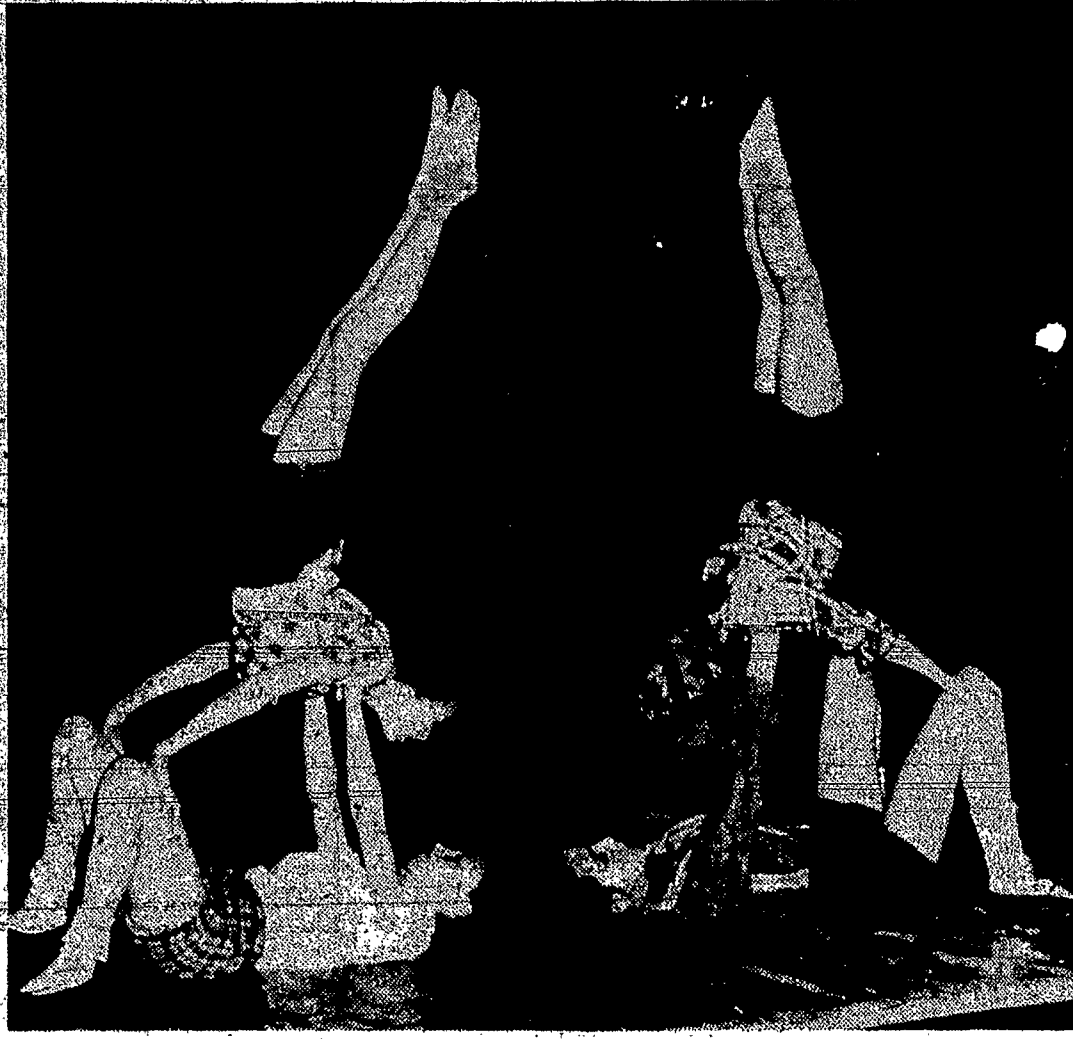




CYO—Basketball for the boys.



CYO—Gymnastics for the girls.

CYO Swim Program Aids Boys And Girls

"A committee on curriculum research of the College Education Association completed an evaluation of various activities in the physical education curriculum and found out that swimming and diving ranked as the number one activity in all around contributions to growth and development of children."

Thus a child participating in the Catholic Youth Organization's Swimming Program, for both the boys and girls, can achieve success in this sport. Regardless of size, this sport begins with the tiny tot, aged 3½, to the grammar school youngster and the high schooler, and is carried through to the college and adult level.

All Year Program
One should never stop using his education nor should one stop using his sport that he had in high school. Swimming is one of the best carry-over sports we have today. It is superior in that it is for both the individual and for groups.

