PRESIDENT'S MESSAGE

This has been a year of rebuilding. We have conducted five major searches at the vice-presidential and deans' level. These searches taught us that Sacred Heart is attractive to a large group of talented persons. Many people believe in what we are doing and want to be part of our enterprise.

Next year will be a year of planning. It will start at the highest level, that of the Trustees, who already are discussing arrangements for a two-day retreat meeting in August. That will be followed by a three-day meeting of senior administrators who will establish objectives and goals for the 1987-88 academic year.

Planning committees of faculty, administration, staff and students will set the direction of Sacred Heart for the next five years in areas of academic programs, admissions standards, curriculum, physical plant, fund-raising, capital needs, new buildings, community involvement, library needs, student space, improved computer systems, governance structures at all levels, and a host of other related matters.

The times ahead will be exciting and demanding. Be prepared, but in the meantime, have a pleasant summer after a long and difficult year.

Dr. Robert A. Preston
President

WELCOME LOUISE SUMMA – DEAN OF ADMISSIONS

"When I walked in on April 1, there was a lovely welcoming basket of violets on my desk," recalls Louise Summa, new dean of admissions, who commutes from Old Lyme. "That was touching and thoughtful of my staff," she says. "They have been so supportive and enthusiastic about my being here. The transition has been wonderfully smooth. I feel at home."

Dean Summa points out personal touches she's added to her office. "I brought in another plant, photos of my nieces and nephews, who are very dear to me, a water color, and my antique china plate."

Propped on her desk are notes of good wishes from former colleagues at Quinsigamond Community College in Worcester, where she most recently served as director of admissions.

Her first weeks on campus have been spent getting to know the SHU community. "I need to find out for myself about the internal strengths, the wealth that's here."

She describes her working style with a quote from Chaucer – "The wise man is one who prepares for appointments he's never made."

Dean Summa says, "Preparation is definitely the key; expect the unexpected...always be on your feet...and then, trust life."

A new college graduate in the mid-70s about to accept a job as a high school history teacher, Louise Summa was confronted with the unexpected. The career office of her alma mater, Anna Maria, in Paxton, Massachusetts, informed her of an opening for an admissions officer at Becker Junior College, a local institution.

"Once in admissions," she says, "I knew immediately that I was in my element." This career path has led Louise Summa to Sacred Heart University.
EUNICE STEAD – A FAMILIAR VOICE

You recognize the voice, but would you recognize the face behind the voice that says, “Good morning, Sacred Heart University?”

At the switchboard for the past six years, Eunice Stead not only transmits calls but handles queries. How many calls a day? “At least one every five minutes,” she says, “except when it’s raining hard or snow is predicted and callers want to know if classes are cancelled.”

“When I first started as the operator,” she adds, “all the University calls came through a big console. While on line with one call, three more would light up. With the changeover to direct dial four years ago, life became a lot easier,” she laughs.

The switchboard, a compact desktop unit, is located in the Office of Student Services for Continuing Education. Eunice, in addition to her switchboard responsibilities, is secretary to Student Services Director Tom Calabrese.

“I love my job. I enjoy the students. I’ve made so many new friends at the University,” she says.

Used to tapping out phone numbers or typing, Eunice, in leisure hours, keeps her nimble fingers busy with knitting, sewing, and other arts and crafts.

A native of Shelton, she lives with her husband, Charles, and their 13-year-old son, David (the youngest of four siblings), only five houses away from the residence where she grew up and where her mother, Edna Huggins, continues to live.

ORLOWSKI STRESSES CURRENT EVENTS

In four years of teaching economics at SHU, Assistant Professor Lucjan Orlowski’s teaching techniques and expertise in the area of economics have earned him the respect and admiration of both students and colleagues.

Motivating students to go beyond the facts and theories they are required to memorize, Dr. Orlowski encourages students to keep up with current events and economic situations.

“The basic theories students learn may stay the same, but economic situations are always changing due to many factors,” he explains. “I like my students to keep abreast of what is happening in the world around them and utilize the material they have learned to analyze a given situation.”

As a youngster in Poland, Dr. Orlowski developed an interest in the world around him and a fascination with maps. As he got older, he learned that many of the events that affected countries around the world were linked with their economies, and thus, his interest in economics grew. By the age of 31, he earned master of arts and doctorate degrees in economics from the Academy of Economy, Kotowice, Poland, in addition to a doctorate degree in economics from New York University.

Outside teaching, Dr. Orlowski is a member of the executive committee of the international organization Pax Ecumenica Romana and the National Association of Business Economists and a part-time consultant with several corporations.

He resides in Hamden with his wife Halina and two children, Agnes, age 11 and Gregory, age 8.

GOODBYE MARY

On behalf of the Sacred Heart University Community, we would like to say farewell, good luck, and most of all, thank you to Mary Evanish, who retired the last day of April. Mary first joined Sacred Heart in June ’69, and most recently served as the administrative assistant to the academic vice president and provost.

