New residence hall planned

Building to hold classrooms

By Jason A. Dalrymple
Editor-in-Chief

Sacred Heart is continuing what has become a yearly tradition. Plans for a fifth residence hall are now in the works for the fall semester.

At this time, tentative plans for the new hall have been drawn up based on the recommendations of architects and are based on students needs and conveniences.

"My role was to make sure the design met student needs," said Kevin P. Kelly, dean of students. "We met with architects and builders with that goal in mind."

The planned building, still under discussion, will be between eight and ten stories high. "I feel there's optimism, however," Kelly had a great deal of optimism.

In addition to housing residents in a "suite or large apartment style" manner, the new building will also contain two floors of new classrooms.

The new classrooms will be located on the first and second floors of the building.

Construction is planned to start upon the finalization of plans and the decision of the site.

"I would like to believe that the hall will be ready by Sept. 3, but we have to be realistic," said Kelly. "We are forming an action plan for residents in case we are unsuccessful."

Kelly had a great deal of optimism.

"We really didn't get started on West Hall until Mar. 1 last year, and we made it under the gun," he said. "I feel there's hope that we can do it again."

Our contribution to global warming is one the issues to be addressed by this year's Curtis lecturer, noted author and environmentalist, Bill McKibben.

"We have changed the atmosphere and that has changed the weather," McKibben says in his book The End of Nature. "The temperature and rainfall are no longer to be entirely the work of some separate uncivilized force, but instead in part a product of our habits, our economies, our ways of life," McKibben states.

"Bill McKibben is a highly regarded writer and a recognized leading environmentalist voice among the emerging generation," said Dr. John Berkman, professor of religious studies.

"His passion and prophetic concern for the environment are fuel for his writing."

"Bill McKibben's subject is The End of Nature itself, which he claims humans already have brought about. The subject is important, the notion is arresting and Mr. McKibben argues convincingly," according to The Wall Street Journal.

McKibben's talk entitled, "God, Job, and the Environmental Dilemma" will be the eighth annual presentation of the Curtis lecture.

The lecture, named for the University's founder, The Most Rev. Walter W. Curtis, is scheduled for 7:30 p.m. Wednesday, March 22, in Schine Auditorium.

McKibben, who also writes widely on contemporary culture and issues that concern our society, wants to critique the western ethic of consumerism, according to Berkman.

"He is concerned with what is that we really need for the entire planet to live well," Berkman said. McKibben earned his B.A. from Harvard College and was awarded a Lyndhurst Fellowship and a Guggenheim Fellowship.

McKibben has published several books and has contributed articles to The New York Times, Natural History, Rolling Stone, Audubon and Outside. McKibben's first book, The End of Nature has been translated into 14 languages.
Wellness Week planned

March 20th through 25th has been designated as this semester's March Wellness Week. The focus will be on programs that relate to the holistic well-being of people, according to the university's Student Activities office.

Areas covered under the wellness model include spiritual, physical, intellectual, career, emotional, and social. All planned programs must be cleared with the Student Activities Office.

SHU Chapter of Habitat sponsors work day

The Sacred Heart University Campus Chapter of Habitat For Humanity will be sponsoring a work day this Saturday, March 18. All students, faculty and staff are welcome to participate.

The Habitat group plans to depart from campus at 8:00 and return around 4:30. No special construction skills are required.

Please call Annette Bosley at 396-6566, or Jim Westgate at 365-7519, if you plan on attending or need further information. If you are busy this Saturday, plan to join the group on April 29, for the next work day.

Panel and film to look at relations

The Sacred Heart University's Education Department, the Jewish Friendship Organization, UIJAMA, and the Campus Ministry are sponsoring a viewing of Fires In The Mirrors, an award winning presentation on relations between blacks and Jews in New York City's Crown Heights district in August of 1991.

Fires In The Mirrors is based on the acclaimed one-person Broadway play and will star Anna Devere Smith, whom wrote the play. The video will be shown on Thursday, Mar. 23 at 7:00 p.m.

A panel will discuss the implications and contents of the video presentation. Panel members include: Alvin Clinksciles, Laura Kenton, Mark Head, Father Philip and Rabbi Jerome Wallin.

For further information, contact Dr. Barry E. Herman at 371-7800.

By Katherine A. Bump Co-Editor

Last semester, resident students filled out a "Quality of Residen­tial Life Survey." The survey was conducted to receive feed­back from the students about residential life and other services on campus.

"Essentially, we wanted to get graded," says Director of Residential Life, Steve Harrison.

The students were asked to answer questions concerning their hall council, Resident Hall Direc­tor, roommates, the mail room, cable and phone service, library, computer lab, Health Services, parking and Student Activities.

The results are in and will be given to all the specific depart­ments.

"I know residential life has its problems," says Harrison. "We need to see what the students felt exactly so we could address the problems correctly.

The survey showed that approximately 570 residents knew that their hall had a hall council, yet 486 residents said they

cept first year residents, choose their roommates. But the scores at South Hall, the first-year hall, showed that the Residential Life department does a good job plac­ing roommates by preferences.

When residents were asked, "Is your hall an attractive place to live in?" about 66 percent an­swered that they agreed. That number is above half, yet Harrison found this to be puzzling.

"I expected that most resi­dents don't know enough about their hall council," says Harrison.

