

SPECTRUM

Volume 13, Number 3

Fairfield, Connecticut

September 21, 1995

WWPT reaches higher sound

Format and location are just some of the changes made by campus radio

By Stephen P. Scholz
News Editor

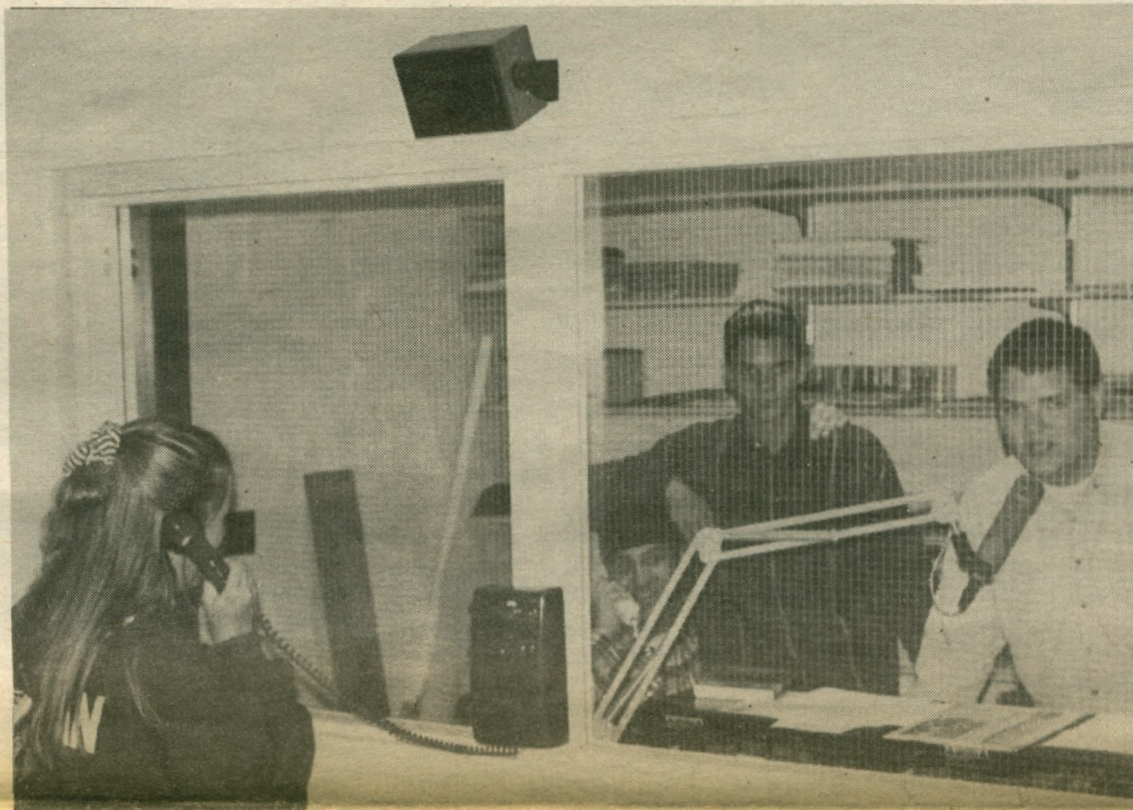
Sacred Heart University's campus radio station, WWPT, is undergoing changes this semester that students don't want to miss.

"I think that the most noticeable change is in our location," says George Lombardi, faculty advisor to the station. "We used to work out of a basement. Now the station is across from the Dining Hall in an area where students can't miss it."

Before the end of the month WWPT will be transmitting a low power, on campus only, radio wave which can run continuously for 24 hours. WWPT currently broadcasts on 90.3. The new frequency is likely to be 91.5 pending further testing.

"With the new change," says Lombardi, "the station will be fully

See WWPT, page 3



Sophomore Shannon O'Hagan puts in her request to Sophomore Doug Knowe while DJ's Matt Fortney and E.J. Lafleur look on.

Photo by Kent Bauer

Pope to visit NYC

By Danielle Nolan
Asst. A&L Editor

The University is looking for students to collect tickets and serve as ushers at Pope John Paul II's Mass in Central Park the first weekend in October.

The Mass is scheduled for Saturday, Oct. 7 on the Great Lawn at 9:30 a.m.

"They need about 750 people," says Colin McNamara, graduate assistant in the Campus Ministry office. "They've asked all sorts of universities and colleges in and around New York City. Fortunately, we happen to be close enough."

Depending on how many people attend, a bus or van will

See Pope, page 2

Dining Hall to speed up

By Tara Deenihan
Staff Writer

Among the many expansions being made at Sacred Heart, one

of the most obvious is the change taking place at the Dining Hall.

Along with the addition of a new dining area and the renovation of The Pub, formerly known as Chubby's, expansions have also

been made within the existing facilities to better accommodate a growing student body.

"We're refining and cultivat-

See FLIK, page 2

University gives back to city

Special to the Spectrum

A weekend stay in the East Side of Bridgeport planned for a group of university representatives starts tomorrow afternoon.

Called "Operation Bridgeport," the program places Sacred Heart faculty and administrators face to face with city officials, social service agency personnel, and inner city community leaders.

"What is most important to me about Operation Bridgeport," said Dr. Anthony Cerna, president of the University, "is that it gives expression to a fundamental aspect of the university's mission — to understand and be responsive to the needs of the Bridgeport

community — and therefore it deserves the attention and support of the entire University community."

The service-learning connection

"'Operation Bridgeport,' an outgrowth of the university's commitment to service-learning and volunteerism, will allow university representatives to learn about available community services, listen to the voices of the people, and especially to engage in a dialog with our student residents of Bridgeport," said Asst. Vice President Eilene Bertsch.

Service-learning combines academic courses with volunteer

See Bridgeport, page 3



Excited fans show their spirit as they cheer on the Pioneers last Saturday. The game in which the Pioneers defeated Western New England College 42-3 marked the opening of the football season and featured a record breaking touchdown run by Brian Ihlefeld. See Sports for highlights.

Photo by Laura Grier

Inside...

UFO series begins in Features today... page 8

What to expect at a theatre near you this fall... page 11

Football opens with a tremendous victory... page 16

NEWS BRIEFS

Compiled by Stephen P. Scholz

Law forum to be held in NYC

The Law School Admission Council is sponsoring a Law Forum at New York Vista Hotel in New York City tomorrow. Sacred Heart Career Services will provide a van to this event for all interested students. Seniors planning on applying to Law School are strongly encouraged to attend. Interested students from other classes are also encouraged to join us.

Students can register for van by calling the Career Services Office at 371-7975. There is no admission fee for this forum.

Womens studies reception

On Tuesday Sept. 26, at 2 p.m. in the Faculty Lounge at Sacred Heart University, the Women's Studies program will hold a reception to inform the community about its upcoming events.

According to the program brochure, "Women's Studies is an academic, interdisciplinary program oriented toward the study of women and gender roles."

Dr. Claire Marrone, director of the program, says the reception will be a meeting for faculty and students who are interested in learning more about Women's Studies at the University.

Students interested in minoring in Women's Studies will also be able to learn about new Women's Studies courses being offered at Sacred Heart.

Students and faculty are welcome to attend the reception.

Habitat for Humanity schedules work days

The SHU Campus Chapter of Habitat For Humanity has work days scheduled for the fall semester on Saturday Sept. 23, Oct. 28., and Nov. 18.

We will meet in front of the Academic Building by the entrance near the gym and Public Safety Offices. We leave by 8 a.m. and should return by 4 p.m. All faculty, staff, students and spouses are welcome to attend.

If you would like to join us on one of these days, or need further information, you may call Dr. John Roney at 7741, Phyllis Machledt at 7622 or James Westgate at 7519.

On Tuesday and Wednesday morning, Sept. 26 and 27, the Habitat For Humanity Campus Chapter will be sponsoring a newspaper drive.

FLIK: Hopes to keep pace with growing student body

Continued from page 1

ing food preparation," says chef Ron Lesko of the Flik Dining Service. "We've also returned to the old fashioned standards of nutritional value," he says, citing the extra carbohydrates on the menu, along with salad and pasta bars.

The food service is also aiming toward a happier body of customers by providing a larger variety, with less of a wait.

"We're working on speed, overall quality, and trying to eliminate the wait by offering an array of different stations," says Lesko.

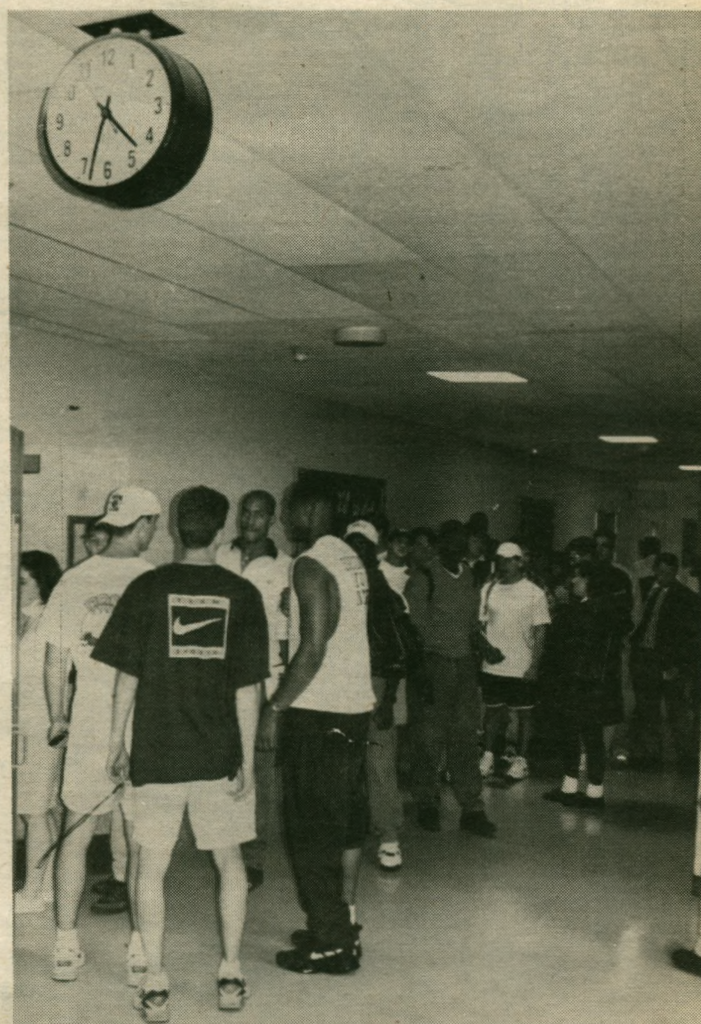
The Dining Hall staff has been expanded in order to allow each station to be powered by two or three people during busy times. Among the staff are graduates of the Culinary Institute of America, which Lesko also feels will improve food quality.

"I like the idea of ready-made sandwiches," says Nicole Bilodeau, a sophomore. "It saves time so you can eat and run."

One of students' major complaints with the current dining hall service is the long wait during lunch and dinner, as well as cleanliness.

"The service is pretty good," says Jason Calabrese, a senior Media Studies major from Trumbull, CT., "but the flies always attack my food."

Possibly the largest change in the food service this year is its physical expansion, including the new Pub and The Marche, coming soon. The Pub/extended dining room, located to the left of the service area, can accommodate up to 550 students at a time, and provides a new dining atmosphere.



As the clock passes 4:30p.m. students can be seen standing in line outside the Dining Hall

Photo by Kent Bauer

"I think the new part they've built is really nice, but not too many people are using it," says Becky Beauchene, a junior at Sacred Heart.

