

the SPECTRUM

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Fairfield, Connecticut

September 12, 1985



Thom Serani, Mayor of Stamford honored yesterday at convocation.

SHU ads go national?

By Debby Kiefer

A full page, black and white advertisement for the MBA and Continuing Education programs at Sacred Heart recently appeared in the August issues of four national publications: *Time*, *Sports Illustrated* and *U.S. News and World Report*.

The ad, which featured a listing of the options that exist within the MBA and Continuing Education programs as well as the overall benefits of Sacred Heart as a learning institution, ran once in August in all four magazines and will run again in the September and October issues. Although these magazines are published weekly, the ad appears only once during a particular month.

The advertising package was ar-

ranged by the Rogers Group, the advertising agency, located in Fairfield, which has served the university or the past eight years. The plan was initiated by John Quinn, former director of the ad department at Sacred Heart.

According to Chris Rogers, a partner in the Rogers Group, the ads were a "very good value at the prices offered." This media network deal cost a total of \$6,450 for placing ads in magazines with a combined circulation of 68,300, which includes 6,900 bonus issues of *Time* that will also carry the ad. The individual price of placing one of these ads in a single issue of one of these nationally known magazines can be broken down to \$537. It is easy to see how cost effective

this plan is when compared to the \$852 required to place one full-page, black and white ad in the Sunday edition of the *Bridgeport Post*.

According to Sharon Browne, dean of admissions, this kind of advertisement, although geared toward continuing education, does have a "spill-over" effect on undergraduate enrollment. She notes that most high school students do not read newspapers or news magazines and are, therefore, not a good target audience for the print media.

Parents, says Dean Brown, are likely to read the types of magazines the media network ads were placed in and these ads may affect their perception of the university in a positive way. Parents can greatly influence their children's college decisions and Sacred Heart may seem an attractive choice based on the image it presents in the ad. Adds Brown, "advertising is supportive. We must constantly place the image of the university in front of the public."

It is difficult for the admissions office to determine how effective this type of ad is for their purposes. Brown says they have started "building a picture" of how much of a role advertising plays in undergraduate enrollment by asking students who call for information about the university, how they heard about Sacred Heart and if they have seen the print ads.

Continuing Education, on the other hand, often gets immediate results from ads like the ones in the media network. Dr. Mary Ellen Jukoski, director of continuing education, says that "numerous telephone inquiries" often follow the appearance of an ad for their program. According to Sharon

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Sacred Heart honors two citizens

The Honorable Thom Serrani, mayor of Stamford, and Anne Bonnie Kraig of New Canaan, vice-chairperson of the Board of Governors for Higher Education, Connecticut Department of Higher Education, have been named recipients of Sacred Heart University's Sixth Annual Award for Community Leadership. They were honored during special ceremonies on September 11, at 4 p.m. at the University.

The event, sponsored by the President and Board of Trustees at Sacred Heart University in cooper-

ation with the SHU Center for Policy Issues, honors outstanding area individuals dedicated to serving the people of Southwestern Connecticut.

Mayor Serrani served as Chairman of the Stamford Board of Representatives' Legislative and Rules Committee from 1973 to 1975. Elected to the State House of Representatives in 1975 and to the State Senate in 1980, he was elected mayor of Stamford in November 1983, during his second term of senatorship.

Mayor Serrani is a member of

the Springdale Volunteer Fire Department, Glenbrook Athletic Club and Piedmont Associates. He has been honored with many awards including the Gennaro Frate Community Service Award, Connecticut Pop Warner Man of the Year Award, and Legislator of the Year Award, Caucus of Connecticut Democrats.

A graduate of Stamford Catholic High School and Sacred Heart University, he has also pursued graduate studies in American government at Fairfield University.

Mrs. Kraig, a freelance consultant for non-profit health care organizations, was formerly the executive director of the Vitam Center in Norwalk, a residential treatment facility for adolescents with substance abuse problems.

From 1982 to 1984, Mrs. Kraig served as a consultant in public affairs and government relations to several corporate clients. Prior to that, she was acting station manager of Channel 49 CPTC, serving also as vice-chairperson.

A consultant to the Governor's Commission of Higher Education, Mrs. Kraig was chairman of the Task Force on Health and Hospitals for the State Study Commission. She was also assistant to former New York Mayor John Lindsay for Health and subsequently, Legislative Representative for the Health Service Administration.

Mrs. Kraig is a 1959 graduate of the Low-Heywood Thomas School and a 1965 graduate of the New School for Social Research.

Tuition increase, why?

By Thomas Bennett

Many members of the student body have asked why our tuition keeps rising. Along with this, members of the faculty are asking why with tuition increases are departmental budgets being cut? To answer these questions the *Spectrum* went to the leading authority on tuition increases; the treasurer of Sacred Heart, John Kelly.

During an interview conducted last week Kelly stated that he would answer any questions to the best of his ability but refused to be recorded. Kelly proceeded to state that there are basically three reasons for the 9.75% tuition increase for the 1985-1986 academic year. The fixed costs of the university have increased. This includes the electricity, heating and cooling of the buildings, and the proper maintenance of the facilities on campus. Secondly, the rising cost of insurance has contributed to the rise in tuition.

A 23% increase in the cost of hospital benefits is another major contributor to that increase. Thirdly, an increase in the cost and use of the phone system have effected the rise in the fixed costs. A 5% employee salary increase this fiscal year also contributes to the rising tuition costs.

In addition to the tuition increase, many ask what departments were cut and why. Kelly stated that "every single department was cut." Then he went on to say that they were not really cut, they were allotted a certain budget and "they are working with a budget for their needs." In fact, the budgets were cut back to accommodate the 5% salary increase which is merit based. This salary increase amounts to approximately 400 thousand dollars. Kelly also stated that even though there was a 9.75% increase in the tuition, the revenue for the university increased only 1.8% or approximately \$234,000.



John Kelly, SHU Treasurer explains tuition increase.

Points of interest

GBTD focuses on student transportation

By Holly Weldon

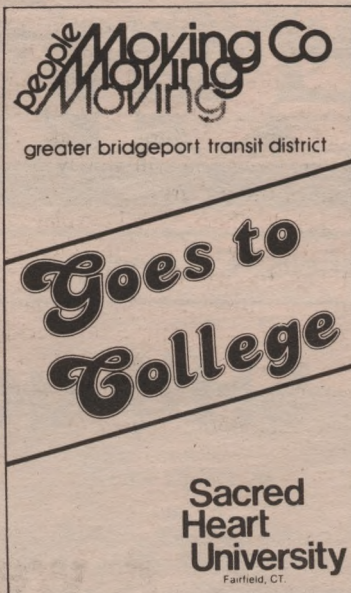
The Greater Bridgeport Transit District, which operates all public transit in the Bridgeport area, has produced a special pamphlet to inform students about local bus service at SHU. The campus is served by two of the eighteen routes operated by the transit unit.

