

the SPECTRUM

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Melady Hails Commission Report

By TOM FARELLY

The report on the state of education in America, released in August, startled the people of the United States, and according to Dr. Thomas Melady, President of Sacred Heart University, will have impact on the system of education in the U.S. in the decades to come.

The report, issued by the National Commission on Excellence in Education, comprised of leading American educators appointed by President Reagan, clearly shows that the education system in the United States is failing.

The report found deficiencies in American secondary education in four areas: content of high school curriculums; the amount of time students spend in the classroom; the low expectations and standards set for American students; and lack of teacher proficiency (especially in math and science).

Melady, who served as Assistant Secretary for Post-Secondary Education from the spring of 1981 to the fall of 1982, recommended some of the members to the commission and his office of Post-Secondary Education supplied much of the documentation and data used in the report.

Currently serving as a consultant and special advisor on educational policies in the United States government, Melady is involved in the implementation of the commission's suggestions.

The recommendations include strengthening graduation requirements and high school curriculums, especially in the areas of math, science, English, history and foreign languages. Melady revealed that high school students need a firm knowledge of math and science before they enter college.

"Classified liberal arts," added

Melady, "should begin in high school and then in the university you develop your specialty."

The commission also recommended that both secondary and post secondary educators adopt higher standards and expectations for their students. "As soon as we get high schools to do their job," says Melady, "universities should get out of remedial work."

The commission also calls for increasing the time students spend in the classroom and insuring that competent teachers are instructing students. Along with a longer school day and extended school year, the commission urged that teacher schooling, preparation, and salaries be improved.

The most pressing need in education today is for qualified math and science teachers. Currently teachers salaries can not



match the pay offered by business and industry.

The final recommendation by the commission calls for leadership and fiscal support from educators and elected politicians to subsidize and implement the new programs.

The key figures in the implementation of these new reforms, according to Melady will be the American people. Parents must instill a desire to achieve in their children and must strive for higher standards for educators.



CPI Awards the Outstanding

By CAROL B. TURETSKY

On Wednesday, September 14, 1983, Sacred Heart University, through its Center for Policy Issues, bestowed upon the Honorable Thomas Crawford Mayers and Sandra J. Brown, its Fourth Annual Community Leadership Awards for Southwestern Connecticut.

The event held in the Campus Center attracted a crowd of approximately 100 people. After receiving their awards, each recipient spoke on what they felt was "the greatest challenge facing our Southwestern Connecticut region."

The Honorable Thomas Crawford Mayers, a prominent business and civic leader who served as Mayor of the City of Stamford from 1963 to 1967, stated that the greatest challenge

we face in the 1980's is making our cities work better. Mr. Mayers said that unless our cities work, the suburbs can't work. Our cities are the home, higher education, job, and cultural centers for the largest part of the population.

Mr. Mayers cited several reasons for the plight of the cities including population movement to and from our cities and the social and economic problems which have arisen as a result, the physical aging of our capital plants within our cities, the ignoring of the political process by our best minds, and the notion that somehow our cities are un-American because they seem out of place with our New England town heritage.

To improve the cities we must address economic, social, and

political areas. There is no magic formula to a good economy, the creation of new jobs, a better level of education, and better government leadership. Mr. Mayers asserted, unless we have more individuals who take pride in the cities and are willing to become involved so that they may work better.

Sandra J. Brown, Corporate Secretary of People's Savings Bank since 1972, declared that the greatest challenge facing us in the 1980's was breaking down artificial walls, such as town boundary lines, to find new, creative ways to work together on issues affecting all of us.

Miss Brown remarked, "Our obsession with doing things ourselves, in our own way, has led in many cases to costly duplication of effort and dilution

Retention Sparks Attention

By SHARIE GANCOS

Student retention, a major issue on campuses across the country, is receiving more than its share of attention at Sacred Heart, says Dr. Anthony Pinciario, academic vice-president and provost.

Student retention is defined as the number of students who attend the school until graduation. Students decide to leave higher education for a variety of reasons, and colleges are recognizing the need to keep these students on campus. "If a student does decide to leave Sacred Heart," says Pinciario, "we want to be sure we have exhausted every effort and opportunity available to him or her."

Pinciario estimated that approximately 52% of the students who begin at Sacred Heart University actually graduate, a figure that compares favorably to national statistics. According to Pinciario, last spring 1,260 students pre-registered to return full time, and 1,200 of these students returned in the fall.

The student retention committee of two years ago, which included participants from all

segments of the university, submitted a series of reports to Dean Croffy, in an attempt to identify action the university community could take to retain students. Current plans call for a new committee, which will attempt to pinpoint when and why students leave.

Pinciario's aim is to provide an atmosphere at SHU combining educational and social activities. He claims that a major factor in retention is the faculty, since they have the most contact with the students. According to Pinciario, faculty should direct students to the guidance department to try to resolve problems.

As part of the retention effort on campus, all students withdrawing from the university are requested to meet with the counseling staff. After attending college for a year or two, students often find the major they have chosen is unsuitable or they are unable to decide on a major at all. "It is not a failure on their part," Pinciario stressed, "but a sign of maturity that they have seen their abilities may lie in other areas."

"Let us help," Pinciario added. "You don't have to give up your total collegiate education."

of resources." She cited the United Way organizations as an example. There are eight separate United Way organizations covering 14 communities, with separate campaigns, planning, and allocation functions.

However, 30 United Way organizations in parts of Connecticut, New York, and New Jersey have formed a fund-raising partnership-United Way of Tri-

State.

Through creative partnerships at both the local and national level and by using a broad range of resources, Miss Brown said that we can find a more effective solution to our problems. However, she stated we must be willing to learn to know and trust each other and find ways to overcome our differences and work together.

EDITORIALS

Renaissance Reveille

Are Sacred Heart students, majoring in business, being short-changed in light of alleged practicality?

Business students are specialized in actual skills of marketing, management, finance, accounting, etc., but lack the humanities of a well-rounded college education. Shakespeare's plays and Dickinson's poetry are more than unappreciated, they're overlooked. Business students don't have a broad background because of the regimented requirements of the business program.

The demand for liberal arts in the job market has decreased, followed by fewer liberal arts majors. This has resulted in a smaller number of course offerings in the humanities division. SHU students are not adequately exposed to art, music, theatre, literature or history as they were during the sixties. The college pendulum has swung from liberal arts to today's business related areas.

Business skills can be acquired through practical work experience from the job itself. But where else can one appreciate Barbara Tuchman, admire Monet, and discover Margaret Atwood? The four-year period should be a time for self-discovery and maturity (not a time tunneled only for job preparation).

The difference between a liberal arts major and a business major is that one learns to think and ask questions, the other demands answers and results.

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Melody J. Vetro

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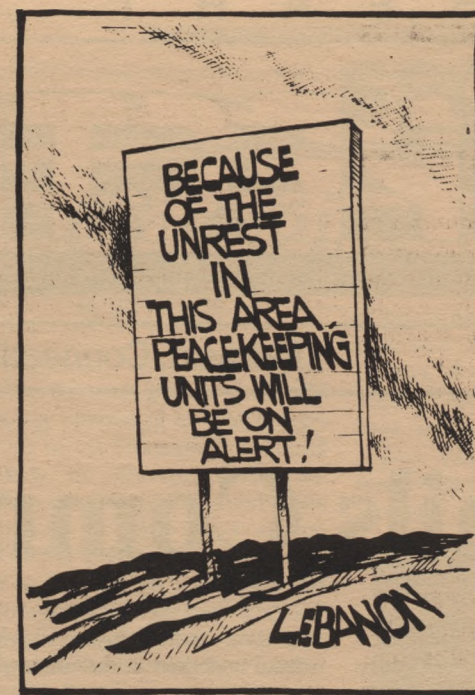
Student Space Diminished

Here at Sacred Heart University the students are faced with a situation unlike that of most area universities. For contrary to the norm of most colleges, there are no dormitories or on-campus housing. This has given Sacred Heart University a unique character, providing a collegiate atmosphere for area students while allowing them the convenience of living at home and working at a local establishment to earn money.

However, it can be generally stated that there is something missing. This is evidenced by a look at the on-campus fraternities and sororities, who have no on-campus housing as other Greek organizations do. This was offset in past years through the existence of the Campus Center, which had served as a site where all campus organizations could have an office and could hold their meetings. In this way, a degree of unity and cohesiveness, so integral to the sustained success of any organization, was main-

tained. However, this luxury was taken a few years ago by the Administration, who converted the Campus Center to a site for offices for University personnel and a few small classrooms. And what were the students given in return? The Student Lounge, which consists of little more than a converted corridor with some furniture. In addition, students were given a pool table and video machines in the Pub, but thanks to the new Connecticut law raising the drinking age to 20, approximately 80% of the student body shall be excluded from the Pub. Thus, many students here on campus are at a disadvantage, having no place to relax, study, or meet with friends once classes are over.