Opening soon in former room S110, next to the radio station, is The Marche, which will offer a variety of grill and fast food items. Among services currently offered in the regular Dining Hall are a

pizza station, the hot meal counter, a grill and sauté station, a deli, a salad bar, and a variety bar with rotating features including pasta and taco bars.

However, with all these changes, the Flik expansion isn't done yet. In the works for next year is an expansion of the kitchen area, and the Dining Service welcomes student suggestions for further improvement.

Pope: Central Park Mass needs volunteers

Continued from page 1

leave the Sacred Heart campus between 2:30 and 3:30 a.m., on the morning of the 7th, in order to arrive early and help set up.

This mass is the first time since 1979 that the Pope has toured

man who has built a 64-square-foot altar in honor of the event, in a recent article in the *New York Times*.

"None of the tickets, however, are up for grabs," said Frank Bruni, in the same article. Tickets are given to Catholic youth groups, schoolchildren and other organizations. This is a once in a lifetime opportunity for Sacred Heart students to see the Pope.

Interested students should contact Colin McNamara in the Campus Ministry office or call 7480.

Everything is larger than life—the whole affair

New York City. "Everything is larger than life—the whole affair," said Hans Kraenzlein, the crafts-

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CLA's add exciting new dimension to learning

By Scott J. Tryon
Contributing Writer

Attention freshmen! Are you having trouble with difficult concepts in class? Can't handle the workload? Not passing exams? Instead of ignoring the problem, do something that helps. Talk to a CLA (Classroom Learning Assistant) member. They are there to assist you in raising grades and making classroom material more comprehensible.

In entering it's third year, the CLA program has jumped from twenty-five members in its first year to sixty members. Since 1993, Director of University Learning Services, Jackie Rinaldi has been working hard to see her program get off the ground and work properly. "I am delighted to see this

increase in students wanting not only to gain experience in teaching, but also in assisting others to succeed," says Rinaldi.

A CLA sits in a class in which they have knowledge and experience and assists the professor during lectures. The CLA member may raise questions during class to encourage students who don't understand the material to ask for further help. They can meet with their learning assistant three hours a week to go over any problems.

To qualify as a Classroom Learning Assistant, one must be in their junior or senior year and have a GPA of a 3.3 or higher. You must also be nominated by a professor in a core course of your major. To become a CLA member, you must complete an initial twelve hour training course involving watching videos, writing

exercises, and role playing. After this is completed an additional 18 hours is recommended.

Since membership is increasing, an obstacle has arisen for Rinaldi.

"It has been difficult to schedule training times. Therefore we will probably resort to different types of training soon."

Making this program possible is partly done with the help of Financial Aid. Those who qualify for this are given a \$600 tuition remission.

According to Jackie Rinaldi, the program has been moving right along smoothly. Students are passing the exams and are understanding the material a lot better. Helping not only students get through courses easier, but also giving the CLA members a feeling of accomplishment is Rinaldi's goal.

Karaoke at The Pub

By Brendan D. Casey
Contributing Writer

A night of student singing is coming up fast. That's right. Student singing.

There's going to be karaoke at The Pub on tomorrow night from 9 p.m. to midnight. You know what karaoke is. It's when you get up on stage and belt out your favorite song, without any inhibitions, in front of all your friends and fellow students.

"Everyone who sings gets a free tape of themselves," says Denise Sutpen, coordinator of student activities.

"It's as much fun to watch as it is to sing," says Sutpen. So don't avoid this fantastic time just because you have a small case of stage fright.

The company that produces the night's activity is called The Party People. But it's not up to

Everyone who sings gets a free tape of themselves

The Party People to make tomorrow night fun. That's your job. So come on out to The Pub between 9 p.m. and midnight for some laughs and a really good time.

Did we mention that the admission is free? Bring your student ID to get in, and your driver's license to purchase some cool, tasty drafts. But remember, if you drink, drink responsibly

G.E. scholarship opens door for minority students

By Erin E. Harrison
Staff Writer

The GE Scholar Program, which began in 1994, is continuing to prosper for the new academic year.

General Electric, a major corporation with headquarters based in Fairfield, gave Sacred Heart University an overall grant of \$250,000 to be used over a three year period that began in 1994.

The GE Scholar Program consists of students from a wide variety of ethnic backgrounds, many of whom are commuter students. The acronym AHANA gives a general description of the students involved in the program. AHANA stands for African-American, Hispanic, Asian, Native-American.

Each scholar is awarded \$2,000 per year and each participant in turn, contributes to the community. Contributions include time spent at the nearby Jewish Home for the Elderly and at the International Game Fest.

Initially, the Development Office at Sacred Heart University approached GE with a presentation of the idea. "GE was very interested in making a contribution to the area around the University and the students who attend Sacred Heart," says Eilene Bertsch, Assistant Vice President for Academic Affairs.

All honors students were contacted about the program and over fifty applications were received in the spring of 1994. Applicants must have a minimum GPA of 3.2 and should be active leaders within

the community.

The students were selected by a committee which consisted of Michael Bozzone, dean of freshman, Jackie Rinaldi, director of the University Learning Center, Frances Collazo of the Office of Advisement and Retention, and Bertsch.

The program divided the students into groups of approximately six students, each with a mentor. The four mentors are: Dr. Marian Calabrese for freshmen, Dr. Gerald Reid for sophomores, Jonathan

Mattie for juniors, and Dr. Nicole Cauvin for seniors.

Two students from the first year of the program have since graduated and gone on to further their education at graduate schools.

"I am very proud of the students," added Bertsch. "The mentors are completely committed to them and it is a nice partnership between Sacred Heart University and the local business community."

A special dinner will be held in October for the GE Scholar Program participants.

WWPT: Radio station hopes to be force on campus after new move

Continued from page 1

operable for as long as students can staff it."

The new WWPT will also allow students the opportunity to broadcast sports events like football, baseball and basketball, as well as others depending on student interest.

"The benefit is that students who like sports can cover the games for fun and as a career opportunity," added Lombardi.

For students and faculty interested in music, WWPT has become completely accessible

via request line and a new hotline to ensure that all students can share their input.

"I believe that people should speak up for what they believe in," says Kristen Lalla, program manager and senior communications major from White Plains, New York. "A college radio station is the perfect channel for that, whether it's the music you play or the things you say. I want to be controversial. I want to make people listen."

By the end of the month students might have no choice but to listen.

New connections are being made that will allow WWPT to be played in the Dinning Hall, the Pub and other locations.

"I really encourage students to get involved," says Lalla. "This is our radio station. Students can do whatever they want with it, which includes talk shows, self-help, sports, comedy and, of course, music. The response that I am getting right now is positive. It's going to be a great year."

Anyone interested in joining the WWPT staff should contact Kristen Lalla at 371-7989 or 365-4127.

Bridgeport: University trying to help out

Continued from page 1

community service. Phyllis Machledt, director of service-learning and volunteer programs on campus, announced that this semester 22 courses includes community service components.

Currently over 250 Sacred Heart University students taking service-learning courses participate in off-campus volunteer efforts. Machledt also said that 80 to 100 freshmen enrolled in the Freshman Seminar program will be involved in community service projects.

Weekend itinerary

University representatives leave Friday at 3 p.m. for a guided tour of the area's economic regions led by Rev. John Kidd, executive director of the Bridgeport Council of Churches. Following the tour, the group will reside for the weekend at the St. Charles Urban Center on East Main St.

A keynote talk to the group Friday evening by Msgr. Joseph Potter, pastor of St. Charles Church, will be followed by a full weekend of volunteer activities

and conversations with representatives from the city government, the school system, health services, police and community agencies.

Student delegation to confer with group

Saturday afternoon, university students residing in Bridgeport will meet with the faculty and administrators to share their perspectives on the inner city. The student delegation includes Josue Chevalier, Carlos Hernandez, Trusenia Hester, Dorian Pettway, Rasny Phantharangsy, Jackie Polanco, Dementred Young, and Luis Bevilacqua. Recent university graduates participating in the weekend are Al Baptista and Cesar Munoz.

The university delegation led by President Cerna includes Ms. Pilar Munday, Ms. Eilene Bertsch, Fr. Mike McLernon, Dr. Christel Manning, Ms. Phyllis Machledt, Dr. Gerry Reid, Vice-President Donna Dodge, Resident Fullbright Scholar Ricardo Cordova, Ms. Linda Strong, Dr. Charlotte Gradie, Mr. Jack DeGraffenreid, and Dr. Ralph Corrigan.

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Editorial Page

Sacred Heart's oldest newspaper.

SPECTRUM

Sacred Heart should respect legal-aged drinkers

We are fed-up with the way legal-aged students are treated on this campus. We are sick of being treated like caged animals. Other schools treat us with respect and allow us to behave like the mature adults we are.

We of course are this university's legal age drinkers and we are sick of being segregated because we might want a beer. It's time to start giving out I.D. badges at the door and allow us to mingle with our non-drinking friends. If someone not of age is caught drinking, kick them out. If one of our peers is caught supplying beer, take away his privilege.

Please, stop making us feel guilty for drinking a beer. We have waited 21 years for this privilege and would like to be able to enjoy it.

Telecommunication breakdown

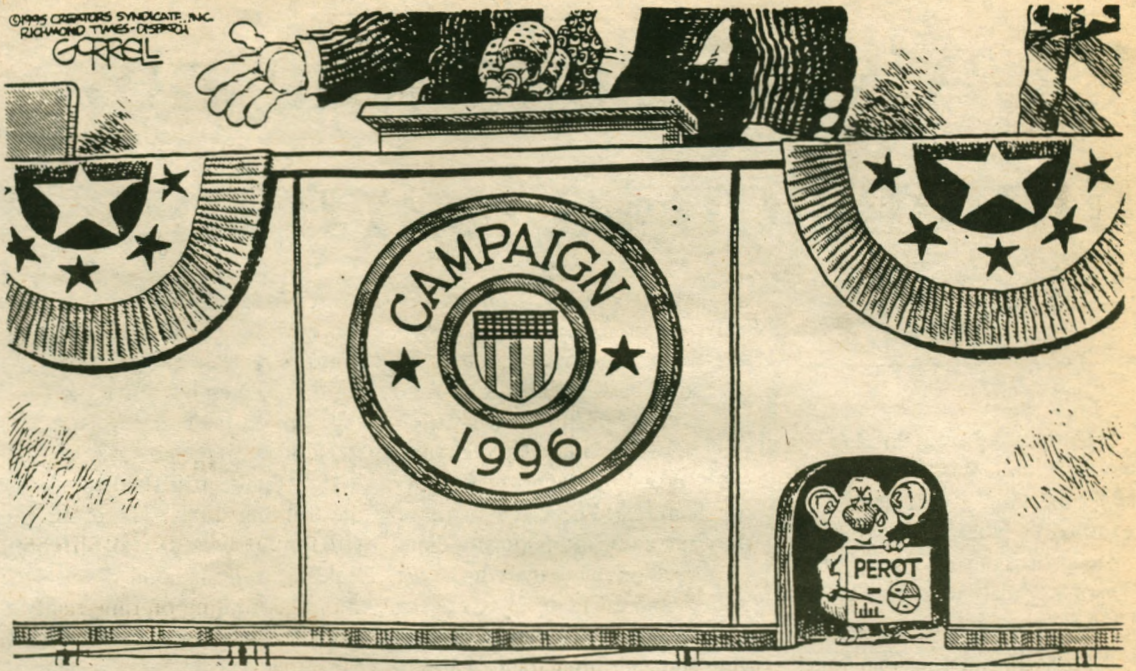
For whatever the reason, things such as telephone and cable have become necessities for today's student. Unfortunately the only necessity at Sacred Heart is the laptop. That is great and everything but the undivided attention on the computing has left the University student with some major problems. First off it was not until this past weekend that cable service was partially restored. Why the delay? Simple. The new extension of the dining hall made it necessary to move the satellite dishes however that project wasn't completed until Last Friday when the dishes were removed in late July.