Direct service is available to Trumbull Shopping Park, downtown Bridgeport, and Seaside Park. The two campus routes also connect with others that extend as far as The Dock in Stratford and Ames Shopping Center in Westport.

As in past years, SHU continues

to offer students bus tokens at a subsidized discount price of \$6 for ten tokens. Purchasers of tokens also receive free Value Fare merchant discount coupons which are redeemable at over 170 area restaurants and stores. The token "ten packs" are available at the switchboard in the North Wing. At its information center in Bridgeport's bus terminal, the Transit District also sells monthly passes at reduced rates.

A mail-in coupon contained in the transit pamphlet offers a free system map which illustrates, in addition to bus routes, the locations of various area landmarks such as municipal buildings, mu-



seums, parks and shopping centers. The pamphlet is available at the switchboard in the North Wing.

Interested in joining a club or recruiting new members?

In the past few days S.G. has been approached by a number of students who have expressed an interest in joining a campus organization. Since we do not know everything about every student organization, we could greatly appreciate it if your club could submit to us a type-written copy of information that would be of benefit to someone interested in joining your club. This information should include:

A list of all club members.

A brief description of what your group is all about.

Requirements for joining your organization.

The name & phone number of who potential members can contact for further information.

Upon receipt of this information, we will pass it on to any/all students who express an interest, as well as to the *Spectrum* for immediate publication. Obviously, it is to your benefit to submit such information as soon as possible; the faster we get this information, the faster you will hear from potential members.

Loan recipient chooses SHU

Under the new teacher incentive loan program, Nancy Errichetti of Bridgeport, will major in education and minor in history at Sacred Heart University, beginning this fall. Errichetti, a recent graduate of Notre Dame High School, is one of 114 scholars selected by the state of Connecticut to participate in the program.

The teacher incentive loan program was designed to attract top students into the teaching profession. The state will allow students attending a public college or university \$12,000 over a four year period and \$20,000 to those attending private institutions, provided that upon completion of their education they teach in a Connecticut elementary or secondary school for a minimum of five years without having to pay back the loan. Says Errichetti, "I always wanted to teach grammar school, I love little children and enjoy the school atmosphere."

Exxon awards

Dr. Thomas P. Melady, president of Sacred Heart, recently announced four Exxon Educational Foundation Grants For Excellence. The grants were awarded to: English professor Dr. Ralph Corrigan of Trumbull for superb leadership in guiding the University newspaper, the *Spectrum*, to a high level of excellence; political science professor Dr. Gary Rose of Cheshire for superb leadership in guiding the SHU Debate Society to a high level of excellence during the 1984-85 academic year; the Department of English and the Department of History/Political Science for promoting within their disciplines projects of excellence. Dr. David Curtis of Cranston, R.I., and Dr. Paul Siff of Trumbull are respectively the chairpersons of the departments.

Debating society officers

Officers of the Sacred Heart University Debating Society for the 1985-86 academic year have been announced by coach Dr. Gary Rose, assistant professor of political science: Jonathan Koehm of Trumbull, Matthew Reale of Trumbull, co-presidents; Patrick McGuigan of Old Greenwich, vice president; John O'Dea of Greenwich, secretary; and Michael Galaburri of Monroe, treasurer. Only two years old, the society has sparked the interest of community members, resulting in the recent formation of a Boosters Club. The club will help with funding to enable the team members to travel to Canada and abroad for international competitions.

The Workshop Skills Center Offers...

SEPTEMBER WORKSHOPS

- **Writing For Social Work**
SW 265—Tuesday, September 12th, 1:30-2:45 p.m.
SW 375—Tuesday, September 19th, 1:30-2:45 p.m.
SE 379—Tuesday, September 24th, 1:30-2:45 p.m.
Ms. Brooks
- **Effective Study Strategies**
S201—Thursday, September 12th, 11:00 a.m.
Dr. Miller
- **Developing Note-Taking Skills**
S201—Monday, September 16th, 11:00 a.m.
Ms. Ress
- **Improving Memory Skills**
S201—Tuesday, September 17th, 10:00 a.m.
Mr. Bozzone
- **Effective Time Management Skills**
S201—Wednesday, September 18th, 11:00 a.m.
Ms. Rinaldi
- **Test-Taking Skills**
S201—Wednesday, September 25th, 6:00 p.m.
Ms. Martinez
- **Developing A Positive Self-Image**
S201—Thursday, September 26th, 10:00 a.m.
Ms. Ross

Call 371-7820 or Drop In...5201 For More Information



UNIVERSITY CENTER FOR WOMEN

Watch for
soon-to-be-announced dates
for our upcoming
Fall/Winter
Semester events:

- Newcomer's Reception
- Panel Discussion on Time Management and more!

For more information or a chance to get to know us better, stop by the Center, located in Continuing Education Services office, or call 371-7955.

Opinions

Gridiron blues

By Richard Hyde

Just recently, our news coverage was dominated by a small incident in New Jersey which was as funny as it was interesting. The problem concerned a girl and her rights. The girl and her parents believe in these rights so vehemently, that they were willing to go to court over the matter. The "very important" issue is her right to play on the boys football team.

This has turned into a controversial issue. It seems that the days when girls wished to be cheerleaders instead of linebackers have passed. We have a "modern girl" who wants to wear shoulder pads and play tackle football in the mud. Not touch football, but tackle football, which this writer knows all too well about because of the pain suffered after two years as a running back. Obviously, this is not a girl who wants to be a homecoming queen.

Should this girl be allowed to play? A tough question no doubt because of the constitutional implications. If they had a girl's football team in the school the problem would be solved. But there are simply not enough girls with the desire to become the next Dick Butkus. So with not enough

girls interested in the sport, she had only one place to go; with the boys.

Physically she may not be up to the task. One tackle and she could be very seriously hurt. But that is her business. Or is it? If she were paralyzed from the waist down I wonder if her parents would sue the school for negligence. Maybe. Maybe not. A tough predicament for a school to be in.

