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UMass/Boston 

News & Views

*Newsletter of the
Office of Public Information*

In Memoriam



Michael A. Ventresca, Esq.
September 27, 1947 — December 29, 1985

Leading political leaders and many UMass/Boston friends paid final tribute to popular Michael (Mike) Ventresca, president of the University's first graduating class in 1969 and first president of the Alumni Association.

Ventresca, 38, a Democratic Party activist and lobbyist, was killed in a tragic traffic accident near the foot of Beacon Hill a few days after Christmas. His car was smashed from behind by another car at the corner of Charles and Beacon Streets.

"Michael was a warm, fun-filled young man who would not have wanted us to stress the gloom and tragedy of his death," said Rev. Martin McCabe at St. Agatha's Church, Milton, where an overflow crowd of 1300 heard his words.

In a eulogy, longtime friend Mark Doran called Ventresca "The least self-centered person on Beacon Hill."

"He had a big heart and he had an uncanny way of bringing people together," said Doran. "For all the

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UMB-2-56

UMass/Boston trustees establish Foster Furcolo Scholarship Program



Former Governor Foster Furcolo, left, chats with Chancellor Robert A. Corrigan, center, and long-time friend Edward Barry of the UMB Athletic Department.

The Foster Furcolo Scholarship Program has been established by Trustees of the University of Massachusetts to honor the Honorable Foster Furcolo, Governor of Massachusetts from 1957 to 1961.

The Scholarship will promote access to further higher education for graduates of the community college system.

Official announcement was made at a luncheon held at UMass/Boston's Faculty Club.

Governor Furcolo played a major part in the creation of the public community college system in Massachusetts. He has been called "the Father of the Community College."

"Education," said Gov. Furcolo, "is the key that unlocks the door of opportunity and enables youth to fulfill its dreams."

"Ignorance—the handmaiden of discrimination based on race, creed or color—tends to disappear as knowledge and understanding grow. The scourge of deadly disease is routed by increased scientific learning just as culture thrives on intellectual attainments."

"Even our national security and world peace depend on education. To sum it up: Education is the key to everything. It is far too important to be left solely to the educators."

Through the scholarship program, the University of Massachusetts at Boston and Amherst will provide each year the equivalent of two full-time tuition and fees scholarship to one entering transfer



Trustee Nancy Caruso greets Gov. Foster Furcolo and friends at scholarship announcement in the Faculty Club. She called him the "Horace Mann of the 20th Century".

student from each of the public community colleges within the Commonwealth. Each recipient will be named by the President of his or her institution.

Foster Furcolo has been a United States Administrative Law Judge since 1975. He served with the Massachusetts Board of Regents in Higher Education, 1980-85. He also served in the United States Congress, 1949-1952. He is a graduate of Yale College and Yale Law School. He lives in Needham.

P * R * O * F * I * L * E

Dr. Connie Chan of CPCS says “runners high” can be addictive

Runners' high can lead to psychological lows like depression, anxiety and addiction, says a UMass/Boston professor of psychology.

“Runners can become obsessed with running, pushing themselves to do 10 - 20 miles a day. When the obsessed person has to stop running for a couple of weeks, perhaps because of an injury, he undergoes mood changes. He believes his body is ‘falling apart’. He becomes tense, confused and depressed,” said Dr. Connie Chan, a psychologist in the department of Human Services at the College of Public and Community Service (CPCS).

Chan says two miles daily or 15 miles a week are enough to maintain fitness. A runner herself, Chan says she got caught up in the runner's syndrome of doing more and more miles. The increase in mileage increases the likelihood of injury and mood changes during recuperation.

To evaluate the changes, Chan conducted a study with two groups of 40 runners each, who regularly ran at least 30 miles a week.

The first 40 had to give up running for two weeks; the second 40 continued the weekly 30 mile minimum during the same period. At the end of the fortnight, both groups took standardized psychological tests.