I propose an alternative which would be of benefit to all here at Sacred Heart University. The University is at present in the midst of a fund-raising project aimed at adding to the quality of the University. I suggest that a portion of the funds resulting



GUEST EDITORIALS:

Apocalypse Soon?

About two hundred forty years ago, Jonathan Edwards chilled his congregation with this warning: "Tis no security to a natural man that he is now in health and that he does not see which way he should now immediately go out of the world by any accident, and that there is no visible danger in any respect in his circumstances. The manifold and continual experience of the world in all ages shows that this is no evidence that a man is not on the very brink of eternity, and that the next step will not be into another world. The unseen, unthought of ways and means of persons going suddenly out of the world are innumerable and inconceivable."

Now as twentieth-century materialists, we seldom attribute sudden death to God. When a bridge collapses, we find rusty underpinnings; when a heart stops, we suspect high cholesterol. We do well to search for these agents of death. And we do well, wherever possible, to control or eliminate them. We have done well to have condemned the U.S.S.R. for shooting down KAL 007, for having acted as the agent in the sudden deaths of 269 innocent persons. But we do ill, grievously ill, when we confine our condemnations to agents. Edwards undoubtedly would have seen the hand of God in every one of those deaths. We do not, for an angry God is not to our taste. But if we ever manage to moderate our anti-Soviet fury, we might perceive a terrible causation beyond agency.

To most Americans, Soviet mendacity the last couple of weeks has been plain and not a little sickening. Their attempts to justify the murderous attack on KAL 007 define the sweeping

paranoia that too often motivates the Kremlin. Perhaps those lies suggest a criminal and barbaric mentality, as President Reagan insists, though other governments—even the most honest—have lied and other societies—even the most civil—have murdered. Be that as it may, however, the character of the Russian government and the morality of communism are not the cardinal issues. For in the midst of their inept apologia, the Soviets have stumbled upon the ultimate truth: the passengers of KAL 007 were indeed victims of the "cold" war.

Simply put, the tensions between East and West are out of control. No edict from Washington can ease the pressure under which an Alaskan air base commander must work. No directive from Moscow can soothe the jangled nerves of a Russian pilot who has been "scrambled" twenty times a day. Radar must be monitored constantly and interpreted precisely; spy planes must fly their missions over exact routes, and fighter pilots must chase them away, vigorously but not too aggressively. We dare not go to war, but we must be always ready to, or at least give that appearance—both of us. We must continually threaten each other with mass destruction, we must search out any weakness and exploit it, we must achieve technological superiority, and we must make outer space ours. Both sides have drawn lines so finely calculated that human error is inevitable. Both are so anxious, so suspicious, so weary that a climax, we can never permit.

And thus mankind is trapped. Denied the possibility of relief, we—American and Russian alike—work off our tensions in

Afghanistan and El Salvador, relax after dinner with MIRVs and neutron bombs, and each day turn the screw a little tighter. Maintaining assiduously our adversary posture, we are approaching the point when the screw will be stripped, when the tension can be neither increased nor diminished. For forty years now, neither East nor West has made any genuine effort to understand the other. We have reveled in confrontation, played the game of nuclear chicken with gusto, jeopardized the lives of billions of innocents, and doomed our planet to sterility. Oh yes, the Soviets murdered 269 non-combatants, but all of us in our stupid, relentless, militant pride created the atmosphere that guaranteed the dirty deed.

So we dangle ourselves over the fiery pit, hanging by a filament as gossamer as that by which the Puritans' God deigned to suspend the wicked man. But at least in 1741, it was God holding the thread. Pity us with Andropov and Reagan (or some anonymous, trigger-happy Russian flyer or nervous Idaho teenager) performing that godly office. Like those Enfield Puritans, we too are on the "very brink of eternity" and may find ourselves "going suddenly out of the world." If we do not curb our Russian and American pride, if we continue to stockpile nuclear devices, if we persist in the lunacy of adversary relations, if we do not find a way to loosen the screw, then we too may become "Sinners in the Hands of an Angry God." And we may discover, alas, just how angry Mr. Edwards' God can get.

Contributed by:

Dr. David Curtis, a full-time assistant professor in the English Department at Sacred Heart University.

from this effort be channelled toward the construction and furnishing of a "Student Center," which would exist for the primary benefit of the student body—not the Faculty, the Staff or the Administration. Here could be housed office space for the major campus organizations, as well as space for Student Government, the Spectrum, and the Prologue. In addition, there could be a recreation area, consisting of a TV monitor, a pool table, video machines, chairs, tables, and whatever else was deemed necessary.

Such a project would have several beneficial aspects. Student organizations would be given space with which to conduct meetings, hold fund-raising events (to take the place for the now-abolished "Pub Nights"), and other worthwhile activities. Students would have a place to study for their classes, meet with friends, or just watch television. To blunt the need for supervision which some feel is necessary, the Director of Activities could have her office there, as well as the Dean of Students and all other personnel who are immediately

involved with the students on a day-to-day basis. Such a building need not be extremely large; a small, two-story structure would be sufficient. Not only would the students benefit directly, but it would be seen as a positive sign on the part of the University Administration that they have the interests of the students at heart. Thus, the University community would have a focal point from which the life of all student activities would be directed.

Contributed by: Fred Palmieri, president of the class of 1985.

LETTERS

Dear Editor:

As a Continuing Ed student since 1976, I have noted that many progressive steps taken by the school administration to expand the range of opportunities for the evening student. No doubt, this represents and ongoing task.

This being the case, perhaps additional consideration could be given to students whose positions involve traveling during the

week. Expanding the number of courses offered on Saturdays to include a greater selection in the major areas of study would certainly benefit these students and hopefully the school.

Yours truly,
Shelley Krysta

To the Editor:

In the September 9 issue of SHU SPECTRUM, Mr. John Kelly, SHU Treasurer, said the quality of instruction at the university is being upgraded by replacing departing professors who hold masters degrees with individuals who hold Ph.D's. The unstated assumption is that faculty members who do not have Ph.D's are inferior.

At least in science, Ph.D. training is, of necessity, very narrow, since it is primarily research-oriented. A masters degree program may be much broader since it requires less research. This can leave room for a more varied and balanced course of study. Such a

background is essential at SHU where faculty must often teach a variety of widely different courses.

One could argue that Ph.D's acquire broad training because they usually also have a masters degree. This may be true, but in these cases it is the masters degree, not the Ph.D., that provided this broad training.

Regardless of degree accomplishments, the individual's actual teaching abilities are the bottom line. The use of titles alone is inappropriate.

Eleanor H. Weseloh
Instructor,
Department of Biology

Dear Editor:

In our highly complex and fast paced society, perhaps the best way to survive life's irritations is with toleration and a smile. However there are some irritations which can not be met with toleration or a smile

As a full time student, working full time I don't often eat in fine restaurants, but when I do nothing can ruin a meal more than being forced to watch someone with bad table manners.

The other night a co-worker and I were sitting in a fine restaurant anticipating a good meal. I was taken aback when my dinner partner picked up his napkin, not to place it on his lap, but to blow his nose. I was quite surprised, but it was something which could be tolerated. Then he removed gum from his mouth and stuck it to the bottom of the table without skipping a beat in the conversation. I rationalized with myself thinking all people

were not raised with good table manners and should not carry the full blame for their lack of them. As the meal progressed my companion's manners digressed. Ordering white wine with spaghetti was amusing, drumming "Wipe-Out" with his fingers on the table was semi tolerable, but when he started licking his dish I knew I was in trouble. To see manners like these, I could have stayed home and watched my dog eat. To top the meal off my never again to be dinner partner doused his cigarette in my unfinished coffee. This was the final straw. After this experience, I firmly believe that next to the restaurant's proper attire required sign should be one for proper table manners required.

Sincerely,
Emily Mossey

Campus Briefs

The SHU Outing Club has scheduled an overnight bike-camping trip to Lake Waramaug, in New Preston, for September 24th and 25th. The club, open to faculty, students, staff, alumni

Honorary Degree Presented

The first full academic convocation of the 1983-84 school year at Sacred Heart University will honor distinguished Connecticut citizen Robert H. Steele of Ledyard.

In ceremonies to be held in the Schine Auditorium, at 4 p.m. on September 29, Mr. Steele will be presented the degree of Doctor of Laws, honoris causa, for outstanding contributions as a business leader and private citizen in his native state of Connecticut.

