Students gathered outside the SHU cafeteria on Thursday, Feb. 7, to send messages of support to the troops stationed in the Middle East’s Desert Storm Operation. The rally was sponsored by SETS (Students Encouraging Troop Support), a temporary coalition formed to peacefully and publicly display support for the armed forces in the Persian Gulf. "We are seeing a continuing decline in the proportion of these populations who are actively using any illicit drug, as well as in the proportions using a number of specific drugs such as marijuana, cocaine, crack, stimulants, and sedatives," Johnston reported.

In 1990, the consumption of alcohol by college students was down from a high of 83 percent in 1982.

Keith Clinkscales, the editor of the Baltimore Magazine, Urban Profile, will be a panelist along with Darlene Young, FASE Project Assistant. Young remarked, "We can make a difference if people make an effort. If I could help one young person I would be more than happy."

Panelists, Don Smart, an attorney at law, and Tracey Jones, a counselor, will also share their experiences.

"It is important not just for minorities but for all people to be educated," said Clinkscales.
Hit the slopes

The Sacred Heart University Outdoors Club is sponsoring a ski and party weekend to Sugarbush Mountain from Feb. 22-24. The weekend program includes round trip bus transportation, two-nights of condo lodging at Sugarbush Village based on full unit occupancy, two-day lift ticket for two mountains and services of on-site sno-search staff. The Sugarbush Village features one to four bedroom units, fireplaces or woodstoves in all units, cable TV, telephones, and full kitchens, and is located in the Village with restaurants, night clubs and a sports center nearby.

The $169 fee includes the lodging, lifts, transportation and tax. There is a $50 non-refundable deposit is required to make a reservation and a $25 damage deposit is required with final payment. For more information call Cathy Molloy at 371-6895 or Jennifer Lee at 371-7965 between 6-10 p.m.

Medieval art and architecture discussed


His talk, which will begin at 7:30 p.m., is free and open to the public. The co-sponsors are the Office of the Provost and Vice President for Academic Affairs and The Humanities Touring Group.

Miller, who has been the cathedral's English language guide since 1958, regards the Chartres as "the most beautiful cathedral in the world," with every stained glass window and sculpture a book to be read. He will take listeners through the history of the cathedral's architecture and stained glass.

For information, call 371-7910 or 365-7600.

Photography video conference scheduled

A live, interactive videoconference featuring two internationally famous photographers entitled Techniques of the Masters will be held this morning, Feb. 14 in the Music Room A in the Academic Building.

The Kodak videoconference will spotlight the work of Hollywood celebrity photographer Douglas Kirkland and Paris fashion photographer Bettina Rheims. These two artists will also lead a discussion when the films are over. Each faculty member will present a film that is related to his or her field of knowledge, which leads to racial tension."

History film series begins

Student and faculty members of the Phi Iota Chapter of Phi Alpha Theta, a history honors society, will present a series of films of historical interest beginning Feb. 20. Faculty members will give brief background information before the films start and also lead a discussion when the films are over. Each faculty member will present a film that is related to his or her field of expertise. Films included in the series will feature aspects of American, European, Latin American, and Chinese history.

The first film, Yellow River, a Chinese-made film about contemporary China, is scheduled for Wednesday, Feb. 20. Aguirre, The Wrath of God, a film about Spanish exploration of the Amazon River, is scheduled for Feb. 27. Two more films will be presented in the second half of the semester. The films will begin at 7:35 p.m. in the Faculty Lounge. Refreshments will be served and the public is welcome free of charge.

Auditions

The Humanities Touring Group will begin auditions Saturday, Feb. 16 from 2:30 p.m.-5:30 p.m. at the New Haven Ballet for The Renaissance Era: Europe Awakens, Part II of the Great Eras of Western Culture.

"We are looking for male and female dancers with acting ability and actors who move well," says Pear Grzowski, producer of The Renaissance Era.

They will also be casting for parts in Commedia Dell'Arte and Dante's Divine comedy. For further information call 365-7600.

Yearbook sale & picture retakes

The 1990 Prologue Yearbook will be on sale the week of Feb. 19-23 in the Hawley Lounge. The cost is $25.

Also, it's time for senior portraits and retakes. T.D. Brown, the yearbook's photographer, will be on campus Feb. 19, 20 and 21 from 9:30 a.m. until 3:30 p.m. in Chubbey's lounge. Seniors are being asked to sign up in front of the cafeteria Feb. 11-15 for an appointment. There is a $10 sitting fee.

"If you had your pictures taken in November and were dissatisfied with them please schedule an appointment and bring the old proof's," says co-editor Cheryl Pierne. "The photographer will discuss them with you. Or if your pictures did not come out then sign up and bring the form given by T.D. Brown with you to your sitting."

The Italian Club brought the beach out early this year when they sponsored a Beach Party in February. Students sported summer attire and rocked to Ultra in an effort to forget the cold of winter on Thursday in the cafeteria.

Photo by Michael Champagne
Lee Tribe, the British-born sculptor renowned for his work in welded steel, poses with his wife, Stephie, in front of one of his creations, “To the Future,” at the opening of his exhibit in the Charles Plohn Gallery. Tribe’s work will be on view through Thursday, March 7.

The Tamburitzans perform fifty-fourth season

By Emily Mateka

The Tamburitzans, a colorful forty-member company from Duquesne University in Pittsburgh, world famous for their culturally diverse songs and dances, performed last Sunday, February 3, at the SHU theater.

Approximately 600 attended to see the international event, featuring Old World music with tamburizas (after which the troupe was named), guitars, flutes, and other instruments.

Their songs are borrowed from Bulgaria, Czechoslovakia, Hungary, Poland, Yugoslavia, and Ukraine. Ms. Sprott said, “We want to keep the culture of Southeastern Europe alive.”

This was the fifteenth time the Tamburitzans had played at Sacred Heart University. Many dances and songs from various Slavic countries were performed.

Amy Sprott and Carol Franko, both members of the Tamburitzans, were interviewed during the reception held in Hawley Lounge after the show.

To become part of the Tamburitzans, they had to attend a strenuous training camp during the summer, where each dance is taught by a different choreographer.

To the world’s future performers, their advice is to “practice, practice, practice! If you don’t get something you want keep trying and you’ll get it.”

During past tours, the company went to many countries including Canada, Yugoslavia, Russia, and Mexico.

According to some members of the audience, this had been the first time that programs had to be purchased for the show.
Observations from Beyond

By J. Broad

“If you think you’re in love, are you in love?” I’m glad you asked me that, but before I attempt an answer, it is necessary to explain where the quote came from.

Before I saw the light and matriculated at Sacred Heart University, I had a brief (one semester) at another small Jesuit school in Fairfield. For those of you who missed it, it was Fairfield University. Anyway, though I wasn’t there for very long, I did manage to take Freshman English with a professor whose name I will not mention (if you’ve ever met him or heard about him, you’ll know who I mean). He is the type of guy who would (and did) go up to another faculty member and, taking in his attire, would say, “I see Kmart is selling suits now!” — Crude at best but humorous nonetheless.

