

EDUCATION

Sex Education Program Growing

(An examination of recent developments in the rapidly growing trend toward sex programs in Catholic schools, with a prognosis for next year.)

By FATHER JAMES T. McHUGH
Family Life Division, USCC.

Someone has said that the implementation of a program of education in human sexuality is a little like making love. It requires interest, effort and patience.

Experience has proved that the planning, piloting and implementation of such programs requires from two to four years of coordinated effort. It is not a matter of merely selecting a program and fitting it into an already crowded curriculum.

On the contrary, it involves educating people as to what sex education means and what it hopes to accomplish. It requires specific preparation of parents and teachers to understand their complementary roles, and it demands sufficient time for the diocesan steering committee — composed of educators, parents, theologians, doctors and psychologists — to become better acquainted with the task before them and with their own resources.

In order to determine what is actually taking place in sex education in the various dioceses throughout the country, the Family Life Bureau, USCC, sent a brief questionnaire a few weeks ago to diocesan superintendents of schools.

The replies received, from 116 dioceses, provided the following profile:

Nineteen dioceses indicated that a diocesan-wide sex education program was underway. In all nineteen programs there is a special effort directed to parent education, and all programs stress teacher preparation.

Programs in seven of the di-

oceses involve the junior high years — four of these include high school components, eleven programs extend throughout the entire grade school curriculum, and one program is still at the parents and teacher orientation phase.

Thirty-two dioceses indicated that a program is projected for 1969-70, and an additional 22 plan to implement them within the next two years.

The vast majority indicated that highest priority was being given to parent education. This allows opportunity for the parents to become completely conversant with the long-range plan, and to work with the teaching staffs in developing a curriculum that correlates with the efforts in the home.

Forty-three dioceses reported that a diocesan-wide program was not in view at the present time. However, 25 of those indicated that they were engaged in programs of parent or teacher education, or that some school programs were already underway in a limited number of parishes.

Thirty-eight of the 116 dioceses indicated that there has already been some controversy concerning sex education in the local area, but in very few cases has it been primarily directed against the diocesan program.

Some of the most significant programs appeared to be those underway in Chicago, Rochester, San Francisco, Rockville Centre and Detroit. In the archdiocese of St. Paul and Minneapolis, an extensive program for parents has been underway for some years, sponsored by Catholic Social Service. It involves a series of lectures directed to parents, and a school-centered pilot program will be initiated this fall.

A number of factors contributed to recent increased activity in the field of sex edu-

cation. The Sex Education Workshops held in the summers of 1968 and 1969 at Catholic University were attended by some 200 persons from various sections of the country. At least 80% of these were teachers or administrators.

Human Life in Our Day, the pastoral letter issued by the American bishops in November, 1968, emphasized the value and necessity of wisely-planned education of children in human sexuality, and reaffirmed the obligation of Catholic educators to assist the family in fulfilling this responsibility. The pastoral called for the development of systematic programs of instruction in the Catholic schools and the inauguration of similar programs under the auspices of the Confraternity of Christian Doctrine.

During this past year a somewhat negative reaction to sex education set in throughout the country. Inspired by ultra-conservative pressure groups, it was largely directed at the Sex Information and Education Council of the United States (SIECUS), a private, non-profit organization which supplies information and materials to encourage the development of sex education programs in local communities. But it also had some effect in the Catholic community through the overall confusion it generated. In most instances, however, the clear directives of the pastoral letter and the patient planning of school administrators offset the reaction.

By way of prognosis, 1969-70 should see a continuation of present efforts and the initiation of pilot programs in at least 20 additional dioceses. Major publishing houses are producing course outlines, student texts and classroom materials, and the establishment of diocesan steering committees promises a continuation of a noteworthy trend in Catholic education.

Father Ferrer No Guru, Just Hard Worker

(NC News Service)

Buffalo, N.Y. — Someone in the circle of journalists sitting around the bearded, soft-spoken priest referred to him as a holy man, a guru. He shook his head in embarrassed disapproval.

"No, no. I'm none of those things," he pleaded softly.

But he did go on to say that today anyone can be a mahatma, a great saint. "Any great man now is a man who really does a good action for another. This is the saint of today."