Former United States Congressman, Steele will speak on matters pertaining to investment—entrepreneurship—and higher education in Connecticut.

Forty-four-year-old Steele is president of Dollar-Dry Dock Savings Bank in New York City. Dollar Dry Dock, with assets of \$5.1 billion, is the fifth largest savings bank in the United States.

Mr. Steele served as chairman and president of the \$2.5 billion

Dry Dock Savings Bank of New York from December 1981 to February 1983, at which time Dry Dock merged with Dollar Savings Bank of New York. The combination of Dollar and Dry Dock was the largest voluntary merger in the history of the mutual savings bank industry.

Mr. Steele joined Dry Dock following six years as president of the \$300 million-asset Norwich Savings Society in Norwich, which he helped build into one of the fastest growing and most profitable savings banks in the nation.

In addition to being a Trustee of Dollar-Dry Dock, Mr. Steele serves on the Board of Directors of Scan-Optics, Inc., Optimum Holding Corp., NLC Insurance Companies, and Optel Corp.

Prior to joining the savings bank industry, Mr. Steele served as a United States Congressman from Connecticut. In 1974 he was the Republican nominee for

Governor of Connecticut. While in Congress, he served on the House Foreign Affairs Committee, the Merchant Marine and Fisheries Committee, and chaired a Congressional Task Force on International Drug Trafficking.

He is currently a member of the Federal Government Relations Committee of the Savings Banks Association of New York and was chairman of the Social Security Committee of the 1981 White House Conference on Aging.

Mr. Steele is a graduate of Amherst College and earned an M.A. in Government and a Certificate of the Russian Institute from Columbia University. Prior to entering Congress, he worked as a securities analyst in the Investment Department of the Travelers Insurance Company. He previously served as a Soviet affairs specialist with the Central Intelligence Agency. He also has been a visiting lecturer in government at the United States Coast Guard Academy in New London.

Debate Society Launched

Sacred Heart's Debate Society, formed as a result of student demand on campus, is now a member of the American Parliamentary Debate Association, joining the three other debate societies in the state of Connecticut, those of the University of Connecticut, Wesleyan, and Yale.

The SHU Debate Society has a membership of about ten students from a variety of disciplines. Dr. Gary Rose, faculty advisor, stated that the purpose of the society is "to offer students the opportunity to debate a number of controversial issues and, at the same time, improve their

reasoning skills, listening skills, and verbal skills."

This year's Debate Society president is Bob Pinciario, a Political Science and History major. Most debates will be held on college campuses in the New England area.

The debate format was modeled after that of the British House of Commons. One debate team is designated as the government and takes the affirmative position, the other team the opposition taking the negative position. According to Dr. Rose, the students will be judged according to six criteria: the quality of argu-

ment, refutation, content, organization, style, and delivery.

"Debates will primarily involve political, moral, and social issues (and the) debates should provide a very stimulating and refreshing atmosphere." Rose said.

The first meeting of the Debate Society was held September 12, 1983. Membership to the society will be open until October 1. Debate "practices" to prepare for the meets are held once a week at the Campus Center. Anyone interested in joining the society should contact Dr. Rose in the Administration Building.

and friends will meet at 9:00 a.m. behind the Trumbull Town Hall on Route 25. Needed equipment includes tents and sleeping bags. Contact Dr. Corrigan, S203.

Any candidates for graduation in August 1983, December 1983 or May 1984 who believe he/she meets the requirements for nomination to "Who's Who Among Students in American Colleges and Universities" should present a written list of his/her qualifications to Dean Croffy's office before Friday, October 28, 1983.

To be nominated by the committee for Who's Who Among Students in American Universities and Colleges, a student

must meet the following requirements:

1. Submit in writing to Dean Croffy a list of his/her qualifications for nomination by the committee.
2. Must be scheduled to complete requirements for a bachelors degree on or by May 1984.
3. Participation and leadership in academic and extracurricular activities.
4. Service to the University.
5. Show promise for future civic mindedness.

Auditions for *The Crucible* by Arthur Miller will be held on September 26, 27 and 28 at 7:30 p.m. in the auditorium. The play calls for 11 men and 10 women.

The American Institute of Biological Sciences, Sacred Heart University Chapter, presents a lecture entitled, "Cell Biology: Cell Communication in Regenerating Systems" by **James C. Hogan**, Ph.D., Director of Sciences Cluster Program and Director of Minority Student Affairs. To be held at the University of Connecticut Health Center, September 27, 1983, 4:00 p.m., N103.

The Workshop Skills Center offers the following workshops for September:

"Improving Your Motivation for College Success", Monday, September 26th at 12:30 p.m., S202A. Ms. Rinaldi speaking.

1983 Fall Calendar

SENIOR RESUME SEMINAR (to be held in Academic Building, Room S-113)
Thursday, October 6 2:00-3:15 p.m.
Tuesday, October 11 11:00-12:15 p.m.

SENIOR INTERVIEW CLINIC (Two session workshop with audio visual equipment and role play techniques)
Academic Building, S-113
Friday, September 23 & 30 9:30-10:45
Tuesday, September 27 & October 4 2:00-3:15
Wednesday, Sept. 28 & October 5 12:30-1:45

SENIOR JOB SEARCH SKILLS WORKSHOP
Academic Building, Room S-113
Tuesday, November 1 9:30-10:45
Friday, November 4 12:30-1:45
Wednesday, November 9 11:00-12:15

ON CAMPUS RECRUITMENT—You must register with Career Planning Office to be interviewed.
Accounting Seniors with 3.0 or better cum, only:
Wednesday, October 12 Touche Ross
Monday, October 17 Price Waterhouse

Tuesday, October 18 Ernst & Whinney
Thursday, November 3 Main Hurdman
All Majors interested in management program:
Thursday, October 27 First National Supermarkets

INTERNSHIPS AVAILABLE: **Contact John Hartman, ext. 7995
Senator Dodd, Stamford Office
Silvermine Guild, Administrative Duties
Connecticut Woman Magazine, Editorial

JOBS: Check the bulletin boards outside the cafeteria for full or part-time openings

SENIORS: Professional Personnel Day is October 26. Write your resume.

GRE and GMAT applications are now available.

John Hartman will be in the cafeteria on a regular basis to help you with any questions you might have. A 'Lucy Booth' is in the works and will be in the cafe soon so you can get some counseling help . . . cheap.

GET YOUR CAREER IN GEAR.

To the Editor:

A high school lesson well learned in 1962 has been demonstrated once again by the brutal Soviet attack on an unarmed commercial airliner. The lesson—no act is too heinous in the Communist pursuit of world domination.

I wonder if a class similar to my "Modern Problems" course is still taught to young people at the impressionable and idealistic age of seventeen? If it isn't, it should be. Only by training our youth to be constantly and cautiously aware of Communist tactics, from propaganda through terrorism, can we ensure our existence as a nation. Recognition of the infinite patience and fanatical devotion with which they pursue their goal comes through education.

That education should frighten, but enlighten. Our youth must learn to recognize and counter strategies, clearly stated in the Communist Manifesto, which are gradually shrinking the free world. The best place to learn these lessons is in the classroom, from properly trained and enlightened teachers. Perhaps that process should begin at Sacred Heart.

Susan J. Green

FEATURES

Suicide Rises Across Campuses

By MARIA RAY LANGLOIS

With college training presently available to almost all who seek it, new problems and complexities permeate the college scene. Although problems and emotional upsets may always have been part of the life of the college age group generally, they seemed trifling and at times romantic. Experts state that at many colleges and universities suicide holds the second or third place in the mortality tables.

Adolescence is a time of radical changes in the individual's social and sexual status. In only five or six years the young person is expected to gain a sense of financial independence, embark on a career, adjust to internal physical, and emotional changes, develop a sexual identity and learn how to cope with the responsibilities that adulthood will bring.

Researchers note that college students live under a great variety of pressures, including the pressures generated by the phenomenon of adolescence, by the high expectancies of early

adulthood and by the stressors of competition and achievement which are unique to the college milieu. Studies of suicidal behavior on the college campus have led to the conclusion that suicide is a serious public health problem which in the college setting ranks as the third leading cause of death and on some campuses, the second leading cause.

The average college student has been going to school continuously for at least twelve years. Most students enter college right after graduating from high school. Because they enter college right after high school they are faced with the pressure of college boards, parents, and competition for grades. This can lead to mental strain and the frustration of not being a superior student.

Higher education produces a change in most students. The change involves many types of pain. Some of the pain may be related to problems one brings to the college environment as well as problems one finds there. Loss or modification of values, fear of homosexuality, identity diffu-

sion, separation anxiety, fears about masculinity-femininity, depression, fear of failure, excessive competitiveness and upheavals in love attachments are among the crisis which push to the forefront the threat of suicide.

