

All in the Family
**Redistributing
 The Population**

By Sarah Child



Experts, many of them self-styled, have decreed there is a population problem within the country. Too many of us.

A recent government study does not agree. It reports only that there are too many of us on either coast. The middle of our great land is comparatively bare of human beings.

As of now, we are not planning to move west although if the snow keeps coming my annual instinct to head southwest is sure to emerge.

But we have our own way of dealing with the people jam that does exist in our cities and surrounding suburbs.

It began before we were married, when both were working for a seven-day a week morning paper. On this kind of paper there is someone present in a city room every night of the week. Practically no one gets Saturday and Sunday off, at least not together. Our days off were Sunday and Monday or Wednesday and Thursday or sometimes that ingenious invention, split days off such as Tuesday and Friday.

I spent Monday afternoons at a launderette. Practically no one was there. Wednesday night proved a great night to go out on the town. No queuing at the movies, instant service at restaurants, parking spaces galore. A trip to any park in the middle of a summer week meant plenty of space and relative peace. One could, as they say, actually commune with nature.

We married and the odd days off continued even after I had quit to raise our baby. The disadvantages showed up then. We seldom got to see families. They had regular days off. Holidays were spent at work, etc.

So our breadwinner changed jobs and began to get regular

weekends off. We loved it. We were normal at last. But we were crowded. We found getting a babysitter on a Friday night must be arranged weeks in advance. Movie houses were jammed on the weekends.

So we took to seeing our movies on weeknights, once again. No trouble getting a babysitter. No staffing in line. No breaking a neck to peer around the guy seated in front of us who appeared to have a double head.

It worked so well we did some more experimenting. We found that Maine in June is peaceful, cheaper and just as warm as Maine in August. Swimming in the ocean off Maine is likely to give you frostbite either month.

Parks are crowded Sunday afternoons. Sunday mornings they're practically empty.

Easter dress shoes for the kids? Buy them in February. School shoes you buy the last of July.

Grocery shopping on the weekend? If you have to, go at six o'clock. Other people are either preparing supper or eating it.

Does it work, really work? Of course, it does.

I proved it every day, most spectacularly on a recent Sunday. Our eldest wanted to ice skate Sunday afternoon. The week before the ice had been jammed, parking lot a disaster area with cars here and there.

I timed it so our arrival was at 1:45 p.m. As we negotiated the entrance to the rink lot, I watched with satisfaction as car after car pulled out to leave. By the time we were shod and on the ice there wasn't a Daddy or a teenage boy around. Not on Super Sunday!

**Delta Nurse
 To Speak
 At St. Mary's**

Sister Mary Stella Simpson, a nurse-midwife who works in rural Mississippi, will conduct a two-day family-centered maternity care conference Feb. 4 and 5 at St. Mary's Hospital.

On February 5 at 2:30 p.m. she will speak to interested community leaders in the Bishop Kearney Education Building adjoining St. Mary's Hospital.

Sister Mary Stella, a member of the Daughters of Charity, is employed by the U.S. government as director of the maternal and child division of the Rural Delta Project.

**School Music Fete
 At Greece Athena**

The 1971 Monroe County Senior High Music Festival is scheduled for this weekend at Greece Athena High School, 800 Long Pond Rd.

The festival choir, orchestra and two bands, comprising 550 performers, will rehearse Friday afternoon and all day Saturday for a public concert at 8 p.m. Saturday, Jan. 30 in the gymnasium.

All suburban districts are represented. St. Agnes, East and West high schools have singers in the all-county choir. The orchestra includes Aquinas and Nazareth Academy musicians and Nazareth is represented also in the band.

**Pakistan Relief
 Committee Reports**

A total of \$1,843 and three truckloads of clothing and food were gathered locally by the Pakistan Disaster Fund Committee to aid the survivors of the cyclone and tidal wave in East Pakistan last November.

The money was sent to the Pakistan Cyclone Relief Fund Inc. in Washington, D.C., the local committee reported last week. Clothing and food were forwarded through the New York Junior Chamber of Commerce.

