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Dining Services Dish Up Food, Friendship and Fun



Seiler Corporation's James Gubata, Director of Dining Services, welcomes students to the Holly Dinner at Miley Hall in December. Reindeer Dasher, Dancer and Prancer, sculpted in shimmering ice, touch down on the holiday buffet table.

Four hundred gallons of milk, 1,000 pounds of French fries, 1,300 hamburgers — that's a sample of what the Dining Services dish out each week to Salve Regina students. More than 700 students participate in the College meal plan which is contracted to the Seiler Corporation, the third largest food service contract company in the world and a subsidiary of Sodexho, an international corporation based in Paris. Seiler's James Gubata, Director of Dining Services, describes himself as a "chef who went to management school." He is an '82 graduate of Johnson and Wales College with an associate's degree in culinary arts and a bachelor's degree in food services management.

Before coming to Salve Regina in 1987 James worked at the Biltmore Plaza in Providence, the Marriott in Atlanta and the Ritz Carlton in both Boston and Atlanta. According to Jim, a position at The Dining Room (a 5-star restaurant) of the Ritz Carlton in Atlanta allowed him to work with some very good chefs. So why would anyone want to give up a good job in a gourmet restaurant to work for a college food service? "I had several reasons," explained Jim. "Being married, I wanted a more consistent life style with some holidays off. Secondly, I could still apply culinary principles in a high-tech kitchen. I felt challenged by the managerial responsibilities which

would allow me to grow. And finally, I wanted to make the college food service as good as possible."

Diversity is the essence of the food services program. "On the one hand we are preparing cost-effective meals for students and on the other hand maybe serving a gourmet dinner in Ochre Court for dignitaries — and all in the same day." Other campus food sources managed by the Dining Services include the Global Cafe at Wakehurst Campus Center, a night-time pizza spot at Miley Hall, a hot dog cart at O'Hare and special order continental breakfast service at meeting sites. Responsible for the daily menus, James pays close attention to nutritional value, while keeping an eye on color and texture so that food looks appetizing. As James puts it, "The menu drives the operation."

Students also have a say in the food program. A food council made

up of student representatives of the residence halls meets with him once a month to voice their concerns about the food service, and he replies candidly to their requests and complaints. Responding to the council's request to stretch the breakfast period, the cafeteria is now open until 9:30, a half-hour longer. "Sometimes they ask why we can't serve lobster and filet mignon, and I tell them the truth — when the economics are explained, they seem to accept the reality better," maintained James. In addition to the food council and meal evaluation forms, individual students may tack requests on the bulletin board outside James' office and receive a "yes" or "no" by the next day.

So how can the Dining Services tickle the palates of hundreds of students? It's not easy. Some taste buds crave fiery Cajun cooking — for

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Registration and Calculation from Matriculation to Graduation



In the State Dining Room of Ochre Court, Registrar Fred Promades answers questions from freshmen Greg Russo and Jennifer Stiso as they register for spring semester classes.

Fred Promades recalls that once during his undergraduate years, while talking with friends about possible job opportunities at colleges, he couldn't understand why anyone would want the job of Registrar. Today he can't imagine doing anything else. Since 1983, he has directed the Salve Regina Registrar's Office. Previously, he had gained valuable computer experience and had dealt extensively with the R.A. staff and students during two years as Assistant Director of the College Residence Office.

He has experienced significant

changes in the record-keeping methods from the early '80s. In 1983, the first steps were taken to shift from a manual system to a computer-assisted means of keeping student records. Starting with this year's freshman class, student information, beginning at the point of admission, will be recorded in a single data base. These student records will be maintained on the host system located at the Munroe Center. By the time these freshmen become seniors, all academic progress will have been recorded in the same

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Under a festive red and green streamer canopy, students select from a table laden with holiday foods and treats. A gingerbread house and a six-foot poinsettia pyramid added gaiety and color to the cafeteria for the special dinner.

McKillop Art Gallery Launches the Telepodium Launcher II

by Carole Sheehan



Carole Sheehan, Staff Assistant, Public Information, follows the instructions of the Telepodium Launcher II as she looks, listens and reacts to an avant-garde art exhibition at McKillop Gallery.