Primary prevention of suicide especially in the college years should start at the high school level. Classes that deal with emotional health should be introduced in health and psychology courses. Conferences and seminars about suicide and the adolescent should be made available to the community and to the college campuses because the adolescent suicide rate is rising dramatically among 15-24 year-olds. The rate per 1000,000 population was 4.0 in 1957, 10.9 in 1974, and 12.2 in 1975.

The second level of prevention deals with providing the public and especially the adolescents themselves about the warning signs of potential suicide. These signs include loss of appetite, feelings of helplessness and hopelessness, exhaustion and fatigue, academic decline, sleep

disturbance, substance abuse, a decrease in verbal communication, a decrease in or inability to tolerate frustration, withdrawal from peer activities and from previously enjoyed activities and subtle signs of self destructive behavior, such as carelessness and accident proneness.

The characteristics most often found in those susceptible to suicide:

1. a previous suicide attempt.
2. the person has threatened suicide.
3. there is a family history of suicide.
4. a chronic illness threatens the suicides daily functioning.
5. the person is depressed or addicted to alcohol.
6. there is a chronic use of barbiturates, bromides and hallucinogenic agents.

7. family problems.

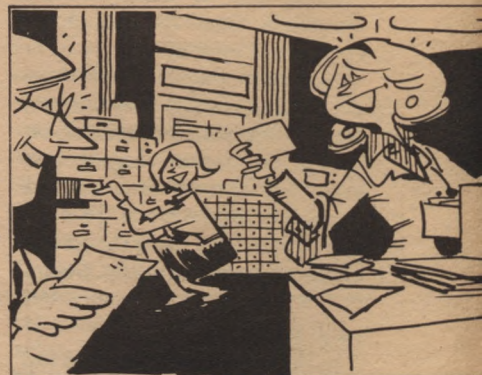
The third and final level of prevention deals with the potential suicide victim and or the attempted suicide victim. These people need to know about facilities and programs that are available to them and that there are people out in the real world that care about them and want to help.

There are Suicide Prevention Agencies that maintain a 24 hour telephone service. This service provides a life line to help the crisis caller release severe stress. These hotlines may be used at any time and are staffed by qualified personnel to help those in need. These agencies may also have group and individual therapy sessions for victims.

HOW TO USE A

By James A. Michener

Mr. Michener is a Pulitzer Prize-winning novelist, author of "Tales of the South Pacific," "Hawaii," "Centennial," and "Chesapeake." This article is part of a series prepared at the request of the International Paper Company to help all Americans read better, write better, and communicate better.



Learning how to use the card catalog in the library is easy—and

You're driving your car home from work or school. And something goes wrong. The engine stalls out at lights, holds back as you go to pass.

It needs a tune-up—and soon. Where do you go? The library.

You can take out an auto repair manual that tells step-by-step how to tune up your make and model.

Or your tennis game has fallen off. You've lost your touch at the net. Where do you go?

The library—for a few books on improving your tennis form.

"The library!" you say. "That's where my teacher sends me to do—ugh—homework."

Unfortunately, I've found that's exactly the way many people feel. If you're among them, you're denying yourself the easiest way to improve yourself, enjoy yourself and even cope with life.

It's hard for me to imagine what I would be doing today if I had not fallen in love, at the ripe old age of seven, with the Melinda Cox Library in my hometown of Doylestown, Pennsylvania. At our house, we just could not afford books. The books in that free library would change my life dramatically.

Who knows what your library can open up for you? My first suggestion for making the most of your library is to do what I did: read and read and read. For pleasure—and for understanding.

How to kick the TV habit

If it's TV that keeps you from cultivating this delicious habit, I can offer a sure remedy. Take home from the library a stack of books that might look interesting.

Pile them on the TV set. Next time you are tempted to turn on a program you really don't want to see, reach for a book instead.

Over the years, some people collect a mental list of books they mean to read. If you don't have such a list,

here is a suggestion. Take from the library some of the books you might have enjoyed dramatized on TV, like Remarque's "All Quiet on the Western Front," Clavell's "Shogun," Tolkien's "The Hobbit," or Victor Hugo's "Les Misérables."

If you like what you read, you can follow up with other satisfying books by the same authors.

Some people in their reading limit themselves to current talked-about best sellers. Oh, what they miss! The library is full of yesterday's best sellers; and they still make compelling reading today. Some that I've enjoyed: A. B. Guthrie's "The Big Sky," Carl Van Doren's "Benjamin Franklin," Mari Sandoz's "Old Jules," and Norman Mailer's "The Naked and the Dead."

How do you find these or any other books you're looking for? It's easy—with the card catalog.

Learn to use the card catalog

Every time I go to the library—and I go more than once a week—I invariably make a beeline to the card catalog before anything else. It's the nucleus of any public library.

The card catalog lists every book in the library by:

1. author; 2. title; 3. subject.

Let's pick an interesting subject to look up. I have always been fascinated by astronomy.

You'll be surprised at the wealth of material you will find under "astronomy" to draw upon. And the absorbing books you didn't know existed on it.

CAUTION: Always have a pencil and paper when you use the card catalog. Once you jot down the numbers of the books you are interested in, you are ready to find them on the shelves.

Learn to use the stacks

Libraries call the shelves "the stacks." In many libraries the stacks will be open for you to browse.

To me there is a thrill in tracking down books I want to read. For invariably, about which I am, and these books, out to be the same thing you when you browse in the learned mind product of bro-

CAUTION: I book from the your work desk to return it to place. That's where experts. If you incorrectly, the won't be able to

Learn to use the reference

Some of the best informed women in American librarians who providing reference

Introduce your problem amazed at how you will receive

CAUTION: the time of the asking silly questions ought to solve. Save the reference for the really big

Learn to use the Guide to Periodicals Literature

This green book is one of the most in any library. The articles in the magazines, newspapers, and paper magazines.

Thus it provides the very latest information on any interests you.

So if you really first-class out which library subscription consult *The Reader's Guide* and track down articles on your When you use this tool effectively show the master scholar.

Four persons

Since you collect books home, I

Grade A Beef

By SUE KADE

"In the bedroom, in the boardroom, on the playing field, on the battlefield, women have proved they can play ball.

"What kind of men do women want? Big, hairy-chested, arrogant 'macho' men. Right? Wrong. But not 'quiche-eaters' either. They want real, sincere, personable men. Men with a sense of humor who care about what their women want and feel. Men with a touch of class.

"A 16-month wall calendar. MEN OF THE IVY LEAGUE."

So declares a poster promoting the most recent men calendar to hit the market. The "Men of the Ivy League" calendar features 16 good-looking men from Harvard, Yale, Princeton, Dartmouth, Cornell, Brown, Penn and Columbia.

Unlike the poorly-selling "beefcake" calendars—with semi-nude Charles Atlases on the beach and in bed—this one conveys the conservative and success-bound character of the Ivy League. Ranging from Princeton's lightweight crew champs to a confident Harvard senior with Mercedes, this calendar portrays a rich variety of stunning Ivy Leaguers for the coming 16 months.

It is the opinion of this writer that the publishers of this calendar have produced a winner—a welcome change from the "hunk-of-the-month" syndrome. While this is clearly no banquet of beefcake, and body-lusters may be disappointed, this calendar's tasteful spirit makes for classy wall decor and ensures it a broad appeal to teeny-boppers and women executives alike.

Not only is the woman buyer able to catch a glimpse of stunning Ivy Leaguers each month, she may have the chance to meet one. The publishers, Streeter Publications, are sponsoring what they call "An Evening of Elegance." Women who buy the calendar will find enclosed an invitation, inviting them to write, in 50 words or less, their reasons for wanting to meet their favorite calendar beau. The men who receive the notes will personally read them and invite one woman out on a dinner-date.

Fresh on the market, the response has been overwhelming. "This was a last-minute idea, so the calendar reached the market very late. The response from bookstores and the press has been tremendous. It should be a huge success," says Chris Hessler, Director of Operations.

Already plans are being made for a full-color second edition. In October and November, a tour of the eight Ivy League schools will be made in search of fresh talent.

Who would think, when looking at a letterhead from Streeter Publications, that this company is solely owned and operated by college students? In fact, the three directors, Ellis, Hessler and Babb, founded this company as Dartmouth College students. Streeter Publications presently has four full-time employees and 40 sales representatives throughout the U.S. and Canada.