Father Vincent Ferrer, a 49-year-old Spanish-born Jesuit, was a half-world away from India, a land he now calls his "native" land. He had come to Buffalo to launch his nationwide "appeal to humanity" for the desperately poor he works among on that teeming subcontinent.

Father Ferrer visited Buffalo and Niagara Falls to direct the organizing of "Well Wishes for India," a group which aims to enlist the financial support of Americans for a concentrated effort to bring a more abundant life to impoverished Indian farmers.

He hopes to persuade at least 100,000 Americans to pledge \$60 each over the next 12 months in his campaign. The money would be used basically for irrigation purposes in the parched farmlands of the southern state of Andhra Pradesh.

Father Ferrer's organization will dig wells, build small dams, make improvements in dry farming and even furnish basic medical care for people of rural villages which only rarely see a doctor's presence.

Assigned to India 17 years ago, Father Ferrer said he quickly discovered that the Indians wanted food, not religion, so he embarked on an unorthodox missionary career of preaching a non-denominational version of brotherly love and the virtues of cooperation among Indian farmers.

Last year, jealous politicians who feared he was making too many converts forced him out of India. He was allowed to return only after the vigorous pleadings of the people he had helped, and then, on condition that he not return to the scene of his activities, the state of Maharashtra.

Thus, he tells the farmers

that when he assists one to dig a well he expects that one to help another farmer dig a well for himself too. This helps transform a man from being a self-centered man into a brother of another. He is really a man when he is responsible for another."

Bananas Can Help Peel Off Weight

There is nothing inherently appealing about cottage cheese; salad greens alone are not as exciting a prospect as when offered with other foods; and the low-calorie artificially sweetened products many times miss much more than just sugar. Many diet foods are dull for the person who wants to thread his way back to the straight and narrow.

However, there is one food that is always appetizing—the low-calorie banana is a perfect diet food because it satisfies two essential needs: first, it is highly filling and lowly caloric, and secondly, it is highly nutritional.

For many persons, the banana is a First Love—often it's a baby's initial introduction to the Sweet Life—and it remains a favorite throughout. Many people who love the rich flavor and tang of this tasty fruit are surprised to learn that it is indeed a low-calorie item. In fact, at 85 calories for a medium size, the banana is worth its weight in flavor!

Homemakers are just discovering its versatility because it can go into on top of and along side a wide variety of foods. Here are some easy-as-pie (but not as fattening) summery recipes that will show those who take the time to whip them up that even low-calorie foods can be richly rewarding.

Now that salad days are here again, why not try an unusual gelatin mold variation like "Banana Tuna Tower Salad." This refreshingly different luncheon suggestion does indeed have what at first glance might seem a very odd flavor combination. But the tuna taste is deliciously dispersed in the gelatin; the radish bits add a pungency, and the banana slices contribute just the perfect sweet touch to the tower mold.

BANANA TUNA TOWER SALAD
3 packages low calorie lemon-flavored gelatin (3 oz.)



- 1 package low calorie lime-flavored gelatin
- 6 1/2 cups water
- 1 teaspoon salt
- 1/4 cup vinegar
- 1 tablespoon grated onion
- 1/2 cup tuna fish, coarsely flaked
- 2 tablespoons diced pimiento
- 1/2 cup sliced stuffed olives
- 1/4 cup thinly sliced red radishes
- 3 large bananas, sliced lengthwise

Dissolve gelatin in three cups boiling water. Add 3 1/2 cups cold water, vinegar, salt and grated onion. Into a tall tower mold (2 1/2 quart) pour gelatin 3/4 to 1-inch deep. Chill this mold and remaining gelatin until thick but not set. Into gelatin in mold start arranging tuna fish, sliced olives, radishes and bananas. Sprinkle with diced pimiento. Gently spoon thickened gelatin, stir remaining tuna fish, vegetable and fruit. Fill mold and chill until firm. Unmold on platter and garnish with more banana and radishes. Serve on crisp greens with low-calorie dressing. Serves 10-12.

BANANA SPLITSVILLE
6 small or medium bananas
1 pint cottage cheese
1 pint ham and egg salad
1 pint ham and egg salad
Salad greens
Garnishes

Arrange salad greens on six salad plates. Slice bananas in half lengthwise, putting both halves on individual plate. Place one scoop each cottage cheese and ham-egg salad beside each banana. Garnish with pickles, olives and celery or carrot curls.