"I think that residents should be pro-active. We asked them to participate. We informed them that they were going to be on the council, and they came," said Harrison.

"I think the residents could not care less, I don't know enough about what they have, they haven't really been somewhere else.

The survey of 73 ques­tions, the lowest number was 103 people who had no response to a question. This also troubled Harrison.

"When residents don't care to respond about the services that directly affect them," says Harrison, "that is a sad situation.

The residents did respond well to the Student Activities office. Sacred Heart residents are, for the most part, satisfied with the number and quality of programs pro­duced by Student Activities.

Kudos to Student Activi­ties," says Harrison. "They de­signed a new program to back the club office, with a 20 percent dis­count rate, we have some work on our hands our hands.

Due to the results, a more pro-active resident contact is an issue Harrison is dealing with.

Res. Life surveys tallied

By Scott Tryon Contributing Writer

Aside from playing for the homecoming parade football and hockey games, the Sacred Heart University marching band will also perform in the St. Patrick's Day parade. "This will be another goal we have to work on," said Harrison.

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Band to march in New York City

By Scott Tryon Contributing Writer

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Glorioso: study leads to fellowship

Continued from page 1

heat, cold or toxins.

In a biological research course this fall, Gina and classmate Mike Bona looked at how during stress response the levels of a particular family of proteins—chaperonins— in cells increase.

The object of the study was to determine if the slime mold would make a good model for studying the functions of chaperonins.

"I just wanted to give it a shot," said the Southington native. "I felt that even if I did not win, the experience of writing a scientific proposal would be great. Dr. Brightman thought it would be worthwhile to further the re­search, and this fellowship has now made that possible."

Gina's proposal is to take the slime mold and determine if it has a gene related to the mouse gene used in a previous study and, if it does, clone it for closer studying. The knowledge obtained from the study of stress responses could be useful in several medical appli­cations.

According to Gina, immu­nologists are considering using stress protein isolated from patho­gens to prepare vaccines against diseases caused by bacteria, and to measure tissue and organ in­jury. In addition, treatments that increase the levels of chaperonins may even protect injured tissue.

According to Dr. Babu George, faculty chair science, math and computer science, the Pfizer was national competition which Sacred Heart and five other institutions received recognition.

"Gina is really a hard work­ing and dedicated student," said Dr. George.

The award will permit Gina to spend ten weeks during this summer at the University.

In the fall Gina and Brightman, will visit Pfizer's Central Research Headquarters in Groton, where Gina will present the results of her research.

"I am very proud of her and the faculty mentor and the entire biology and chemistry faculty because of the cooperation they showed," George added.
Women's studies plans discussion

By Joy Graves
Contributing Writer

On Wednesday, Mar. 29, at 5:00 p.m. in the Schine Auditorium, the Women's Studies Department in conjunction with the Global Studies Department will host "Women's History, Latin America: Women Speak Out." Videos will be shown from Latin American countries and a roundtable discussion, hosted by Dr. Charlotte Gradie of the history department, Eileen Birkh, the assistant vice president for academic affairs, and Dr. Katherine Kidd of the global studies department, will follow.

"We'll talk about issues that are raised in the films," Dr. KIDD said about the discussion. "From El Salvador there is a video about a peasant women who joined the guerrilla movement that lasted from 1978 to 1991. Another video focuses on the life of Brazilian prostitutes and the third portrays what life is like in the United States for immigrants from Latin America.

While Dr. Kidd would like to talk about life as a woman in Latin America which includes various economic and social issues, the discussion will remain open.

"There are some things that I would like to cover such as the economic issues facing a woman if there isn't a man around to provide for her, or the position that women hold in society," said Dr. KIDD.

"Their society is much less egalitarian than that which we have here in the United States. But the conversation will also be what questions students might have and what they would like to talk about," she concluded.

For more information contact Dr. Claire Marrone, director of women's studies, at extension 7629.

Academy helps inner-city students

By Jeanine Farfalla
Staff Writer

A special program at Sacred Heart University, entitled The Saturday Hispanic Academy, has been gaining national recognition for its success in keeping students in school. Recently, it was awarded a $24,000 grant for the second consecutive year by the Connecticut Academy for Education in Mathematics, Science and Technology.

The Saturday Hispanic Academy provides intellectual instruction in reading, writing and science to the 35 Latino high school students in school. Recently it has helped over 250 students in the past year. The students arrive at Sacred Heart on Saturdays throughout the school year.

Senior Jason Calabrese slips himself a twenty spot during a recent bake sale held by Nu Epsilon Omega before Spring Break. Calabrese "confessed" to the embezzlement to freshman pledge Aimee Falcon (right) and replaced the cash to the till. The bake sale was quite a success and they look forward to more futures and continue to keep a close eye on Calabrese.

Photo by Jason A. Dalymple

Student Government Election Schedule

Information session in Student Government office

March 21

Nomination forms due in the Activities office

April 4

Candidate speeches in Dining Hall

Elections begin following speeches until 7 p.m. in Dining Hall

April 5

Elections from 9-6, results posted at 8 p.m.

All candidates must be able to attend the Student Government Leadership Retreat the weekend of Apr. 21 and 22 or Apr. 28 and 29.