Is she good enough to play? The answer is no, but since the school has a no cut policy she must be allowed to play. Now she must have separate locker room facilities open both at home and on the road which will alienate her from her teammates. After some interviews with the players it is obvious that she will never be socially accepted by the team.

I hope her parents are going to "foot the bill" for the special protection she is going to have to wear. Even though she strives to be a boy on the football field, biologically this cannot be the case. She may be upset by this, but it is a happy fact that girls are different than boys; at least a happy fact for most of us.

I would say that since she picked up a helmet instead of pom-poms let her play. After seeing her pic-

ture on t.v. maybe its better that she did choose the helmet. Besides, the ACLU will insure that she will be allowed to play, so let's not fight it. Nature will take its course and she will slowly ease out of the picture.

Legally she has a right to play no matter how disheartening it may be for football fans who believe that perfume and shoulder pads don't mix. Just as the courts decided that women must be allowed to join the Elks, football also must

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John Kelly, Student Government President

A welcome message from Student Govenment

On behalf of Student Government and my colleague Tom Farrelly, student government vice-president, I would like to welcome you to the university.

By now, unless you have spent most of your time in the bookstore lines, you have been able to experience a little bit of what Sacred Heart is all about. I am sure that each one of you has witnessed the

physical changes taking place within the confines of the university. Many of these changes have been designed to enhance student life on campus, but there is much more which needs to be done.

The fulfillment of students' rights and needs will be the main focus of Student Government in the year ahead. Some of our main goals for the year include: improving communication among student organizations; enhancing student events (social and academic alike); increasing student involvement; obtaining a place that the students can call their own; starting a competitive intramural program; and, most importantly, by keeping in constant touch with the student body.

Student Government will reach these goals with the aid of the student government committees. This year Student Government will have a six committee set-up. Four committees remain from previous years: the Communication Committee, the Budget & Finance Committee, the Judiciary Committee, and the Academic Affairs Committee.

The new committees were formed to fill the gap not covered by the four previous committees. The first of these, the Athletic Af-

fairs Committee, has been established to help the athletic teams of the university convey their ideas and needs, and most of all to help promote the athletic events on campus. Membership on the committee will be comprised of one representative from each team on campus, chosen by the respective teams. The second new committee, the Activities Coordination Council, has been established to help campus organizations work together on the promotion of campus events. In addition, the committee will serve as a source of feedback and ideas for Student Government. Membership will consist of one representative from each student organization.

In addition to one-to-one contact with students, and in addition to the student government committees, Student Government will hold events such as student rallies and rap sessions, which will help us obtain a better understanding of student wants and needs.

I ask all of you to help us make Sacred Heart University fulfill all of our hopes and expectations, but we cannot do it without your input. For some, this year is only the beginning of college; for others, this year is their last; but hopefully, it will be the best for us all.

VISION GROUP, P.C.

Dr. David Cosenza
Dr. Robert Blake
Dr. Thomas A. Margevicius
Optometrists
Donna Cetran
Licensed Optician

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925 White Plains Rd., Trumbull

FAIRFIELD
254-0055
1490 Post Rd., Fairfield

MILFORD
877-2800
1021 Boston Post Rd., Milford

We feature contact and eyeglass replacement for students at a 10% discount.

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The Spectrum is a weekly publication. The Editorial Board assumes the responsibility of the content and production of The Spectrum, however, the opinion and views contained herein do not necessarily reflect those of the faculty, staff, or administration of Sacred Heart University. Please send typed letters, comments and information to the Spectrum Office S219, in the Academic Building. Telephone 371-7963. (Note: Letters may be edited for reasons of space or clarity.)

Attention Students & Faculty

The University Senate invites *all* students and *all* faculty to participate on the committees of the Senate.

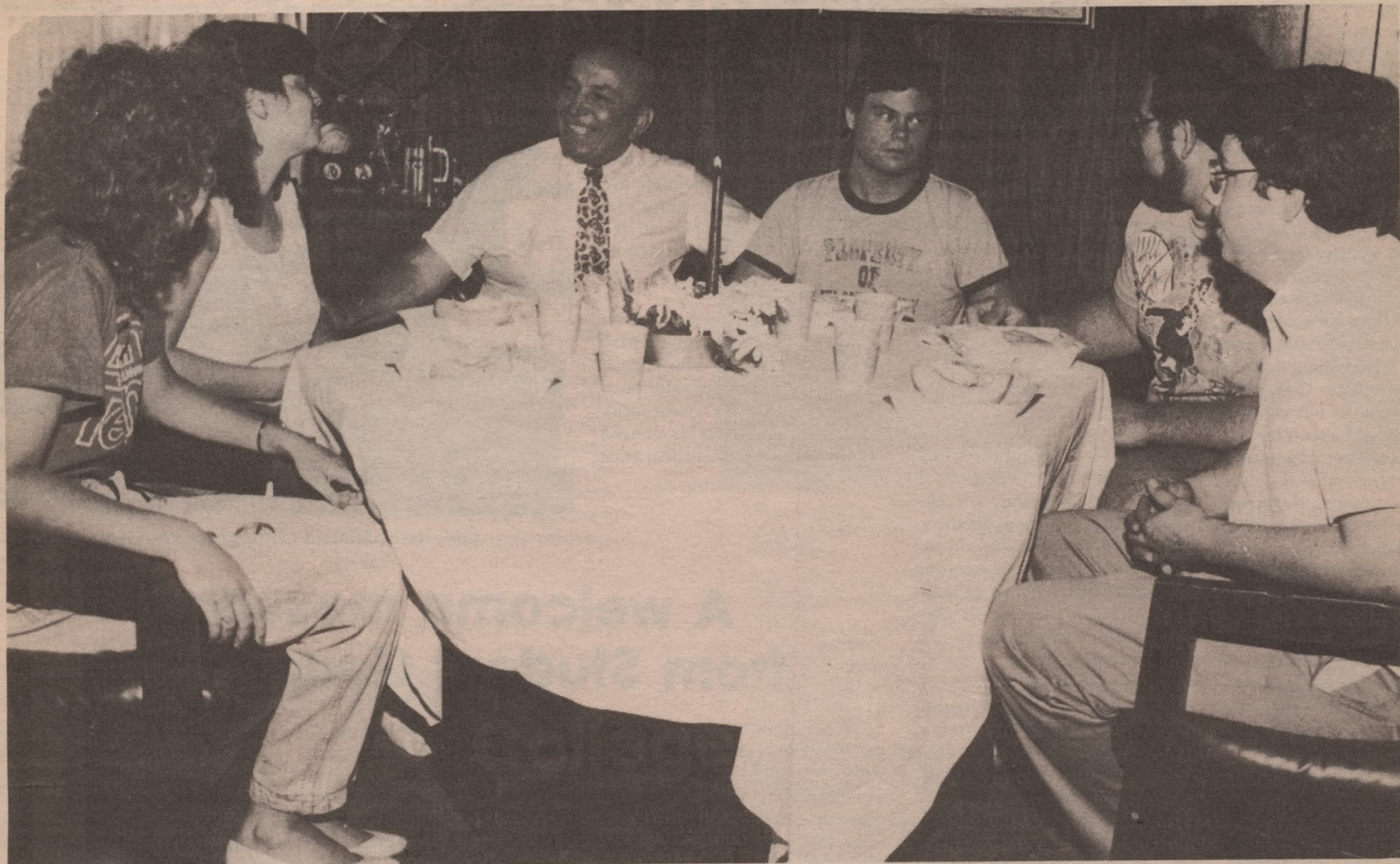
Your first and second preferences for the positions should be sent to Dr. Date in the Management Department by Wednesday, September 18, at 12 noon.