I just saw two government officials get top secret clearance to enter Mercy Hall and set up the Telepodium Launcher II (TPL II), the world's first and only fully automated armed entertainment system. Featuring a video monitor with a 360-degree swivel base, the unit can rotate at any moment to launch up to eight independently targetable ground to air to ground missiles and immediately resume broadcast of an enjoyable music video. The TPL II, the newest in defense entertainment technology, is the brainstorm of Josh Pearson and Gardner Post of Pearson Post Industries, of which Central

Intelligence is a subdivision.

Do you believe all that? I almost did. In reality, the TPL II is the main component of the EPGOT (Experimental Prototype Gallery of Tomorrow) art exhibit which was on display at McKillop Gallery in December. Obviously, it's not your classic still life painting. In fact, the display is considered issue art, or art that is primarily political or social in nature.

Looking at the exhibit, you see a wall with four video screens, four sets of headphones and a large window. The Telepodium Launcher II is stationed inside the little room surrounded by cones. The Telepodium Launcher II is the perfect name for this contraption, because there is literally a podium with two video monitors on each side, which can swivel to reveal the missile launcher on the other side.

Watching and listening to the video that plays for approximately one half-hour, I was alternately amused, "TPL administration officials were able to complete it on time and well above the budget," disillusioned, "The unit can rotate at the push of a button to launch eight independently targetable guided missiles," and entertained, "The unit is driven by a Sears 1/2 horsepower garage door-opener."

This funny, bizarre piece masks a serious message and questions the government's efforts to promote its militarism. The artists put their message across in a very hypnotic, repetitive way, with repeated

bombings and refrains such as: "We need greater power-strength-greater-power-strength-freedom." The video satirizes what the artists consider the overkill approach of the government and media with a barrage of mass media images. For example, "America today is a proud, free nation" with explosions following, interspersed with quick flashes of the American flag, some cannons, the bald eagle and more explosions.

About halfway through the video, I started not to care anymore — I was lulled into apathy. And I think apathy is the key word here. I began to feel like the uncaring public, saturated with news of war, then being carelessly switched to some inane commercial, or in this case, a music video.

The video not only parodies U.S. militarism, it also takes a few punches at President Bush. The artists have pulled minute segments from a few of his speeches and spliced them together to form a rap song. The rap completed, exploding bombs reappear on the screen and begin to form a rock beat, followed by women in bikinis shooting automatic weapons.

This world's first and only fully automated armed entertainment system redefines what I call art. Actually, I wouldn't be surprised if the government was investigating the Telepodium Launcher II and forming a congressional committee to debate the cost and merits of the project.

People in the News

Dr. Lucille McKillop, R.S.M., President of Salve Regina, recently participated in the first summit of women college and university presidents held in Washington, D.C. Open to current and recent women presidents from accredited U.S. and foreign institutions, the summit focused on socio-political issues and the exchange of ideas with women executives from government and business.

Brother Michael Reis, Instructor of Administration of Justice, recently conducted a one-day seminar entitled, "Developing a Child's Self-Esteem." Brother Michael is registered as a qualified clinical social worker and is director of Tides Family Services.

Mr. Steve Soba, a junior administration of justice major and forward on the basketball team, was recently named the Commonwealth Coast Conference player of the week. Steve netted 20 points against Roger Williams, 31 points against Suffolk and a total of 13 rebounds for both games.

Ms. Melissa Twiss, '89, received her Master of Science in Chemistry from Brown University. During her graduate studies at Brown, Ms. Twiss was a university fellow. She received her Bachelor of Science in Chemistry from Salve Regina.

Lighting the Way to Academic Success at Tutorial Services



Aline Glorieux (left), Assistant Director of Tutorial Services, reviews study skills with junior Susan Correia, during a tutorial session.

It is better to light a candle than to curse the darkness. And by seeking assistance at Tutorial Services, many students are moving into the light and getting the help they need.

Peer tutors illuminate the way to academic accomplishment at Tutorial Services. Their main function, according to Aline Glorieux, Assistant Director of Tutorial Services, is reviewing and reinforcing lessons and helping students to assimilate knowledge necessary for success in their core courses as well as in their chosen fields. Some students merely

require instruction in how to approach a subject, never having learned the necessary study skills in high school. "Mostly, the students who come in really need to know study skills and how to write papers," said Mrs. Glorieux.