FSU Law School Student Arrested for Hitman Plot

TALLAHASSEE, Fla.--A Florida State University law student is accused of plotting the murder of a school employee after the hit man she allegedly hired turned her in to police. Joann Plachy, 49, was arrested on Feb. 20 and charged with soliciting murder.

Plachy paid Peter Laquerre $1,000 to kill Margaret Satterfield, a FSU employee who Plachy said accused her of cheating by obtaining copies of a final exam, said Tallahassee police. Before the monetary transaction, Laquerre had informed police of Plachy's intentions. They then worked together to set the stage for Plachy's arrest.

"If I don't take this person out of the picture, I'm just screwed," said Laquerre. Plachy had told Laquerre, according to a police affidavit.

"I'm looking at losing my whole law career, and I'm just about a straight-A student," she said.

Once the money changed hands, Plachy was arrested and imprisoned. Bond has been set at $500,000. If convicted, the FSU law student could face 30 years in prison.

Tallahassee police say Plachy first attempted to hire a hitman on Feb. 10 when she contacted a friend in Key West. Although Plachy wanted help in contacting Laquerre, her acquaintance called police instead.
**We can't hear you when you whisper**

There's been a growing trend in the body of Sacred Heart students. Fester is probably a more apt description of the sense of apathy creeping up on the student body.

The amount and quality of concern and spirit is slipping out of the hands and heads of students.

Fester this is how to perform a safe, legal abortion.

There are no more excuses. There is no turn back. The students of Sacred Heart have made it clear that they do not accept apathy.

**There's something about a train**

By Jason A. Dalrymple
Editor-in-Chief

For years, Amtrak’s motto has been, “There’s something about a train that’s magic.”

I’m not sure if that’s still their motto, but I haven’t seen any ads for Amtrak lately.

Well, over breakfast, I had the opportunity to check into the validity of Amtrak’s claim when I utilized their service to ride from here to St. Paul, Minnesota.

For those of you who are in the large part of the population that still can’t figure out U.S. geography, it’s on the Canadian border roughly 1200 miles from here. (In other words, a long way off.)

Why the train? Because the airlines were just too damned expensive.

I put myself, virtually any size, in a space roughly three and one half feet long by maybe two feet wide. I didn’t forget about the wonders of Amtrak’s train magic for me? The people I met. I couldn’t talk about all of them, I’d be here for awhile (especially if I told you all about the college crowd I ran into coming back from Chicago; all I’m saying is 3:30 am, lots of empty, and a deck of cards. Enough said there.)

I don’t have names for most of them. But I won’t forget their faces, stories, or the thoughts they brought to me.

Ms. New Orleans (I call her that because she was heading there) I met on the way to Chicago. She drank a Budweiser for breakfast and smoked a pack of something, I think Camels, in the hour I sat talking with her and the crowd in the smoking car.

She told about a gentleman who had the night before, bought everyone in the smoking car a fine dinner in the dining car. For her, as she claimed herself, the experience was the most elegance she’d had in a dinner in a long time. I was reminded of her the next night when I sat eating at the Radisson rotating hotel restaurant just before going off to see “Les Misérables,” wondering what she would have thought.

Perhaps it was Mr. Columbus Ohio (actually, he wasn’t headed there, he just rambled on about it for the longest time). He was less than thought provoking but more than that was his rambling to no one for a spell, his sudden silence, then the words, “I just want to get to Columbus, Ohio so I can sink some boats.”

I watched the evening news and read the next day’s newspapers without noticing anything.

It could have been Stephanie, a 24-year-old blond with more energy than half the young children running around the lounge car. She was headed for somewhere in Michigan, near a town called Columbus, Ohio so I can sink some boats. I watched her phone number and we’re going out to party. Or something.

Between these three, and little Mesha on the trip to Chicago from New York, little Cody, whose playful kicks left bruises on my shins, Paige and her teddy bear, I figured out what it was about a train that’s magic.

When that conductor calls, “All Aboard!” he really does mean ALL aboard.
Letters to the Editor

FORMER DIRECTOR REBUFFS "RESTRUCTURING" OF ADMINISTRATIVE POSITION

To the Editor:

I am writing to salute and publicly recognize Judie Filipke-Ritaler. For the past fourteen years Judie has been a full-time employee of Sacred Heart in the Career Services Office, serving as Director since 1984. Despite her long record of service and commitment to SHU, her position was recently "restructured" out of existence.

During her many years at Sacred Heart, Judie was more than your average administrator. She guided and counseled many students as they made decisions about their future careers; she helped countless students and alumni find job opportunities; she aided students in resume preparation and effective interviewing skills; she built solid relationships with area employers, opening their doors to SHU students, bringing them to the University for Career Days and on-campus recruitment.

In addition to all this, Judie went far beyond the duties of her job description. For more than a decade, Judie and her husband, Bill, served as virtually every man's or woman's mentor. She was a regular at most every home basketball game, sitting right behind the Pioneer bench. Judie Filipke-Ritaler was completely dedicated to Sacred Heart University, most especially the students. Above all, she is genuinely good, decent and kind human being.

In return for all of her efforts, the University has handed her a pink slip and sent her on her way. She was given six weeks notice that her position would be eliminated. She received only ten days of severance pay; her medical insurance was only extended until one and a half months. There was no going away party or a good-bye wish of good luck from her supervisors. There are some at the University who would prefer that the community not know these facts about the way she was separated. Nevertheless, these are the facts.