The committees are as follow:

Academic Affairs Committee
Athletics Committee
Faculty Affairs Committee
Student Affairs Committee

Submissions Policy

1. The *Spectrum* is currently published every week. To be considered for publication, all letters or articles must be in our possession no later than eight days before publication.
2. All submissions are to be *typed double spaced*.
3. Letters should not exceed 250 words. Letters submitted in excess of that limit are subject to editing.
4. Letters must include the writer's name and phone number. Your name will be withheld upon request.
5. All publishing decisions are made by the editor-in-chief along with the editorial board. All decisions are *final*.
6. All articles and letters submitted become the property of the *Spectrum*.



Five students enjoy lunch with Dean John Croffy. From left to right they are: Karen Piorek, Katherine Karl, Dean Croffy, John Kelly, Fred Palmieri and Tom Kelly, director of students activities.

SHU students are well served

By Gerry Eckber

Talk about serving its students...

During the past academic year, Sacred Heart University Dean of Students John Croffy of Westport, every day, Monday through Friday, November through April, invited four students to lunch in his office with him and Activities Director Tom Kelly of Trumbull.

Invitations by Director Kelly on behalf of the Dean were extended informally, randomly, to students he approached in the halls, the cafeteria...no preferred lists.

Dean Croffy's thinking, explained Kelly, was that if he could meet with students for lunch and talk with them on an informal basis, that if they ever needed his help in the future, they would feel comfortable about coming to see him right away.

He also wanted to show that Sacred Heart is true to its word that the University cares about the individual student.

"Some students who had never met Dean Croffy were a bit wary...a little in awe...even hanging onto

an old stereotype that if you go to see the dean of students you're in hot water," explained Tom (he relates to students on a first name basis).

The word got around that it was relaxed, open conversation at the lunches. "Are we meeting your needs?" "What are we doing right?" "What are we doing wrong?" asked the administrators.

"Once the students get into an atmosphere like that, they become responsive and the next thing you know, they're saying what they really feel," said Tom.

When Dean Croffy found that the same suggestion or concern kept cropping up—he hosted 350 students during the year—the Dean went to bat to facilitate those interests. When he says that he's the advocate for the SHU student, and he says it proudly, you can count on it.

The recently-formed Outdoors Club was a direct result of the lunch-time conversations. Students expressed interest in starting a club that would serve SHU's outdoor enthusiasts with organized activities such as skiing, white water rafting, hiking and camping.

The Dean decided that the interest and the need

were genuine; the students got the go-ahead. The Club, organized only since the spring semester of '85, already has over 50 participating members.

Senior Stephanie Vitko of Shelton said she heard about the "lunch with Dean Croffy" program from a friend and that they decided to attend together. "I met a couple of people there that I'd never even seen around school," said Vitko. "After that day at lunch, I started noticing them on campus; we got to know each other."

Another bonus of the lunch get-togethers was the opportunity afforded the students to hear from Dean Croffy about SHU's early days and its growth through the years.

Vitko smiled broadly saying, "Dean Croffy knows it all" and that these stories gave her a sense of being part of an ongoing tradition.

Tradition is something with which Dean Croffy is indeed well familiar. He has been affiliated with Sacred Heart since it opened its doors as a University in 1963.

Now, a new tradition may have been started. "Lunch with Dean Croffy" will be continued in the fall term.

College: the next chapter in life

By John Niski

Well today is September 12th, and you're first week of school is history. Hopefully you feel a little more comfortable about Sacred Heart now, and your ready to make the difficult transition into college life.

Since this is your second week of school, you have already been through registration and been approached by many clubs on campus. And most likely you've heard two or three lectures on how to succeed in college and are not ready for any more.

However, this article is written for you, not to promote college clubs or give you more lectures,

but to help you make some decisions, with friendly advice from a person who found it troubling to make the transition into college. Some of the adjustments I found difficult and have chosen to write about are: a new campus, developing sufficient study skills, finding time for activities and coping with academic problems when they occur.

It is extremely important to familiarize yourself with the different departments on campus in order to have easy access to them if and when the need arises. Such services include Financial Aid, Career Services, the

(Continued on page 5)

Young Scholars Program

Application Forms Now on Campus
For Summer Research in the Humanities

Guidelines and application forms for the Younger Scholars Program of the National Endowment for the Humanities are now available for photocopying in the Placement Office. The Program will award up to 100 grants nationally to college and high school students to conduct their own research and writing projects in such fields as history, philosophy, and the study of literature. Applicants must be 21 years of age or under throughout the calendar year in which the application is submitted; or, if they are over 21, they must be full-time college students pursuing an undergraduate degree at the time of application. Individuals who will have received or expect to receive a bachelor's degree by October 1, 1986, are not eligible to apply. The application deadline is November 1, 1985.

Recipients of these awards will receive a stipend of \$1,800 and be expected to work full time for nine weeks during the summer of 1986, researching and writing a humanities paper under the close supervision of a humanities scholar. Please note that this is not a financial aid program and that no academic credit should be sought for these projects.

If guidelines are not available at the Placement Office, please write to:

Younger Scholars Guidelines CN
Division of General Programs—Room 420
National Endowment for the Humanities
1100 Pennsylvania Avenue, N.W.
Washington, D.C. 20506

Financial aid eliminates roadblocks to college

By Gerry Eckber

"I couldn't have done it without the help of your office, your shoulder to cry on every once in awhile," exclaimed the student in conversation on graduation day with Julie Savino, associate director of financial aid at Sacred Heart University in Fairfield.