He revealed in this crudeness, because, as he had tenured, it would take “...an act of Congress,” to get him fired. He was a published writer, a brilliant conversationalist, and certifiably nuns. Needless to say, he and I got along very well during my visit to the campus. I still quote him at times, this is one of those times. The pearl of wisdom? above is something he once pontificated during class.

Smokers, like non-smokers, have rights which protect them and allow them to enjoy their pleasures. However, when those pleasures infringe on another’s right to well-being, a line has been crossed intohumorlessness. I’m going to take you there. But I digress — back to the original question.

“If you think you’re in love, are you in love?” The answer, quite simply, is yes. I firmly believe you can talk yourself out of anything, including love. Do you know why I think you can talk yourself into it? Because I’ve seen people talk themselves out of it. What is love anyway? It’s just feelings, emotions. You can control them with rational (or irrational) thought.

No! You don’t think so? If you’ve ever been in love, you know that there is a certain point you reach where you have to decide to "let yourself fall in love." It is similar to what James Mapes said at his hypnotism show, there comes a point where you have to make the conscious decision to let yourself be hypnotized. A better analogy for love is the trapeze. Sooner or later you have to let go of the swing you are on in order to grab the other. For that brief split second when you’re not holding onto anything, you feel the fear of falling. That’s what falling in love feels like. I don’t know who started the rumor that it was a wonderful feeling, but it was obviously someone to whom it had never happened.

My point, if I have one, is that love is, so if you think that what you’re feeling is love, then it is. This theory can also work in reverse. As I said before, I’ve seen people talk themselves out of being in love too. I have a friend who just recently discovered that she was in love with her boy friend. It was painfully obvious to anyone who had ever seen them together, but the concept eluded her. She saw, she felt that uncertain feeling of being between the two trapeze swings, and she didn’t like it. She certainly didn’t think it was love, but she thought it maybe it was something else. Aaah, the poor girl had never been in love before, so she was still under that silly delusion that it was supposed to feel wonderful.

This strange feeling made her more miserable by the hour, and eventually she decided that it wasn’t something-she ate, but it had something to do with her boyfriend. Yes, that was it! He was who making her feel this way—dump him! Thank God she came to her senses before she made a big mistake, but the story could easily have had a different ending.

You see, she talked herself out of the feeling because it didn’t conform to her concept of how falling in love should feel. She felt in love not when she changed the feeling, but when she changed the way she thought love should feel. Then, she allowed herself to fall in love. You can control feelings by thought.

To answer the original question: You are in love if you think you are in love. As a matter of fact, you are in love if you think you are in love. And if you don’t think you’re in love? Lower your expectations.
Shedding pounds is a sham

By Joann R. Mariani
Features Editor

"LOSE 20 POUNDS IN ONE WEEK!
When I saw this ad in the Spectrum last week, I thought that the April Fool's Joke had arrived two months early. But no, the article was earnest. The eye-catching headline was followed by a glowing description of the "U.S. Women's Ski Team Diet" - a plan that no doubt deserves a place in the dieter's Hall of Fame, right between the fat-burning grapefruit pills and the rubber pants that melt the inches away.

The experts agree: A safe, healthy rate of weight loss is one to two pounds a week. "If you're losing faster than that, you're probably compromising your health," says Pat Harper, spokes-

person for the American Dietetic Association. Even people on very low-calorie liquid diets like Optifast only lose three to five pounds a week, and that's under close medical supervision. All available evidence indicates that "quick and easy" weight-loss plans are unsuccessful in the long run and pose serious health risks to some people.

My first reaction to the ad - "Who's actually going to buy this?" - was followed by a sobering realization that a lot of people will buy it. Body size is a weighty issue in our culture (pun intended); last year 58% of U.S. citizens were on some type of diet. So much of our self-esteem is tied up in our appearance that an ad like this would be irresistible to a formerly unsuccessful dieter who was desperate enough to try anything. I can imagine hundreds of people signing up for the plan, not realizing that they're really purchasing a $10 ticket to malnutrition, an eating disorder, or serious physical illness.

I don't know what the diet plan is like, and I'm sure as hell not going to send $10 to those fruitcakes to find out (one of my colleagues here suggested that it involves amputation of a leg). What I do know - and research backs this up - is that such a plan couldn't possibly be nutritionally sound and medically safe. If you want to lose weight the "scientific, proven way" consult a reputable, licensed doctor or diet program.

As angry as I am for the person or persons behind this plan, I am even more appalled that the Spectrum let it see print. I think that the advertising staff showed very poor judgement in accepting the ad in the first place, and whoever made the decision to run it (and I don't know who that is and I'm not pointing any fingers) acted irresponsibly. Leave "Slim-Quick" and similar scams in their true journalistic niche - the back pages of the National Enquirer.

Thanks for your support

Dear SHU Community,

We would like to extend our sincerest thanks to everyone who wrote letters, signed the postcard and wore a yellow ribbon displaying their support for the troops on Feb. 7.

A big thanks to Linda Manna and the sisters of Beta Delta Phi sorority for the donated yellow ribbons.

SETS is a temporary coalition formed to peacefully and publicly display support for the brave men and women serving in the volunteer armed forces in the Persian Gulf area. SETS' purpose is not to oppose, or write your representatives now. Please do your part call or write your representatives now. Show the guy who sits next to you in class your love keep him from going to war.

Sincerely,

Brooke J. Rozel

The Student Voice

According to the Student Government survey printed in the Spectrum (Volume 7, Number 13), 55 percent of respondents feel they are not getting their money's worth for tuition paid at SHU. What's your opinion?

I think we could have a better library, better services, better study spaces in the library and in general around campus. I think the education is of a high standard and that it will help me in the future.

- Jose Santiago
Freshman

I was not really surprised. I think the Spectrum is a very important. We need to get rid of the ad.

- Sharon Miller
Senior

I think this plan is a scam. I've never really believed in these types of programs. I don't want to lose weight, I just want to stay healthy. This plan is not healthy.

- Anthony Shea
Senior

I think our government needs better representation in the Middle East. We should be working for peace and not war.

- Traci Morlan
Junior

I think the Spectrum should have done more research before running this advertisement. It is not in the best interest of students.

- Michael Champagne
By Michael Champagne

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- Michael Champagne
By Michael Champagne
Flirting without words

By Joann Mariani
Features Editor

Every species of animal has its own courtship ritual, and human beings are no exception. Men and women express attraction and affection in a particularly complex ritual called "flirting." The word comes from the French verb "flirtir" meaning to touch lightly or subtly. The Random House College Dictionary defines it as "to court triflingly or lightly or subtly.