This is the third restructuring in the Enrollment Planning and Student Services Department in the past four years. Since Mr. James Barquino took over this area less than four years ago (a dubious promotion considering he does not possess a Master's Degree in Education), many of us have been defeated, forced to resign or had their positions eliminated. It is my opinion that the Student Services Department is considerably weakened by the elimination of fewer services since Mr. Barquino's ascension and the unfortunate arrival of Dean Kevin Kelly in 1992.

The University has a right to make changes and the staff positions as it sees fit. However, SHU simply does not have the responsibility to treat its most loyal employees with dignity and respect. If SHU is to remain a community, it should not treat employees this way. A fourteen year employee deserves more than six weeks notice. I believe that the term "restructuring" is just a facade to obscure the true intent of the action which is to remove the person, not the position. I believe that everyone can see right through this thin veil and recognize it for what it is. It is my opinion that in the long-term, this type of cold inhuman treatment of employees does not exist at present. Students must have love for their institution and a high level of enthusiasm and spirit. Unfortunately, when a member of the community is treated as Judie Filipke-Ritaler was, these goals grow more distant. I implore the decision-makers at Sacred Heart to bring more respect, tolerance of various ideas, and compassion to SHU.

Judie Filipke-Ritaler visited the State Unemployment Office last week to file her claim. She has lost her livelihood and her health insurance. Meanwhile, life goes on at Sacred Heart. I urge everyone to stop for a moment and think about that. Please join me with your thoughts and prayers in wishing her well.

Sincerely,

Thomas Kelly
Former Director Student Activities, Alumni, Class of 1983
Art student wins national honor

Fourth year in a row for Sacred Heart art students

By Melissa Bruno
A & E Editor

When someone mentions the art department at Sacred Heart, what do you think of? Probably the same thing I, along with most SHU students, think of - a few rooms in the basement of the North Wing that house some very talented but little recognized art students. That idea may start to change around campus very soon. For the fourth straight year, one of Professor Jack de Graffenried's illustration students has had a piece of artwork selected by the Society of Illustrators in New York for their annual Student Exhibition. Junor Bob Abric, an illustration major from Newtown, CT, was the honored student this year. Other students that have been chosen in the past are Jill Anderson (1994), Krista Wallhagen (1993) and Elaine Agnati (1992). Wallhagen's artwork was the cover piece on the Society's Exhibition catalogue in 1993. She and the illustration department received a matching grant of $1,500. De Graffenried described the impact of the honor by saying, "the last three years we have been the smallest art department in the country to get in this exhibition. We go up against larger universities and art colleges from around America."
The Society of Illustrators Exhibition runs from Apr. 25 through May 13 at the Society's Gallery in NYC, located at 128 E, 63rd St. There will be an awards presentation at the Gallery on Fri., Apr. 28 at 5:30 p.m.

FILM

Billy Madison

By Jonathan McCarthy
Associate Editor

A good plot and a great storyline are some of the aspects that make movies great. Billy Madison possesses none of these. However what saves this movie from being absolutely a waste of time is Saturday Night Live (SNL) favorite, Adam Sandler. The movie which was written by Sandler and partner Tim Herlihy survives on the stand up work of Sandler himself and at times appears to be a SNL show in itself. Billy Madison showcases the work of Sandler and SNL partner, Chris Farley. The movie is the story of Billy Madison (Sandler), who needs to complete grades 1 through 12 in order to take over his father's million dollar motel chain.

Billy, who spends time drinking, lounging in the pool and chasing an imaginary penguin, runs into all the unique situations that would face a child in school life. These situations include a pants wetting, eating paste and his first crush. Each grade in the long run turns out to be a skit in its own. Sandler also finds the time to fall in love with his third grade teacher, played by Bridgette Wilson, and their relationship encompasses all the aspects of puppy love. Sandler basically relies on his SNL identity throughout this movie. He plays the part of Opera Man, as well as makes direct references to songs off his debut album They're All Gonna Laugh At You. Songs such as "Electric Dumber" provide a good portion of humor for the film. Basically, the movie was made with the same stupid slapstick laughter that fellow SNL star Jim Carrey has made popular with movies like Ace Ventura, Pet Detective, The Mask and Dumb and Dumber.

Adam Sandler shines in Billy Madison
One-woman play explores childhood sexual abuse

Special to the Spectrum

Roberta Nobleman, English-born actress, storyteller, author, dramatist, teacher and spiritual pilgrim, will present a healing drama on childhood sexual abuse on Thurs., Mar. 23 in the Theatre, at 6 p.m.

Entitled Masks and Mirrors, the 90-minute play will weave Nobleman’s own childhood experience with stories from Virginia Woolf. At a time when more and more people, including public figures, are revealing that they are childhood sexual abuse survivors, Nobleman points the way “beyond mere survival.”

“People respond to the word celebration,” she says. After her presentations, during which she speaks of being a celebrant, survivors often approach her “with a light in their eyes.”

A round-table discussion about childhood sexual abuse will follow Nobleman’s play, featuring Hadar Labin, M.D., a psychiatrist at the Yale School of Medicine and director of the Women’s Trauma Program at the Yale Psychiatric Institute; Deborah Pike, a survivor of childhood sexual abuse; Judith Lynch, Ph.D., assistant professor of nursing; and Michelle Lerner, Ph.D., professor of English, both of SHU.