Ms. Savino cited this episode as an example of the impact of the Financial Aid Office. The strength of the Office, she indicated, is the rapport that exists between student and administrator. "We counsel the prospective student individually. We speak to the family to learn if there are special circumstances to consider in evaluating a student's financial need.

"The paper forms are just sheets of figures," she continued, "and do not always reflect the human aspect, the whole picture."

Director Alvin Clinkscales of

Trumbull points out to students that the purpose of financial aid is to supplement, not replace, resources from their parents or their own income, savings, and other assets. The Financial Aid Office will examine and assess these resources in order to determine what additional financial aid a student will require to meet college expenses.

Much of the financial aid available to students comes from federal and state monies. In addition, each college or university has its own financial resources—endowments, capital funds—and working within its budgets, applies its own philosophy and criteria as to how and to whom aid will be allocated.

Figures released by the Connecticut Conference of Independent Colleges indicate that Sacred Heart University is scheduled to receive \$958,000 in student financial aid in 1985-86

under the 10-331 Program. This Program is designed to help Connecticut residents attend independent colleges within the state.

William B. Kennedy, SHU vice president for public affairs, said that changes in the computation formula passed this year by the Connecticut General Assembly helped to raise the SHU aid figure about \$225,000 over its present level.

Director Clinkscales emphasizes that every student should file a financial aid form (FAF): What one school may not be able to fund, another may and thus offer the student the opportunity to enroll in higher education.

Unforeseeable life situations may crop up after a student is enrolled that can alter one's personal ability to finance college: the loss of a job, the death of a parent, a medical emergency, a change in cash flow. A FAF already filed speeds up the process of obtaining aid.

The Financial Aid Office stands ready to advise or to find emergency funds, a job on campus, or other alternate ways to help in these special circumstances so that the student doesn't have to cut back to part-time attendance or completely withdraw from school.

Sixty-three percent of full time students at SHU receive financial aid.

"Personal finances is a subject that people do not like to talk about—their lack of funds and

their possible inability to attend college because of the deficiency," noted counselor Savino. "We understand this reluctance and point out to them that there are many options available."

These options include: academic and athletic scholarships, loans, work/study programs, tuition remission grants, internships, free tuition for qualified offspring of full time college employees, and course credits for life/work experience (LWX) or successfully passed courses offered in the College Level Examination Program (CLEP).

In addition, employment in a campus or off-campus job can help defray the college expenses. Employers in the private sector often will rebate an employee's tuition when the education is career related.

Also, Army ROTC affiliation in conjunction with college courses offers a variety of full and partial scholarships.

There is no financial aid cut-off per se, she explained, because there are so many options. Also, a flexible tuition payment plan exists.

Some schools offer a family discount. SHU reduces tuition by 15 percent when two or more individuals from the same family are enrolled, each taking at least 6 credits during the period of the award.

Because SHU is a commuter school and for the most part its students live in Fairfield County,

the enrollees or prospective students and their parents can easily contact financial aid personnel for information and help to arrange aid.

"We also have student workshops at the high schools and conduct financial aid nights for the parents," added Savino, "an excellent way for them to get information."

Rules and regulations for financial aid from the government or private agencies change daily—"we have a ton of paper coming into our office," she said, pointing to a wall of files. "What may be a financial roadblock one day, may be eliminated the next."

The office personnel keep on top of all the literature, data, regulations and policies to keep informed. The office, in turn, publishes informational literature to give to the students.

"The biggest misconception about financial aid," stated the associate director, "is what people read on the subject but do not follow through in terms of validating the information on an individual basis. Each case is unique. No one should fail to seek aid because of the lack of complete, clear and pertinent facts."

Julie Bellico Savino feels extra special pride in the SHU Financial Aid Office and her mentor Alvin Clinkscales. She was a recipient of financial aid while earning a degree in accounting at Sacred Heart and as a student held a clerical job in the same office she now helps to direct.

College

(Continued on page 4)

workshop skills center, admissions, and special events, in addition to countless other offices on campus. Also important, is getting to know members of the faculty. They can be good listeners if you ever need their help in any way.

Developing sufficient study skills is also crucial, since the type of work required in college may differ from your high school courses. The study skills you need are those that will enable you to complete intensive reading and writing assignments, take effective class notes as well as prepare properly for exams. If a problem does occur don't hesitate to contact

a tutor in the workshop skills center or notify your teacher of the problem.

Now that your academic problems are taken care of, perhaps you would like to get involved in campus activities although as a commuter student your time is probably limited. Any person can simply say I don't have time, but never even make an effort. The sincere college student will make an effort before rendering a decision. If you are considering an activity, remember to do it to improve your character, not to improve your resume. Besides as some wise person said, one hand washes the other. So good luck, and work hard!

Cont. Ed Council presents

September 29
Los Angeles Raiders
vs.
New England Patriots
at Foxboro, MA
Ticket and Bus - \$20

October 12
"Song and Dance"
Broadway Show Trip
Ticket and Bus - \$45

Contact the Continuing Education Student Services Office
Thomas Calabrese 371-7846

Cont. Ed office hours

Monday-Thursday - 11 a.m. - 8:30 p.m.
Friday - 10 a.m. - 4:30 p.m.
Saturday - 8:30 - 10:30 a.m.
for the following dates:

September 7th	October 19th
September 14th	November 9th
September 28th	November 23rd
October 12th	December 7th

Restaurant



NEW RESTAURANT OPENING SOON

Who would've believed that the latest American dream-come-true would be a Mexican restaurant? Yet in 8 short years we're one of the most successful restaurant chains in the country. We offer career opportunities to match our success.

If you have had restaurant experience and desire a career with us in the following areas:

- Food Servers
- Line Cooks
- Bartenders
- Bussers
- Prep Cooks
- Cocktail Servers
- Dishwashers
- Hosts/Hostesses
- Broiler Cooks

Please APPLY IN PERSON at CHI-CHI'S
Monday thru Saturday, 9 AM to 6 PM.

CHI-CHI'S — Level 5
Stamford Town Center Mall
(Next to Hermans Sporting Goods)

CHI-CHI'S — Darien
154 Post Road
Darien, CT

A Voluntary EEOC Employer

Gridiron blues cont'd

(Continued from page 3)

be open. The women leaders say that men can join women's groups so women must be allowed to join male groups. A good argument,

although any man who joins a female group may have the desire to be "one of the girls" and has serious problems much deeper than legal ones. However, that's an issue for another day.

