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ON THE GO

- AQUINAS:**
 Wednesday, Oct. 13—Rochester Transit History bus at school, 1:30 p.m.
 Thursday, Oct. 14—Club pictures
 Sunday, Oct. 17—Frosh night
 Monday, Oct. 18—Department chairmen meeting
 Tuesday, Oct. 19—Board of Trustee meeting; sport boosters' dinner
- BISHOP KEARNEY:**
 Oct. 10-14—Parents' trip to Las Vegas
 Wednesday, Oct. 13—College night at Herbert W. Schroeder High School, 7:30 p.m.
- CARDINAL MOONEY:**
 Tuesday, Oct. 19—PSAT exams, Faculty meeting, early dismissal, 1:15 p.m.
- DESALES:**
 Monday, Oct. 18—NEDT tests, sophomores; PSAT tests, juniors.
- MCQUAID:**
 Tuesday, Oct. 19—PSAT testing, juniors
 Friday, Oct. 15—McQuaid Benefit Ball
- NAZARETH:**
 Thursday, Oct. 14—Yearbook drive kickoff assembly, 8:30 p.m.
 Friday, Oct. 15—Founders Day assembly; "Spectrum" staff meeting, 2:45 p.m.
 Monday, Oct. 18—Early dismissal, 1:35 p.m.
 Tuesday, Oct. 19—Homeroom moderator meeting, 2:45 p.m. Perosians meet, 2:45 p.m.
 Wednesday, Oct. 20—Student Council meeting, 2:45 p.m. Choral Belles meeting in auditorium, 2:45 p.m.
- ST. AGNES**
 Friday, Oct. 15—Candy drive assembly.
- OUR LADY OF MERCY:**
 Friday, Oct. 15—Alumni banquet
 Monday, Oct. 18—Yearbook drive ends, administrative Board meeting, 3:15 p.m.
 Tuesday, Oct. 19—PSAT tests, juniors; retreat, freshmen and sophomores.
 Wednesday, Oct. 20—Open House, 7:30-9:30 p.m.

ND Gives Emphasis To Spiritual Life

The backbone of spiritual life at Notre Dame has been revamped with the reorganization of the Religious Activities Committee.

This year, with Sister Gerard Erb as coordinator, the RAC has subdivided into four branches in order to concentrate more effectively on specific areas of religious life here at ND.

Its members will include the school chaplain, Father Richard Murphy, a freshman representative, school administrators, and the total faculty.

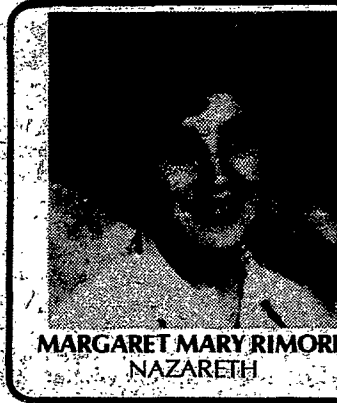
Principal Sister Mary Walter stated, "The total participation of the faculty will get more people involved so it can have an effective impact on total school life."

The first of the sub-committees is the Liturgy Committee, chaired by Paul Holland. It will plan masses, Penance services, exposition of the Blessed Sacrament, and prayer life in general at Notre Dame.

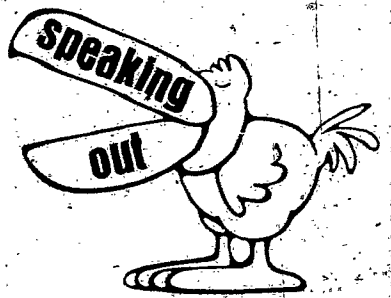
The Human Development Committee, chaired by Sister Noreen, will continue to provide community services, such as visitation of the elderly, work with the handicapped, and the sponsorship of the World Hunger Drive. Early this year they were already hard at work collecting blankets for the migrant workers who were suffering from the cold in the Finger Lakes Region.

Mike D'Aloisio is the director of the events committee, which will schedule activities throughout the school year and raise money for the missions. The highlight is the annual Mardis Gras Festival.

The Retreat Planning Committee, along with its chairman, Sister Marie Catherine, will schedule and coordinate all retreats for the school and faculty.



MARGARET MARY RIMORE NAZARETH



What would you do, if while walking down the street, you happen to see a person stagger to the ground, clutching at his chest? Or, if while at home, your father, with a history of a heart condition, suddenly has a heart attack? Unfortunately, most of us would not know how to begin to save a person, or be able to tell what was wrong with him.

I was included in this group until this past summer. What really hit home was when my uncle had a heart attack and died. Even if I had been there when it happened, I really would not have known what to do to save him. But now I do, and I feel so should the majority of our population. Taking the Cardiopulmonary Resuscitation course was one of the best things that ever happened to me.

Cardiopulmonary Resuscitation (CRP) is a technique used to save heart attack victims; that is, to revive a person who has just seconds before had a heart attack. CPR is the combination of mouth-to-mouth breathing and chest compressions. The compressions squeeze the heart between the breastbone and the backbone to pump blood to the brain and the rest of the body. Mouth-to-mouth breathing gets the much needed oxygen into the lungs and therefore into the blood where it can refurbish the body's cells. The

combining of these two techniques can keep a person, who otherwise may have died, living. CPR is continued until a life support unit comes, or the victim begins breathing on his own.