Looking someone straight in the eyes is a very intimate action, and the type of eye contact employed in flirting isn't a full-faced stare-down. Most often the eyes will meet for two or three seconds, then one person will drop the gaze; often to goy look back several seconds later. Eye contact coupled with a smile is a double whammy and definitely indicates interest. The smile is a universal nonverbal expression of self-touching involved. A man may scratch the nape of his neck, smooth his hair with his hand, or adjust his tie. A woman may smooth her hose, play with her hair, toy with a neck chain. Touching oneself indicates that the person is open to touch from others.

Other flirtatious gestures include tossing the head, nibbling on a pen or straw, pulling in the stomach, and crossing and uncrossing the legs.

Proxemics: Once the "flirters" have made contact and may be engaged in verbal interaction, the way their body positions coordinate indicates attraction. Both men and women tend to bow the neck slowly and tilt their head up and to the side; a somewhat submissive pose that is another expression of vulnerability. As the person relaxes, his or her own body "unfolds"; he/she may admire a woman's bracelet, or a woman may lift a man's tie to look at it more closely. Even lighting a cigarette for another person is a flirtatious gesture.

Flirting takes on many forms, and it may defy a truly accurate definition. Is it a genetically determined mating ritual, a fun way to fool around, or a way to build a relationship? It may be all of these and much more. As long as men and women are socially conditioned and equality will wipe out the phenomenon we call "flirting."
Banana Butt, thanks for being a great friend. Don’t be such a stranger. 
Love, EIII

Calvin, Arent you glad we’re finally B & G? Happy Valentine’s Day sweetie! 
Love always, Susie D.

Tracy, You’re the sweetest girl on two feet and one of the nicest 
Love, Rob

Dear Lionel, Happy Valentine’s Day sweetie! You’re All I Need! 
Love, Jennifer xo xo

“Ken” — “My —!” B-B-B-BUT-B-B-B-B-BOOM! Uh-oh- Junior? Ding, ding, ding, THUD!!! Anyway, B-B-B-BUT-B-B-B-B LOVE YOU!!! 
Happy Valentine’s Day! 
Love, “Rabbi” xo xo

Melanie and Linda

Roses are Red, Violets are Blue, Mel and Linda are Number 2 
Love Mas Grande

J.V., Thanks for brightening up my life. I hope there are many more special times ahead. 
Love, J.A.

P.S. You being the handsout, I’d bring the Springsteen CD and I’ll meet you in A’s room.

Babbling— to the best sister anyone could ask for. Thank for listening. Too bad I didn’t listen to you sooner. Don’t worry, we’ll get through cutely, and I didn’t listen to you sooner. Don’t worry, we’ll get through cutely, and I didn’t listen to you sooner. Don’t worry, we’ll get through cutely, and I didn’t listen to you sooner. Don’t worry, we’ll get through cutely, and I didn’t listen to you sooner. Don’t worry, we’ll get through cutely, and I didn’t listen to you sooner. Don’t worry, we’ll... 
Love, “L”

To Goosbey, I won’t forget you, I love you!! Honk, Honk. See ya.

Pam — Portrait Clown “Curtara” thanks for being the world’s best boyfriend. I couldn’t be happier then when I’m with you. 
Love, Forever, Pam

Al, Happy three year anniversary! 2/12/88, I love you!!! 
Always and forever, Danielle

To To be-blissful you can smell it! You can smell it! From AC

To the Brothers of Gamma Chi Zeta — We are truly lucky to have you as brothers. Happy Valentines Day! 
Love, The Sisters of Nu Epsilon Omega

Catherine, Happy Valentines Day on this our first “E Puribus Unum” 
Love, Chris

Chris, every day is Valentine’s Day when I’m with you! Love you sweetie! 
All my love, Catherine

To: all the C.L.’s in Beta and Tau we love you. 
Freaky and Onion

Dear Alice, I know that you want to play hide the salami with me but I am already taken. 
Love, The Spic

Dearest Lori, “The we wish ahead to save our time, we’re only what we feel... and I love you!!” 
Love, Neil

To Mother Earth, Thank you for everything!!! 
Sorry about all the abuse, but we are trying, at least some of us are anyway. 
Love, Some of us

Dear cutiepie-screw your 250. Gappers — You’re the greatest will you be my Valentine — S.

Dear Virginia, I enjoy your presence enveloping me. We should get together more often. 
Freddie

Your Royal Toddledness, You’re still mas grande and oh a what a feeling! 
Your Fan Club

Bad, Happy Valentine’s Day!! 
I love you! 
Forever and Always, Peanut.

T — Hope we can have another great adventure. 
My Little Poohy, My heart knows that we were meant to be, Reunion of fire!! Will you marry me? 
Love, Forever, Bunky

To: Yara Rio For four beautiful months of knowing you. 
Love, James

Dearest Elisa — Well, after everything, we finally made it and all systems read “Go.” Cheers... to the future! 
Love, Steve

Tim, I love you. 
My love always, Brenda

P.B., I love you!!! 
Thanks for the best 3 years.

Happy Valentine’s Day. Sweetness. 
Love, J.T.

To Kisses, My Beta baby, Happy Valentine’s Day! 
Love, Hugs

Danielle K. Dinner or the dance- take a chance with romance. 
You know who

Mama, you’re the best thing to ever give me an English assignment. Thanks for being my favorite girl

I love you, Boobee

To Melanie, I need your dollar for you’re valentine. Have fun in Cancun and don’t catch any diseases. 
Kart.

Boobee, Thank you with all my heart for the time we have spent together. Happy Valentine’s Day, my love. Go higher! 
Mami.

Davide: Dis que tu es ma. So there! 
AC

David, You sported me to no end! 
You Know Who

Eric

Que nao tenho sapatos. I have no shoes. 
Alice

Jim, I can’t say you take my breathe away, because I started breathing the night you kissed me. Thank you for all you have given me, especially our future.

P.B. I LOVE YOU! for everything you were, everything you are, and everything you will be. Truly, Dee.

My Love, You are muy importante para mi y por eso amo a lo mucho. Where did you go? You can come back now. By the way, I love you. Did I say that already? 
Your Love

EHI, You’re still the best. And even though I’m not around, you’re still always on my mind. 
Love, B Butt

Paul, I love you more than words can say, You add sunshine, to my darkest days.

Despite our fights, or misunderstandings, I know your love will always survive.

Thank you for being you, and always being my best friend as well as my love. 
Smile, Ping, and remember “A weed is but an unloved flower”. I love you forever, and always, Lori

Omelet — You know when you’ve had a real lousy day and you just want to break down and cry, then the cat hops into your lap and you smile? That’s what being with you at the end of the day is like. 
yours always, Dick

To All the People I Care For, Thanks for just being yourselves and being there. You mean more to me than I ever let on.

All My Love, Mike

EDJ, Although we’re apart I love you with all my heart just like I did from the start and will always. 
Love, Nancy B.

To: The guy with the great muscles. I check you out every Tues. and Thurs. in class S218 at 12:00. You have the best butt I’ve ever seen. By the way, I think your name is Anthony.