There are specialized tutors available in English, math, chemistry, physics, French, Spanish, German, Italian, and for learning disabilities and study skills. For subjects such as psychology, philosophy and history, a combination of tutors with English and study skills is utilized. "We can't

read the book for them," said Mrs. Glorieux, "but we can show them how to tackle it." But what if a student needs help in a specialty area not listed? No problem. She simply contacts the chair of the particular department and requests the name of an outstanding junior or senior willing to tutor in this work-study program.

Both sides profit from this arrangement. The peer tutors benefit because this program gives them a chance to work in a part-time job in their field. In addition, the experience looks good on their resumes. These reasons are not the sole motivating

factors, however. Deborah Cappelucci, a senior who tutors in English and Italian, explained, "It's a satisfying experience. When a student comes back and their test grades have improved, it gives you a very good feeling knowing that you've helped."

Benefits abound for the students as well. They learn more effective study skills to improve their performance in class and dramatically enhance their grades. Mrs. Glorieux cited the example of one student with an average of 37 in a math class,

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A student presents an instructional tool with a zoo theme to educational majors and other interested students during this year's Educational Fair produced by the Education Department.

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Amy Duenkel '91 takes time out from studying to make a selection from the "candyshop" during a late-night stop at The Underground, an addition to the new residence hall.

It's late night at Salve Regina College . . . and where are all the students? You can bet they are checking out the action at their new meeting center, The Underground. Appropriately titled, The Underground is tucked away in the basement below New Dorm.

What exactly is The Underground? It consists of three rooms: a conference room, TV room and a game room. The game room is especially fun and has everything needed for a good time including a pool table, ping-pong table and a foos-ball game. In addition, vending machines

are available for late night snacking.

The idea for a meeting center came from the students themselves. Student volunteers, along with maintenance workers, also did a lot of the work on the basement to get it ready for its grand opening this past October. Known as Project X, this renovation included cleaning, organizing and painting.

The College Activities Office, now in charge of The Underground, has two work-study students supervising the center. If any groups or clubs want to hold a meeting in the conference room, they simply need to call

College Activities and schedule a time. Activities such as movie night or an event with live acoustic music featuring an area favorite, Craig Mirabella, are examples of what goes on at The Underground.

Marcelle Aparo, a freshman working in The Underground, commented that the center provides a great opportunity for students as an alternative location to get together and hang out.

While The Underground is just starting out and needs student support, the College Activities Office is planning some great events to ensure success. For students who need a place to go to have fun, meet friends, or just relax and watch some TV, The Underground is the perfect solution for late night entertainment.

The center is open from 5 to 11 p.m. Mon. through Fri. and from 7 p.m. to 12 a.m. on Sat. and Sun. These hours may change upon review of use. For more information, please contact the College Activities Office at 847-6650, ext. 2915.



Mrs. Barbara Burrell, wife of Dr. William Burrell, Vice President/Dean of Faculty, holds up a poster depicting the plight of 125,000 orphaned and abandoned children in Romania. Her concern mobilized the College Activities Office to conduct a campus and community drive for donations of critically needed items such as blankets and disposable diapers to the Free Romania Foundation.

Athletic Training: An Ounce of Prevention . . . A Pound of Cure



Tricia Cronin (left), Athletic Trainer at Salve Regina, tapes the right leg of basketball forward Mike McGowan '90 before he hits the boards.

"An ounce of prevention is worth a pound of cure," according to Benjamin Franklin. And for Salve Regina's Athletic Department, it is a golden rule. In response to an expanding athletics program, this year's installation of a full-time athletic trainer is the College's answer to those age-old words of wisdom.

Tricia Cronin, a former student trainer at her alma mater, Kentucky State College, was selected as the person to fill that important position. Tricia competed in volleyball, basketball, tennis and softball in high school, and excelled again on the

athletic field in college. There, she was named three-year captain of the softball and volleyball teams, and was selected as a Scholastic All-American in both these sports as well as basketball.