The C.Y.O. encourages the progression of Red Cross swimming skills, beginning with the non-swimmers, beginners, intermediates, swimmers and life-savers. Continual inspiration by class instruction is not enough in the learning process of swimming; we have developed a game-like instruction for boys and girls, aged 6-9, and find this to be an excellent way to introduce the various swimming skills, and to achieve the goal of water safety and deep-end swimming.

A very successful program for tiny tots, aged 3½ has been established at C.Y.O. A unique feature of the class is that mothers accompany their children into the pool, and following the instructor's teaching, actually teach their children the first principle of water safety, water adjustment and floating.

Life Saving

Swimming is about the only activity with which you can actually save your own life and, perhaps the lives of others. At C.Y.O. we offer the Junior Life Saving Course for boys and girls aged 12-15, and the Senior Life Saving Course for boys and girls 16 and over. From these courses have come the future life savers of America, and many have found jobs in the city, park and resort pools.

If one needs further proof of the value of swimming, one can realize that almost every muscle is used in swimming. Big muscle groups are not over-active, because the body is supported in water. We have had over the years handicapped children who have done very well and proven to their parents and themselves that they were not misfits in an athletic program. These have been polio victims, heart cases, hard of hearing (School for the Deaf), mentally retarded children (Holy Childhood), post-operative cases (knee injuries, club feet). All have succeeded in swimming at the C.Y.O. pool.

Boys and girls, who were problems at home and at school, have directed their energy toward the swim team and a definite improvement in attitude was seen by the instructors and parents. Poise, self-reliance, assurance and personality can be developed through swimming-teams.

At C.Y.O. we have two junior grammar swim teams, boys and girls, and two high school swim teams, and one co-ed swim club. Through the active participation of these clubs, we are able to put on a cooperative water show, using all the variety of water acts, through the various age levels and skills. This event is one of C.Y.O.'s program highlights.

Religious, Social Aid Offered To New Puerto Rican Arrivals

The latest group of newcomers in Rochester are the Puerto Ricans. This group of American citizens have come from their beautiful island to establish their residence in this city. They come in search of better opportunities because they want to improve their situation and the future of their children. It is not easy for them to leave the familiar setting, a warm climate of about 75 degrees, their friends and relatives, to start a new life full of adjustments. Now, they have to talk a different language, to wear heavier clothes, to form new acquaintances, to become familiar with a new city which has a different way of life.

They know it is difficult, but the willingness to improve their family situation has made them come, the same way as other groups like the Irish, Italians, Poles or Germans did. Puerto Ricans come from an island which is striving to raise its social, educational and economic level. The achievements along these lines have been remarkable, but still there is much to be done.

New Industries

Since 1940 the government has established more than 342 factories creating more than 50,000 jobs. The aim is to industrialize, and to accomplish this, the governor, Mr. Luis Munoz Marin has welcomed every person who might be interested in establishing new industries and has offered them the incentive of a tax exemption during several years.

Housing Projects

Housing projects have eliminated almost all the slums in Puerto Rico especially in the capital city, transforming the slums and huts into clean, comfortable homes. These homes have been built for people of low income and rent is paid according to the family's income.

Because of its form of government, Puerto Rico is an unique case in America. On the 25th of July 1952, the island became a free state associated with the United States. This is the world's newest Common-

wealth. As a part of the United States, Puerto Rico has cherished and has also performed its rights as a democratic country. In 1945 President Truman appointed the first Puerto Rican governor and in 1948 the people elected their own governor.

Spanish Traditions

The Puerto Ricans maintain their Spanish traditions and come from a patriarchal society in which the main breadwinner is the father. They are easy-going people, joyful—liking music and dancing. They are hard workers.

The Catholic Family Center has helped a group of Puerto Ricans in our community by giving them individual case-work help around orientation toward community resources and counseling around personal and family problems. To the whole group, the Hispano-American Club has been available. This is a social and cultural club established to provide organized recreation and cultural activities.

Religious activities have been offered through the Legion of Mary and other religious groups and volunteers. Seven Masses in which the sermons

have been held in Spanish have been held in both St. Joseph's House of Hospitality and Columbus Civic Center. About 80 persons attended the first one and over 200 came to the last one which was kindly offered by Bishop Kearney. Marriages have been validated, First Holy Communion and Baptisms have been arranged. A religious instruction class is being held every week at the Columbus Civic Center.

Children's Club

A small children's club is functioning at the Genesee Settlement. One of its objectives is to integrate the Puerto Rican children with other English speaking children and to provide them recreational activities.

Several meetings have been held with different agency and cultural groups in order to discuss with them the main points of the Puerto Rican background and present situation of the group in Rochester. Translation of interviews to other agencies and individuals have been available.

More activities in terms of health, nutrition, recreation and orientation are being planned.

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