SHU ads cont'd

(Continued from page 1)

Brown this is probably because the adult's decision to attend a particular college is based primarily on academics and this older age group is more perceptive to the print media, especially to ads that briefly outline the quality of a certain program.

It is still too early to accurately determine how much of an impact these ads will have in terms of enrollment and added prestige for the university. By strategically placing such ads before the public, Sacred Heart demonstrates its determination to provide quality education and its strength as a competitor in attracting new students,

Healthbeat

How nutritious is your diet?

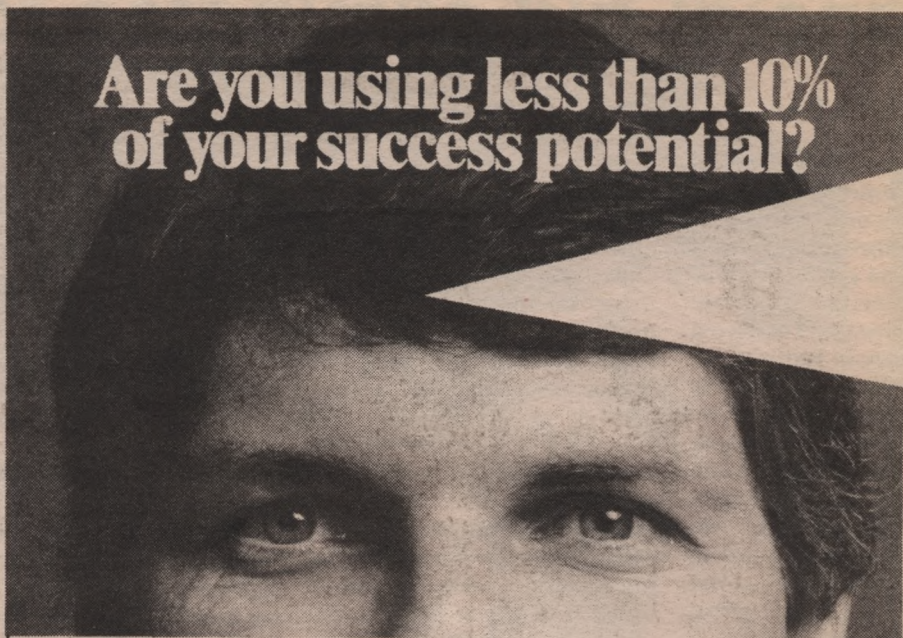
Read this and find out!

This is the American Heart Association's Food Festival Week. The goal of the Festival is to increase public awareness of good nutrition. The American Heart's Guide to good nutrition includes the following daily guidelines:

- 6 ounces lean meat, fish, poultry or vegetable protein
- 4 servings (1 serving = ½ cup) of vegetables and fruit
- egg whites as desired - limit egg yolk to 3 per week
- 4 servings or more of bread and cereals (whole grain, enriched or restored)
- fortified skim or low fat milk and low fat milk products
- 2-4 tablespoons polyunsaturated vegetable fats and oils

To order free nutrition materials from the American Heart Association, contact the S.H.U. Health Services at 371-7838.

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The most advanced study aid you have — your own mind.

Achieving the success you want in school, and in life, requires concentration, discipline, and using your abilities to the fullest.

Yet you may be running at a fraction of your true potential.

The human mind is the most valuable tool you have to achieve the success you want. It is far more advanced than even the most sophisticated computers. Its potential is nearly infinite. But how do you realize that potential?

DIANETICS™ technology helps you understand and use your mind to its fullest.

Millions are now discovering DIANETICS technology, a revolutionary new approach to the mind and life.

DIANETICS, the bestselling book by L. Ron Hubbard, is about understanding your mind, and using its full potential to live a happier, more rewarding life. Through the pages of this remarkable book, you'll discover:

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- The keys to increasing mental speed and ability.
- How to USE your mind more efficiently, with concentration and discipline, to learn more in less time.
- The hidden barriers to happiness and fulfillment — and how you can handle them.
- How to believe in yourself and reach for what YOU want in your life.

Millions have discovered the keys to successful living — and so can you.

DIANETICS is one of the most popular self-help books in America today, with nearly 8 million copies sold. People all over the world use DIANETICS technology to improve their lives and accomplish what they really want.

"Thanks to DIANETICS, I continue to achieve my goals."

Chick Corea, top jazz keyboardist

"DIANETICS has provided the tools to understand and make life go my way."

Diana Venegas, Fashion designer

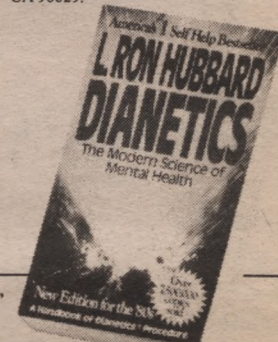
"With DIANETICS, I am able to honestly and confidently communicate with others in business and get results."

L.F. Byrnes, President Microcomputer software company

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Or order direct from the publisher, using the order form below. Just send \$5.00 (which includes postage and handling) to Bridge Publications, Dept. C, 1414 North Catalina St., Los Angeles, CA 90029.



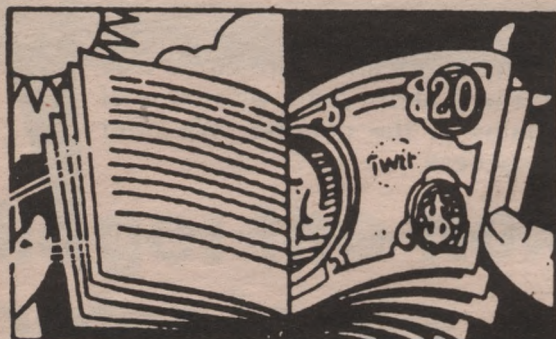
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NAME	PHONE
ADDRESS	APT. NO.
CITY	STATE
	ZIP

Hit The Books By Day And The Bucks By Night.



As a student, you need money for extra-curricular activities. But let's face it, you can't work full-time when you're busy with classes, homework and exams.

If you're low on cash, a part-time job with Salesnet could provide some valuable profits.

Our evening and Saturday hours are ideal for students. And, no previous experience is necessary. At Salesnet, we'll train you in the quickly growing field of computer-assisted telemarketing. All you need is a pleasant voice, articulate speech, excellent grammar and the ability to sight-read.