"As an outstanding athlete in college, Tricia is sensitive to the needs of both athletes and coaches," attests Athletic Director Lynn Sheedy. "She understands the frustration and anxieties athletes feel when injuries occur during season play."

Athletic trainers, according to Tricia, aid in the prevention, care

and rehabilitation of athletic injuries, both physically and mentally. Tricia has designed the program, and will continue to do so, around prevention. A large part of that, she insists, is encouraging the coaches in each program to stress proper exercise and stretching techniques for their players. Tricia tries to spend at least one hour at each team practice, instilling preventative measures in athletes.

Tricia admits, however, that a large part of her work involves treating injuries — mostly bruises and sprains. Incorporating her bachelor's degree in biology and added study in the field of athletic training, Tricia relies heavily on cryokinetics — the use of ice in the rehabilitation of injuries. She also stresses with athletes the importance of taping joints before practices and games to provide support to fragile areas.

Lynn Sheedy considers Tricia a great addition to her staff. "The most notable change is that injuries that

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others, the blandness of cottage cheese is just right. So the dining director aims to please the highest number of people possible with what he calls mainstream foods, while offering a variety of spices for tailoring to individual taste. The favorite foods at the cafeteria are old standards such as pizza, pasta, mashed potatoes, hamburgers and French fries, but today's health and fitness consciousness has also sprouted in the College dining room. A salad bar is popular, and students ask for low-fat and low-salt foods and less oil in food preparation.

Dining Services shifts gears from the daily routine for special meals and projects at various campus sites. A formal sit-down dinner for special guests of the Salve Regina College Governor's Ball was catered by the Dining Services at Watts-Sherman House. The Holly Dinner invited students to dress up and serve themselves from a holiday buffet in a decked-out cafeteria. In December, a group of volunteer students and administrators, as participants with the Seiler Corporation in Operation Desert Dessert, rolled up their sleeves and rolled out, cut and baked 200 pounds of cookies to be shipped to U.S. troops in Saudi Arabia.

Approximately 50 full-time and part-time employees keep the food services simmering all year long. James is usually planning 6 months ahead, while the staff focus on the day-to-day process. "Whatever is going on in the world impacts costs in food services," explained James. "The price of oil, the stock market, trucking strikes, and so forth." Through economic ups and downs, James must be sensitive to, and balance the needs of his company, the College, students, employees and conference participants.

James believes that the cafeteria is not just a place to eat. "It's much more. It's a good place where all students can come together — to eat, talk, relax and just be with their friends."



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Registrar

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manner. The Registrar's processes form one of the major foundational pillars for a total student information system which is being designed by senior level administrators, the Registrar and the Munroe Center staff. Eventually, a single data base will be developed that can be used by the offices of Admissions, Business, Financial Aid, Commencement and Alumni and any appropriate personnel or departments, and will reduce the duplication of effort currently required. Ultimately, it will add up to better service to students, faculty and staff.

Several ideas for streamlining registration are now being reviewed. "Whatever choices are made, the personal touch in dealing with students will be kept. We want to delegate some of the repetitious elements of registration to computers so as to make the Registrar's staff more available for the students' questions," explained Fred. At registration, students ask, "What is best for me? What is my alternative choice? Am I on track in fulfilling degree requirements?" "It's not merely picking classes — it's the selection of the proper courses which will allow students to attain academic goals in a proper time frame," emphasized the Registrar.

In all, the Registrar's Office handles seven separate registrations during the year: Fall Semester, Spring Semester, Trimesters I, II, III and Summer Sessions I and II. Each registration period entails not only registration for classes, but also assignment of classrooms, preparation of faculty class lists and grade notification to students.

"I don't think of myself as a paper person, even though much of our work is paperwork," claimed Fred. During the Christmas break, sandwiched between closing down fall records and opening up the spring sessions, all candidates for a degree at the next Commencement have their records reviewed for certification. "Though one of the toughest tasks is the degree audit, it's also the most satisfying time for me. It's rewarding to see students that we've come to know over several years completing degree requirements and reaching their goals — it makes our work worthwhile," he emphasized. After audit results are mailed in early January, students have a last chance during drop/add week to make adjustments to their schedules to satisfy degree requirements. From audit time, excitement builds with the ordering of diplomas and reaches the final crescendo with Commencement. Then the cycle begins again.