The biggest problem however is the lack of phone lines available to this campus. On any given night a residents phone could be busy for over four hours just because all the incoming lines are tied up. At this point making an outgoing call is also impossible.

This presents a devastatingly dangerous situation for Sacred Heart. This is also the third year in a row that the University has faced it. Let us just hope that when the University next grows that it will provide service not just beds to its incoming students.

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Driven by anger or honor?

By Jonathan McCarthy
Editor-In-Chief

In a recent fund raising speech, President Bill Clinton said that the upcoming election is "the election to affect the next 100 years." Why? The upcoming election will be a big victory for someone but what might be more important is why he/she wins.

There is not a doubt in my mind that President Clinton is a good President. He has done more for my generation than the last four presidents combined. He created more jobs and provided more college aid money than ever before. However I fear it doesn't matter. In that same speech he stated, "that our children can now grow up without a single Russian missile pointed at them." Here lies a problem.

I can barely remember President Jimmy Carter but I know that he was a fantastic diplomat. Followed by the Ronald Reagan/George Bush years, during which might made right and we were controlling the world. The sad

part is that during this time we neglected our country.

In comes President Clinton. The problems of the world are banging on his door, but in his own backyard lies the problem.

First is Ruby Ridge. In rural Idaho a woman and a baby are killed during a stand-off with the FBI. Followed with Waco where the charge of the ATF (Bureau of Alcohol, Trade and Firearms) caused a supposed mass suicide. And then Oklahoma. No one should ever forget Oklahoma.

The American dream became a nightmare Clinton helped our country more because we needed it more. Not that I believe Clinton is the best man for the job however his job description has changed.

This election will be an incredible one because it is where the American angst will be displayed.

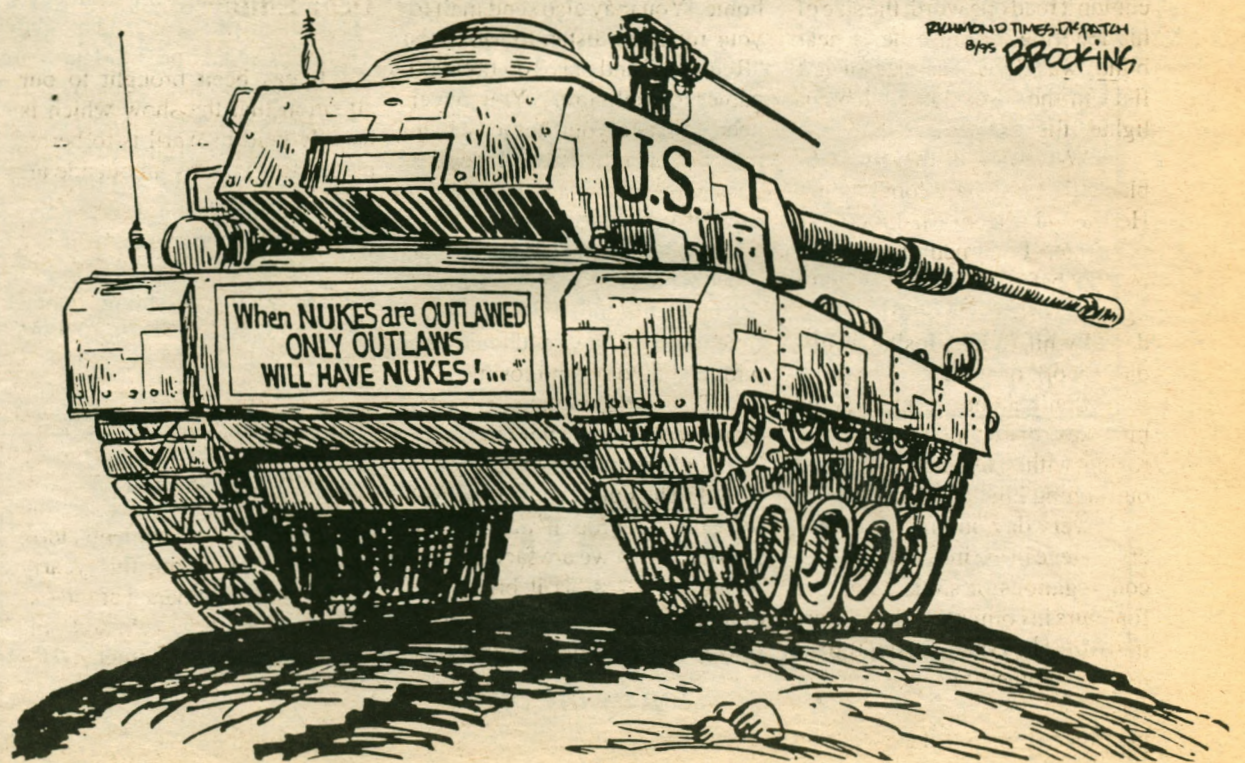
For example, take Senator Packwood. Was what he did wrong? Yes. However, is he the only one? No. Anita Hill, (we all remember her and Clarence Thomas) stated "the most detestable thing is that he (proclaimed) is not the only one." Packwood represents the dark side to American politics that no one wants to admit.

In this day and age the idol is dead (i.e. Mantle, Garcia, River

Phoenix, O.J. etc.) America has become its own worst enemy. Instead of having to worry about the Russians as we did when we were children we need to worry about the people who just moved in next door. This is what will make the next election so important. The election will be based on new found patriotism however it will be driven by anger. Anger that was created by years of neglect.

The one factor that will change this election will be who votes. The whole Medicare issue is based on the hope that the youth of the country will not vote and that the 9 million elderly people of this country will make or break the next President. However in the wake of the Oklahoma bombing, Waco and the militia movement I suspect that one will find a new young citizen that is dying to have his voice heard. A voice that had been neglected for so long.

This 1996 election will be talked about for years to come but what really needs to be watched is who votes and why. I just hope that the American Dream does not become replaced by the internal terrorist fighting the Big Brother government. Let us hope that incidents such as Ruby Ridge and Waco become stepping stones to a greater, friendlier America. This will be some election year.



NEWS FROM TULSA

By Chris Nicholson
Contributing Editor



When I was a kid I never liked futuristic movies that predicted a world of sparse, semi-barbaric populations living in disgruntled harmony with machines, sweating under the rule of computerized governments. You remember the genre I mean—films such as *Max Headroom* and *Terminator*; films depicting computer empires that make Bill Gates' look like the remnants of an antique toy factory.

I preferred the image predicted by "The Jetsons." Good old George and family enjoyed luxuries such as a cup of coffee brewed by a machine in just seconds, a computer on which they could see and talk to others who were thousands of miles from home and a metal dog who could say his own name but could barely pronounce the word "woof."

George Jetson's world—and the Terminator's—is beginning to look like 1995. (Except our dogs don't rust.)

I have a friend who is an older man. He is a wonderful guy, but he is a little nutty when it comes to computers, mainly because he did not grow up with any kind of computer except the abacus (when I say he's older, I mean that this guy was alive not only when the Dead Sea Scrolls were found, but he also helped hide them). He once asked me, "Could you help me with my Magic Screen?"

"Your what?"

"My uh...you know...my uh..."

"Computer?"

"Yeah."

Magic Screen? Like I said, a wonderful man, but he's a few CDs short of boxed set.

I looked at his monitor and couldn't read one word; the size of his lettering, because he is near blind, was about the size of left field in the Astrodome. I highlighted the text and...

"W-w-why is the t-text black?!" I turned to look at him. He was—I swear—shaking.

Later I learned that a few months before, his text was highlighted "black" before he accidentally hit Delete, losing a full day's work of writing.

I don't blame this man for his mistakes, or for his fears. He is racing with a technology that is outrunning him.

Every day, in practically every college in the industrial world, congregations of students gather for hours in computer labs to "surf the net." They share feelings, they help each other through common crises and they collectively catch pneumonia in sub-freezing air conditioning. They do this while

never speaking once to the person sitting at the terminal to the left or right of them.

They could do so much more with a Friday night. They could...I don't know...gather for a computer lab "Cruise Night," when they all bring in their old Vic-20s and TRS80s to show them off.

Instead, they race technology.

In their Sept. 25 issue, *Time* reports on the more than 100 "computer bars" that have opened around the world.

The photo atop the story depicts a Massachusetts cafe with windowed walls flanked by booth-style tables. The restaurant would look exactly like a diner, except a computer monitor is thrusting from each table's surface. Every booth is occupied, but no one is talking. All are typing.

Now you can meet someone on the Internet, fall in love through a computer, have dinner together, and never physically meet. Not too much time will pass before a couple is married electronically. ("Do you, skippy@usc.com, take this woman, scarlett@lucky-star.com...")

One company is currently specializing in homing devices designed for use on people. Good idea? Think again. These homing devices are meant for employers to track their employees. A company using this system could know how many trips to the coffee machine you need, how long you sit on the toilet and how often you're preparing for your new career in paper clip necklace-making.

George Orwell must be grimacing in his grave.

You do not need to go to a restaurant to compute or to eat. You can order your groceries from home. You may also send mail to your relatives, listen to Mozart's "Requiem" and play 100,000,000 games of solitaire. You never need to leave your home, which may not be a far-fetched idea—a computer costs much less than a car. Of course, so does a stamp, a CD and a deck of cards.

Through a computer, you can do more than you will ever have time to do. You would be racing with technology, and losing.

The world is changing faster than we can change with it. Every year looks more like what we once called "The Future," but few of us were ready for the change to come so soon. Now we are faced with a technology that, as it brings the crannies of the world together, may be pushing the people apart.

Write to Chris Nicholson at: *c/o Spectrum, 5151 Park Ave., Fairfield, CT 06472*

THE CAMPUS VOICE

By Kent Bauer

What would you like to hear students opinions on?

Jay McMaster
Senior
International Business



"Should graduating on time really matter or should college be a five year thing?"

Peggy Chirigos
Junior
Biology



"Do you think athletes should get priority registration?"



Dave Galligani
Junior
Business

"What kind of events would you like to see in the pub?"



Deidre Eller
Junior
Elementary Ed.

"If you could change one thing about SHU, what would it be?"

Letters to the Editor...

REPLACEMENT OF EXHIBITS IS CAUSE FOR ALARM

Dear Editor:

It has been brought to our attention that the show which is usually held in April is to be replaced this year by an outside art exhibit.

We, as parents of a Sacred Heart University art student, are inquisitive as to who at Sacred Heart had the authority to cancel this art exhibit of student works. It is also my understanding that the art gallery at Sacred Heart was established through a donation for the students of Sacred Heart to present their work. We, and the other parents of art students, look forward to attending this yearly exhibit and are amazed at the excellent work these talented students put forth. The students are also given the opportunity to display their work publicly.

I am not sure if you are aware that your university has some very

talented art students. For the past four years, students in the art program had work printed in the Society of Illustrators. Our son won second place in the Strathmore Paper National Art contest. These are a few examples of the commendable work of your art students and should be ample reason for Sacred Heart to continue the yearly art show of student works.

We feel that besides having excellent art professors, this art show was the only support Sacred Heart University has given the students in the art department and to take this opportunity away from these students is despicable. As tuition paying parents of this opportunity, we demand answer to this letter.