Nobleman is the author of six books, including Victim, savior: Celebrating: The Healing Journey from Childhood Sexual Abuse (Abbey Press), several plays and numerous workshops. She has taught at Fairleigh Dickinson University, Kean College and Montclair State College, all in New Jersey.

This is Nobleman’s 12th year of traveling worldwide to perform one-woman theatre shows. Her topics range from sexual abuse to spiritual desolation to women forgotten by history, and the plays tend to involve the audience. Her Masks and Mirrors message goes beyond the survivor stage, when a man or woman is just coming to terms with the effects of the abuse.

“A lot of people get stuck in the survivor stage,” Nobleman said. “They feel for the pain, and they want what often happens is people walk around with ‘V’ for victim on their chests.”

Admission for this program is free for SHU students with IDs, and $3 for everyone else. For more information, contact Claire Marrone, Ph.D., assistant professor of modern languages and director of the University’s Women’s Studies program, at (203) 365-7629.

Springsteen puts it all together, good and bad

By Chris Nicholson
Contributing Editor


Say what you want about Bruce and the Cruisers. Say what you want about Springsteen and the E Street Band. Say what you want about the Jersey Shore, the Meadowlands, the big stadium.

Say what you want about the Jersey Shore, the Meadowlands, the big stadium. But I still sympathized with Bruce and the Cruisers. I always wondered how he could be so popular when so many people hated him.

Yes, it’s true, there are plenty of early Springsteen songs with lyrics that are... well, we really don’t know what they are because we cannot understand them. Even the rock classic “Born to Run” was infected with this vocal disease.

However, I started to like Springsteen during the time of “Never Surrender” and “Born in the U.S.A.” and “I’m on Fire,” during a time of emotional rebellion for an adolescent boy learning to rock. It was an emotional rebellion that mixed perfectly with the rebellion on which New Jersey rock thrives.

I was not enormously thrilled when Springsteen fired the E Street Band (can a New Jersey band have a better name?) and shook off the thundering back beats of rock anthems to begin singing low-key, depressing ballads like “Valentine’s Day.”

But I still sympathized with the underdog quality Springsteen grew up with and retained in his music, and songs like “Brilliant Disguise” and “Better Days” came along to assure us that there is room in which Jersey rock can still grow.

Last year’s undisputed success of Springsteen’s theme song for Best Picture Philadelphia eased the minds of fans who thought he was through, and it appeased the doubting critics who had said “Philadelphia” was one of the best songs Springsteen had written, and certainly the best since discarding his band.

What about the E Street Band? They’re back for this album, and they’re making Bruce sound a little like the song writer we used to love (or hate).

The single from the album, “Mud,” made a hit, and “Journey from Childhood Sexual Abuse,” is a hit. But it’s hard to say that this album is any better than the last one.

Other new tracks include the upbeat “Secret Garden,” “Blood Brothers” and “This Hard Land,” a track about dead farm land that is highly reminiscent of “My Hometown.”

Combined with the tracks from the early, mumbled years of his career, Springsteen’s Greatest Hits excellently overviews the career of New Jersey’s old Boss.

You may be surprised by liking it.
Seasonal Affective Disorder changes outlooks

By Michele Herrmann
Features Editor

Spring is only four days away and with the weather’s odd behavior of rain, bright sunny skies and cold temperatures, the upcoming season is gradually appearing. Spring exemplifies blossoms, buds, and animals awakening from hibernation. It renews and revives creation. Some people look forward to putting away winter coats and wearing a T-shirt without freezing. Others, like myself, may look forward to an increase in energy and a happier outlook. With every winter season a sense of sadness comes over me. As the days become shorter so does my energy and enthusiasm. My moods swing from a high lift-off to a crash down. I get angry more easily. My thoughts and judgment become cloudy. My appetite changes with each day by either eating any food that looks good or snacking through what is on my plate. Sleep is more interesting, as I sometimes wish to be like a bear and just snooze from January to March. According to Cosmopolitan, ten million people are troubled by seasonal affective disorder, a “patterning of melancholy, sadness, and wanes according to the time of year.” During a certain season, people lose their smile, energy and interest.

Norman E. Rosenthal, M.D., author of the book Seasons of the Mind, estimates that “as many as 25 percent of Americans suffer from a mild form of SAD.” However SAD is not considered as a diagnosable illness; it is a hypothesis. “There is not a lot of data,” said Dr. Thomas Hicks, an associate professor of psychology. People affected by SAD are troubled mostly by the winter and from a mild form of SAD. “However SAD is not considered as a diagnosable illness; it is a hypothesis.” There is not a lot of data, said Dr. Thomas Hicks, an associate professor of psychology. People affected by SAD are troubled mostly by the winter and summer seasons, respectively. One in 20 people with SAD deal with the harshness of summer because it brings on a disturbing depression containing less interest in sleep and eating. Along with decreased action, there is an increased risk of acting on self-destructive impulses. There is one easy remedy for SAD caused by summer—cold. Relaxing in an air-conditioned room could decrease or possibly eliminate some symptoms. Some sufferers said in Cosmopolitan that they regained their cool happy feelings from “a vacation in a colder climate” and from “long swims in cold water.” A majority, however, think that winter causes SAD in more people because Rosenthal notes that “95 percent of victims feel cheerful, energetic and highly productive during the rest of the year.” Some, like me, feel that they want to hibernate in a cave until spring arrives.