The Registrar and five staff members divide the many tasks of the office: Fred, statistics; Barbara Tucci, Assistant Registrar, degree audits; Cindy Church, record keeping; Mary Richards, transcript service; Beth Shanahan, registration and Kathy Willis, scheduling. Fred emphasizes that teamwork is the working style of the office, and he views four offices (Admissions, Business, Financial Aid and the Registrar) as members of one team. "We can't do it alone — it's a great team effort — that's what makes it all work."



Twinkling crystal lights on winter branches and a magically illuminated Ochre Court (above) beckon to guests as they arrive for the 14th Annual Salve Regina College Governor's Ball.

Standing by a Christmas tree at the entrance to the Great Hall of Ochre Court, President Lucille McKillop (left), and Governor and Mrs. Edward D. DiPrete prepare to greet more than 500 guests at the Ball, the major fundraising event for the College scholarship fund.



SRC Students Included in Who's Who

The 1990 edition of Who's Who Among Students in American Universities and Colleges will include the names of 49 students from Salve Regina College.

These students were chosen by a College nominating committee on the basis of their academic achievement, service to the community, leadership in extracurricular activities and potential for continued success.

Recipients of this distinguished honor include seniors Patricia Bledsoe, Margherita Calcagno, Trine Erichsen, Jennifer Fortin, Mary Giordano, Carreen Grilli, Moira Grogan, Kevin Hickey, Beth Hopkins, Jennifer Izzi, Timothy Kennedy, Marnie Moore, Amy Moriarty, Roger Oliveira, Janet Olsen, Theresa Pastorello, Marc Piers, Dino Puia, William Sampson, Marybeth Sharkey, Karen Shepard, Amy Silvestri, Carla Spino, and

Robert Terentieff.

Juniors are Heidi Abendroth, Ann Marie Anzalone, Melissa Burt, Yadira Cervantes, Catherine Chace, Christine Chiaro, Shawn Fernandes, Gregg Goodhue, Kimberly Ledwith, Christine Linski, Paul McCarty, Bridget Mulligan, Roger Oliveira, Keri Pearson, Karyn Plodzik, Brian Pryor, Anselm Richards, Laurie Russo, Christopher Sergio, Steven Soba, Mark Solomon, Barbara Starkie, Lisa Tetreault, Stefanie Toner, Allison Valentine, and Christopher Wondoloski.

These students join an elite group of students selected from more than 1,400 institutions of higher learning in all 50 states, the District of Columbia and several foreign countries. Outstanding students have been honored in Who's Who Among Students in American Universities and Colleges since it was first published in 1934.

Tutorial

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and noted that by the end of the semester, she had achieved an A. Another major advantage in having peer tutors is that the tutors know the professors, know the work particular instructors expect, and understand the problems students face because they've experienced the same difficulties themselves.

A team effort and a cooperative spirit seem to be the prevailing attitude in Tutorial Services. There is cooperation on the part of the tutors and students and among some professors and tutors as well. "For example," said Mrs. Glorieux, "Dr. Heriberto Vasquez was wonderful. He introduced me in his class and said to the students, 'If you want help, please go.'"

The students flourish under this special tutelage. They need to want the assistance though, and should come on a regular basis to dedicate themselves to self-improvement. "But," said Aline Glorieux, "We don't try to keep them. Under the best of all circumstances, we teach them, help them out, and then they can fly on their own." They can fly right into a bright world illuminated with knowledge, insight and education.

Trainer

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have occurred in the past (before the arrival of a full-time trainer) may have sidelined an athlete for an entire season. The presence of a full-time trainer means these athletes have a better chance of recovering from injuries before the season is over."

As Tricia continues to mold the athletic training program, she is grateful for a supportive athletic staff and the College administration which is clearly behind her. "I think athletic training is as essential as the athletic programs themselves," she reflects. "The Athletics Department at Salve Regina is headed in the right direction. We are doing as much as we can to make our athletes as safe as possible."



Salve Regina alumnae and freshman hoopsters jockey for positions under the basket during a first-of-its-kind basketball game between yesterday's stars and today's rookies.