Sincerely,
Louis N. De Cilio
Gail De Cilio

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Dr. Ralph Corrigan

FEATURES

Getting and understanding what's read

By Michele Herrmann
Features Editor

Studying is the one essential element of college. No matter how much time a student spends on studying, the knowledge he or she receives helps to determine the final grade.

Other than technology in the classrooms, service learning projects, professors' lectures and lengthy papers, textbooks remain the basic form of education. Courses require students to buy them. Assignments require students to read chapters. As the old cliché goes, "Reading is fundamental."

But, depending on what words are on those pages, it's not as easy as it sounds. Reading comprehension, the understanding of written material, can be difficult to grasp. But there is hope, and help available.

There are programs offered to the public that promise to improve studying skills. Howard Stephen Berg, listed with the title of World's Fastest Reader in 1990's *Guinness Book of World Records*, developed one program



Junior Jim Tymon takes time outside to read

Photo by Kent Bauer

titled "Super Reading Secrets." According to Berg, "Super Reading Secrets," is a complete accelerated learning system that teaches an individual to quickly enter information into their mind and then

use techniques to process it more efficiently.

Berg offers some tricks that use some psychology. Here is one of his secrets:

He says that, commonly, read-

ers slow down when they encounter familiar information. They also do this when the text contains other information that is confusing or challenging. Instead of slowing down when you encoun-

ter something familiar, says Berg, increase your reading speed until you spot something new that needs to be learned.

Programs like these may assist with learning improvement, but aren't necessarily guaranteed methods. "Speed reading can enhance reading ability. But increasing speed alone does not make a person a better, critical reader," said Jackie Rinaldi, director of the University Learning Center. Rinaldi agrees these programs can be helpful, but users "need to remember the process of reading, for comprehension requires in-depth reflection upon material that's read," she said.

The University Learning Center sponsors workshops in studying, listening and memory skills.

For more information about the Learning Center and its services, contact the ULC at 371-7820. For more information about Howard Stephen Berg's "Super Reading Secrets," call 1 (800) 240-7271.

College students treated with Prozac speak of experiences

By James Hibbard
The Daily Texan

University of Texas-Austin

"Sally" was not happy. So she dropped out of school. "Being smart was never my problem," she said. Sally still was not happy. So she began taking drugs. Still not happy, Sally sought solace from gang members. "I was into very unhealthy relationships."

For five years, Sally's family desperately sought to retrieve some resemblance of the Sally they used to know.

The anxious, self-destructive person who slept all day and disappeared at night was a stranger. But kindness didn't work. Neither did reasoning nor punishment.

By the time Sally was bulimic, her family decided hospitalization was the key and a year of intense therapy followed.

Did therapy change Sally? No. "I had trouble just getting out of bed and brushing my teeth," she said.

The psychiatrists who came and went never said depression was the problem. Rather, it was Sally's family that first suggested her troubles may be rooted in something deeper than rebellion and attitude.

They strongly urged her to talk to a psychiatrist about trying a new drug called Prozac. Reluctantly, she agreed.

"After about a month of taking Prozac, I started feeling really normal," Sally said.

"I stopped having confrontations with my family, and I felt more in control of my moods."

Fast forward a year and a half to February 1995. The days of eating disorders, drugs and gangs are far behind her.

Sally is back in school, a linguistics major, and last semester earned straight A's—"even in Japanese," she said proudly. Her family relationships have never been better. And what about romantic involvements? The wedding is in July.

Not all Prozac stories are as dramatic or successful as Sally's, but now that Prozac is the second

most commonly prescribed drug in the nation, there is little doubt it has helped many suffering from depression.

Doubt, though, does exist whether Prozac is safe or properly prescribed. And these doubts are

Not only does Prozac's popularity show no sign of slowing, but the drug is being prescribed for an ever-wider range of afflictions and bad habits.

of concern to many students, as young adults compose one of the largest blocks of antidepressant users.

Prozac is leading the new wave of anti-depressants. Boasting fewer side-effects and a success rate topping 65 percent, these "happy pills" have revolutionized and mainstreamed the antidepressant industry since Prozac's intro-

duction in 1988.

Not only does its popularity show no sign of slowing, but the drug is being prescribed for an ever-wider range of afflictions and bad habits.

Despite the variety of uses, the primary reason for prescribing an anti-depressant is still depression.

Prozac was the first anti-depressant to solely target the neurotransmitter serotonin, a focus that's considered responsible for Prozac's success.

Unlike most neurotransmitters, serotonin is located throughout the brain, which may explain why Prozac effects more than just depression.

But it's not the uses of Prozac that concern skeptics, it's the unknowns—namely, the long-term effects.

And while the receivers of the nearly 1 million prescriptions written each month along with the doctors writing them may seem to agree, there is still a certain level of nervousness surrounding Prozac's long term effects.

Whether it's fears of long term

consequences or social taboo, many Prozac users are uncomfortable with the notion of taking an antidepressant indefinitely. But quitting is a challenging task. While Prozac and other antidepressants are not addictive and therefore have no withdrawal symptoms, some have found Prozac to be their mental life preserver. And a life preserver is a difficult thing to let go of.

As for Sally, whose life was completely transformed by Prozac, she too would consider quitting the medication—but not just yet.

For the time being, Sally is satisfied just living the "normal" life that for so long eluded her; going to school, working a part-time job and, most important, being happy.

Write for features

Call 371-7963 for details

Women & Smoking: Risks to health largely increase

By Michele Herrmann
Features Editor

The timing is either in between classes or during a break. Someone slips through the exit door and goes outside to stand in the corner. A hand goes into a pocket or a bag reaching for a pack of Marlboros. A cigarette comes out, gets lit up and provides a couple of puffs.

Although Surgeon General's warnings and published research keep reminding the public about the dangers of smoking, a lot of people still continue the habit. One group is women; they are now at serious risk for health problems.

An article from *The New York Times* reports a new study which finds that death rates among female smokers increased six times from the 1960s to the 1980s.

Researcher Dr. Michael J. Thun of the American Cancer Society said such deaths increased from 26 per 100,000 women to 155 per 100,000. For men, rates almost doubled from 187 to 341.

The study also found that in premature mortality "the excess death rate in smokers compared to nonsmokers doubled in women

and continued unchanged in men."

Some factors may suggest reasons why more women are smoking.

"I think it has to do with women now in the work force," said Sheila Wheeler, R.N., director of Health Services. "It's part social, and it is addicting. Once you get hooked, it's difficult."

With women starting to smoke at younger ages, they face more difficulties with trying to quit cold turkey.

They may think about their health, but don't see how smoking's consequences will affect their well-being in the later years.

Wheeler has seen the effects with elderly people. "Maybe it would stop them from smoking," she said. "It's not good for either sex and it's something we can control to reduce risks to our health."

For some the habit remains hard to break. "I just can't go cold turkey. I wish I could quit but I'm addicted," said Suzan Sartarelli, a secretary for the school's sociology & social behavior sciences department who finds cigarette smoking to be a stress reliever.

Jocelyn Smith, a first-year

student from New Jersey, picked up the habit from her parents. She smokes a pack a day.

"I worry about my lungs and how they'll look in 10 years," she said.

Jessica Pagnotta, a first-year student majoring in biology from Long Island, NY, had asthmatic bronchitis this past summer due to smoking. "I went cold turkey when I was sick," she said. "My friends smoke around me and I got into the whole process again."

"It's just a habit, and I can't help it," she added.

A sophomore from Trumbull, CT has no worries about her habit. "A lot of things are bad for you. You and I should but who gives a sh-t."

Cancer, heart disease and emphysema result from smoking and cause death. Diseases such as asthmatic bronchitis are most likely to develop later on in life.

Wheeler points out that breaking the habit definitely eliminates those serious dangers. "There are programs to help you stop smoking," said Wheeler.

The study agreed, "Cigarette smoking remains by far the largest single preventable cause of premature mortality."

CLUB HAPPENINGS

Compiled by Michele Herrmann

La Hispanidad

La Hispanidad meets today at 10 a.m. in S209. Students are welcome to attend.

Programming Board

The Programming Board meets today at 4:30 p.m. in Hawley Lounge. Students are welcome to attend.

Prologue

Prologue, Sacred Heart's yearbook club, meets Tuesdays at 1:40 p.m. in the Prologue office. Students are welcome to attend.

Nu Epsilon Omega

Meet the sisters of Nu Epsilon Omega! The sorority is having a social tomorrow from 12 to 2 p.m. in the new section of the Dining Hall. Come and learn about the sorority.

Class of 1996

The Class of 1996 is looking for volunteers to perform in this year's Boxer Short Show. Cash prizes are to be awarded. For more information, please contact Chris Hopley at X7954 or in the Student Government Office.

Clubs and Organizations: please send notices to the SPECTRUM seven days prior to publication.

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Read about it in next week's issue!



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Could there be aliens above us

UFO's are becoming more common worldwide, are they for real or is the some meaning behind it all

By Gina Norelli
Assistant Features Editor

There is a lot of overhead activity in the skies above Sacred Heart University. Glance up at any given moment and you'll see several seagulls and planes plotted across the sky.

What would happen if an Unidentified Flying Object (UFO) was amidst all of this activity? What if one landed on the football field in the middle of a game?

These questions aren't so far fetched, considering the number of reported cases of UFO sightings throughout history.

Yet at the mere mention of UFOs, people often become skeptical and disbelieving. To acknowledge the existence of UFOs would mean that we'd have to reevaluate everything—philosophically, scientifically and religiously. It's too eerie to consider that we aren't alone in this universe.

The universe is so vast and infinite that the chances are high that there is life elsewhere. Consider the possibility Karl Sagan, a Cornell University Professor of Astronomy, offered.

"Given the number of stars in the universe, billions and billions, the odds are very high that not just life, not just merely intelligent life, but highly advanced civilizations must exist," he said.

There are two main theories of UFO origin: that they are traveling here from the future and

human beings will evolve into them or that they are from different universes and visit the earth out of curiosity.

Interestingly, reports of UFO sightings occurred since ancient and biblical times. In pre-Japanese culture, some statues displayed resemblances of aliens and some biblical tapestries depicted UFOs in the skies. Could these be the same UFOs that people are presently observing, thus proving the theory of time travel?

Metrodorus, a third century philosopher, believed in life elsewhere. "To consider the earth the only populated world in infinite space is as absurd as to assert that in an entire field sown with millet, only one grain will grow," he said.

Metrodorus's term "infinite space" is quite interesting because until the 1920s astronomers thought that our Milky Way Galaxy was the entire universe. In the third century, Metrodorus confirmed the vastness of space!

There are people who say that one must be crazy to "see" a UFO. The government seems to support this claim. But highly respectable people such as governors, pilots, and police officers say that they have seen them.

A Japanese pilot saw UFOs while flying his plane in 1968. He reported his sightings and was subsequently grounded for making such claims.

Jimmy Carter, in 1969, saw a spotted bright object in the sky that he described as "self-luminous, about the size of the moon,



and sometimes stationary, sometimes moving forward and backward." He believed it to be a UFO and suggested years later that NASA investigate it. It refused.