Ellis, who has just graduated from Dartmouth College, conceived of the Men of the Ivy League calendar idea last January during a meeting of the Dartmouth Entrepreneurs Club. Hessler joined the company in July to oversee operations. In many ways Ellis and Hessler epitomize the image projected by their calendar. Good-looking, confident, and ambitious, the dynamic duo have been wheeling-and-dealing since they arrived at Dartmouth, though Streeter Publications is their biggest venture yet. Women who participate in "An Evening of Elegance" will likely want to include these two on their list.

Relax and Revitalize



with Yoga and T'ai Chi Classes. New series offered late September. Certified, experienced instructors. Spacious, skylit, modern studio, close to S.H.U.

The Yoga Studio

For Information and Registration

268-1659

SPECTRUM SPOTLIGHT

McNeal: A Man for All Seasons

By ANNE GRANT RICE

Playwright, professor, director, songwriter, poet... Claude McNeal bursts with talent, explodes with energy, and sizzles with magnetism. He's a walking, talking three act play.

McNeal, a tenured professor of English and Drama, earned a B.S. from Boston University and an M.F.A. from Yale. He developed cabaret theater as a unique form at SHU in 1971. "I put together shows that had the cabaret spirit of song and dance, and combined that with a dramatic structure usually with political and social themes. This combination became cabaret theater. We were

very successful here," McNeal said.

How does he mesh the demands of show business with his college schedule? He says, "Don't forget, Robert Frost at Amherst, Thornton Wilder at Yale, and John Gardner at State University of New York, a poet, playwright and novelist respectively, all combined teaching and writing careers. Also, many of my former students have become successful in films, television and theater. And six of my former students are in the New York production of 'The Fabulous Fifties.'"

"I feel that college is a place where the creative mind can develop. As a matter of fact I think it should be more encouraged there. If I find people who are willing to give and receive, then I go all out."

Several students agree. They say, "He's such a dynamic and enthusiastic teacher." "The energy he brings to a class is incredible." "He's so intelligent... he's my favorite teacher." "He uses his whole body when he teaches; he could be an actor."

McNeal continues, "I think SHU's success stems from the fact that its academic administrators come directly from the teaching ranks. Tony Pinciari, who was here when the place started, understands the faculty extraordinarily well. And we feel free to say anything to him."

"The college has done quite well in its first twenty years. Also what Charlie Harper has done with the Business Division is phenomenal." He says you can't find better teachers than Leland Roberts or the phenomenal scholar/teacher Sid Gottlieb and adds, "there are quite a few more."

He thinks the college desperately needs a Humanities program—a one year class that every student must take so they graduate with a wider understanding of western culture and ideas.

McNeal says that it's been both a boon and a bane to be a teacher. "It helps me in the lean times; it hurts me in the busy times."

McNeal says, "From the mid seventies until just a year or so ago I was concentrating on one particular thing in theater—the Cabaret experience..." In 1975 he founded the Downtown Cabaret Theater in Bridgeport

and left in November of 1980.

In 1981 McNeal founded the American Cabaret Company, a catalogue operation based in New York City, that sends shows across the country. Asked where, he answers with a broad sweeping gesture of his hand, "Oh, Indiana, Virginia, New York." We'll soon be on that list as he plans to open a new theater in Stamford or New Haven. He calls this a "Circuit of Cabaret Theaters."

McNeal has written twelve plays and eighteen Cabaret shows, all of which have been produced. Three or four are the longest running shows in Conn-

very positive.

His new show, *Condo Man*, just opened for previews at his theater in Virginia. He's planning to take it to Washington, D.C. September 18th and then on to New York City.

One critic wrote that McNeal's theater in Connecticut (D.C.T.) was as creative as any theater in the state with "the best developed social consciousness of them all." "That kind of thing gives me an enormous sense of pride," McNeal, confesses, "because that's what I was striving to do—to say something about this world." His real fear was that he could become too

learn to be your own harshest critic. You're forever writing the dramatic opposite of what you want to get across. You have to have polarities to make a point, because drama is really conflict." He says he always wonders, "How do you get to an audience and what do you say when you get there?"

"When I teach writing, I often will say, tell me what your best qualities are and about you as a person—then establish a character who hates this person and has justification... and there something begins."

McNeal claims his poetry is essentially about what enrages him in the world. One poem he's working on is called, "Living On Interest" which is "really a look at what has happened to people's lives who became wealthy and lived off interest." The poem is concerned with what happens emotionally to these people.

Where did he cultivate his social consciousness? "I come from a large farming family that got wiped out in the Depression." He was born in the late thirties, the tenth of thirteen children. His grandmother was a Penobscot Indian. "The family split up when I was six and I went to live with various other families." Thrown into society he had days where he had to figure out how to eat. "I had to learn to survive."

He's sort of an Existentialist. "If I didn't have an involvement, if I didn't have a meaning, if I felt that what I do has nothing to say to the world, I'd be lost."

He is concerned that there be a place for the creative mind to develop; for curiosity to be aroused. "If we don't have that wonderful thing, curiosity, we really have almost nothing to move us on, day to day, week to week. It's a necessity for my life."

"My primary thing is to write and teach and direct because I'm really a person of ideas," he says. "But, if I had to choose one and only one, it would be to write." Fortunately he doesn't have to choose. And since he's planning to live to a ripe old age, "I have another good sixty years left in me," we'll be hearing a lot more from Claude McNeal. As one theater critic wrote, "He's a master showman, a kind of P.T. Barnum of Cabaret, but he never uses artifice...he relies on talent."



ecticut. With justifiable pride he says, "We did a whole summer season at Candlewood (New Fairfield), a couple of summers ago—the entire season was made up of my shows."

"All theater work is basically collaborative," he notes. Problems often arise. "There are some ferocious disagreements. You have the author, director, lyricist, set-designer, producer, all having an opinion. In order to get anything accomplished you have to give in sometimes."

He's currently looking for a theater in New York City for a revival of the "Fabulous Fifties." It ran a total of 385 performances starting in the mid-seventies. Reviews on the production were

popular on the entertainment side and not say enough artistically. He doesn't mind pure escapism, but objects to hypocrisy.

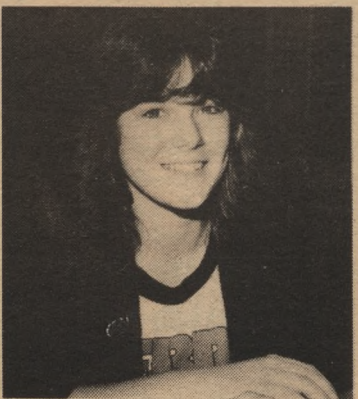
A reviewer, writing about his show, *Country Roads, City Streets*, commented, "McNeal handles the theme with a serious, comic, lightly satiric thrust. He's a master at making a point with laughter."

McNeal says reviewers have called him everything from an idiot to a genius. (They've also called him "perceptive," "irreverent," "thoughtful," "zany," "inspired" and "the producer of razzle-dazzle shows.")

"In drama," he says, "there's one great thing that happens. You

What comparison would you make between the college students of 25 years ago and those of today?

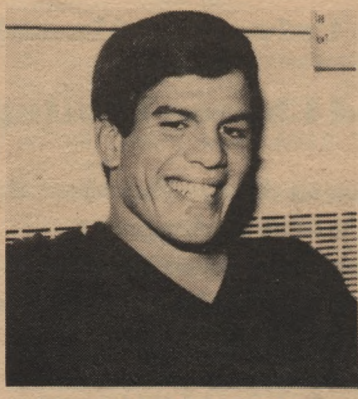
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CHARLENE KIMBELL—Freshman. "Students now are more outgoing and they have higher goals set for themselves, especially the women. Today's students have more freedom than those from 25 years ago."



VICTORIA INCENDY—Sophomore. "It was more of a privilege to go to school then than it is now. These days everybody—more or less—can go. The students 25 years ago were geared more toward studying; today a much smaller percentage are."



JAMES JIMENEZ—Freshman. "Students today seem to be more studious. Another definite change I have noticed is the styles in clothing. Students are more fashion conscious where as students of 25 years ago tended to be more conservative."



DR. VERSES—Faculty. "I think in general they weren't as career oriented 25 years ago as today. 25 years ago (about 1958-59) after the Russians launched the satellite, Americans gasped and all of a sudden everyone wanted to go into the science field. We needed more engineers and scientists. They were a different type of student."

All photos on this page by Martin McPadden

LIBRARY

zines, take full notes when using the latter.

Many libraries today provide a reprographic machine that can quickly copy pages you need from magazines and books. Ask about it.

If you are working on a project of some size which will require repeated library visits, keep a small notebook in which you record the identification numbers of the books you will be using frequently. This will save you valuable time, because you won't have to consult the card catalog or search aimlessly through the stacks each time you visit for the material you seek.