**Nazareth College
 Statement**

The following statement was issued by Nazareth College in response to the announcement Jan. 19 by St. John Fisher College that it is going coeducational in the Fall semester.

By Peter Barry, Chairman, Nazareth College Board of Trustees, Sister Helen Malone, President of Nazareth College

The immediate effect on Nazareth College of the decision of the St. John Fisher College Board of Trustees to embark upon a coeducational program cannot be assessed accurately at this time.

We can, however, say something about its long-range implications.

For 46 years, Nazareth has been devoted to the liberal arts education of women. The need for such education for women of all ages is constantly growing and we fully expect to grow with it.

We do not believe that Fisher's action will have any effect on this objective, nor our determination to provide quality education at the lowest possible per student cost.

Nazareth's special interest in the education of women incorporates the following beliefs:

- only a relatively small college can provide individual attention to each student.

- in order for a smaller college to provide students with maximum diversity of courses at minimum cost, cooperative programs with other colleges must be expanded.

- the addition of young men to the classrooms of a women's college can help provide a more complete learning experience.

It was because of these considerations, in addition to our geographical proximity and our mutual belief in the benefits of

student interchange, that the cooperative program with St. John Fisher College was initiated in 1961.

The program was curtailed this year after we were informed by St. John Fisher that Nazareth could not be reimbursed for a substantial imbalance in cross-registration between the colleges because of possible legal difficulties related to Fisher's receipt of State aid. Since Fisher students attending Nazareth last year outnumbered Nazareth students enrolled in Fisher courses by approximately two to one, both institutions agreed that cross-registration must be limited to relieve the financial burden on Nazareth.

In spite of this curtailment, however, both colleges have publicly expressed an interest in continuing the cooperative program and expanding it when conditions permit. We do not anticipate any change in this mutually-stated objective.

At the same time, cooperative programs have been initiated with other colleges which we hope will also be expanded. Presently, for example, students from both the University of Rochester and Rochester Institute of Technology are enrolled in Nazareth classes.

One third of our 1200 students are commuters. We do know that competitive recruiting for commuting students may lead to an increase in expenses in this area, at a time when virtually every private college in the country is seeking ways to work with other colleges and universities to reduce costs.

Cooperation, without loss of identity, will remain our goal. The most immediate task confronting us is to implement a comprehensive re-evaluation of the best means to reach this objective.

COURIER / RECIPES

This is Be Kind to Your Pot-Roast Week. Plan ahead; allow two days. The pot-roast luxuriates in a fantastic marinade over night, and yields a rich reward the following day.

The process features dry red wine and dark corn syrup, like this:

POT ROAST

- 3/4 cup dry red wine
- 2 tablespoons dark corn syrup
- 4 slices uncooked bacon, cut into 1-inch pieces
- 1 medium onion, sliced
- 2 cloves garlic, sliced
- 2 bay leaves
- 4 cloves
- 1/2 teaspoon ground ginger or 1 slice cooked ginger root
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3 to 4 pound rump pot roast
- 1/4 cup corn oil
- 1 1/2 cups water
- 2 tablespoons corn starch
- 1 lemon, thinly sliced

Mix together wine, syrup, bacon, onion, garlic, bay leaves, cloves, ginger, salt and pepper in large bowl. Pierce pot roast all over with fork. Place in mar-

inade and refrigerate at least 4 hours or overnight, turning at least once.

Removing meat, reserve the marinade. Heat corn oil in Dutch oven or large heavy pot over medium heat. Add meat and brown on all sides 15 to 20 minutes. Stir 1 cup water into marinade. Pour over meat. Cover and simmer 2 to 2 1/4 hours or until meat is tender. Remove meat.

Pour or skim off excess fat from surface of gravy. Blend corn starch and remaining 1/2 cup water. Stir into gravy. Stirring constantly, bring to boil and boil 2 minutes. Garnish meat with lemon slices. Makes 6 to 8 servings; 3 cups gravy.

PEACH MELBA

Slice an angel food cake crosswise into three layers. Cover first layer with vanilla ice cream, add second layer and cover with raspberry sherbet. Top with last slice, frost with sweetened whipped cream and top with well drained cling peach slices. Keep in freezer until serving time.

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