Perhaps the 1947 incident in Roswell, New Mexico was the most bone-chilling UFO sighting. A flying saucer with aliens crashed

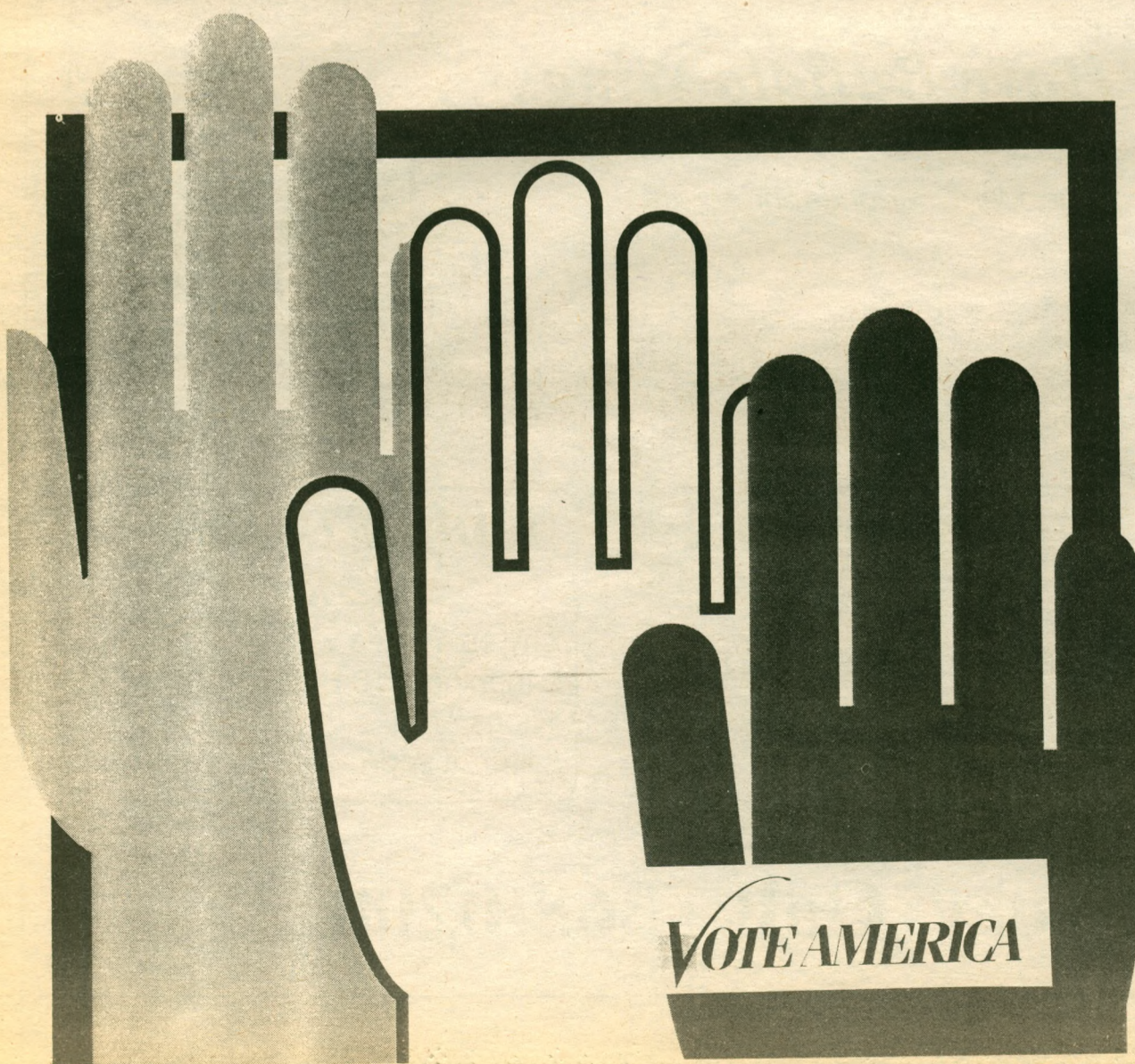
there, leaving the spaceship and dead occupants out in the open. This was a case in which the government delayed to suppress the evidence; several photos were taken at this crash sight.

Reverend George Roe, professor of astronomy and physics at SHU, feels that we are not alone

in this universe.

"There is a possibility that life could exist elsewhere, but it's very low that they exist in human form," he said.

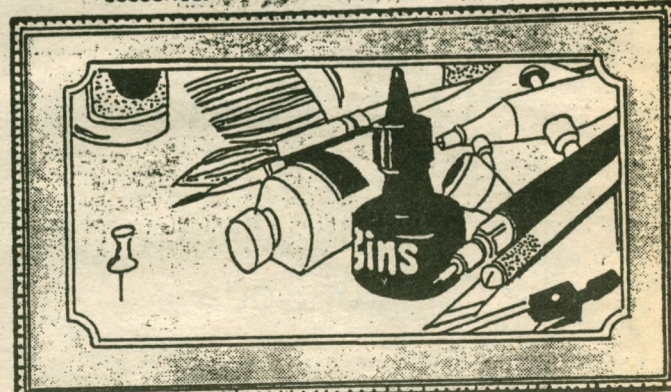
So what do you believe? See in an upcoming article in the SPECTRUM featuring an actual alien autopsy.



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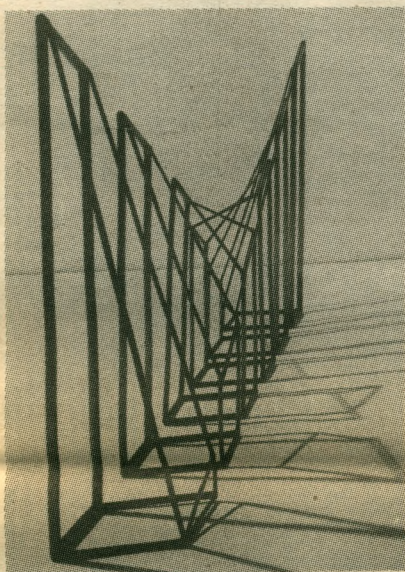
FRIENDS DON'T LET FRIENDS DRIVE DRUNK.

ARTS & LIFESTYLES

Brandt's "Paths" come to life

Danielle Nolan
Asst. A&L Editor

Remember when those big green arches were being built between South and West Hall? Remember wondering, "What are



Above: "Bridge Variation I," artist who was competing for the honor had to present a proposal explaining how and why their

they doing?" Then, once they were finished, remember saying, "What are those things supposed to be?"

I remember wondering and making fun of them myself until last week when I found out the true meaning and purpose of those big green things. You would be surprised at the time, effort, and thought which went into creating them.

The 2400-pound arches, known as the "Path of Expanding Vision," were created by artist Helene Brandt whose many other works are currently being shown in The Gallery of Contemporary Art here at Sacred Heart.

Helene Brandt is a New York artist, sculptor, and former dancer. She and her "Path of Expanding Vision" were chosen for Sacred Heart after a lengthy search and contest to find the right artist to build the sculpture in front of the South and West Halls. Each

idea was best for the school. Thus, Brandt was chosen as the winner.

The hope for the sculpture was that it could be a place where students could sit, hang out, or meet at. Not only was it meant to be a place to hang, but also a representation of how we, as students at Sacred Heart, will grow and become well-rounded individuals by the time we graduate. The statue's focus is to, "enhance the space around the building," says Gallery director Sophia Gevas.

The arches are the same green color as the pointy tops of the residence halls. They start low, then square and gradually become high and rounded. j

Any artist who builds a statue or sculpture for Sacred Heart is automatically offered a chance to present a show of their other works in The Gallery. "Paths of Vision," Helene Brandt's show, opened the seventh season of "The Gallery of Contemporary Art" this past Sunday.

Brandt's exhibit includes drawings, sculptures, and small scale models of larger sculptures, such as the small version of the "Path of Expanding Vision." The exhibition shows the changes in Brandt's work since her single

work, "Unicorn," in 1989.

Holding a M.F.A. from Columbia University and a B.A. in fine arts from City College, CUNY, Brandt does not fool around with her sculpting. She even used welded metal rods to build some of the sculptures.

Sophia Gevas, Director of "The Gallery of Contemporary Art," says, "As a former dancer, Brandt used her body to define the concept of a form changing in space. Her sculptures are an extension of that concept."

Not only is Brandt being represented by Steinbaum Krauss Gallery in New York City, her work is also showing in Italy, Mexico, throughout the United States and in many museums in New York City. Her work is also in the Israel Museum in Jerusalem.

For those of you who missed

Helene Brandt's opening on Sunday, the exhibit will continue until Thursday, Oct. 19. Admission is free. The Gallery is open from noon to 7:30 p.m. Monday-Thursday and from noon to 4:00 p.m. on Sundays. It will be closed on Fridays, Saturdays, and Columbus Day weekend.



This evening, at 7:00 p.m., Brandt will give an Artist's Talk about her work. Re-

freshments will be served.

If you can, I definitely suggest taking a look at Helene Brandt's exhibition in The Gallery. Having been lucky enough to see the sculptures and drawings, I was fascinated by the ideas and images behind them. Please take the time to come support Helene Brandt and The Art Gallery. I guarantee you will enjoy.

Coupland offers Life After God

Stephanie Smith
A&L Writer

How often do you sit down and think about life? Do you ever feel lost, even when you are in a familiar setting? In this fast-paced, high-tech world, it's easy to lose track of life and its values. One afternoon life's mysteries consumed my mind as I read the novel *Life After God* by Douglas Coupland.

Laced with dark humor, *Life After God* tells the story of a man as he literally searches for a meaning to his life while driving across Canada.

This man, symbolically named "Scout," is Coupland's representative of the first generation raised without organized religion. It frustrates Scout that he cannot find the origin of his beliefs simply because the origin does not exist.

Scout's biggest problem is that he was raised in an average suburban setting. His family was in no way dysfunctional. He was

not lonely or ignored as a child. His life is consumed by popular culture and the absurdity of it all. He just cannot find his place in the world, now that he is an adult in need of a place.

Scout experiences severe depression and searches for a way to relieve his emotions. He prays to God, unsure of who or what that God is.

Eventually he confides in the reader that he needs God, he needs a religion. It is against human nature to not believe in a prescribed set of values, whatever they may be.

Along with Scout's thoughts, the novel takes the reader through Scout's life, flashing back to vari-



ous significant events. The story opens with Scout driving his daughter across country.

Scout is attempting to tell her the story of his life and explain why he is as he is. The reader reminisces with Scout about his childhood friends and adventures with his brothers and sisters.

The reader lives with Scout for a year in a cheap hotel observing his array of white-trash neighbors. Finally, Scout spends a rainy night in a tent in the middle of the woods when his revelation occurs. He realizes that he needs a God.

Anyone familiar with Coupland's previous works (*Generation X* and *Shampoo Planet*) recognizes Coupland's ability to philosophize over popular culture. While philosophizing he is able to simultaneously raise personal questions of morals and beliefs.

In *Life After God* Coupland replaces the question "Is there a God?" with a modern alternative "Should there be a God?"

Coupland's style of writing is choppy, yet curious. He explores the twenty-something generation with great attention to detail. Every page contains a short story

from Scout's life.

Some pages contained only one sentence, such as the enigmatic phrase "For Michael Stipe" printed on page 163 for no apparent reason.

This story mesmerized me for four straight hours on a rainy afternoon. The novel is not about religion, but about philosophy, and the difficulty in finding a philosophy of your own without religious guidelines.

I found myself empathizing with Scout, sharing his concerns of love and death. His life is not exciting, yet he plods through, searching. Whenever I feel lost, I take out this book and wonder what Scout would do in my situation. Usually Scout has a cynical thought but says nothing and searches on.

With Scout, it may not be possible to climb the highest mountains and raft the most ferocious rapids, but at least you will be able to keep your sanity and laugh at the world while you walk down the street.

