PRESIDENT'S MESSAGE

In my last letter I mentioned that this year would be a year of planning. I am happy to report that two planning sessions are in the works during the month of August.

A friend of the University is underwriting the cost of a three-day administrative retreat August 9-11, when we will review goals and objectives for the new academic year as well as begin to develop further a strategic plan. The latter will involve participation by faculty and staff and will continue to be developed throughout the year.

The Board of Trustees will participate in a two-day retreat August 28-29. We have enlisted the assistance of the Association of Governing Boards to assign a person who will conduct the retreat.

The purpose of this program for trustees is to remind them of their duties and responsibilities and to increase their involvement with the University, particularly in the crucial area of fund raising.

With these two planning meetings in the works, I feel that we are off to a good start for the new academic year. More later.

Dr. Robert A. Preston
President

STUDENTS ARE HIS SPECIALTY

Henry Krell, our new vice president for student services, married his childhood sweetheart 21 years ago. Today he and his wife Barbara have a common professional interest in education. He has concentrated on higher education counseling; she has specialized in pre-school work with the learning disabled.

For the past 17 years they have shared a home in Newtown with their son Eric and daughter Kirsten. Eric, 18, is a sophomore at the College of William and Mary. Kirsten, 15, is a sophomore at Newtown High.

Dean Krell came here from Fairfield University, where he served for 18 years, first as associate dean of students and later as dean of students.

"I saw the opportunity at SHU as a real challenge," Dean Krell said about his new role here, where, with enthusiasm and energy he heads up many vital functions, including counseling, career planning, health services, continuing education services, mailroom/switchboard, student activities, the Women's Center, and security. He is also acting supervisor of the maintenance staff.

On board since June 1, Dean Krell replaced retiring Vice President and Dean of Students John Croffy. Dean Krell was warmly welcomed into the SHU community by many faculty, staffers, administrators, and friends at a reception on June 10. (See related photos on page 3.)

Since his arrival Dean Krell has been occupied with the many aspects of his role, particularly as it relates to students. He's been meeting with various student leaders and now the major focus is on Orientation held in late August for new students. This program, held under the direction of the Office of Admissions, involves a week of presentations and activities designed to make the freshmen and transfers feel as comfortable as possible in their new surroundings on our campus.

"We are looking at ways to make Sacred Heart more vital to new students," he commented.

Dean Krell said "Yes, certainly!" when asked if being a parent has been helpful in his work with young people. "It works both ways, of course. My work has helped me in communicating with my own children."

Hobbies? He enjoys the outdoors, particularly fishing and gardening...the former an opportunity for quiet time alone...gardening is a form of relaxation he enjoys with his wife as they take it one step further with canning the vegetables they grow for future use.

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A 14-year veteran of the New Haven Police force, Paul McCormick says his philosophy for himself and his security officers is simple. "It's important to be fair and impartial, to be willing to listen to both sides of a story," explains Mr. McCormick.

"When you're considerate and still able to take whatever action is necessary in a given situation, the result is a workable relationship in which people will either respect you for doing your job, or cooperate because they know they must."

Director of Security and Public Safety since April 1986, Mr. McCormick came to Sacred Heart in December 1983 to work as a supervisor for Security's 4 p.m.-midnight shift. He was later promoted to Operations Manager.

During his years at SHU, he has organized the patrol methods of campus security, and has compiled a handbook of rules and regulations for the guards.

Mr. McCormick is proud of his security force and their relationship with the SHU community. "The first thing I noticed when I came to Sacred Heart was that everyone was so friendly and cooperative," he recalls. "It's a nice atmosphere with pleasant people."

Boasting a mutually satisfactory relationship with students as well, McCormick stresses the importance of honesty.

"Respect has to be earned," he explains. "It's always important to be straightforward and truthful."

"With students, it's even more so. As long as you remain honest with them, even when you're not happy with something they have done, they'll continue to respect you and do what you ask."

When not overseeing the duties of SHU's 12-officer security force, Mr. McCormick lives in East Haven with his wife Karen.