Some of the very best books in any library are the reference books, which may not be taken home. Learn what topics they cover and how best to use them, for these books are wonderful repositories of human knowledge.

Your business and legal advisor

Your library can give you help on any subject. It can even be your business and legal advisor.

How many times have you scratched your head over how to get a tax rebate on your summer job? You'll find answers in tax guides at the library. Thinking of buying or renting a house? You'll find guides to that. Want to defend yourself in traffic court? Find out how in legal books at the library.

Library projects can be fun—and rewarding

Here are a few ideas:

1. *What are your roots?* Trace your ancestors. Many libraries specialize in genealogy.

2. *Did George Washington sleep nearby?* Or Billy the Kid? Your library's collection of local history books can put you on the trail.

3. *Cook a Polynesian feast.* Or an ancient Roman banquet. Read how in the library's cookbooks.

4. *Take up photography.* Check the library for consumer reviews of cameras before you buy. Take out books on lighting, composition, or darkroom techniques.

Or—you name it!

If you haven't detected by now my enthusiasm for libraries, let me offer two personal notes. I'm particularly pleased that in recent years two beautiful libraries have been named after me: a small community library in Quakertown, Pennsylvania, and the huge research library located at the University of Northern Colorado in Greeley.

And I like libraries so much that I married a librarian.

catalog important.

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ARTS & ENTERTAINMENT

WSHU Sings the Blues

By JOCELYN KELLY

The WSHU campus radio station, recovering from a discouraging financial evaluation by Student Government last semester, has nonetheless come into the fall semester determined to succeed with their listeners. The lack of funds may cut the number of sports events covered live, but the radio staff has developed an exciting and specialized air program to hold their audience.

The budget submitted by WSHU to student government last winter requested \$3,200 to cover the expenses of transmitting all off-campus basketball games. According to George Lombardi, General Manager for WSHU, the governing panel decided to discontinue their practice of absorbing all such costs based on their understanding that the majority of listeners were members of the Pioneer Club and alumni; if a large number of students were not tuning in, Student Government felt it should not pay more than half the total expenses, or a \$2,000 maximum.

Though it was hoped that the balance would be picked up by the Pioneer Club and alumni, no funds were given to the station by either group. Despite some efforts by Dean Croffy to solicit support at the games, financing became so critical that most of the final games of the basketball season were never broadcast.

For the 1984 season, a selection of the games has been made. Those priority broadcasts which promise to be the most exciting will be assigned the available dollars. But WSHU has gone further: this summer the staff worked on a number of fund raising events. Two concerts and a dance were held, a flea market and antique show, and the most profit was made by a one week telethon, which netted \$5,000-6,000 in membership pledges and an additional \$5,000 in corporate donations.

Added to this were unsolicited checks from local businesses, who had heard WSHU might need some assistance.

The summer's success has given the station freedom to ex-

pand their programming into areas which may have wider local appeal. WSHU has recently begun to broadcast programs from local high schools and local choral groups. Presently in the process of arranging communications with the Stamford and Norwalk Symphonies, WSHU will conduct live broadcasts from the University of Bridgeport. "Our intent is to have the station reflect some of the artistic things in Fairfield County," Lombardi said.

WSHU is the only non commercial, educational station in the country to have joined Ted Turner's Cable News Radio Network. Further expanding their program, WSHU will present live talk shows from downtown Bridgeport, with guests such as Connie Stevens and Henry Winkler. "Sacred Heart University is a college, and a showplace. We can, in fact, get important people to become part of our family on campus. And I see the students' role as being major contributors in creative programming," commented Lombardi.

Zelig Zaps Audience

By KATHLEEN JOYCE

With a clever story idea and technically flawless filming, Woody Allen has restored the faith of those fans who thought him on a creative decline in recent years. His late summer release, "Zelig," has been something of a comeback for Allen as a writer and a director as well as given him a long overdue commercial success.

This is the story of Leonard Zelig, a poor nebbish described as the "ultimate conformist" whose paranoia of standing out in the crowd provokes him to bizarre physical transformations. Told in the pseudo-documentary style Allen first used in the early comedy "Take the Money and Run," we follow Zelig through the Jazz Age of the Twenties to the advent of World War Two through the use of remarkably well-faked newsreels, still-photo shots and phony family movies.

Zelig the chameleon becomes the quintessential everyman: he is Black, Oriental, Republican, Democrat, Nazi or Jew in his efforts to avoid confrontation (as Black, Jew and American Indian he is a triple threat to the Ku Klux Klan). He is sensationalized by the media and almost drowned by the hype of his psychological oddity until the love of a good woman psychiatrist rescues him

from himself. The love interest between patient Allen and psychiatrist Mia Farrow is one of the film's few weak elements, as the biting parody of media, psychiatry and mid-century mentality is dulled in sentimentality.

That Allen fully intends the satire to point to the hyped-up 1980's as well is indicated by the "witnesses" who are interviewed throughout the film. We get commentary from Saul Bellow on the Zelig phenomenon, analyses by Bruno Bettelheim of the larger social implications of his metamorphoses, reports by nightclub owner Bricktop on Zelig's activities in Paris during the wild days of the expatriate, and repeatedly the admission that things have not changed so much that a Zelig would not be treated any differently nowadays.

Allen's maturing as a writer and artist can be seen in his tendency to emphasize the sharp social parody he had previously overbalanced with slick sexual slapschick. "Zelig" emerges as one of his best films to date on the strength of its remarkable craftsmanship, but it has value beyond its brilliant photography and editing. For in Leonard Zelig, Woody Allen has created a character of universal appeal and relevance, a modern day hero who battles the intimidating forces of the twentieth century—and wins!

Up, Up and Away

By JAIMIE DUNN

"Up With People," an international musical extravaganza with five international casts of 125 students each, recently provided the finale for the Norwalk Oyster Festival. Each cast tours all over the world performing song and dance of every sort. Already seen in more than 6000 cities and towns in 47 countries, this year alone "Up With People" will perform for over two million people in live performances and millions more through television.

For the opening tune, "Stand Together," the performers danced through the audience instilling energy everywhere. Each number highlighted different performers dressed in costumes to match each mood.

By far the most touching production was the "Up With People" standard, "What Color Is God's Skin." The principal performer, a good-looking male German student, combined a prominent ac-

cent with a smooth and hypnotizing voice that proved absolutely enchanting.

The mood quickly picked up with the 50's rendition of such oldies as "Sandman," "Oh, Maybelline," and "Shake, Rattle, and Roll," with the performers dancing true to the period to accompany the tunes.

Among the countries visited by the audience during the performance were Sweden, Belgium, Poland, and Canada. In the number "Mozart Rocks," the performers jived with "Don't tell me I ain't got no class—I dig old Moz 'cause he loved Rock and Roll." One young man performed Michael Jackson's "Beat It" in one appearance on stage, and in another crooned a peaceful tune entitled "Let the River Flow."

The chance to see such a group as "Up With People" is rare, and should not be passed up.

PROGRAM SCHEDULE								
AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	AM
6	NATIONAL AND LOCAL NEWS (ENN/WSHU)					PRELUDE		
7								
8	CAMEO CONCERT (WITH THE MUSIC)							
9	REPEAT OF SOUTHERN CONNECTICUT CONCERT HALL	BBC CONCERT HALL	AMERICA IN CONCERT	IN REPERTORY	CLASSICS OVER EASY	POLAND IN	PORTUGUESE	
10		EXCURSIONS IN MUSIC	PHILADELPHIA ORCHESTRA	ORIGINAL CAST PARTY	A LITTLE MOVIE MUSIC	MUSIC AND SONG		
11								INDIAN CLASSICS
12 PM	AFTERNOON UPDATE					MAGIC SOUND		
1	PUBLIC AFFAIRS	PAUL TEMPLE	PUBLIC AFFAIRS	PAUL TEMPLE	THIS IS THUMBALL	LETTERBOY THE MEDIA	OF	
2	MATINEE (WITH JOHN HENSON)					POLISH MUSIC		
3								
4								
5								
6								
7								
8								
9								
10								
11								
12 AM								
1	ENCORE					SIGN OFF		
(PROGRAM SCHEDULE SUBJECT TO CHANGE)								

The Encore Committee of the Sacred Heart University Alumni Association presents "A Wine and Cheese Tasting Seminar"

Date: **Saturday — October 8, 1983**

Place: **Center Lounge**

Sacred Heart University

5229 Park Avenue, Fairfield, CT

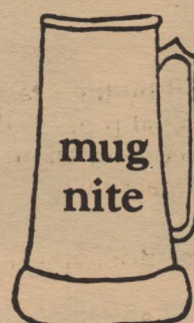
Time: **8:00 p.m.**

Fee: **\$10.00 per person**

Just in time for holiday preparations — Come and learn new ways to serve cheeses from around the world and a variety of wines to complement them.