Symptoms are an intense craving for carbohydrates, highly sweetened foods, and eventual weight gain. Winter SAD is caused by a lack of sunlight from days becoming shorter.

To cope with SAD, Rosenthal has some personal tips: spend more time outdoors and leave window shades up at night “to benefit from the dawn’s earliest light.” He also suggests not eating heavy meals or take naps during the daytime.

Let technology help with some relief. By spending half an hour under a special box that has cool-white fluorescent light or “six forty-watt full-spectrum” bulbs, most people experience a positive change in two to four days. These boxes are recommended by a doctor and cost a few hundred dollars.

With the recent changes in weather I now find that I smile a little more. However, if that cold front suddenly returns, the best things I can do for myself is to be patient and ride it out. Living life during the season causing SAD is like living with the common cold. With the passage of time and taking steps to improve your condition, eventually your illness will go away.

Some college students choose abstinence

By Wendi Williams
College Press Services

Lakitha Garth decided when she was 11 that she didn’t want to be an unwed mother, get sexually transmitted diseases or be on welfare. So she didn’t have sex. And, won’t, until she gets married.

“Any guy that I’m not willing to spend the rest of my life with is not worth my womanhood,” said the 24 year old student from the University of Southern California.

Tami Daniels, 24, started what she calls a “secondary virginity” after sleeping around in high school and getting gonorrhea and chlamydia twice each.

She, too, pledged to abstain from sex until marriage, although it’s been difficult for her.

“It’s one of the hardest things I’ve done because I know what I’m missing,” said Daniels. “I’m not going to lie and say I’m glad I don’t have sex any more. But there is a time and place for it.”

In a “just do it” society, Garth and Daniels are among college students who are publicly declaring their intention to abstain from sex. As part of the Athletes for Abstinence program, the two women are part of a group of 19-31 year-olds who use examples from their lives to spread the message to younger kids that the only safe sex is no sex.

Meanwhile, hundreds have joined the True Love Waits campaign, an effort by the Baptist church to link like-minded abstinence who pledge to wait for sex until marriage.

Since the club started in April 1993, more than 60,000 True Love Waits clubs have sprung up at colleges, high schools and churches nationwide.

True Love Waits campaign coordinator Richard Ross said the movement started from parents or churches trying to dictate sexual behavior, but because sexually abstinent teens wanted to share their values with like-minded peers.

Ross said he was surprised when colleges started calling for information about how they too could get involved.

“True Love Waits has become a counter-cultural statement,” Ross said. “It’s been a real turn of events: the children of the Woodstock generation have proven to be more bold in their convictions and their life-styles than some of their parents. They have been willing to step forward with a firm choice.”

But while the Woodstock generation talked of “free” sex, today’s college students have grown up in the age of AIDS and often describe the sex in more cautious terms of “safe” or “unsafe.”

The World Health Organization estimates that more than 3 million people worldwide have developed AIDS and that more than 14 million people have been infected with HIV.

New figures released by the U.S. Centers for Disease Control and Prevention show that AIDS has surpassed accidents as the leading killer of young adults.

Because students who choose to be sexually active usually have more than one partner over their four years in school, they also risk getting sexually transmitted diseases.

People under the age of 25 account for two-thirds of all STD cases, said the American Social Health Association. In a world where the sexual encounter can mean a death sentence, sex is simply not worth the risk to some students.


**SPORTS BRIEFS**

Compiled by Kevin Carroll

**Floor hockey to start**

Intramural floor hockey sign-ups will take place on Mar. 17 at Student Activities in the Hawley Lounge.

Team captains will need to submit a team roster at this time of at least five players with a ten player limit. Only four players and a goalie will be allowed on the playing surface at one time for each team. A captains meeting is scheduled to take place on Mar. 20 at 8 p.m. in student activities.

Play will begin on Mar. 21. The games will consist of two fifteen minute periods. Penalties and infractions will be strictly enforced. Student Activities stated that fighting of any kind will not be tolerated. Any team that has a player who gets into a fight will automatically be disqualified from the league.

For more information stop by Student Activities or check the activities bulletin board outside the cafeteria.

**In-line skating clinic at SHU**

Sign ups for in-line skating clinics will be taking place in Student Activities. The classes are sponsored by Stephen Baum’s In-Line Skating Clinics & Tours with a three dollar registration fee. There will be 25 people per class with a $7.50 skate and helmet rental fee for those who don’t own any equipment.

The clinics range from beginner to advanced, teaching students how to turn, stop, stride, backwards skate as well as other maneuvers a safe skater should know.

Class for beginners will take place on Apr. 1 and the advanced class will take place on Apr. 22.

**Battle for MGD Cup begins**

The Parkridge Wiffle Ball League season is scheduled to start this Friday at 3:00 p.m. between TH 1 and the boys from 4314 G.

TH 1 spent their spring training down in South Padre Island working out some bugs, where as 4314 spent the pre-season in Connecticut, picking up left handed Jim Hollis to add-to their all right handed line up.

“I think by adding me to the team, 4314 will be much better this year,” said Bob King.