Dr. Connie Chan

“The results were remarkable. Those who stopped running were significantly more depressed, tense, anxious and confused; their self-esteem plummeted. They believed their bodies were falling apart after such a short time. Even those who substituted swimming or biking until they could run, had mood changes, said Chan, who presented her findings at a recent meeting of the American Psychological Association in Los Angeles.

Those who continued running didn't have psychological changes,” said the UMass/Boston professor.

Long-distance running can stimulate the body's production of endorphins, natural opiates, creating the so-called runner's high. A hiatus from running for as brief as only two weeks, can cause runners to feel low. There are many deep-rooted psychological reasons that make Johnny run, says the researcher.

“Usually running starts for physical fitness benefits, not competition,” says Chan.

However, she adds, when the runner's body trims down and his stamina increases, he feels good about his accomplishment. He gains self-esteem and confidence and pushes himself to run more and more miles.

“He begins to identify himself as a runner first, before anything else. His social life revolves around running. Some runners have even changed jobs so they can have more time to run. For others, their only coping mechanism for stress is running. They can't sleep; they run, even if it's 3 a.m. Major business decision? They have to run. Now, what started as a fitness activity is an addiction. And the runner isn't psychologically healthy,” said Chan.

To protect mind and body, Chan advises runners to “diversify”.

“Include biking, aerobics, swimming, tennis and other sports into your fitness routine. Don't limit yourself to running, otherwise you jeopardize your mental and physical health when you have to stop running for a while,” says Chan.

In Memory of Michael Ventresca

• continued from page 1

devotion he offered the O'Neills, Kennedys, Harts and Kerrys, one sensed he was happiest and most fulfilled encouraging the struggling ambitions and lofty ideals of the young college grad looking for his first break.

“He was a Kennedy man working for the business community. He was an environmentalist with common sense, an unabashed Democrat who could understand both sides of every issue.

“Most of all, Michael Ventresca was a good person. For those of us whose lives he touched, the memory of his goodness and his spirit will always stay with us. But without Michael around, life won't be as interesting, nor government as good, nor the world as fun.

“He was that kind of person.”

Among the political leaders at the funeral Mass were Gov. Michael Dukakis; U.S. Sen. John Kerry and Rep. Barney Frank; Senate President William M. Bulger, House Speaker George Kevarian, Secretary of State Michael Connolly.

The Michael A. Ventresca Memorial Scholarship Fund has been established in his memory.

UMB students in CCDM program



UMass/Boston sophomore Aura Colon, left, an accounting major, joins Tanya Brown-Johnson, a career counselor, and sophomore Wayne Miller, a liberal arts major, to display certificates from the Council on Career Development for Minorities (CCDM). Colon and Miller were selected along with students from 14 other New England colleges to participate in an orientation program.

(Photo by Carlos L. Castro)

Jennifer Presley appointed as Director of IRP



Jennifer B. Presley

Jennifer B. Presley of Quincy has been appointed Director of Institutional Research and Planning at UMass/Boston by Chancellor Robert A. Corrigan.

Presley formerly was the Director of Research for Connecticut's Department of Higher Education. She comes to the Harbor Campus with impressive credentials including a Doctorate in Administration and Policy Analysis from Stanford University and academic administration experience at the Universities of Miami and California at San Francisco.

A British native, Presley will develop a data base of information on academic programs, faculty, and students. The department also will explore the resources and needs of UMass/Boston.

"The data will be analyzed to aid faculty and staff in developing long-range plans for the institution," says Presley.

The data analysis also will aid UMass/Boston in determining its current and projected profile and to guide the institution toward its continued goals of quality education.

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UMB's Physical Plant Director Charles Spaulding retires



Retiring as Director of Physical Plant, the popular Charlie Spaulding cleans out his files before heading for Cape Cod.

Charles Spaulding, longtime Director of Physical Plant, retired in late December to Cape Cod after 18-plus years with UMass/Boston.

Spaulding came to the University in July, 1967 and held the title of Director of Physical Plant from the outset. He was with the department during the rough early years when UMass/Boston

was scattered in various buildings in Downtown Boston.