Food and drink experts will conduct an informative seminar and present an interesting film. Sampling of many cheeses and several wines will take place during the program. A festive reception will follow.

Bring your
mug
every tuesday



Kingsmen
pub
12 Main St., Bpt.
Near U.B. Campus

URGENT NEED FOR BLOOD DONORS

The Red Cross will conduct a bloodmobile on Wednesday, September 28 at the Sacred Heart University Center Lounge between 9:30 and 2:30 p.m.

Members of the Bridgeport Kiwanis Club will be on campus to recruit students and faculty to donate in hopes of collecting 90 pints. At the present time, there is a critical shortage of blood types, O positive, O negative, B negative, and A negative.

Anyone between the ages of 17 and 65 and in good health is eligible to donate. The entire procedure takes less than an hour. A single donation can save up to 5 lives. Sterile disposable equipment is used for each donation. Plan to donate and bring a friend. Each donation is needed and will be used to help save lives.

Paint the Town Red

BANDS

C.D.'s Cafe 366 Connecticut Ave., Norwalk, 853-6644. 9/22 Middle of the Road; 9/23-9/24 Cadillac Ranch; 9/25 Big Eric and the Budget Crunch; 9/27 The Flow; 9/28 Billy Reed and the Street People; 9/29 Middle of the Road; 9/30 Jake and the Family Jewels; 10/1 Big Eric and the Budget Crunch; 10/2 Sawback; 10/5 Dixie Dough Boys; 10/6 Big Eric and the Budget Crunch; 10/7-10/8 Hip Pocket.

D.C. Cafe (inside Fortune Cookie) 500 Connecticut Ave., Norwalk, 853-3544. 9/22 Food on the Roof; 9/23-9/24 Metro.

Hugo's Street Level Cafe 70 North Main Street, South Norwalk, 838-1776. 9/22 Speedway Boogie, 9/23 Scanlon Sussman Band; 9/24 Storm; 9/28 Eight to the Bar; 9/29 Storm; 9/30 Rubber Bisquit; 10/1 Food on the Roof; 10/6 Bobby White and the Cougars; 10/7 The Mojomatics; 10/8 The Boys.

Prospector 262 Main Street, Rte. 25, Monroe, 261-6278. 9/23 Eclipse; 9/24 Cherokee Gold; 9/30 Horizon; 10/1 Good Times Band; 10/7 The Dawson Gang; 10/8 Cadillac Ranch.

Smiles 3545 North Main Street, Bridgeport, 371-0711. 9/27-9/28 After 12; 10/4-10/5 Solid Gold; 10/6-10/8 Private Eyes.

Toad's Place 300 York Street, New Haven, 777-7431. 9/25 The Joe Perry Project; 9/26 Quick Silver Messenger Service; 9/27 Marianne Faithful; 9/30 David Johansen; 10/2 Brian Brain and the Bongos.

Utopia 280 Atlantic Street, Bridgeport, 579-1413. 9/22 John Valby; 9/24 Bad Finger; 9/25 Scarlet Fury; 9/27 The New Dance; 9/28 The Little Maniacs; 9/29 Kinetic Sect with The Rift; 9/30 Cut Loose; 10/1 The Crayons; 10/2 Prime Suspects; 10/6 Fountainhead; 10/7 Motor Mouse; 10/8 New Johnny Five.

CLUB SPECIALS

Backstage Playhouse Square, Post Road East, Westport, 226-6950. Mon—"New Wave Night," 2 for 1 (till 11), no cover; Tues—"Men's Night," \$1 Buds, no cover; Weds-2 for 1 (till 11), no cover; Thurs—"Ladies Night," Wine and House Cocktails 2 for 1 (till 11), no cover; Fri, Sat-Ladies Open Bar 8-9:30.

Doubles 7 Wall Street, Norwalk, I-95 Exit 6, 853-9690. Mon—"Monday Night Football," \$5 Unlimited Beer and Hotdogs; Tues—"Shooter Night," 50¢ shots (till 11); Weds-2 for 1 (till 11); Thurs—"Ladies Night," \$5 Open Bar 8-12; Fri, Sat-\$1 Drinks 8-10.

Good Times Cafe 250 Westport Avenue, Rte. 1, Norwalk, 853-6651. Sun-Happy Hour, 25¢ Drinks (8-9); Mon-2 for 1 (8-12); Tues-H & C Buffet, Complimentary Champagne (8-10); Weds—"Ladies Night"-Male

Dancers—Ladies only (8-10), Happy Hour prices during show, Gentlemen admitted at 10; Thurs—"Ladies dance Night," 50¢ Drinks for Ladies (8-10); Fri, Sat-Happy Hour, 50¢ Drinks (8-9), reduced admission before 9.

Hugo's Street Level Cafe 70 North Main Street, Norwalk, I-95, 838-1776. Ladies Night every night-\$5 all you can drink (9-11); Mon-\$1 drafts, free hotdogs.

The Landmark 9 Wall Street, Norwalk, I-95 Exit 16, 838-0035. Sun, Mon, Tues—"Ladies Night," \$1 drinks; Weds-\$10 Open Bar all night; Thurs-2 for 1 (till 11); Fri, Sat-Open Bar for Ladies (9-10).

Smiles 3545 North Main, Bridgeport, 371-0711. Tues-Happy Hour all night; Weds-All Male Review, 7:30-9:30, Happy Hour during show, Gentlemen admitted 9:30; Sat-Weekend Happy Hour (5-9), 2 for 1 Drinks, H & C Buffet.

Twin Faces East 2748 Post Road, Darien, I-95 Exit 9, Left ¼ mile, 348-8080. Mon-\$2.50 all drinks; Tues-\$10 Open Bar all night; Weds—"Wacky Wednesday," \$10 Open Bar all night; Thurs—"New Wave Night," \$2.50 all drinks.

HEART BEAT

SEPT. 22 First Coffeehouse featuring "The Best Legs on Campus Contest" (guys only; girls will judge). Sponsored by the Class of 1986. 9:00 p.m. to 12:00 midnight in the Center Lounge. DJ Music, dancing, munchies. \$1.50 with activity sticker; \$2.50 without. Open to all students.

SEPT. 24 Men's Baseball vs. New Haven (double header) 11:00 a.m.; Home Men's Soccer vs. Concordia; 1:00 p.m.; Home Athletic Reception for Teams and all students. 12:30 p.m. on the athletic field

SEPT. 25 Walk Against Cancer. Sponsored by Sigma Tau Omega and the American Cancer Society. 9:00 a.m. in front of school. Sign up in the Activities Office; \$1.00 registration fee.

SEPT. 29 Italian Night. Sponsored by the Class of 1984. 9:00 p.m. to 12:00 midnight in the Center Lounge. Music, Italian food and goodies. \$1.50 with activity sticker; \$2.50 without. Open to all students.

OCT. 2 Men's Baseball. 12:00 noon; Home Flea Market. Sponsored by the Class of 1984. 10:00 a.m. to 4:00 p.m. in the Library parking lot. Free admission. For info on booths, contact the Activities Office.

OCT. 5 Soccer vs. University of Bridgeport. 3:00 p.m.; Home

OCT. 7 "Pajama Party" Mixer. Sponsored by the Classes of 1985 and 1984. Music by "Extended Play" 9:00 p.m. to 1:00 a.m. in the cafeteria. Open to all students.

Please send your message to the SHU Spectrum office in the Campus Center, or call at 371-7963.

Dear Mr. Eastwood: I would love to move in with you. We can try out your new vacuum cleaner (preferably in the bedroom.) Waiting impatiently.

Attractive female looking for "Risky Business" situation. (Response No. 7 this paper.)

The men in the white coats are just outside the door. Do they knock before entering? Oops. I hear them now.

WANTED: Writer for SHU Spectrum. Must require no sleep, possess pocket-size typewriter and eat Webster's for breakfast. Qualified candidates may report to work immediately.

Happy belated Birthday C. Gavin. We'll have a Gavin Night yet. The BM Girls—who don't give lowdown.

L.S.: Call me! S.K.

M. Dexies or what? S.

This bulletin just in: The Boston Scrod Swim Twin urges you to vote for "Fish Pucla." He'll swim for you.

Cafeteria Staff: Some fries for your grease?

The Ming eats quiche—From all us Real Men.

Jeff: If you give up all your wild and wanton ways, it's all over between us. F.W.I.

WANTED: Someone to DO IT—write for the Spectrum, that is.

Kathy: There's a car show in California—I thought we'd drive over there for the weekend. I'll call you, M.V. (P.S. Tell me, why did we go to Syracuse for the weekend?)