Your secret admirer

The winner is

“Ken” — “My —!” B-B-B-BUT-B-B-B-B-BOOM! Uh-oh- Junior? Ding, ding, ding, THUD!!! Anyway, B-B-B-BUT-B-B-B-B LOVE YOU!!! 

Happy Valentine’s Day!! 
Love, “Rabbi” xo xo

Dear Muscles, You’ve got the nicest body I’ve seen around school. Every time you walk by, I’m the first to notice you out of any of my friends!!

I hope to get to know you, Anthony!!

— you offer secret admirer...

Dearest Shantelle, Even ice cream is a drag when you’re not around 
love always, Vincent

Jaci, girl, you got the fresh, def, proper style, I love you. 
Chuckie

Stephen, my sweet and precious jewel of a lover— how easy it is to love and cherish you. If only one wish could be granted to me, it would be that you and I would be together, inseparable— two bodies, one soul.

Even the sky blushed, when it saw those lovely blue eyes of yours. Do not even change one tiny part of your wonderful and beautiful personality. You mean too much to me.

Emily

Dear Heidi, You know when you’ve had a real lousy day, and you just want to break down and cry, then the cat hops into your lap and you smile? That’s what being with you at the end of the day is like. 
yours always, Dick
"Career Planning Can Show WAYS"

How to survive a tough job market

By Career Services

The employment market is tough, and it may be getting tougher. Therefore, the class of 1991 should be preparing now for the future. Preparation means beginning your job search early. It means getting the edge by exploring and taking advantage of all opportunities and making yourself stand out from all the rest. How do you do this? The first step is to develop an effective resume, one that is accomplishment-oriented and presents you positively.

The second step is to do homework. Yes, RESEARCH! This is where most students lose their advantage. They lose it because they are not knowledgeable about what they want and what they are capable of doing. They know nothing about the organizations that could use their talents or those for which they have interviews. Researching companies allows students to develop more effective cover letters which can open doors and focus the interview on the needs of the organization, and shows that they can and will be an asset once hired.

Students who are confident and have done their RESEARCH know where and how they can contribute to an organization. These individuals are also the ones most sought after by employers.

Third, use all your resources in identifying job opportunities and information about those organizations where you wish to work. Make everyone aware of the fact that you are looking and what it is you are looking to do. Take advantage of and explore every opportunity available to you, for opportunity is what a fool waits for and a wise person seizes.

Seniors: How to survive a tough job market

By Alice Chaves

Contributing Editor

What a time to graduate. It's a statement said by many seniors these days. By now we all know that the employment market is tough and getting tougher. Jobs are scarce and organizations are downsizing their staff. Therefore, the Class of 1991 should be preparing now by beginning your job search process early. To seniors, that means getting the edge by exploring and taking advantage of all opportunities. How can you do this? According to the office of career services, you can do it in four easy steps.

STEP #1 WRITE AN EFFECTIVE RESUME
Develop an effective resume that is accomplishment-oriented and presents you positively.

STEP #2 DO YOUR RESEARCH
This is where most students lose their advantage because they are not knowledgeable about what they are capable of doing. Students know nothing about the organizations that could use their talents or those for which they have interviews. Researching companies allows students to develop more effective cover letters which can open doors and focus the interview on the needs of the organization, and shows that they can and will be an asset once hired.

STEP #3 USE YOUR RESOURCES
Use all your resources in identifying job opportunities and information about those organizations where you wish to work. Make everyone aware of the fact that you are looking and what it is you are looking to do. Take advantage of and explore every opportunity available to you.

STEP #4 BE REALISTIC
Remember above all, that due to the state of the economy, it is a buyer's market. Organizations have more applicants to choose from and therefore can afford to be choosy. So be realistic, don't set your sights too high, and be the best-prepared interviewee you can be. Victor Charles said, the sure way to miss success is to miss the opportunity. So begin early, think ahead, see the opportunities, and success will be yours.

CARER

Resume Writing

Developing an effective resume is an important first step in the job search. Learn how to present your skills, educational background and achievements in professional resume format that communicates your abilities and career goals.

Tuesday April 2 11:00-noon

Interviewing

Interviewing I & Job Search

This workshop provides an overview on preparing for an interview and the various types of interviews. You will also learn how to conduct an effective job search including tapping into the "hidden" job market.

Thursday February 14 11:00-12:30 p.m.

Wednesday February 20 10:00-11:30 a.m.

Tuesday April 9 11:00-12:30 p.m.

Interviewing II

This workshop allows you to practice interviewing techniques by going through a mock interview while being videotaped.

Thursday February 21 11:00-noon

Wednesday February 27 10:00-11 a.m.

Tuesday April 16 11:00-noon

SPRING

Co-op/Internship Workshops

Students planning a summer co-op or fall internship must attend one of the following workshops in order to be eligible for the program.

This workshop provides an overview on preparing for an interview and the various types of interviews. You will also learn how to conduct an effective job search including tapping into the "hidden" job market.

Thursday February 21 9:00-11:00 a.m.

Monday February 25 11:00-1:00 p.m.

Wednesday February 27 2:00-4:00 p.m.

Friday March 1 11:00-1:00 p.m.

Tuesday March 19 11:00-1:00 p.m.

WORKSHOPS

ALL WORKSHOPS TAKE PLACE IN ROOM S-113 IN THE MAIN ACADEMIC BUILDING
Think "vegetarian" and you might have images of long-haired hippies in tie-dyed T-shirts singing the praises of brown rice and granola. During the 70's and most of the 80's, vegetarianism was scoffed at as belonging to the radical 60's, but due to increasing evidence that a heavily meat-based diet is unhealthy, vegetarianism is not only becoming acceptable, but fashionable.

There are different levels of vegetarianism, and you don't need to completely forgo animal products to reap the benefits of a plant-based diet. Many people are semi-vegetarians; they eat chicken and fish but not pork, beef, and veal. Others are ovo-lacto vegetarians, consuming dairy products as well as plant foods. Vegans have no animal products at all in their diet. If you're ready to change your lifestyle for whatever reason - health, religion, moral beliefs - think of adding these vegetarian staples to your menu.

Legumes: Beans have been eaten for over 4,000 years, and are still the mainstay of many cultures. Beans - including black beans, chickpeas, lentils, kidney beans, lima beans, peas, and numerous other varieties - contain more protein than any other plant source. They provide the protein without the high fat price tag of meat, and are very high in iron and fiber. They also have the advantage of variability; some possibilities are chili, baked beans, refried beans, pea and lentil soup, and three-bean salad. The drawback: beans are notorious for causing what are most politely termed "flatulence"; this is especially true if you seldom eat beans. If you continue to use them in small amounts, your digestive system will adapt.

White Parmesan cheese on top. Nuts: Except for soybeans, nuts have more protein. Except for other plant food. Unfortunately, they are 48%-58% fat, and high in calories. A one-ounce serving of peanuts (about 10) have 105 calories - and when was the last time you ate just ten peanuts? It's wise to limit your use of nuts as snacks and to use them to add flavor to other dishes like banana bread, cashews in rice pilaf, or homemade granola.