He takes a minute to collect his thoughts, nervously fidgeting with his lunch tray. “What do I say guys?” He asks his friends Todd Waugh and Craig "Fruity" Pelleteri. Waugh immediately answers, “Bob’s cool!”

Smiling, Bob playfully nods his head, then changes the topic. A powerful athlete, his interest vary from cycling to rugby. "I have a touring bike which allows me to cycle various parts of Long Island," says King. "Cycling is one of my favorite past times."

While delaying his rugby career, he encourages this reporter to publicize the blood drive which the Rugby club is sponsoring and also the rugby tournament on Apr. 7 and 8 which is being held at Sacred Heart.

Rugby has become very much a part of John’s life. “As a freshman, things were pretty difficult for me here. I wanted to get involved so I decided to play rugby. This is one of the best decisions I’ve ever made," affirmed King.

“There is a sense of brotherhood and unity within the team that I enjoy the game so much more.”

John is also the proud godfather and uncle of two. He hails from a close-knit family of five, and his room clearly speaks of Irish origin. Plastered to his wall is a large Irish flag supported by posters and signs boasting of his heritage.

“I am hoping to go to Ireland this summer. I have been there, but not in Ireland I haven’t seen before,” says King with confidence. His dog "Cashel" was even named after a castle in Ireland.

King currently carries a 3.0 GPA, and his ultimate goal is to join FBI or DEA. "Criminal justice as a major has been in my family for a long time. I have one uncle who is in the US Treasury, and another who is a cop in the NYPD," said King. "I find CI very interesting and there is so much one can do with it."

An avid traveler, John has taken jaunts to Vermont and Florida, as well Canada and the sun-kissed Bahamas. What does he like to do in his free time? "I enjoy going to the beach, and the beach, he says. John drives a black Blazer, and also owns a 1976 Triumph TR6. "I’m extremely into cars," he acknowledged.

"John and I have been friends since 8th grade," says sophomore Daniel McGinn. "I regard this season as the best season of our friendship."

**Quote of the week**

“We’re looking forward to finishing up the season undefeated in our conference. We’re the first team in Sacred Heart men’s volleyball history to be able to say that.”

Jeremy Hitchcock
Men’s volleyball

**Volleyball looks to finish season strong**

By Melissa Bruno
A & E Editor

Tomorrow the men’s volleyball team will travel to York College in Queens, in hopes of upping their record to 20-3. York College will be looking for revenge, considering the fact that SHU defeated them in the final round of the Jersey City State College tournament.

The team then travels to Concordia College in Bronxville, NY on Saturday morning for a tournament. Participating in this tournament is Queens College, which is responsible for two Sacred Heart losses. Concordia is the only loss on the Pioneer’s record.

“The Concordia tournament is an important day for us,” said Captain Rob Pinkas. “We wanted another chance to play Concordia and Queens and this is it. We have the ability to step up and defeat these teams, we just need to do it.”

On Monday, the team hits the road again, this time to play in a tri-match at Yeshiva College in New York. The spikers will be facing Yeshiva and Stevens College.

During spring break, the team practiced twice a day in preparation for the Springfield College tournament they played in last weekend. Sacred Heart finished the tourney 2-1, defeating Hunter College and M.I.T. The Pioneers lost to Queens College in just four games. Their record currently stands at 19-3, although the team remains undefeated in the Metro conference.

The match against Hunter was played Friday night, with Sacred Heart winning 3-0.

On Saturday morning, the team’s first match was against Queens. They lost in four games, with the fourth game ending at 16-14 in favor of Queens.

Saturday afternoon placed the spikers on the court with M.I.T., a team that defeated Sacred Heart during the pre-season Vassar College tournament. The Pioneers lost the first two games 13-15, then came back strong to win the next three games.

Team leaders for the tournament were Randall Diaz, with 55 kills and Rob Pinkas, with 50 kills and 55 digs. Another outstanding player was first-year student Kevin O’Malley, who had a total of 25 kills.

Monday night marked a disappointing score for the team and SHU fans, when a game with Montclair State was cancelled due to scheduling errors. Senior Vern Cox commented, “I think it’s unfortunate that Montclair State didn’t show. We were looking forward to playing a team that we were unfamiliar with.”

As for the upcoming roadtrip, the Pioneers are looking towards three conference matches. Since the team hasn’t lost a conference game yet, Pinkas said they hoped to keep up that tradition in the coming days.

As for homes game the spikers is next Thurs., Mar. 23 at 7 p.m. versus Jersey City State College.

Sacred Heart is 2-0 against KCS. This is the last regular season game for the spikers before the conference championship on March 25 at Jersey City.
The equestrian team competed in two horse shows over spring break. A number of riders competed at the show on Mar. 5, enjioying an incredible season and looking to perform well in two weeks at New Canaan.

By Clare Cardo
Staff Writer

The equestrian team competed in two horse shows over spring break. A number of riders competed at the show on Mar. 5, bringing home some outstanding results.

Kristen Lutz placed first in her beginner walk/trot class, making her eligible to move up to the Advanced Division. Megan Conners also took home a blue ribbon for her walk/trot class. The team entered Nicole Klammer for the challenge class, which is a test of skill different from the other classes. Nicole placed second in that event.

"Sacred Heart is making everyone sit up and take notice" were the words of coach Maureen Lutz at the end of the day on Mar. 12. Once again each member placed in their respective events. Nicole Klammer and Helen Hamming placed first in their flat classes. Clare Cardo, Kristen Lutz, Hope Morrison and Tracy Milne all placed second in their divisions.

