Lowell  
Home: 7:30 p.m.
- February 12 Women's Basketball vs. New Hampshire  
Home: 3:00 p.m.  
Men's Basketball vs. New Hampshire  
Home: 5:00 p.m.
- February 14 Women's Basketball vs. Central  
Home: 5:30 p.m.  
Men's Basketball vs. Central  
Home: 7:30 p.m.

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DATE: Feb. 6-7-8 Mon., Tues., Wed.

TIME: 10 to 3 and 5 to 7:30

PLACE: Outside Cafeteria \$10.00 Deposit

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