We'll take it from there, providing training sessions designed to teach you about the variety of clients you'll represent. The, working in our Norwalk headquarters, you'll be prepared to do marketing and sales using the phone and our latest equipment.

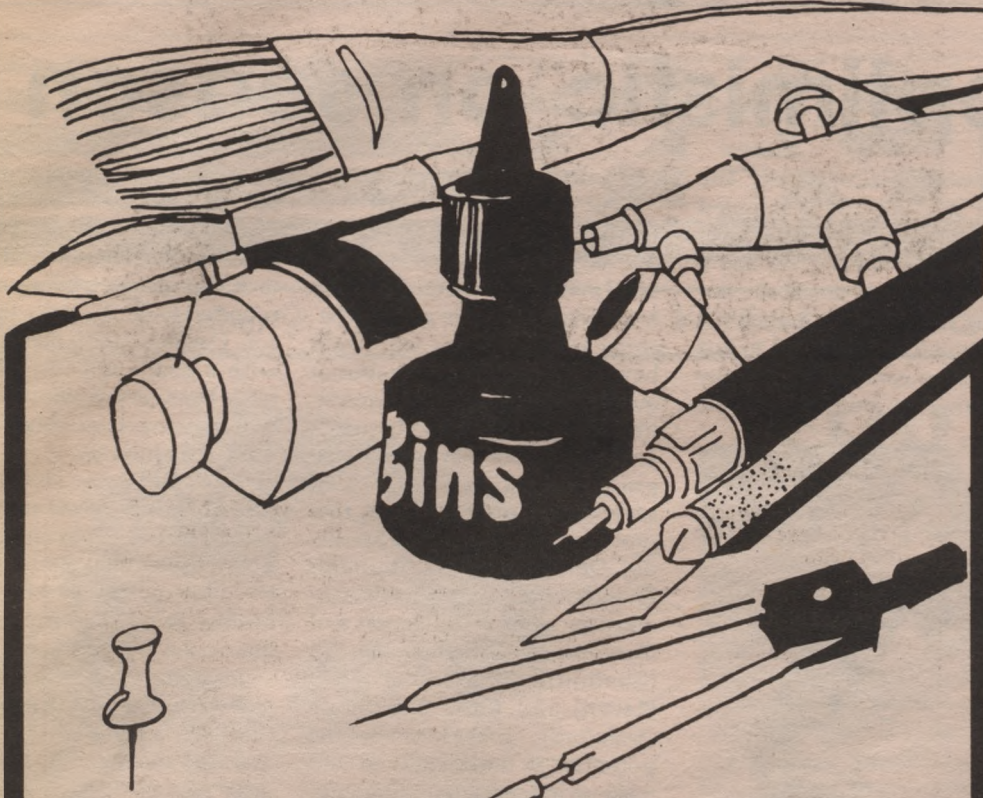
We offer a friendly, informal office setting, guaranteed hourly pay, and paid on-premises training. And, as part of The Dun & Bradstreet Corporation, we can help you gain solid business experience for your future resume.

Make the most of this semester. With school by day, Salesnet by night. CALL Nancy Hooper, Training Specialist, at 203-846-6309.

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Rags and riches: the bargain hunt

By Laura Hartnett

Spend a fortune on the latest fashions to look chic? Think again. Many less expensive places offer quality, upbeat clothes at unbeatable prices, and if you look in the right places, you can find them.

Factory Outlets

Fashion surpluses and irregulars are shuffled off to factory outlets such as the Burlington Coat Factory in Stratford, and the Quoddy Shoe Outlet in Milford. There are bargains galore to be found at these stores, and the Burlington Coat Factory not only sells good wool coats at lower prices, but also clothes ranging from shirts to pants with no more damage than a missing button, or a small stain. The Quoddy Shoe Outlet has leather goods, such as moccasins and pocketbooks at better prices than a major name store. It takes a bit more time to hunt through the clearance racks, but patience has its own rewards.

The Dollar Stretcher, in Orange, and the Amazing Store on the Post Road in Milford get closeouts from other stores, and mark things down drastically. Out of season, there are bargains all over the place. Belts, shirts, tanks, all the layerable fashions are yours for the asking. Accessories are cheaper, too, and make a simple outfit snappy.

Swap Meets

The new alternative to adding some flair to your wardrobe? Get your friends together, tell them to bring all the clothes they'd be

willing to swap for something of yours, mix ingredients well, and enjoy! Have one swap meet a month, it keeps any wardrobe new and exciting. This is a good way to extend your wardrobe to the closets of your friends, and if you've swapped something, and you want to get it back, you'll always know where it is.

Tag Sales

Drive around your neighborhood some sunny weekend afternoon, and you'll find a treasure trove waiting for you in someone's front yard. But don't be afraid to haggle over prices. People are always cleaning their basements and attics with the intention of selling what's no longer of value to them. But one man's throwaways are another man's finds, and if you're persistent, you'll get the things you want, at the price you want.

The drawbacks to bargain hunting? You run the risk of buying damaged goods, or getting the wrong size, as most thrift stores don't have dressing rooms. However, the advantages much outweigh the disadvantages. The challenge of rummaging through piles of potential outfits, the fun of finding something that suits you just right, and getting more for your money are just some of the reasons why everyone should try bargain hunting. Next time you see a sign for a flea market, pop in and see what you find. You might like it, and become a bona-fide bargain hunter. You might even see me there!

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Spectrum Sports

Soccer coach optimistic on season

Sophomore tri-captains Eric Holness, a rugged and talented defenseman; Mario Palmieri, another defender who missed all last year with a knee injury and Alex Osello, an outstanding midfielder from Brazil, head a list of 14 lettermen (seven starters), one transfer and 14 freshmen as the