Senior guard Mike Kmiec breaks away from the field of Franklin Pierce defenders for two points in the Pioneers' semi-final victory at home. The Pioneers' lost a chance at the NCAA Division II tournament when they lost to UNH last Saturday in the NECC championship game.

Senior guard Mike Kmiec breaks away from the field of Franklin Pierce defenders for two points in the Pioneers' semi-final victory at home. The Pioneers' lost a chance at the NCAA Division II tournament when they lost to UNH last Saturday in the NECC championship game.

Equestrian captain Amy Spaulding (above) poses with a ribbon won at a recent show. The team is enjoying an incredible season and looking to perform well in two weeks at New Canaan.

Contributed photo
Men's tennis serves up season
Team ready for second year of collegiate competition

By Chris Nicholson
Contributing Editor

Ready for some tennis? The Sacred Heart men's tennis team is ready... ready to serve their second season of competition when they face Montclair State in New Jersey next Wednesday, March 22.

However, this is only their first full season of competition, so anxiety and uncertainty are playing a role. "It's a good win," said Coach Mike Guastelle. "We have the talent, but we just have to mold it. There's not much teaching at this level anyway. It's more tinkering, teaching the mental game."

An important aspect of the game for college players to learn, Guastelle explained, is how to play doubles, because most of the players come out of high school having been coached only in singles play. Learning to play doubles, he continued, "is important because it develops their full game. You have to come to the net more in doubles."

Guastelle hasn't decided on the head coaching job at the end of the season. Many of the players are still in college, but "we just have to mold it. There's a lot to build on. We have the raw talent, but he's consistent, and sometimes that's all you need."

Other members of the team are—in no predetermined order—sophomore Josh Black, senior Randall Diaz, sophomore Rob Pinkas, junior Mike Morrissey and senior Louis Eleneus.

"We're pretty much a new team," said Guastelle, who filled in the head coaching job at the end of last season. "They are all good people for them."

Freshman southpaw Stephen Soroka (foreground) and sophomore Mario Donini (right) practice in a doubles match on a recent warm afternoon. The two are battling for the #1 spot on the Pioneer men's tennis team.

Hoop team loses championship

By Keith Zingler
Sports Editor

The Sacred Heart University men's basketball team ended the 1994-95 season last Saturday. The team traveled to New Hampshire College, to play in the NECC championship games.

The last time the Pioneers made it to the NECC championship game was five years ago. The team in the country for Division II, home at Campus Field. The Laxmen lost to Lemoine last year in the ECAC play-offs knocking the Pioneers out of the tournament.

Saturday the laxmen will face Lemoine College, the number 8 team in the country for Division II, home at Campus Field. The Laxmen lost to Lemoine last year in the NECC play-offs.}

Kevin Carroll
Assistant Sports Editor

The Pioneer men's lacrosse team dropped their first three games of the season last week in South Carolina and Virginia. The defeats came from St. Andrews University, Limestone College and Virginia Wesleyan.

They were the three toughest teams the Pioneers faced this season. Head Coach Rob Randall, "St. Andrews and Limestone were both conference teams. They are all good people for them."

In each game the Pioneers played, they found themselves down at one point. For the most part the Pioneers had to play catch up ball the whole trip. They came close to making the come back against St. Andrews, losing 19 to 14, and then 16 to 10 to Virginia, Wesleyan.

"We felt that each game was lost in the first quarter," added Randall. There were some bright spots. Second year attackman Dave Root from Rome, New York, came back from the trip with 7 goals and 3 assists to give him a total of 12 points for the year so far.

Other players who contributed to the effort were third year attackman Chuck Chiordo from Stratford, CT., who amassed 9 points on 6 goals and 3 assists, as well as third year midfielder Mike Mazzeo from Darien, CT., with 5 points.

"We played three teams that we should have been able to beat. Even the two teams that were full scholarship oens," said Mazzeo. "We just made a lot of mental errors."

Henry Ozszewski, an attackman from Fairfield, CT, was the only fourth year player on the team to see a considerable amount of time with 3 goals and 1 assist on the season. Most of the starters are first and second year players. This young Pioneer team is one that is still in its growing stage.

"I have no problem with the fact that a lot of the players are freshman and sophomores," said Ozszewski. "They are all good players and it is just a matter of getting used to playing with new people for them."

Saturday the laxmen will face Lemoine College, the number 8 team in the country for Division II, home at Campus Field. The Laxmen lost to Lemoine last year in the BCAC play-offs. "We just made a lot of mental errors," said Mazzeo. "We just have to mold it. There's not much teaching at this level anyway. It's more tinkering, teaching the mental game."

An important aspect of the game for college players to learn, Guastelle explained, is how to play doubles, because most of the players come out of high school having been coached only in singles play. Learning to play doubles, he continued, "is important because it develops their full game. You have to come to the net more in doubles."

It also helps with team wins. College team tennis consists of nine matches: six singles and three doubles. Each match earns one point for the winner's team. "Doubles has a major importance in the game because it's a quick three points," Guastelle said.

The team will compete in two tournaments and 12 matches in the five-week season of 1995, including six matches at the home courts next to Campus Field.

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