We’ll all miss you, Mary!
SHU ALIVE WITH SPRING EVENTS

Rabbi Wallin leads the Sacred Heart community in the annual Passover Seder.

Dr. Grace Farrell Lee autographs her new book for colleague Dr. Laurence Weinstein.

Bishop Curtis, Dr. Preston, and Dr. Farrell Lee

Hernan Yepes and Dr. Joseph Grau enjoy Dean Summa’s reception.

Financial Aid Officers Rondell Bulls and Alvin Clinkscales relax during Dean Summa’s reception.
HOW TO EXERCISE PROPERLY
By Lynn DeRobertis
Director of Health Services

An appropriate exercise program strengthens your heart and lungs, increases your flexibility, curbs your appetite, retards aging, relieves stress and anxiety, helps you sleep better, keeps you mentally alert, and creates a sense of well-being.

If you really want to experience the benefits of exercise, the program should be at least 20-30 minutes in duration and carried out at least three times a week. An exercise program should begin with a warm-up period of 3-5 minutes, to increase respiration circulation, and to stretch muscles. The warm-up is helpful in reducing the risk of injury.

After the warm-up, the conditioning period begins. During this time, you will be aware of increased breathing and a faster heart rate. This is essential to increase fitness. The conditioning period should last 10-20 minutes. You should feel recovered a few minutes after exercising. Don't exercise to the point of breathlessness. After the exercise period, a "count down" of 3-4 minutes is necessary. Walk around for a few minutes, letting your body readjust gradually to a decreased physical demand.

The best exercise programs are rhythmic and continuous, stimulating heart and lungs. Some examples are brisk walking, cycling, swimming, and jogging. Jogging, however, can strain knees, ankles, and tendons if overdone or done incorrectly.

For those interested there is an exercise group that meets at SHU two times a week for 35 minutes. The program is conducted using the Jane Fonda workout tape, which includes warm-up, aerobics, cool down, and floor exercises. I also have developed a "walk work out" program. There are maps available at my office that display the mileage of the distance around SHU property. Anyone interested in forming a walkers club should contact me, Lynn DeRobertis, at X7838.

NEWSMAKERS
SHU welcomes new staff and administrators who have joined us since March 1.

They include Paulette Bolin of Monroe, announcer/producer, WSHU; Carol Ann Burke of Milford, library assistant-periodicals; Rosa Cervoni of Bridgeport, art assistant/technician, Art; George Duenges of Bridgeport, Maintenance; and Norman Gilliam of Milford, Maintenance.

Also Robert Hargus of Stratford, library monitor; Claire Iannotti of Stratford, clerk, Accounting; Marilyn Kitlas of Norwalk, secretary, Career Planning and Placement; Frank Nuelle of Stamford, vice president, Institutional Advancement; Rosemarie Testani of Trumbull, secretary, College of Business and Professional Studies; and Kimberly Watt of Stratford, director, Advertising.

Congratulations to the adjunct faculty who recently received promotions.

They include Thomas Anastasio of Beacon Falls, adjunct assistant professor, Art; Constance Davis of Ansonia, adjunct assistant professor, Media Studies; Russell Ferlik of South Salem, NY, adjunct associate professor, Education; Teresa Garguilo of New Haven, adjunct associate professor, English; and William Hillyard of Bridgeport, adjunct assistant professor, Mathematics; John Kelly of Trumbull, adjunct associate professor, Psychology; Barbara Rothenberg of Westport, adjunct professor, Art; Carol Trifiatis of Fairfield, adjunct assistant professor, Management; and Sylvia Watts of Norwalk, adjunct assistant professor, English.

SHU congratulates Al Goodson of Stratford, who was recently promoted to associate dean of Admissions.

The following were appointed departmental chairpersons to serve for three-year terms effective June 1: Domenick Pinto of Monroe, department of Computer Science and Paul Vitalo of Clinton, department of Mathematics.

Re-appointed are Dr. Roberta Cable of Easton, department of Accounting; Camille Reale of Trumbull, department of Office Administration; and Dr. Glee Wahlquist of West Haven, Nursing.

JOB OPENINGS
Athletics FT Secretary
Biology FT Lab Coordinator
College of Business & Professional Studies FT Secretary
Psychology FT Secretary
Registrar FT Junior Computer Operator
Special Events PT Secretary

SHU PRINTS
This publication is for employees of Sacred Heart University and their families. It is produced by the Office of Communications as a service to the Office of Personnel.

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Letters to the Editor/suggestions and comments should be sent c/o Editor, Office of Communications, SHU, Box 6460, Bridgeport, CT 06606.

CREDIT UNION SERVICES OFFERED
The Stamford Teacher's Federal Credit Union (STFCU) will offer its services to SHU employees as of July 1, 1987. During the first two weeks in June, representatives from STFCU will be on campus to answer questions and sign up employees.

Some of the services include:
- Savings
- Club accounts
- Loans
- VISA Cards
- Certified checks
- Direct deposit
- Credit/life disability insurance

More details will follow from Benefits Manager Sofi Kapadia.