Another marvelous salad for those who feel a little too "up-scale" for comfort is "Banana Splitsville." Now right off that sounds too fattening for words, but when you substitute scoops of cottage cheese and ham-egg salad for the ice cream, you wind up with a tasty dish appetizingly served. You can also use scoops of chicken salad or creamed or lobster salad. Here's how to put together this fast and easy dish.

Portugal Losing 'Freedom Food'

Lisbon (NC)—Concern is mounting in this country as the end of the U.S. "Food for Freedom" program for Portugal nears.

The distribution of government food by U.S. Catholic Relief Services (CRS) will cease in December. It is U.S. policy to phase out the "Food for Freedom" program in countries where improvement in economic conditions is considered to warrant withdrawal of this form of aid.

In anticipation of the program's phase-out, Portuguese Caritas, a branch of Caritas Internationalis, the international Catholic charities agency,

was reorganized earlier this year to provide aid for underprivileged families.

Portuguese government authorities are reported to have expressed concern over the situation which will mean the closing of many institutions for the distribution of U.S. surplus foods.

Portuguese Caritas and various Church circles, including diocesan committees and priests, have petitioned for a continuation of the U.S.-CRS program.

U.S. policy calls for the rechanneling of U.S. food surpluses from some countries that

have been receiving the aid to others considered to be more in need, such as nations in Africa, South America and Asia.

Dr. Henry Amiel, CRS representative in Portugal, said that "because of general economic development in Europe and pressing needs elsewhere, it was decided to end the program in Portugal last June."

However, Dr. Amiel said, "we have about seven million pounds of stocks and there will be enough commodities to last until December."

Dr. Amiel said "there is still a great need throughout the country."

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A BISHOP

By Bishop Lawrence
Of Paterson

Our attitude has a bearing on our happiness and success. We are always looking for the people who are in the U.S. St. Paul advised that "Fill your minds with everything that is true, and everything that is good, and everything that is lovely, and everything that is virtuous and worthy of praise."

How much better than the one which counts out the meannesses of others and dwells on secret joy! It is a part of the best of people, in discovering the motives in the noblest.

Paul said, "Fill your minds with everything that is true, that is noble." Here the not-ask us to shut our ears to unpleasant facts, imply that there is a difference according to dwell on one set of facts.

The happiest life carries most happiness that of the person who is alert to the fine things" — as they occur.

We can, for example, day's Church in two weeks.

We can observe their efforts in many countries, our own, toward truth. If we look for it, we can find evidence of Christ's genuine sanctity.

Or we can concentrate on the pot shots at the Church, nothing much to praise anything to condemn.

Is there nothing in it to criticize, either the leaders or the people in it? Thank God that the truth is self-satisfaction is not a virtue.

We're realizing more and more that a pilgrim Church is always in need of reform. Our task is to help bring the human and divine into better balance.

We do disservice to ourselves, if we develop Paul has called "the negative" and habitual "negative" critics tell us cause they love the Church are so harsh with her.

CO

ALL IN

Just What

By Sarah Child

A couple of friends having a heart to head day on that subject of sibilities, bringing up

"I took the baby's first last week," Jeanie said of her hand which seem emphasize her feelings. She still wants to suck on that awful thing. At it down and then pickin

"Can you imagine," s between puffs of her ne super recessed filtere "the child is almost a she still wants to suck on that awful thing. At it down and then pickin

"Honestly," moaned ping only to rub out he cigarette and light a embarrassed me to tal where: I was sure every ing at us and wondering mother I was."

"Don't tell me about- rupted Myra, the slim, of our bunch.

"Facifiers, ha! The tr start until they get ol

ROME

Does Pop

By Patrick-Ril
(NC News Seriv
Castel Gandolfo, Italy Paul VI "timid and reso than forthright and reso

The Pope himself put publicly, saying that it/ cism made about and eve answered that since he man "there would be strange in that."

Yet he gave assurance "inner assurance," and that Jack of confidence, grief another.

"The bitterness that must feel at certain pres the Church does not les fidence in it," he declare at a general audience.

As trials he cited "in infidelity" among clergy litigious, and attempts to lens and make them com irritating."

Yet he had a good w thirst for truth, for jus

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