Fall season brings with it many changes

From the silver screen to popmusic change is apparent, not all for the best

By Jonathan McCarthy
Editor-In-Chief

As the Fall season rapidly approaches, the media industry will undergo tremendous changes. From the silver screen to the written word there is a metamorphosis of sorts. The summer characteristically provides certain items from specific genres. For example, Hollywood brings out high action movies ("Batman Forever"), comedies ("Clueless") and the occasional summer love story ("A Walk In The Clouds"). For the music industry it is the attack of the one hit wonders, catchy guitar hook and all (Better Than Ezra). The print world brings with it each summer the same beach -goers novel (normally the Danielle Steele romance kind).

However, as the seasons change so do the mood of the audience. To combat this change the medium's at large have a whole new outlook on life. Movies with deep subject matter quickly become the norm in the summer. Martin Scorsese's "Casino" is a prime example of this. The movie scheduled to be released later this Fall stars an alcoholic Nicholas Cage and Elizabeth Shue. The

movie also features Robert DeNiro and wife Sharon Stone. Other gritty fall premiers include Paul Verhoeven's NC-17 peep show "Showgirls" starring Elizabeth Berkley and Rob Reiner's "The American President" starring Michael Douglas and Annette Bening. The most intriguing movie just might be "Strange Days." Kathryn Bigelow's directing debut tells a story of a crazed drug dealer who gives out free hits of devastating virtual re-

...the most intriguing movie just might be Strange Days

ality.

The Fall music scene will showcase the return of 3 bands that helped make the music industry the alternative madhouse it has become. First this Fall will reluctantly welcome the return of Green Day. Their new album entitled "Insomniac" features the same exact songs that allowed "Dookie" to sell over 8 million copies. More anticipated returns come from the likes of the Smashing Pumpkins

and the Red Hot Chili Peppers. The Pumpkins are expected to release 2 new albums, "Melon Chollie" and "Infinite Sadness." The new works represent the first releases with new material since the 1993 "Siamese Dream." For the Peppers "One Hot Minute" is their first release since "Blood Sugar Sex Magic" but more importantly it is their first work with new guitarist David Navarro who garnered fame as the lead guitarist for Jane's Addiction.

The printed word offers something for everyone. For film lovers there is "Past Imperfect." This new critic of modern film features Frances FitzGerald re-

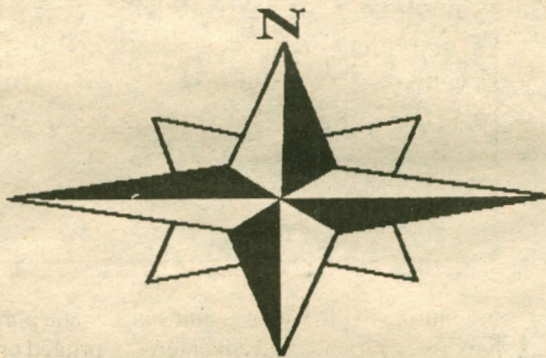


Strange Days director Kathryn Bigelow

view of "Apocalypse Now." This Fall also brings the return of Michael Crichton. The author of "Rising Sun," "Congo," and "Ju-

rassic Park," is set to release "The Lost World." Unfortunately, early reviews of the novel fortell it may be the first time Crichton has repeated himself.

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The return of punk

New Klover release brings back old spirit

By Pete Trenchard
A&L Writer

Punk rock is dead and long gone. Punk went out as fast as it came. Those of you who believe these statements have not walked into a music store lately, or even turned on the radio. Punk is as strong now as it was in the 1980s, maybe even more so now. It is

was founded in minutes, and a new band soon followed.

In early January of this year, the band flew out to Los Angeles and started working on an album. It was recorded in record time, with all tracks completed within two weeks. *Feel Lucky Punk* is toned down from the hard-driving rock containing harsh lyrics and expressing alienation and anger

can just sit around and listen to *Feel Lucky Punk*. The music is so good that you have to get up and dance around.

Klover also expresses how creative they are in *Feel Lucky Punk*. They easily mix today's punk with the swing of '50s pop to produce a few tremendous songs such as "All



still a popular form of rock loved by people of a wide variety of ages and social background.

Punk rock has certainly grown, and now to add to its rich history is the debut album of Klover, *Feel Lucky Punk*. The group consists of Mike Stone, Chris Doherty, Brian Betzger and Darren Hill. Doherty and Betzger toured with Gang Green, the Boston punk outfit, while still in their early teens. Hill also played early as a founding member of The Red Rockers.

Klover was formed late in 1994 when the trio met up with vocalist Mike Stone. A friendship

most often associated with punk. But, attitude and healthy rebellion are still at the core of contemporary punk music, and Klover shows it in their music.

Klover's talent at playing and writing music easily ranks them up with some of the best punk bands around today. Songs like "Our Way," "Sandbag," and "Beginning To End" are powerfully written and deal with issues that plague society and the youth of today. Combining forceful beats with dynamic lyrics is a skill Klover seems to have mastered. There is no way you

Kindsa Girls," "What A Waste," and "I Wanna Be."

Punk is more than slam dancing and leather clad tough guys looking to hurt someone. The music does not preach overthrow of the government and hatred towards everyone and everything. It is a form of free speech, combined with good music. If you have never given punk a chance, then *Feel Lucky Punk* is the perfect album to open a new music horizon in your life. It is a really excellent album that old and new punk fans alike will love.

Theatre opens

Michioyo Ukai
Contributing Writer

The Performing Arts season at Sacred Heart University commenced last week. "Positively Porter," the first performance in the '95-96 Theatre series, presented Cole Porter, a famous songwriter in the 1930's and 1940's last weekend on Friday and Saturday at 8 p.m., and Sunday at 3 p.m. This was a musical revue performed by SHU students and professional actors.

"This show was not to be missed," said Fred Sailer, executive director of the center. "We have made positively great changes." The SHU theater holds 830 people and possesses professional sound and light facilities.

Maureen Hamill, the resident

musical director said, "all students should have come to this exciting work of art. Cole Porter's music jumps generations and touches everyone."

Positively Porter marked the first show of the season at the theater, which runs from September to March. Other shows slotted for the stage include *Ritz Crazy Dayz*, a world premier musical, in November; *The Odd Couple*, Neil Simon's comic classic, in February; and *Two Step Truck Stop*, Maureen Hamill's country music, in March.

The Center for the Performing Arts also offers a Special Events program of *Peter Pan*; an Eastern European dance group, "The Tamburitzans"; and a presentation by the English Department of Arthur Miller's *The Crucible*.

A&L BRIEFS

Compiled by Jason Mazaik

Stamford Center for the Arts begins season with Tom Jones

George E. Moredock managing director of the Stamford Center for the Arts has scheduled a fantastic season of shows. To officially kick off the season "An Evening with Tom Jones" has been scheduled for Tuesday, Sept. 26 at 8p.m. Tickets are \$35 and \$45; the box office number is 325-4466.

Rich Forum proud stage for Rendez-Vous With Marlene

Coming to the Rich Forum direct from San Francisco is the one-woman musical "Rendez-Vous With Marlene". The Musical stars Norwegian chanteuse Torill who recaptures the essence of film star Marlene Dietrich. Performances start Thursday Sept. 21 and conclude on Sunday the 24th. Tickets are \$20-\$25-\$30. The box office can be reached at 325-4466.

Downtown Cabaret Theatre returns with Anything Goes

The Downtown Cabaret Theatre will re-open with the final show of the 1994/95 season. It is the Cole Porter "Magic that he weaves so well." The elegant, witty and sophisticated score for "Anything Goes" is one of the most glorious in American musical theatre. Shows began Friday Sept. 15th and runs through Nov. 25th. For more shows and ticket prices contact the box office at 576-1636.

World Premiere to begin at the Palace Theater in October

The Rich Forum and Palace Theater is set to host the world premiere and Pre-Broadway engagement of *Sacrilege*. Tony Award and Oscar winner Ellen Burstyn stars with John Forsythe and Giancarlo Esposito. Ticket prices range from \$55-\$25. For tickets and more information contact the Box Office at 325-4466.

What's Hot

Moder Rock Top Ten

- #1. "Tomorrow" performed by Silverchair
- #2. "Comedown" performed by Bush
- #3. "J.A.R." performed by Green Day
- #4. "In The Blood" performed by Better Than Ezra
- #5. "Till I Hear It From You" performed by Gin Blossoms
- #6. "Name" performed by Goo Goo Dolls
- #7. "Lump" performed by The Persidents Of America
- #8. "You Oughta Know" performed by Alanis Morissette
- #9. "Warped" performed by Red Hot Chili Peppers
- #10. "Galaxie" performed by Blind Melon

Adult Contemporary Top Five

- #1. "Kiss From A Rose" performed by Seal
- #2. "I Can Love You Like That" performed by All-4-One
- #3. "As I Lay Me Down" performed by Sophie B. Hawkins
- #4. "Colors Of The Wind" performed by Vanessa Williams
- #5. "Run-Around" performed by Blues Travler

Top Five Video Rentals

- #1. Outbreak
- #2. Just Cause
- #3. Boys On The Side
- #4. Nobody's Fool
- #5. The Brady Bunch Movie

Compiled by Billboard Magazine

Pioneer footballs Ihlefeld is all around team player

Kevin Carroll
Sports Editor

After seeing limited time in the Pioneer back field last season behind four-year starter Ron Stopkoski, Brian Ihlefeld has arrived as a strong and elusive runner this season as well as a big play maker for the SHU gridders.

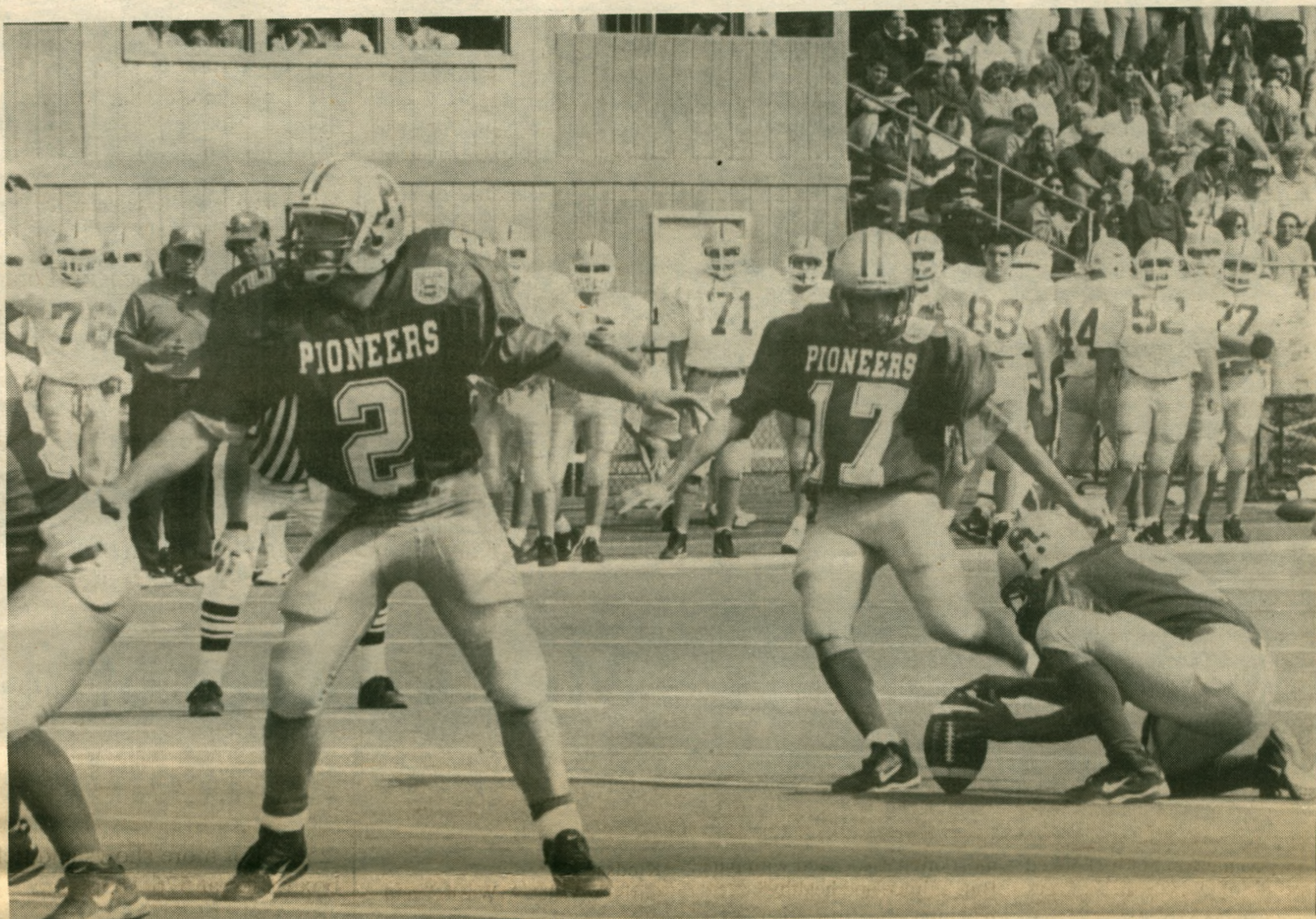
The 5-11, 195 pound junior fullback from Essex Junction, VT, played his high school ball at Rice Memorial. He developed into one of the teams top backs last year. In the limited time he saw last season, he was a running and receiving threat from the back field as a key third down player.