Anyone from the seventh grade can take CPR and it is easily available through the local Red Cross chapter on 50 Prince St. It is a nine-hour course and what you learn in those nine hours will give you the ability to save lives. I strongly suggest all take this course.

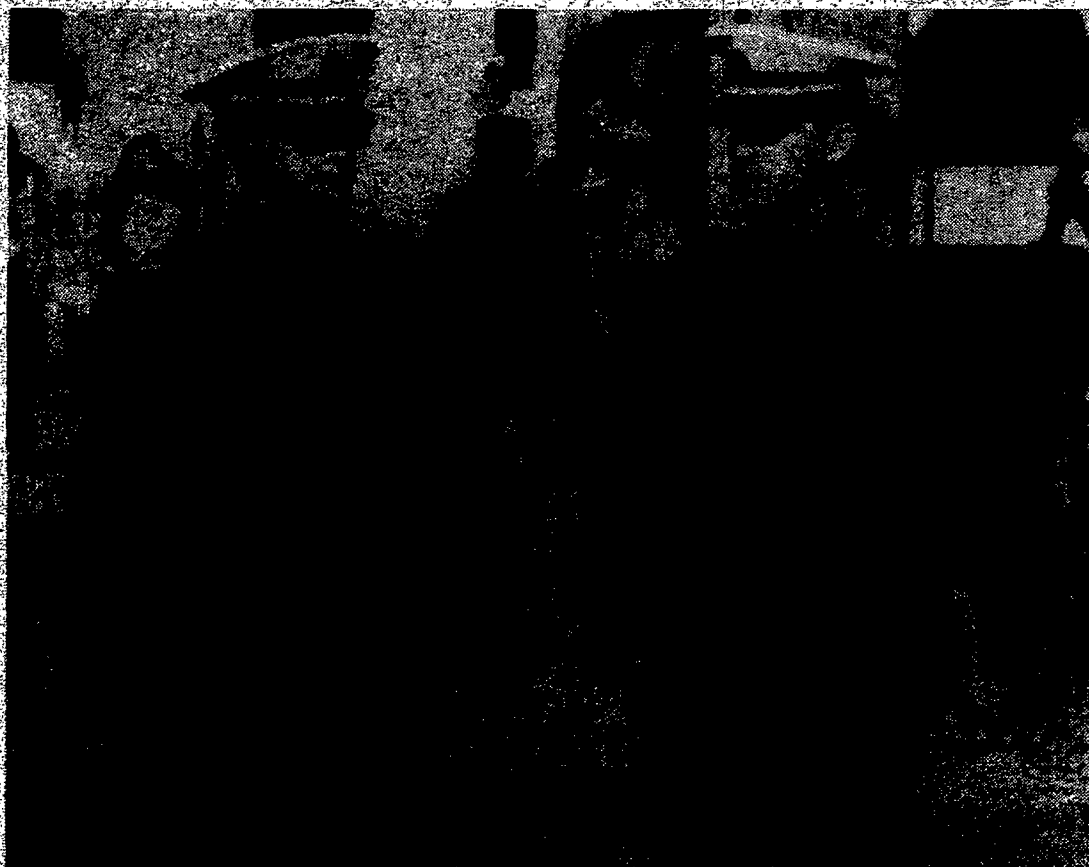
Many people feel that someone else is capable but they themselves could never attempt it. This is not so! If you care enough for the other person and can find it in yourself to give up nine hours of your time for a precious learning experience, then you CAN do it.

AQ Boosters To Hold Dinner

An Aquinas sports boosters dinner will be held on Tuesday, Oct. 19 in the Aquinas cafe. The featured speaker will be Sam Lipka, assistant general manager of the Rochester Red Wings.

Also The Aquinas fall coaching staff will be in attendance. Reservations can be made by calling 254-2020 by Oct. 15.

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 \$16,000 to \$20,000.
 But you've got to get going.



★ ★ ★
 If you've got what it takes, you may qualify for a four-year scholarship at one of 58 of the country's leading colleges and universities through the Naval Reserve Officers Training Corps (NROTC). This includes all tuition, fees, books, plus \$100 per month living allowance — a value, depending on school, of approximately \$16,000 to \$20,000.

But you've got to get going. Because, to qualify, you have to take one of two tests: the SAT (Scholastic Aptitude Test) or the ACT (American College Test). These tests are given on the following dates this year for the college year commencing September 1977:

SAT	ACT
Nov. 6	Oct. 9

So hurry. Register for your test. Fill out the NROTC application. Do it now. Don't miss out on the opportunity for a rewarding career. A future you'll be proud of.

For more information on how you can be someone special, talk to your high school guidance counselor, call (toll-free) 800-841-8000, or visit your local Navy Recruiter for your copy of the 1977 NROTC Bulletin.

U.S. Navy Recruiting Station
 Federal Building - Rm. 1211
 100 State Street
 Rochester, N.Y. 14614

The Navy's NROTC Program.