1985 Sacred Heart soccer campaign gets underway for second-year mentor Joe McGuigan.

McGuigan guided the Pioneers to a 9-9 record (3-4 in the highly competitive NECC) and is cautiously optimistic about improving on that mark with the nucleus of

that combine basically intact. The former SHU All-American noted that, "We achieved a majority of our goals last season. We had a .500 season while drastically improving our offensive punch (34 goals scored as compared to just 16 a season earlier) and slightly tightening up our defense (43

goals allowed compared to 46)." "Our main problem last year was that injuries struck and we did not have the depth to compensate," pointed out McGuigan. "We knew that if we were going to become a better team, we would have to increase the number of quality players and so we concentrated our recruiting efforts on that problem. We now have a freshman group that can produce six or seven starters." Included in that promising group are Jose Mergado, Del Rodrigues, Syphanh Phonthaphan, Vanh-phy Prasannouvong all from Bridgeport and Gary Dunnigan (Bethel), Tim Kill (Shelton), Mike Noble (New Haven) and John Napoleone (Stamford). "These kids have the potential to move right in and make an immediate contribution." McGuigan believes that he has

a pair of blue chippers and possible All-American candidates in Osello and Holness. Highly-touted as freshmen, they lived up to their pre-season billing and are expected to do the same this season. Osello was second in scoring with 6 goals and three assists while Holness was able to hold the defense together despite the numerous injuries. The Pioneers won six of their final eight games in 1984 and the improved play of Albert Luongo was a big reason for that spurt. He will be aided by the presence of a healthy Palmieri in front of him this season. McGuigan will also be counting upon the versatile Sergio Fernandes, Americo Benedito (the team leader with 9 goals and 3 assists) and Solomon Wesseh (2 goals and 3 assists) to get the Pioneers over that .500 mark.



Albert Luongo



Mark Morazes

Baseball season to open

By Dan Cooney

Batters up. You can take me out to the ballgame starting the middle of this month when the men's Baseball fall season gets underway. A new sixteen game season including six scheduled weekend double-headers beginning with one against Eastern Connecticut, set to start at noon on Sun. Sept. 15, will begin under the brand new leadership of head coach Mark Julius.

Julius, who hails from Meriden is taking over the team this fall for his first season of coaching, after being an assistant coach to the girls' softball team under head coach Pete Diorio for the 1980-81 seasons. A graduate of Sacred Heart from the class of '79, Julius is familiar with the program and all of the people involved.

"What I want to do," Julius explains, "is to try and get as many people as I can involved. Parents, alumni, friends, students and anybody who cares about baseball. I'd like to get across the board the fact that this is a quality product and hope that this breeds a comfortable feeling with our fans and supporters." He also went on to state, "Aside from that I'd like

to keep on winning, cut down on the runs that are scored against us and really get to know the kids individually as well as the team as a whole."

Last season's record was a healthy twenty-three and twelve and this year the boys plan not only to win more games, but to end up in the national finals.

Some of this year's roster includes six out of state players, mostly from New York and one from Vermont, as well as Darryl Brinkly, outfielder and Doug Vigilyati, center fielder. Bill Vizzo and Rick Maryani will be taking the mound and in left field, a player Mr. Julius referred to as, "the returning nucleus, Cliff Dautch."

Another welcome sight on the field these days will be the sale of hot dogs, soda and coffee at all home double-headers to help raise money for the team.

An additional fund raiser for the team will be the sale of various articles emblazoned with the famous Sacred Heart baseball logo, including hats and T-shirts at five dollars apiece, twelve dollars for golf shirts and forty-five dollars for a handsome baseball jacket.

So good luck to the SHU Pioneers and let's get out to the ball games.

Men's Baseball Schedule — 1985-1986

Date	Opponent	Site	Time
9/15	Eastern Connecticut (Doubleheader)	Home	12:00
9/17	Housatonic CC	Home	3:00
9/21	New Haven (Doubleheader)	New Haven, CT	12:00
9/22	Bridgeport (Doubleheader)	Home	12:00
9/25	Fairfield University	Fairfield, CT	3:30
9/26	New Haven (Doubleheader)	Home	2:00

HEAD COACH: Mark Julius (1st Year)

Women's Volleyball Schedule 1985

Date	Opponent	Site	Time
9/19	University of Bridgeport Western Conn. St. Univ.	Bridgeport, CT	7:00
9/24	Eastern Nazarene Bryant	Quincy, MA	6:00
9/28	Keene State Concordia	Home	1:00

Head Coach: MaryHelen McCarthy (2nd, 12-17)
Athletic Director: Dave Bike
SID: Sandy Sulzycki
Colors: Scarlet and White
Nickname: Lady Pioneers
1984 Record: 12-17

Men's Soccer Schedule 1985

Date	Opponent	Site	Time
9/11	*Univ. of New Haven	Home	3:00
9/14	Western New England	Home	10:30
9/19	Fairfield University	Home	4:00
9/21	Concordia	Home	2:00
9/24	Western Connecticut	Danbury, CT	3:00
9/28	*Lowell	Lowell, MA	2:00
9/29	*New Hampshire College	Manchester, NH	1:00

Head Coach: Joe McGuigan (2nd Year, 9-9 .500)
Assistant Coach: Jaime Rodriguez (2nd)
Athletic Director: Dave Bike
SID: Sandy Sulzycki
Trainer: Pete Diorio
1984 Record: 9-9, 4-3 NECC
Nickname: PIONEERS
Colors: Scarlet and White

*New England Collegiate Conference Games

Sports Archives

September 12, 1962: Washington Senator Tom Cheney strikes out a record 21 batters, defeating the Baltimore Orioles in the sixteenth inning on a home run by Bud Zipfel. Cheney finishes his major league career with an unspectacular 19-29, but his record on this day still stands. Nolan Ryan, Steve Carlton and Tom Seaver have only come close, each striking out 19 batters in a game.

September 16, 1930: St. Louis Cardinals pitcher Flint Rhem earns the Best-excuse-for-missing-curfew award. Staggering into the team hotel both late and drunk, Rhem claims he was kidnapped by Brooklyn Dodger fans and forced to consume large amounts of alcohol so he'd be unable to pitch the next day.

Cross country team switches gender

By Monique Dion

According to Athletic Director Dave Bike, there will not be a men's cross country team this year since no one responded to his call to come out and run. Bike also stated that for a Division 2 school to compete in any championships, for example, basketball or baseball, the NCAA requires that there be four men's sports as well as four women's sports. Since there are already four other men's sports which include basketball, baseball, soccer, and golf, there is no need for a men's cross country team. On the other hand, there are only three women's sports—basketball, volleyball, and softball—and a fourth must be added. Women's cross country will be the new addition.

According to Ed Donahue, former coach of men's cross country and the present coach of the women's team, not many women are interested in running once they leave high school. He reports that he has tried to recruit women for the men's team in the past, but he had not had much luck. A possible reason that women might not be enthused about running in college may be because they think the cross country course is much longer than a regular cross country course in high school. This is a misconception. According to Bike, the average cross country course is about 3½ miles long, which is only a ½ mile more than a high school course.

In any event, women's cross country has replaced men's cross country at Sacred Heart. Watch the SHU women get in the race of intercollegiate sports this year.