"Last season gave me a chance to get familiar with the new offense," stated Ihlefeld. "Even though I wasn't a starter, I was still satisfied with my performance. After all, everyone has to wait for their chance."

Last season, Ihlefeld rushed for 230 yards, on 64 attempts. He had 7 catches for 105 yards out of the backfield. In last season's contest against Assumption, Ihlefeld rushed for 82 yards and scored his lone touchdown in the 43-20 victory.

"Brian has always been a hard worker and this season he has been doing an excellent job," said teammate Jay (Flash) McMaster.

Ihlefeld showed that he means business last Saturday in SHU's triumph over Western New England College, when he rushed for 220 yards and scored 2 touchdowns. He also broke two records for the day including the longest



Pioneer full back Brian Ihlefeld (2) looks for someone to hit as the kicker Monaco (17) kicks an extra point during SHU's victory last Saturday. Monaco hit six out of six extra points on the day as the gridders pounced on Western New England.

Photo by Laura Grier

run from scrimmage and the longest touchdown run in school history, with a game breaking 90 yard touchdown run in the second quarter.

"Before the game I was nervous like any one else, after all it was the opening game," said Ihlefeld. "After you get in though, it all goes away."

"Brian has taken charge and

has become a fine leader for the team," said running back coach Dante Laurendi. "He runs with determination and has a desire to get to the goal line."

As far as the records go, Brian is modest about the whole ordeal and is just glad that the team started off on such a good note.

"The broken records isn't the big thing, the win is," said Ihlefeld. "But we still have to keep our

heads on straight and not get too over confident going into games to come."

Off the field, Brian has been doing a bang up job as well, keeping up with his studies as an economics major and holding a 3.3 GPA while working in the financial studies department.

Upon graduation, Ihlefeld hopes to get a job coaching or pursue sales of some sort.

For the time being, Brian feels that his studies come first, but he enjoys playing the game of football and is excited about the season.

"This season the offense has really seemed to come together," Ihlefeld stated. "Everyone is doing their job and that's making the offense flow as one."

Pioneer crew ready for victory this season

By Jonathon McCarthy
Editor-in-Chief

The men's and women's crew team took back to the water last week in the hopes of starting right where they finished.

"Last year we had moments of excellence, we are looking for consistency this year and we know we have the talent," said men's captain Ed Page.

Last season's rowers triumphed at the indoor championship where the men posted the best team time and the best indi-

vidual time, posted by Tom Wilson (Asst. Cap.).

"After the whole team performed so well at the indoors we could not help but feel a little disappointed at the end of the season," commented Page. Although the team won nine medals at the Norwalk Invitational last year, two coming from a women's race victory, the team seems to believe that they could do better.

"We are ready this year and we've started off great," said varsity rower Martha Burke. The freshmen crews seem to have a desire to win and the team as a

whole sees nothing in its way.

"The returners are almost right back where we left off and the new rowers are doing so well that I can't stop from being excited for the upcoming season," said Page.

The varsity crews have their first competition this Sunday in Mystic, CT, where they will compete in the Great Pawctuck Paddle or Row Race.

"We are not the new guys this year, people know who we are and they want to beat us. We can be ready physically but must be ready mentally," concluded Page.

Alumni softball game to take place at SHU

Megan Keefe
Staff Writer

This Sunday on the campus field, the women's softball team will take on some of SHU's best ex-players in the third annual alumni game at 11:00 a.m.

Sacred Heart's assistant athletic director and head softball coach Bippy Luckie, a four time All-American shortstop, heads a stellar cast of "old-timers" which also includes Lady Pioneer assistant coaches Pam London and Renee Melchiona.

Other alumni slated to participate in the contest are Diane Zalewski and Sue Teoli, who, along with Luckie and London, played in the NCAA finals during the mid 80's.

Alumni of more recent note include Becky Van Ort, Maria Cavaliere, Michelle Palmer, Lisa DiFulvio and Elaine Agosti.

This season's varsity squad plans on taking revenge on last year's loss. So wake up early on Sunday and come up to the field. No matter who you cheer for, you're sure to see a lot of great action.

SPORTS BRIEFS

In-line clinic to come to SHU

On Saturday September 23rd., Stephen Baum brings his "In-Line Skating Clinic and Tour" to Sacred Heart for a 1.25 hour informative beginner in-line skating clinic.

The event will take place at 11:00 a.m. on the campus parking lot.

Registration takes place at Student Activities in the Hawley Lounge prior to the event. Skate rentals will be available at the event for a charge of \$7.50. Please inform the person at student activities if you are renting skates and let them know your skate size.

Skates and protective gear will be delivered to the school that day at 10:30 a.m. and you should be ready to roll at least 10 minutes prior to the start of the event.

For more information stop by Student Activities in the Hawley Lounge.

Trips to away football games

Student Activities will be sponsoring trips to 4 of the 5 Pioneer football away games. Each trip will coast 3 dollars for students and ten dollars for non-students.

The games and departure times go as follows:

Sept. 23 to UMass-Lowell, at 10:00 a.m., game starts at 1:30 p.m.

Oct. 6 to Bentley, at 3:00 p.m., game starts at 7:00 p.m.

Oct. 21 to Stonehill, at 10:00 a.m., game starts at 1:00 p.m.

Oct. 28 to Salve Regina, at 3:30 p.m., game starts at 6:00 p.m.

For more information on the trips please stop by Student Activities.

Cross-country heads to Connecticut Intercollegiate X-Country Championship

Justin Mokerzecki
Contributing Writer

On Friday, Sept. 29th, the men's and women's cross-country teams will travel to Stanley Quarter Park in New Britain to participate in the Connecticut Intercollegiate Cross-Country championships.

Both teams are hoping to improve upon last year's stats at the competition. The men placed 9th overall last year, while the women brought home a 5th place finish.

Sacred Heart's list of opponents expected at the meet include Division I powerhouses Yale and the University of Connecticut. Other schools expected to compete include the University of Hartford, Southern Connecticut State University, Central Connecticut State University, Eastern

Connecticut State University, Wesleyan, the University of New Haven and Fairfield University.

"This meet provides us with a good opportunity to see how we stack up against the other Connecticut schools," said coach Christian Morrison. "There will be schools from all three divisions at the meet."

Asked how he thought the SHU runners will fare against the competition, Morrison said, "I think it's realistic for both our teams to finish in the upper half of the field, despite their youth and inexperience."

This year's women's team features a talented cast of runners. Newcomers to the team include junior Christine Petrone, sophomores Jodie Eaton and Colleen Demirgian, and freshmen Carrie Demirgian, Theresa Flood and Shelly Reberry. Combine them

with returners Shannon Heald and Stephanie Smith, both second-year students, and it can easily be said that the future looks extremely bright for the women's cross-country program.

The roster for the men's team this season is arguably the strongest in the fifteen year history of the program here at Sacred Heart.

A talented freshmen recruiting class which includes runners Gregg Doucette, Rick Janocko, Tom McCabe, and Chris Pawl team up with returners Neil McClure, Justin Mokerzecki, Brian Young and team captain Dan Weinstein to provide Sacred Heart with what should be the team's most promising season ever.

The competition takes place at Quarter Park in New Britain, CT. Starting time is scheduled for 3:00 p.m.

Men's soccer off on four game win streak at 6-2

Kevin Carroll
Sports Editor

The men's soccer team is on a tear after winning 4 in a row. Their latest victory came last Monday as the Pioneers shut out Assumption 3-0, boosting their record to 6-2.

"The team has been working really hard to get to this record,"

stated sophomore captain Rory Alex. "The last four games are a result of the team's desire to win and the gelling of the starting line up."

The team's only losses were a result of previous injuries and lack of playing to their full potential. Now the team has meshed together and has reeled off some convincing victories, one coming in a hard-

nosed win against NECC opponent Albany.

"The team is excited about the current winning streak, but our best soccer is yet to come," added Alex.

The Pioneer's next game is Saturday against NECC opponent Le Moyne in Syracuse, NY.

The Spectrum sports writing staff needs you!

IF YOU ARE INTERESTED IN COVERING ANY OF THE FALL WINTER OR SPRING SEASONS STOP BY THE SPECTRUM OFFICE AND ASK FOR KEVIN OR JOE.

THANK YOU

Home run derby to hit University

Contest to be held up at the soft ball field

Michelle Covelluzzi
Contributing Writer

For all the Babes, Hanks, and Mo's of the University, your chance to strut or smack your stuff is Sept. 28 at 6 p.m.

The campus softball field sets the stage for the annual Home Run Derby. This event is a contest in which each contestant is pitched 10 softballs and given the opportunity to hit one or as many balls as possible out of the park. The fence at the field stands at approximately 300 ft. Prizes will be awarded to first and second place winners.

The Home Run Derby is an intramural event sponsored by Student Activities, which has focused

and committed itself to making this year's event a sure home run.

"The Intramural Sports Program is designed to provide a healthy and competitive outlet for members of the Sacred Heart community," says Dennis Leszko, program assistant of Student Activities. "Each month a one-day tournament will be scheduled for all students to take part in."

Sign-up at the Student Activities office anytime from now up until minutes before the first pitch. This event is open to all students. Ladies, this means you, too!

Make sure to eat your Wheaties and join in the fun," encourages Leszko. "We'll see you at the ball park."

Sports Schedule

	Thurs.	Fri.	Sat.	Sun.	Mon.	Tues.	Wed.
Football			at Lowell 1:30pm				
Field Hockey	at Stroudsbury 3:30pm			Assumptin 4:00pm		Merrimac 4:00pm	
Men's Soccer			at LeMoyne 2:00pm				at Teikyo Post 3:30pm
Women's Soccer	at Univ. Bpt. 3:30pm		at LeMoyne Noon				Unv. N.Hav 3:30pm
Women's Volleyball	AIC 7:00		Stonehill TBA			at Mercy 7:00pm	

KEVIN AND JOE'S PICKS FOR SHU FOOTBALLS PLAYERS OF THE GAME

Offense Brian Ihlefeld

Ihlefeld rushed for 220 yards on 22 attempts and scored 2 touchdowns, including a SHU record 90 yard touchdown run.