He was a major contributor to construction of the new campus at Columbia Point and was instrumental in forging the department as it stands today.

Charlie made many friends during his lengthy tenure. They wish him well—and good sailing.

J. Anthony Lukas speaks at CPCS



Award-winning author J. Anthony Lukas, second from right, drew a packed audience at UMB's College of Public and Community Service (CPCS) at a recent appearance to discuss *Common Ground*, his book on the Boston busing crisis. Left to right: UMass Vice-President Edgar Smith, Provost Robert A. Greene, author Lukas, and Vice-Chancellor Charles Desmond. Lukas won the Pulitzer Prize while working for the *New York Times*.

UMass/Boston cited for assistance in furthering Irish/Anglo relations



Ireland's Prime Minister Dr. Garret FitzGerald, right, chatted with Chancellor Robert A. Corrigan at a Parker House luncheon during a recent Boston visit by Dr. FitzGerald.

Chancellor Robert A. Corrigan and UMass/Boston were singled out by Ireland's Taoiseach, Dr. Garret FitzGerald, at the recent signing of the Anglo-Irish Agreement at Hillsborough Summit.

Dr. FitzGerald recognized the assistance UMass/Boston had provided in furthering Anglo-Irish relations as the

result of efforts in organizing the Airlie House Conference in January, 1985.

The three-day event was held in Warrenton, VA, and was organized by Padraig O'Malley of the McCormack Institute. It brought together some 65 political figures, representatives from Northern Ireland, the Republic of Ireland and Great Britain.

Briefly...

Boston's Mayor Raymond Flynn invited the UMass/Boston Gospel Ensemble to sing at City Hall for the Martin Luther King Jr. Birthday celebration on January 19. The Ensemble represents the College of Public and Community Service.

"We were very honored and excited to participate in such an historical event," said CPCS Dean James Jennings.

□

John J. Conlon, CAS Associate Dean, reports that his recent publications include "Walter Pater and the Transitional Age" in *English Literature in Transition*, essays on Pater and Joseph Conrad in *Research Publishing's* new volumes on biography and criticism, reviews on *The War of the End of the World* by Peruvian novelist Mario Vargas.

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UMass/Boston's participation in the 1985 Commonwealth of Massachusetts Employees Campaign (formerly the United Way) was most successful.

A total of \$22,284 was pledged which exceeded our goal by 14% and last year's total by 25%.

"Many, many thanks," said Director David L. Stockton of Health Services."

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Associate Professor Chris Nteta was the subject of a recent article in the Boston Herald. Dr. Nteta spoke of his South African heritage and events in his homeland which he left in 1966 at age 29.

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State Auditor John Finnegan awarded certificates to 50 human service professionals upon completion of management courses offered by the Auditor's Institute in collaboration with UMass/Boston's division of Continuing Education.

The course offers instruction in several areas of financial management, including contracts, records management and audit policies and procedures.

The institute is the cornerstone of Auditor Finnegan's "Blueprint for Reform," a document that offers 23 major reforms for the state's purchase of human services.

"This Institute was created because of an audit that we performed some time ago," said Auditor Finnegan. "That audit showed that millions of human service dollars were being wasted and, yes, in a few cases, stolen. Every dollar wasted meant that someone in need had to do without.....This is the fifth graduating class of the Auditor's Institute.

"The response has been gratifying. All of our offerings have been completely

State Auditor Finnegan awards 50 participants of UMB Continuing Ed



State Auditor John Finnegan huddled with UMass/Boston's Continuing Education leaders at recent ceremony of the Auditor's Institute. Left to right: Associate Director Robert Ryan; Tony Holmes; Auditor Finnegan; Director Edmund Traverso; and A. Collins Jenko, Associate Director. The Institute, sponsored by the Continuing Education Department in cooperation with Finnegan's office, trains human service professionals.

enrolled. The Institute's fine reputation will continue to grow as it is offered at

state colleges and universities throughout the state."