Vegetables and fruits: These are packed with the nutrients that are missing in most animal products. The virtues of vegetables have been reported in the media ad infinitum, they help prevent heart disease, hypertension, and various forms of cancer, they provide necessary fiber, and have more vitamins than any other food groups. Some advice if you've never liked vegetables but want to try including them: the trick is in the way you choose and prepare them. Fresh produce is always the first choice; try to choose those that are perfectly shaped and not too soft. Other vegetables are the next best, nutrient-wise, but freezing destroys the consistency of most fruits. At the bottom of the totem pole are the canned produce. Most canned vegetables are mushy and high in sodium, while canned fruit usually floats in sugary syrups (although juice-packed fruits are becoming more and more available.) Fruits and vegetables are best to eat when they are processed as little as possible. You can still process them; just add a little water. Eat fruit raw, and microwave or steam vegetables rather than boiling them; they'll retain most of their vital nutrients that way.

Vegetarianism is not just a throwback to hippie days. It's a healthier, less expensive, more economical lifestyle. By substituting pasta for hamburgers or making rice the mainstay of an entree, you can save yourself money and possibly live a longer, healthier life. As Wilford Brimley would say, "It's the right thing to do."

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**Where's the Beef?**

By Joann Marian
Features Editor

Bread and other grains: It goes without saying that whole wheat bread is the most desirable. Read the labels carefully; the only flour listed should be "100% whole wheat." Our other source of grain products are cereals. Hard-line health food purists would advise you to only use the cold cereals on the periphery of the cereal aisle; that's where the unprocessed cereals are kept. I don't believe you should have to face All-Bran and Wheaties every morning for the rest of your life. Just bypass the Teenage Mutant Ninja Turtles and Trix. Two good bets that most people seem to enjoy: Raisin Bran (choose a brand without sugared raisins) and Cheerios. In choosing hot cereals: oat may not be the miracle cure-all that the hype would suggest, but it is still healthy. Avoid the "fruit" flavored Cream of Wheat or the latest invention - oatmeal with Gummy Bears. If you like hot cereal (and not everyone does) choose plain oats and add fruit, juice, or maple syrup when you cook it. Pasta: The Italians know a few things about pasta. There are over 80 different shapes of pasta, and a couple of different ingredients; recent varieties include whole wheat, corn, buckwheat, spinach, tomatoes, and even blue corn. Show your support for our men in the Gulf: cover a pot of blue corn rotini, mix it with a red tomato marinara sauce, and sprinkle some

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**ON-**

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**CAMPUS**

RECRUITING

**Feb 20 - April 24**

The on-campus recruiting season is here and it is more important than ever that all graduating students take advantage of all opportunities. The current recruitment season for students majoring in business-related fields is as follows:

**DATE** | **COMPANY** | **POSITION** | **MAJOR**
--- | --- | --- | ---
FEB 20 | Textron Lycoming | Fin. Mgr. Trainees | AC, FN
FEB 21 | Lechters Corp | Mgt Trainees, retail-CT | OPEN
FEB 25 | Leaton Financial | Sales Consultants | OPEN
MAR 8 | Norwalk Schools | Teachers | ED
MAR 19 | Austin, TX Schools | Teachers | ED
MAR 20 | Louis Dreyfuss | Merchant Trainees (traders) | OPEN
MAR 26 | XEROX | Credit Reps., Customer Asst., OPEN | OPEN
APR 3 | CVS Pharmacy | Asst. Store Mgrs. | OPEN
APR 8 | Phoenix Mutual | Sales Reps. | OPEN
APR 12 | James River | Customer Service Reps. | OPEN

APR 16 | American Frozen Foods | Sales Reps. | OPEN
APR 18 | John Hancock | Marketing Reps. | FNEC/BU
APR 24 | Hibbard & Brown | Stockbroker Trainees (NYC) | OPEN

**THESE RECRUITMENT ARE OPEN TO ANY MAY OR AUGUST GRADUATE. CHECK WITH CAREER SERVICES FOR ANY ADDITIONS OR CHANGES TO THE SCHEDULE.**

**Recruitment Policy**

Interested students must have a completed resume at the time they sign up. We are available to assist students with resumes by appointment. Workshops are also offered.

Any student who fails to show up for their on-campus interview must write a letter of apology to the interviewer. The letter must then be submitted to the Director of career services who will forward it to the employer. Included should be an explanation of why the appearance was missed.

Students will not be allowed to interview for the following reasons:

1. Failure to write a letter to the recruiter, (2) cancellations of more than two appointments.
This Week
SHU Offers...

14-"Bridgeport Day"
Open House for Bridgeport high school students, sponsored by the Admissions Office, 10 a.m. Contact: 371-7880.
Black Youth Forum, Attorney Donald Smart and Keith Clinkscale, publisher of Urban Profile magazine, panelists, sponsored by Community/Minority Affairs Office, Schine Auditorium, 11 a.m., Contact: 371-7911.

15-VALENTINE'S SEMI-FORMAL, sponsored by the International Students Club, Sante's Manor, 8 p.m., Contact: 371-7969.

16-Men's volleyball, Southampton vs. Bridgeport, SHUBOX, 1 p.m., Contact: 371-7827.

17-Mass in the Hawley Lounge, 11 a.m., Contact: 371-7955.
- "91 Days 'til Graduation" Senior Challenge Party, Chubby's Lounge, 3 p.m., Contact: 371-7861.

18-Washington's Birthday, University closed.

- "Issues of Political and Social Changes in the Third World," Honors Lecture, Dr. Thomas Trebon, South 202B, 11 a.m., Contact: 371-7820.
- "Apostolic Constitution on Catholic Universities," Brown Bag Lunch and Discussion, sponsored by the Office the Provost and Vice President of Academic Affairs, in collaboration with the Campus Ministry and the Institute of Religious and Pastoral Studies, Board Room, Administration Building, noon. Contact: 371-7840.
- Artist's Lecture, Lee Tribe, sculptor, speaker, faculty lounge, 7 p.m., Contact: 365-7650.

20-Reception for Dean's List Students, hosted by the Office of the Provost and Academic Affairs, Hawley Lounge, 4 p.m., Contact: 371-7790.
- Yellow River, film and discussion about Century China, presented by Phi Iota Chapter of Phi Alpha Theta, faculty lounge, 7:30 p.m., Contact: 371-7744.
- Men's volleyball, Vassar vs. New Paltz, SHUBOX, 6 p.m. Contact: 371-7827.
- Poetry Reading: Sue Ellen Thompson, co-sponsored by SHU, Library, 5:30 p.m, Contact: 371-7700.