Defense J.J. Chella

Chella had one interception and one fumble recovery on the day along with seven tackles

Football: Crushing win over WNEC

Continued from page 16

the score 28-3 at the half.

Ihlefeld turned on speed he never knew he had for a 90 yd. touchdown run with 9:02 left in the 3rd qtr. Chris Kelly came back again to hit his favorite target Ray Sizensky for a 59 yd. touchdown pass with 9:02 left in the 4th qtr.

Head Coach Gary Reho thought that there were some very positive things on offense. "The offensive line played extremely

well, they controlled the line of scrimmage," said Reho. Coach Reho didn't throw any surprises at WNEC. "We stayed basic, we weren't giving them any incredibly intricate plays, we just played hard nosed football," said

One of Coach Reho's bright spots on the offense was fullback Brian Ihlefeld. Ihlefeld had 22 carries for 220 yds. Ihlefeld also broke two records in last Saturday's game, which were longest touchdown run and longest run from scrimmage.

Defensively, the pioneers are did well. "We had our first game jitters, but we still got fine performances from our front defensive line. Soto, Armstrong, Kohler, and Thompson had great games," said Reho. "Chella also had a great game by getting that interception and fumble recovery and massing up seven tackles."

The final score for this scoreboard fiesta was 42-3. The Pioneers are enjoying their win, but are working hard to make the rest of their season a success.

Field hockey ups record to 4-1

Joe Collett
Assistant Sports Editor

The Women's field hockey team has increased the win column to 4-1 with their recent victories over Manhattenville, Albany and Keene St. All three wins were the product of hard work and determination of the Lady Pioneers.

The Win over Manhattenville was a slaughterfest for the Pioneer

Women. Tallying up 9 goals to 0 was the final score. The other two wins came with much more teamwork and effort.

Albany tied SHU at the end of the game, so overtime was the result. Leslie Greene came up big with the winning goal.

The win over Keene St. was also a nail-biter. In overtime, Deidre Hynes scored a goal on a penalty stroke to make the final score 2-1 and another victory for

the Lady Pioneers.

With a record of 4-1 and 2 wins in their division, the Women's Field Hockey Team is having the best start they've ever had. This is due in large part to the increased talent they have. "We definitely have the best talent that we have ever had on the squad. We're working as a team and that's how we're going to win the rest of our games," said Junior Melissa Owen.

Zig straight out of leftfield

By Keith Zingler

New England is slowly slipping into the awaiting arms of Fall. A glorious summer has ended for Boston's "Boys of Summer." They, along with Red Sox fans everywhere, are waiting to see how long that glory will last.

Sox fans don't boast the way Yankee fans do. A ten game lead isn't enough for Boston fans to erase the demons of their team's horrid past. While Yankee fans continue to talk-up their even .500 baseball team, Sox fans continue to brace themselves for the October swoon.

Lighten up Sox fans. If I had told you in April that this team was going to the play-offs you would have laughed at me. If I had suggested that this was the second best team in the American League you would have branded me the school idiot. Now, I am telling you that what you see before you is one of the best Sox teams in recent memory.

Would you please stop mumbling about how I just jinxed the Red Sox. How can you jinx a team that isn't even supposed to be in this situation? Stand-up and cheer as loud as you can, for the first time in five years the Bosox will be playing important games in October. Forget about that damned curse. Do you really think the Babe wants a team that is currently planning to tear down the house that he built to win?

The Yankees have done enough to curse themselves this year. They signed Darryl Strawberry (with Doc Gooden on the way), made "Donny Baseball" an outcast, and replaced Jim Abbott (probably the most inspirational player of our time) with Jack "You Guys are Number 1" McDowell. Don't even try to bring up "The Curse of Wade Boggs." I could see you making a case for "The Curse of Jeff Bagwell" but not Boggs.

Face it Sox fans, you have a talented group of over-achievers playing at Fenway Park. This team has more heart and guts than George Steinbrenner has money. Let's see where they can go. They haven't fallen down yet, so stop looking for them to do it now. Mo Vaughn doesn't care about the past, he's making his mark now. Jose Canseco already has won a championship and is hungry for another one. Roger Clemens is pitching like... well Roger Clemens and Tim Wakefield haven't knuckled under the pressure.

Let's take a look at some positive signs in Boston. First, we have Terry Kennedy managing the team (if a Kennedy managing a team from Boston isn't a good sign, I don't know what is). Second, the last time the Sox won was during a war-shortened season. This year the baseball season was shortened due to a labor war. Third, copies of the contract that sent Babe Ruth to the Yankees are showing up all over Boston (where they are being burned at a record rate). Fourth and finally, it seems that every player Boston's General Manager Dan Duquette signed is having a career year.

As Sox fans have long known, the only time a player produces up to his potential is when he leaves Boston, not the other way around. This year players are producing while in a Sox uniform.

I can't tell you that this year is going to be different. Cleveland looks tough and Atlanta could be unbeatable, but this is baseball. This is the most unpredictable sport around. Who would have predicted that the Sox would even be in the play-offs? What about the Colorado Rockies, California Angels and the Seattle Mariners? None of these teams were picked to go to the play-offs.

Football is a sport where skill overcomes luck 99% of the time. Baseball is a sport where luck and skill are an even match. It is a game of miracles and this team from Boston is looking for another one.

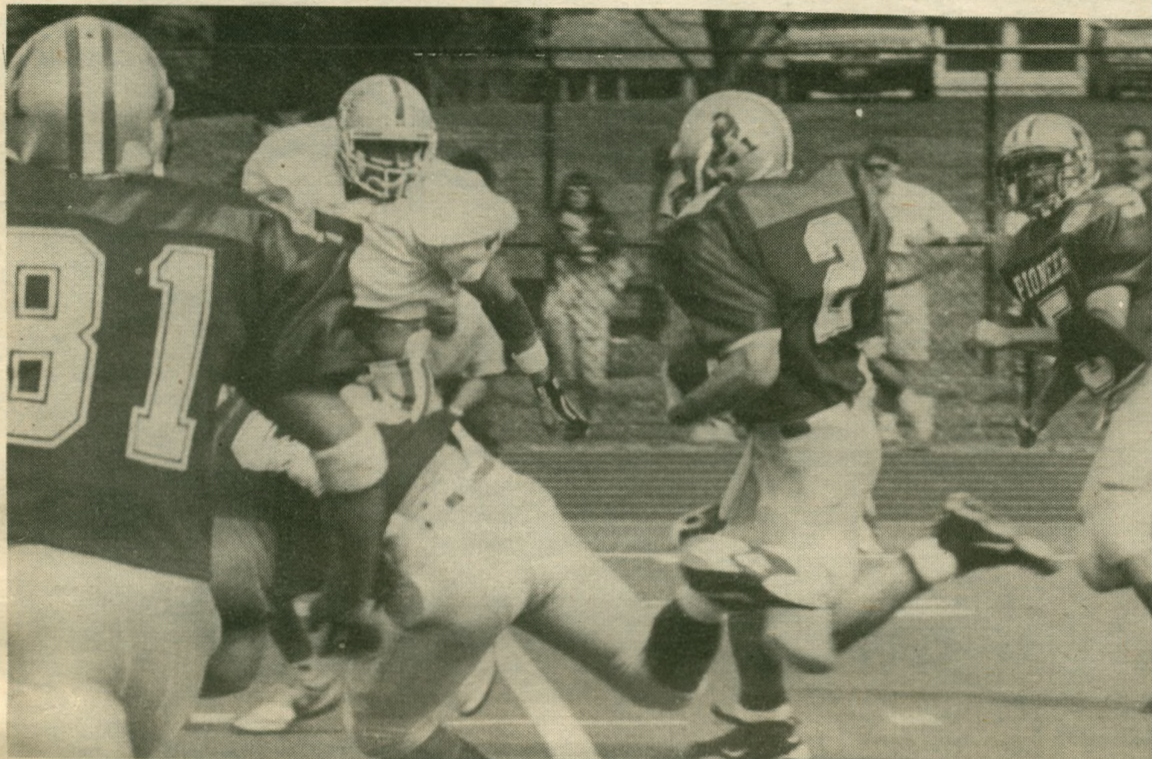
Now, Boston fans, you can just sit back and enjoy the ride, and fans of the other 20 teams are going to be wishing they were in your shoes come October.



SPECTRUM SPORTS



Pioneers 42, Golden Bears 3



Pioneer full back Brian Ihlefeld (2) weaves his way down field past Western New England players as receivers James Mardwika (5) and Ray Sizensky (81) help out down field.

Photo by Laura Grier

Joe Collett
Assistant Sports Editor

This past Saturday's game against Western New England was the perfect starting point for the 1995 season. Head Coach Gary Reho and the rest of his squad are in excellent position to turn what would normally be a decent season, into a championship season.

The Pioneers spanked WNEC 42-3. The gridders have proven to everyone that they are finally unified. It's easy to see that by looking at the score, but hearing it from players' mouths is the true validation. "We've shown each other that we can play as a team. Nobody was concerned with their own personal stats, we just wanted to win, plain and simple," said junior full-back Brian Ihlefeld.

The game itself went like clockwork for the Pioneers. The first touchdown came with 6:19 left in 1st qtr. with a smoothly executed fake-punt which resulted in a touchdown pass from Aucoin to Ventola. Monaco kicked the extra point making it 7-0.

The Pioneers came back again not too much later with another touchdown. With 14:53 left in the 2nd qtr. quarterback Chris Kelly launched a 35 yd. touchdown pass to McLaughlin. Monaco kicked another extra point, now making the score 14-0.

The only points that WNEC was able to fight for was a 27yd. field goal from their kicker, Nizzardo.

With 6:22 left in the 2nd, Ihlefeld ran the ball in for a 4 yd.

See football, page 15

Lady Pioneers break even at 3-3

Megan Keefe
Staff writer

On a rainy Sunday morning, when most people would rather stay in bed, the women's soccer team played their first league game at home against the State University of Albany.

Despite the torrential down pour, loyal soccer fans hiding under umbrellas cheered the team on.

From the start, the SHU booters controlled the game offensively. The ball remained on Albany's side for almost the entire first half.

"It was frustrating because we had so many shots on goal but we couldn't score to save our lives," said junior midfielder Jen Stark.

The low point came less than 14 minutes into the game when Jen Eliea scored on a corner kick to put Albany in the early lead, 1-0.

The goal did not slow down SHU's attack.

According to senior

midfielder Deanna Young, the team was still confident despite the early lack of offense.

"I think we're really starting to come together, and that was obvious today because we never gave up," added Young.

The second half opened up and SHU continued to dominate on the opposite end. Senior midfielder Liz Chernis tied the game 1-1 at 31:42, proving the Lady Pioneers refused to look back.

Jen Stark kicked in the eventual game winner at 23:17 to ice the contest which eventually ended 2-1.

"It was a conference win, but

I don't know how good they are in relation to the other teams in our league," explained senior forward Jen Fallon. "But it's a start."

With the win, SHU improved its

overall record to 3-3, 1-0 in the NECC.

Look for the Lady Pioneers today at 3:30 as they face off against cross town rival the University of Bridgeport down at Seaside Park.

"I think we're really starting to come together, and that was obvious today."



File photo of Jen Fallon