He has three sons – Paul, 22, a recent Wesleyan University graduate, who will make his mark as an English teacher; Daniel, 21, who will enter his junior year as a finance major at Babson College; and William, 16, a senior at East Haven High School.

CHARLOTTE ROSEN – FULFILLING A NEED

"People come to me with ideas and I put them together," says Dr. Charlotte Rosen, assistant professor of Education and co-director of SHU's Bridge Program, a summer enrichment program for minority high school students.

Dr. Rosen, who recently held a seminar for colleagues learning to teach advanced placement (AP) courses in high schools, says "I've seen there's a need out there for programs like the AP Seminar and last summer's seminar for teaching the gifted and talented, and I try to fulfill those needs."

"I've always loved teaching," Dr. Rosen says, adding that she decided to obtain her elementary education credentials before marrying. "My husband travelled with the U.S. Air Force and I wanted to be able to work no matter where we lived. I thought teaching was a good profession for that criteria."

Born in North Dakota, Dr. Rosen grew up in Minneapolis, received her B.S. at the University of Minnesota, her Ed.M. and Ed.D. from Columbia University, and has lived and taught English classes in Georgia, Texas, Tokyo, Denver, New York, California, and now, Connecticut.

Dr. Rosen lives in Trumbull with her husband John, and their daughter Charlotte, 17, a senior at Trumbull High. They have a daughter Liz, 25, an engineer with the Exxon Corporation, and a son John, 24, also an engineer and a graduate of the Coast Guard Academy in Virginia.
SHU WELCOMES NEW ADMINISTRATORS

Judi Filipek-Rittaler and Lynne Loya welcome Dean Krell.

Dr. William Pearman chats with Dr. Ramzi Frangul.

Lorraine Liquigli and Carol Griffiths at the Krell reception.

Dean Bob Reggio, John Kelly, and Tom Calabrese enjoy the festivities.

Dr. Edward Malin, Dr. Al Wakin, and Pat DeBarbieri smile for the camera.

Bette Pinder and Rabbi Wallin discuss a point of interest.
THE HEAT IS ON: HOT TIPS

By Lynn DeRobertis
Director of Health Services

The hot days are upon us, and everyone needs to take special precautions during heat waves. When humidity is high, the air can’t absorb bodily moisture, and perspiration stays on the skin, thus interfering with the body's perspiring mechanism. Severe heat waves can be very hazardous to your health, especially to older people and those with heart conditions. Heatstroke occurs when your body becomes so dehydrated that it can no longer cool itself, and its temperature rises to dangerous levels. Common symptoms are dizziness; body temperature over 104 degrees; mental confusion; headache; nausea; rapid heart rate; flushy, hot, dry skin; and thirst.

Treatment for these symptoms consists of moving the person to a cooler place, offering fluids, and cool water sponging.

To prevent heatstrokes, drink plenty of water and juices, eat lightly – try several small meals a day, and prepare cool meals. Pasta meals are a great way to fight summer fatigue. (Pasta is a complex carbohydrate causing a gentle rise in blood sugar that sustains your energy.) Wear light-colored, light-weight clothing.

Take precautions when exercising in the heat. If you are physically fit and acclimatize yourself to the change in temperature, it is not unsafe to work out in 80-90 degree weather. During hot and humid weather your body loses water at a very rapid rate, and your heart has to work harder to pump more blood in an effort to cool the body.

To avoid problems of dehydration, heat cramps, and heatstroke without skipping exercise for the summer, make sure you are in good shape before exercising in the heat. Take it easy during the first few days of a heat wave – it takes several days for your body to acclimatize. Avoid mid-day workouts. Drink plenty of water before and during exercises. If you develop any signs of heat-related illnesses, stop immediately and get help.

SHU PRINTS

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STUDENTS

(Continued from page 1)

He holds a bachelor of science degree in sociology from Utah State and a master of arts in counseling and higher education from the University of Connecticut, where for four years he was head resident counselor, coordinator of student counselors, counselor to fraternities, counselor to commuting students, and coordinator of student personnel services before going to Fairfield University.

A warm welcome, Dean Krell.