I'm sorry, Margaret, but it's time I spread my wings and said goodbye.”
Beach blanket bingo
with the Italian Club

By: Dean Connors

On Thursday night, Feb. 7, the Italian Club rocked the cafeteria from 9:00 p.m. to 1:00 a.m. with the sounds of D.J. Ultra at the beach party theme dance. The cafeteria was packed with 150 people sporting beach attire in an ear celebration of summer. Everyone either danced, on the balloon covered floor, and enjoyed the free refreshments or relaxed with a cold beer at Chubby's.

The club planned to hold the dance on a Thursday so students could use Chubby's. Both Robin Pothanski and Jennifer Lee of student activities (who run Chubby's) agreed that the beach party brought in more business. Lee said, "It was probably one of our busiest nights this year." People on the dance floor were not shy to give comment. Freshman, Jason Calabrese said, "I think the place is rockin'." Another person said, "It's happenin', it's now, it's cool!"

Vice-President of Student Gov't, George Reyes-Gavilan was there and said he was having a good time. Todd Ross, a student gov't member said, "I think it's a good event to begin the spring semester and get the parties going."

Lisa DeCesare, sophomore, said, "It's a lot of fun and it's the first time in a while we've had a chance to get together and have some fun."

Ligia Vicenzi, Italian club president, said she was really pleased with the turn-out and added, "I hope that each organization will do the same." She said they are trying to think of an idea for another theme dance and mentioned to look for the Italian Fest in March. With the money raised from the party, the club will purchase sweatshirts.

The Perfect Valentine's Gift When A $29.95 Box Of Candy Just Won't Do

An Illinois company called "Success 101" now has a video, "just released in time for Valentine's Day," full of tips "to legally and quickly check out lovers, mates, business associates ... anybody."

The $29.95 video, titled "Do You Know Who You're Dating?", offers tips from Naperville, Ill., private eye Jeffrey Hartman on how to spot "tell-tale signs" of infidelity, how to glean "confidential information" over the phone and "how to get incredible information from garbage."

Next Thing You Know, They'll Blame The Computer For Falsely Ordering Pizza For The Geek Down The Hall

Duke University's nifty new library computer system falsely accused some students of having kept about 150 books over the Christmas holiday, and assessed them fines. "Some people have come in pretty upset about the notice," circulation desk clerk Rochelle Bailey told the Duke Chronicle.

A former Southern Illinois University at Carbondale student sent his alma mater an anonymous money order for $750 to the first week of November, saying he hoped it made up for money he cheated the university out of in 1970. The man, who signed a note to SIUC President Charles H. Hendersman as "S," says he effectively stole the money when he worked on campus. He did it by fudging his time card. "Many times I put down that I had worked more hours than I really did," he wrote.

Sacred Heart Outdoors Club
Ski & Party Weekend

 Date: 2/22-24

Place: CAFETERIA
FEB 22-24
Program includes:
Round trip bus transportation $169 per person tax included
2 nights condo lodging at Sugarbush Village
2 day lift ticket, two mountains services of on-site sno-search staff
$50 non-refundable deposit is $25 damage deposit is required to make a reservation. A required with final payment.
Make all checks payable to SACRED HEART UNIVERSITY OUTDOORS CLUB
Contact Cathy Molloy 371-6895 or Jen Lee 371-7956 6-10 pm
Serial killers have for years intrigued filmmakers. We have seen these killers in many forms and through many points of view, more often than not the view has been through their own eyes. Jonathan Demme's latest thriller "The Silence of the Lambs" not only shows us the workings of a serial killer through his eyes, but also through those of the FBI agents as well as a veteran killer trying to predict his next move.

"The Silence of the Lambs" is the story of a young FBI cadet, Clarice Starling (Jodie Foster), who is called upon by her superior Jack Crawford (Scott Glenn) to do an interview with Dr. Hannibal "The Cannibal" Lecter (Anthony Hopkins) to help them in the apprehension of Buffalo Bill, a serial killer who is terrorizing young females in the mid-west.

During the interview, Dr. Lecter proves to be slightly more than a challenge for the young Starling. It turns out that along with being a brutal murderer, Lecter is also a well-known psychiatrist and utter genius who knows exactly what Buffalo Bill's next move will be. Starling and Crawford use Lecter's guidance to track down the Bill before he can kill the daughter of a Senator.

The film should please the fans of the book. The film is an absolute tribute to Thomas Harris' novel of the same name. It rarely deviates from the book and when it does it is in a small and almost unnoticeable manner.

As far as the story itself is concerned, this is actually the third time this story has been told as a film. The character of Buffalo Bill is based on a killer named Ed Gein. Gein is also the model for Norman Bates in Alfred Hitchcock's "Psycho" and Leatherface in Tobe Hooper's "The Texas Chainsaw Massacre". This interpretation of the Gein story is without a doubt the closest to the real story and is the most disturbing of the three.

As far as the film itself is concerned, Demme paints a horrifying picture of the thought process of a killer as well as the steps involved in capturing him. In one such scene he shows how a corpse is studied in order to find the smallest clue. Foster and Glenn are energetic in the roles of the FBI agents and they seem to set the pace for the development of the film. Hopkins is absolutely brilliant as the twisted Dr. Lecter. He brings the character from the book to chilling life. This may very well be the performance of his career.

"The Silence of the Lambs" is an extremely intense and brutal film. I don't recommend the film to anyone who thinks they can handle the graphic nature. The film appropriately opens today on Valentine's Day.

**From your video store with love**

By Catherine Gingerella

Ah yes, another Valentine's Day is here at last. Despite our busy schedules we find time to think of loved ones, heart-shaped boxes of candy, Valentine cards, and red roses.

To help put you in the romantic mood, here are some movies to watch as you snuggle with your sweetheart in a dimly-lit bedroom.

1. "When Harry Met Sally..." When Billy Crystal and Meg Ryan meet purely by accident over a several year period, the two opposite characters can't help but fall in love, despite the complications it provokes. Directed by Rob Reiner, you can't help but feel like falling in love after seeing this comedy-romance.

2. "Gone With the Wind" This timeless 1939 Academy Award-winning classic continues to charm us over the years. Starring Vivian Leigh (Scarlet) and Clark Gable (Rhett Butler), the movie is set in the civil war-era film focuses on the love story between a spoiled heiress (Katharine Hepburn) and an aspiring film magazine reporter (James Stewart) on the day before the town's drugstore.

3. "The Philadelphia Story" What happens when a young spoiled heiress (Katherine Hepburn) is visited by her ex-husband (Cary Grant) and an aspiring film magazine reporter (James Stewart) on the day before her second wedding? A mixture of farce, comedy, and love that is as ridiculous as it is fun to watch. The 1940 film won James Stewart his first Academy Award for Best Actor.

4. "Cousin, Cousin" The American version of the French film "Cousin, Cousine," this comedy features two cousins by marriage, one a professional psychiatrist and utter genius who knows exactly what Buffalo Bill's next move will be. Starling and Crawford use Lecter's guidance to track down the Bill before he can kill the daughter of a Senator.

