By THE MISSION SINGERS

You have to look hard to find a song sadder than "Reflections of My Life," by a new group called Marmalade. Yet it warms us in a special way.

We can all vibrate with the feelings that are hidden in the words, "The changing of sunlight to moonlight: reflections of my life, o how they fill my

There are only two kinds of people who should sing this song: the coward and the hero. Strange bedfellows, true; but so often, opposing highways lead to the same resting spot on the road.

The hero is the man who risks everything to get what he wants. A lot of writers and artists are heroes in this way. To do what you want, to create, to draw something out of yourself that you're not really sure is there, demands a special kind of courage.

The coward is the person who doesn't know what he wants. and will risk nothing to get it. To live in this state, you've got to make sure that nothing happens, nothing comes out of you or into you that you don't expect. And so, you try to protect yourself, actually believing what someone only joked about: "He who expects little is seldom disappointed."

One man sets his sights on the top of the mountain, the other wedges himself under a stone at the bottom. So when the mountain collapses, when the avalanche comes, both find themselves crushed beneath the rubble, singing, "All my sorrow, sad tomorrow, take me back to my old home."

That scene description might appear to be macabre and melodramatic, but that's what life is all about: a lot of ups and downs, or, if youre' a coward, a constant series of downs.

If you're a hero, you get up after the avalanche, and start climbing again, with the hope that the next landslide won't push you down as far as the last one did. You have no choice but to put faith in the creed, "Two steps forward, one step backward."

So you say, "I'm changing, arranging, I'm changing everything around me," and what you mean is that you're reorganizing, getting a new strategy ready because the old one was reversed. You know what you want, and you'll do anything to get it, even change set ways.

But you can sing these words if you're a coward, too, "I'm changing everything." What you mean, though, is that you're simply moving your hiding place. A coward is like a snake, who only wants to protect himself from the sun's heat. One rock is as good as another, if all you need it, for is to hide under.

So, both a coward and a hero will sing a song like this. "The world is a bad place, a bad place, a terrible place to live, but I don't want to die." The

### Franciscan Film Wins Honor

Los Angeles—(RNS)—A film produced by a Franciscan priest here was honored by the Council on International Nontheatrical Events (CINE) as one of its Golden Eagle award winners.

"Let the Rain Settle It." an 11-minute short, is part of the St. Francis Productions "Revelations" series developed by Father Karl Holtsnider, O.F.M. The film was co-written and directed by Bruce Baker, with an original score by Jimmy Owens and sung by Frankie Laine.

coward doesn't want to die because he's afraid. The hero too might be afraid of dying, but only because he's got a lot more work to do. Dr. Tom Dooley was fond of a poet's line that went, "The road is lovely, dark, and deep, but I have promises to keep, and miles to go before I sleep." Those are words of a

Life is a series of ups and downs. It's really just a question of luck — or fate or Providence - whether you end your life on an up-swing or a downswing. Most heroes end on a down-swing. The lives of artists like Van Gogh, writers like Dostoevski, politicians like John and Bobby Kennedy all ended abruptly on a violent downswing.

Even though they used all their strength, their deaths seemed to show that, in truth, "the world is a bad place . . . à terrible place to live." But because they were heroes, because they worked to get up when they fell, they are remembered

# Life May Be a Bummer, but It's Worth the Fight THE MUSIC BAG

Reflections of My Life

The changing of sunlight to moonlight: Reflections of my life, o how they fill my eyes. The grievings of people in trouble: Reflections of my life, o how they fill my eyes. All my sorrow, sad tomorrow, Take me back to my old home. All my crying, feel like dying, Take me back to my old home. I'm changing, arranging, I'm changing everything, Everything around me. The world is a bad place, a bad place, a terrible place to live, But I don't want to die. All my sorrow, sad tomorrow Take me back to my old home. All my crying, feel like dying,

with great respect.

Take me back to my old home.

you forsaken me?" But He is a

hero, too. He worked for what He wanted, and in the end He Christ's life ended on the got it. You have to respect a biggest down-swing of them all: person who does that. "My God, my God, why have

(Catholic Press Features)

(Recorded on London Records)

## **Electric** Circus At **Planetarium**

An "Electric Circus" superspectacular is scheduled for the Strasenburgh Planetarium's Star Theatre, May 21-24.

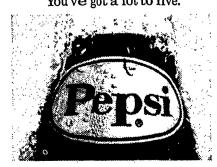
"The Stars and All That Jazz" will bring together Tom Johnson's "The Unity" and Al Keltz' "The Environment," local rock groups in a "strictly seventies" sounding program.

"Creation" is the theme of the show-and it will be stated in the natural celestial wonders which will be projected on the great dome and restated in shifting psychedelic images.

Time for the program will be 9:15 p.m., following the 8 p.m. showing of "Sun 70." Tickets are on sale at the planetarium box office.



What we mean is this: living isn't always easy, but it never has to be dull. There's too much to see, to do, to enjoy. Put yourself behind a Pepsi-Cola and get started. You've got a lot to live.



Bottled by Pepsi-Cola Companies of Elmira and Rochester under appointment from Pepsi Co., Inc., New York, N. Y.

Wednesday, May 13, 1970