HELP! I'm marooned on an island. Please send me General Foods International Coffees, a subscription to the Spectrum, and my Jimmy Dean poster. Sally.

A University found in northern Fairfield, Where student funded affairs yield to those whose intellects have not soared. No dorms, but free bored! Scurrilous Scholar

I'm tired of the bar scene—won't you meet me in the library?

To the baseball team—you wouldn't strike out with me!

Michael: Compo awaits you. Maybe I'll see you there. Katy.

Happy belated Birthday to "Pops" Kelly. P.S. Michael didn't tell us—guess who?

Tom K.: We need your smile and we miss your wonderful body. P.S. Do fries come with that shake? The Girls

GWM seeking same to share apartment close to SHU. Reply No. 3, this newspaper.

To the Drip: Turn off your water, we're drowning in the flood. Maybe we can have dinner sometime and you can bring two of your sexy friends along. D. & M.

Greg and Joey—Good job remodeling the C.C. booth. Keep playing Billy Squire! Fire & Eyce.

To G. in the booth: STOP staring, you're going to get yourself in trouble when you know who finds out.

Anyone wishing to submit personals, mail \$1.00 and copy to SHU Spectrum, c/o S.K. Sacred Heart University, P.O. Box 6460, Bpt., CT 06606-0460 or drop in Spectrum mailbox, located in student lounge.

THURSDAY NIGHT SPECIAL!!

GET HERE EARLY

25¢ Drafts

75¢ Shots

Dance

Dance

Dance

Sedat & Co. is back

Kingsmen

on the pub UB Campus



Charlie Egevari and Francis Boker at Alumni match.
(Photo by Russ DeCerbo)

Soccer Standings

The Sacred Heart soccer team opened the 1983 season on Saturday, September 10 with a 3-1 loss to Central Connecticut State University. Though it was a disappointment to lose the opener, both coaches Doug Oakes and Joe McGuigan feel they have a solid ball club this season.

Fine play was turned in by veterans Francis Boker and Mark Morazes in goal. Mark turned back a number of potential goals early in the game. Impressive performances by freshman Tony Gomes and Jack Goncalves were also displayed in the game with Gomes notching Sacred Heart's only goal.

On September 14, Sacred Heart dropped its second game to the

University of New Haven 3-0 at home. The team played well in the first half being down 1-0. The second half saw the Pioneer soccer team put in an "own goal" to be down 2-0 before giving up a third goal.

Both coaches believe that the team can achieve last year's standard of 10-7-1 with a little more time together. The squad only has three seniors starting and is a relatively young group.

In the loss to New Haven, Jon Portela, a sophomore fullback turned in a very strong game as did Mike McGuigan.

Sacred Heart's next home game is on Saturday, September 24 at 1:00 p.m. against Concordia College.

By JEFF ELLIS

The Lady Pioneers Softball Team is coming off a fine 1983 spring campaign in which they went to the Division II National Finals in Orange, California where they finished fourth. The outlook for this year's edition would at first glance not seem to be as good as last year. The Lady Pioneers graduated four outstanding players: All American pitcher Carol Ball, All American catcher Pat Suchrue, centerfield Maryhelen McCarthy and second baseman Pam Lawry.

But Head Coach Pete DiOrio did another masterful job of recruiting and this year will field possibly an even better team. DiOrio went north of the border and recruited pitcher Debbie Tidy and Tracy Gelsinger from Canada. Tidy is an outstanding pitcher who may surpass the impressive statistics posted by Carol Ball. DiOrio also recruited outstanding players like shortstop Renee Khoring and second baseman Tracy Holobosky.

DiOrio also has a host of returning players. In this year's senior class are first baseman-outfielder Debbie Fisk, a four year performer at SHU, catcher Diane Zalewski, and outfielder Sue Biska. The junior class is represented by first baseman Traci Morris and shortstop Elizabeth "Bippy" Luckie. In the

sophomore class are third solid as the team has some im-

baseman Sue Teoli, outfielder pressive hitters. Donna Radakovits, infielder The team is in the process of Tracey Brown, catcher Janine playing a 33 game fall schedule Sesa, and pitcher Nancy Stanton. and then they will start practice

This year's team will again for the spring and begin that long feature pitching and defense as its road they hope will lead to that strength. The hitting will also be elusive national championship.



Carol Ball, All American pitcher and 1983 SHU graduate.
(Photo by Russ DeCerbo)

Fall Baseball 1983

Date	Opponent	Site	Time
SEPT. 24	New Haven	(2) Home	11:00
SEPT. 25	Quinnipiac	(2) Hamden	12:00
SEPT. 27	Housatonic	Home	3:30
SEPT. 29	Fairfield	Fairfield	3:30
OCT. 2	Southern Conn.	(2) Home	12:00
OCT. 4	Housatonic	at SHU	3:30

Head Coach: JOE RIETANO
Assistant Coach: JEFF BEVINO

Athletic Director: DAVE BIKE

Varsity Soccer Schedule 1983

Date	Opponent	Site	Time
SEPT. 24	Concordia College	Home	1:00
SEPT. 27	Western Conn.	Danbury	3:30
OCT. 1	*Lowell	Lowell, MA	1:00
OCT. 2	*New Hampshire Col.	Manchester, NH	1:00
OCT. 5	*Bridgeport	Home	3:00

*New England Collegiate Conference Games
Head Coach: DOUG OAKES (7th year) 27-74-10
Assistant Coach: JOE MCGUIGAN (1st year)

Colors: SCARLET AND WHITE
Nickname: PIONEERS
Trainer: PETE DIORIO
Sports Information Director: SANDY SULZYCKI

Cross Country

Date	Opponent	Site	Time
SEPT. 24	New Haven	(2) Home	11:00
SEPT. 24	Connecticut		
	Championship	Yale, New Haven	3:00
OCT. 1	Quinnipiac	Hamden	1:00

Head Coach: ED DONAHUE (1st year)

Athletic Director: DAVE BIKE

Women's Volleyball Schedule

Date	Opponent	Site	Time
SEPT. 24	New Haven	(2) Home	11:00
SEPT. 24	Central Conn.		
	Tournament	New Britain	9:00
SEPT. 27	Eastern Nazarene,		
	Bryant	Home	6:00
OCT. 4	Albertus Magnus	Hamden	7:00
OCT. 5	Hartford	West Hartford	7:00

Head Coach: DEBBIE VESIGLIO (2nd year)
Athletic Director: DAVE BIKE
Colors: SCARLET AND WHITE

Nickname: LADY PIONEERS
Trainer: PETE DIORIO
Sports Information Director: SANDY SULZYCKI

SPORTS

Changing of the Guards

Karate Cuts It

The Sacred Heart University Karate Club, the largest club on campus that meets on a year-round basis, is currently looking for new members. Karate, which literally means "empty hands," offers practitioners a means to discover inner peace as well as physical well being.

The club which includes faculty, students, staff, and members of the community, works on the goals of the Isshinryu Karate system: to strengthen the mind and body, to instill self-confidence, to gain self-discipline, and to learn a means of self-defense.

According to Robert Snyder of the Chemistry Department who holds the rank of brown belt, "Karate to me is more than just an art of self-defense; it is a way of life, a path to self-awareness. By studying karate I have become aware of the capabilities and limitations of my mind and body. And by dealing with these limitations, I have begun to grow in ways I never before thought possible."

The Isshinryu system, a combination of Okinawan Go ju ryu and Shorin ryu, was started in the late 1950's by Tatsuo Shimabuku, and has since become one of the most popular karate styles in the world. Kichiro Shimabuku, son of the style's founder says, "In karate you either do it or you don't. You con-

tinue to try until you reach your goal. The use of karate and its growth can foster this positive attitude. No goal is impossible."

Class sessions on campus include stretching exercises, learning the basic self-defense techniques, studying kata, and finally kumite which allows students to use the fighting techniques in controlled sparring situations. Beginning students must learn the basic techniques before they begin to spar.

According to Dr. Eric Garver, an orthopedic surgeon with an interest in sports related medicine, karate is a balanced physical activity that tones muscles, stretches joints, and helps people to relax and relieve tension. Karate, says Dr. Garver, is a safe sport that can be taken up at any time in life.

The university karate club, under the direction of Sid Gottlieb, a member of the English Department, meets on Monday afternoon from 4:30 to 6:00 p.m. and on Wednesday and Friday evenings in the Auditorium. Dues are \$10 per month.

"We run a hard-working, well-disciplined class," says Ralph Corrigan, an assistant karate instructor on campus. "Karate promotes good health," he adds, "and besides, it's a great way to meet people and become involved."