5. "Roxanne" Starring Steve Martin and Daryl Hannah, "Roxanne" is based on the famous "Cyrano de Bergerac." Martin, who has a very large nose, falls for Hannah, but has a hard time getting her to notice anything except his nose. The film is a cute romance that leaves the audience charmed.

6. "Dangerous Liaisons" When love is turned into a game, there is much treachery and harm to those involved. Starring Glenn Close, John Malkovich, and Michelle Pfeiffer, "Dangerous Liaisons" is set in 17th century France and focuses on the love affairs of the rich who turn love into a cruel and vicious battle.

7. "Romeo and Juliet" Franco Zeffirelli's 1968 interpretation of the Shakespeare play shows an emotional and poignant view of the famous young lovers. Despite being controversial for its time, the film, although tragic, is worth seeing.

8. "It Happened One Night" This film, being Director Frank Capra's first hit, and an Academy Award winner continues to charm us over the years. Starring Colbert, a young debutante who is engaged to a rich man she doesn't want to marry, runs off to avoid the wedding and is followed by reporter Gabie. The two travel together and fall in love as they are made for each other.

9. "Murphy's Romance" Although this film was not very successful at the box office, it is a wonderful comedy-romance. Sally Field, a woman who owns a horse farm, meets James Garner, a much older man who runs the small town's drugstore. Despite the large age gap between them, they find themselves attracted to each other and decide to leave age behind.

10. "West Side Story" Based on the play "Romeo and Julieta," this 1961 Academy Award winner continues to charm and delight us. Two rival gangs in New York City, the Jets and the Sharks, come together and decide to let love bring the gangs together. With wonderful music by Leonard Bernstein, "West Side Story" is a classic that requires a box of kleenex when watching it.
Cold Fire is only lukewarm

By Joanna R. Mariani
Features Editor

Sting opens his heart and soul

There are many performers who have been keeping themselves busy recently, and one of them is Sting. He's been a part of the music industry for over three decades and has released numerous albums across different genres. Sting's musical career has been marked by a variety of styles, from pop rock to world music, and his latest album, Cold Fire, is no exception.

Sting's latest album, Cold Fire, is a collection of songs that explore various themes such as love, loss, and the human condition. The album is a mix of acoustic and electric instruments, with Sting's signature soulful voice at the center. The lyrics are introspective and thought-provoking, reflecting Sting's personal experiences and his ongoing musical journey.

As a critic, I must admit that I was a little disappointed with Cold Fire. While the album has some strong tracks, it lacks the cohesive feel that one would expect from a Sting album. The production is uneven, with some tracks sounding dated and others feeling rushed.

However, there are a few standout tracks on the album. "The Weight of the World" is a powerful ballad that showcases Sting's vocal range, while "Nothing Like the Sun" is a energetic and upbeat track that is sure to get audiences dancing.

Overall, Cold Fire is a decent album that will please Sting's loyal fans. It's not as strong as some of his previous works, but it's still worth a listen. With his upcoming tour, fans can expect to hear some of these songs live, and that should be a treat.

In conclusion, Cold Fire is a middling album that doesn't quite live up to Sting's previous work. While it has its moments, it falls short of being a truly memorable release. But for Sting fans, it's still worth a listen, especially for the chance to hear some of these songs live on tour.
Speak softly, carry a stick

Members of the newly formed men's lacrosse team practice recently alongside the Park Ave. entrance. Anyone interested in joining the team should contact Coach McGuigan in the Athletic Dept. Photo by Michael Champagne

TEST YOUR KNOWLEDGE.

Q: How many of the people who died of lung cancer last year were smokers?

A. 35%  B. 40%  C. 50%  D. 80%

CONF'T FROM PG. 16

Osborne pulled down 17 rebounds in the losing cause.

On the horizon for the Lady Pioneers are rematches with New Hampshire College and Franklin Pierce on the road. The New Hampshire Penmen defeated the Lady Pioneers 66-46 on Jan 26. In the opening game of the NECC schedule on Jan 9, Franklin Pierce defeated the Lady Pioneers 68-56. Sacred Heart was leading but didn't score a point in the last three minutes of the game.

Women looking for turnaround

Men's hoops inconsistent

Activities are funded by you

"Many colleges do not offer the luxuries that SHU does," said Kelly. He mentioned: free admission to basketball games, free admission to school sponsored events and a low yearbook price.

"Many students don't realize that every time they pick up a copy of the Spectrum or listen to WWPT (student radio station) or attend a hometown basketball game free of charge, that their money has gone towards funding these items," said Kelly.

Edward Donato, SHU's associate dean of continuing education said, "Part-time students are asked to pay $10 dollars a semester for the activity fee."

The Continuing Education Council makes decisions on money allowed for use from this fund.

Lisa Bronowicz, president of the continuing education council said, "Some of this accumulated money has gone to pay for a dinner dance and a bus trip to New York."

The council also gives money to a lecture fund. "With this fund, the council helps the university underwrite some of its costs for guest speakers," said Bronowicz.

SHU Trivia

1) The last time the Men's Basketball team defeated New Hampshire College in New Hampshire was:
   a) 1986  b) 1989  c) 1984

2) The Women's Basketball team beat New Haven 73-71 for their lone league victory this year. Who did they beat last year for their only league victory?
   a) Southern Ct  b) Keene State  c) New Haven

3) Who was the last SHU Baseball pitcher to hurl a no-hitter?
   a) Rich Licursi  b) Rosario Veins  c) Mike Modaffari
Pioneers name Foster assistant baseball coach

George Foster, the last National League player to hit 50 home runs in a season, has been appointed an assistant baseball coach at Sacred Heart University. As befits his prowess, the 42-year-old Foster will devote much of his time to tutoring the Pioneer hitters.

"We're delighted to have somebody of George's stature as a coach. His intelligent approach to the game should prove a real asset to our players," said Head Coach Nick Giaquinto.

Foster walloped 52 home runs for the Cincinnati Reds in 1977, the season in which he reached the National League in MVP voting. For three straight seasons (1976-78), foster hit 50 home runs batted in and a .320 batting average. He now resides in Greenwich.

Giaquinto coached Sacred Heart University to a record 30 victories against 15 defeats and a berth in the NCAA Northeast Regional Tournament last spring. The Pioneers lost to perennial regional's champion New Haven in the regional's championship game.

SHU's Silver Anniversary Basketball Team

Twenty-five years of basketball excellence was on display in the form of former members of SHU's men's basketball teams. From left are Kevin Stevens (84-87), Keith Johnson (82-87), Roger Younger (82-86), Bill Bayno (83-85) represented by his father Joseph Bayno, Steve Zazuri (80-84), Rhonie White (79-83), Keith Bennett (79-83), Andre Means (76-78), Ray Vyzas (69-73), Ed Czernota (69-72), Rich Pucciarello (66-70), and Tony Judkins (85-89). Also honored but missing from photo are Carl Winfree (72-77), Tony Trimboli (73-77), and Hector Olivencia (74-78).

