THE SOPHOMORE MISSION starts Sunday evening at 6:45. Residents of Morrissey, Lyons, Zahm, first floor of Cavanaugh, as well as the off-campus Sophomores, will head for the Grotto first. After a brief visit at the Grotto, there will be a Mission Sermon in Sacred Heart Church. Benediction will follow the sermon, and afterwards ten confessors will be on duty in the church. A schedule of the Mission sermons and services will be left at the doors in the Sophomore halls before Sunday. Hold on to your copy, and make it appoint to be on hand.

As a rule, the 11:00 o'clock Mass on Sunday will be a High Mass. But this coming Sunday, the High Mass will be at 9:00 o'clock, and will mark the solemn religious opening of the schoolyear. (This will be a solemn Mass. Consequently, the 10:00 o'clock Mass may be delayed a few minutes.)

IF YOU'RE PLANNING to eat breakfast tomorrow morning, keep in mind the change in schedule. Breakfast will be served from 7:00 to 7:45. So, set your clock to enable you to attend the 6:45 Mass in your hall chapel.

THERE ARE MASSES in Sacred Heart Church, Monday through Friday, at 5:10 in the afternoon. Each morning, Monday through Saturday, there are Masses in the church at 9:30, 10:30, and 11:30. The Saturday morning Masses are offered in the Crypt.

KEEP IN MIND THE TRADITION whereabouts of turning out on these fall Saturday mornings to pray at Mass that no one will be seriously injured in the day's game.

LOOKS AS THOUGH everybody and his brother is back. Summer's over -- the summer the White Sox won the pennant! Most look rested. But now and then you run into someone who looks as if he spent too much time too close to the TV watching westerns. After just one day of classes, a few seem already to be worrying about mid-semesters. Others just won't give up; they go on trying to improve their golf game. Bermuda shorts and double-dip cones are commonplace. The senior who lost his head and moved off-campus last Spring is back—head in hands—looking for a place to hang his raincoat as the monsoons approach. Here and there a sagging waist-line is tell-tale proof of too many late evening sorties to the ice-box. And just around the corner there's a fellow with a head for figures. He can tell you in a jiffy what are your chances for lasting out the year. But maybe you're one of those who will remain, and know you will. How can you be sure? Well, you might develop some insight into your behavior.

You may find you need an abnormal amount of praise. Or, maybe you have an excessive interest in yourself; maybe you have some unreasonable fears. One of the greatest challenges you'll encounter is the task of understanding the origin of some of your traits and seeking to compensate for past deprivations in a suitable manner. To help you along, here are a few rules of the road. 1.) Be willing to face the consequences of your conduct. 2.) Make decisions; but be sure you know on what basis you make them. 3.) Be willing to take on responsibility. 4.) Postpone immediate rewards and pleasures, if necessary, so as to attain really important long-range goals. 5.) Put the interests of others ahead of your own self-interest. You might say these are just common-sense rules. You're right. They are. And they're the best means you could use to preserve that rested look.