MISSIVES FROM THE MADMAN

By The Madman

Our Pioneer basketball squad is the tale of two teams. The Jeckyl side of the heart is the defensively passive, continuity lacking poor foul shooting bunch who earlier this season were blown out by St. Anselm's and more recently gave away two wins to NECC lowlives Keene State and SCUS. Blowing a fifteen point lead to the SCUS Owls last Wednesday while shooting an abysmal 33 percent left NECC experts confused about Dave Hyde's men.

We have also seen the Mr. Hyde in the Pioneers. Mr. Hyde represents the aggressive defense, strong rebounding and superb team play the Pioneers showed in consecutive wins over UNLV, UNM and most recently during brief spats in the first half and overtime in Saturday's win over Lowell on Alumni day. The Pioneers now face the meat of their schedule in these two weeks with all but one of these contests on the road. I honestly don't know what to expect but hopefully we will see a little more Hyde than Jeckyl.

Our men's volleyball team, which won three games all last year have already won two (as of 2/11) and have received strong play from Dave Wahnquist and Mike Gajar. First year coach Steve Fordyce has done a very respectable job thus far and maybe some of the close contests our spikers dropped last year can be reversed.

A final thought? How about the Madman's top 18 Division I college basketball teams: 1) Who else-UNLV, 2) Ohio State, 3) Arkansas, 4) Indiana, 5) Duke, 6) Arizona, 7) North Carolina, 8) Syracuse (For the moment), 9) Kentucky, 10) St. Johns, 11) UCLA, 12) Southern Miss, 13) East Tenn. St., 14) New Mexico St., 15) Nebraska, 16) Virginia, 17) Kansas. Is there any doubt that UNLV is the finest team in the land? The road contest won by the Rebels over the Arkansas contest was not indicative of a second half dominated by the Rebels. Ohio State with a couple of great athletes in Jim Jackson and Perry Carter may be able to keep a contest close with Vegas but the outcome would not be doubt. Arizona? Uh........No.

Spring training is just around the corner. In late March, I will tell all of you about what I witnessed in spring training 1991. My fellow Met fans, we may be better off now than most people think. Pitching and defense is 90 percent of the game, so one out of two isn't bad. This lineup, feel, will score runs, enough runs at least to win the close contests that the Mets blew so many of last year.
Second place Pioneers split a pair

By Amy Madison
Sports Reporter

In the past several weeks, the Pioneer Men’s Basketball team has proven to be about as consistent as New England’s weather. Just when it started to look like the Pioneer force was back for good, the Heart dropped two straight, falling to 5-4 in the NECC and pushing their hopes of a winning season farther away.

Last Wednesday at Southern, the Pioneers allowed the Owls to overcome a 15-point deficit and steal a 60-58 decision. The Heart shot a horrid 33 percent from the field, as Darrin Robinson played all of one minute, due to an early defensive mistake.

The Pioneers practically handed the game to Southern, who shot a miserable 37 percent, by turning the ball over at crucial moments and taking unstable shots. Head Coach Dave Bike admitted, “It was unbelievable. The only reason we were ahead so long was because Southern played sloppy. We passed sloppily, threw the ball away. We were awful.”

With 2:42 remaining, the Owls tied the game at 56 on a jumper by Jonathan Greenfield, who led the Owls with 17 points. The teams traded baskets, and after a missed three-pointer by T.J. Williams, Southern took the lead 60-58 on a tip-in by Greenfield. The Pioneers had a chance to tie with 13 seconds left when William’s foul was fouled on the floor, but failed to convert. The Pioneers then fouled Southern’s Philippe Valentin, who missed the front end of a one-and-one with nine seconds left. However, a misguided pass from Williams to a heavily guarded Kevin Phillips forced Phillips to throw an off-balanced pass to a Southern player in an attempt to save the ball from going out of bounds.

The only bright spot in the Pioneer calamity was center Rob Dubose, who scored 19 points on 7-8 shooting, and grabbed 10 rebounds. Williams led the boards for SHU with 11, but shot a pathetic 3-12 with seven points. Theo Gadsden was also disappointing, with six points on 3-4, 19 shooting. Phillips felt that the team became too content once they got a good lead. “It’s good to be

See Men’s, pg. 14

Calamity followed calami ty for the Lady Pioneers. A balanced Southern Owls effort was just too much for Sacred Heart. For the Lady Pioneers, this was the end of a four-game losing streak. But, if anything, it was a learning experience for the Lady Owls.

“We played sloppily, threw the ball away. We were awful.”

Coach Ed Swanson was unavailable for comment. On Saturday, SHU took on NECC leader Lowell at the SHU Box. After falling behind in the first half 31-20 with five minutes left, the Lady Pioneers went on a 13-2 run to tie the game 33-33 at the half. The Lady Chiefs showed why they lead the NECC (10-0) in the second half outscoring Sacred Heart 47-20 with five minutes left, the Lady Owls tied the game at 56 on a jumper by Jonathan Greenfield, who led the Owls with 17 points. The teams traded baskets, and after a missed three-pointer by T.J. Williams, Southern took the lead 60-58 on a tip-in by Greenfield. The Pioneers had a chance to tie with 13 seconds left when William’s foul was fouled on the floor, but failed to convert. The Pioneers then fouled Southern’s Philippe Valentin, who missed the front end of a one-and-one with nine seconds left. However, a misguided pass from Williams to a heavily guarded Kevin Phillips forced Phillips to throw an off-balanced pass to a Southern player in an attempt to save the ball from going out of bounds.

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See Men’s, pg. 14

Pioneers look to regain touch

By Rick Ferris
Sports Editor

The Sacred Heart University Women’s Basketball team owns a record of 5-15 and 1-9 in the NEC after dropping two contests to Southern Connecticut and the University of Lowell.

The Pioneers were soundly defeated by the Owls 89-49. Everyone was greeted by several members of the Hartford Courant Staff, the Hartford Whalers, and the Hartford Civic Center hosts for an informative, as well as enjoyable day.

On Tuesday, Jan. 29 we, in addition to 19 other sports and assistant sports editors from Connecticut and Western Massachusetts had the unique opportunity to attend a seminar held by the Hartford Courant, a tour of the Courant’s facilities, and to cover the hockey game between the Whalers and the New York Islanders.

Everyone was greeted by several members of the Hartford Courant sports staff including sports editor Jeff Oterlieben, columnist Owen Camfield, and Whaler beat writer Jeff Jacobs. The first hour and a half consisted of a question and answer session with the sports staff. After a tour of the sky boxes, and the press box where all of us would later cover the game was conducted.

The game featured 97 penalty minutes, more than the usual hockey game. Whaler Jim McKenzie got a game misconduct at the 7:45 mark of the third period after getting into his third fight of the evening. Todd Krygier also received a game misconduct later on in the third. The Whalers weren’t alone with the rough stuff, Mike Vukota of the Islanders of the Islanders also got into a pair of fights, both with McKenzie.

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