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BUSINESS SERVICES

FLOOR sanding, refinishing. Dependable service since 1921. Reasonable. C. Callemeyn, 865-1353, 458-6685.

ODD JOBS: Storm windows removed, washing walls, floor waxing, cleaning gutters, etc. 436-4421.

PAINTING INTERIOR and Exterior. Guaranteed work. Free estimate. Low rates. No job too big or too small. 865-1785.

CERAMIC TILE, installation, repair, regrounding. Serviced yearly. Shower doors, reset, installed, insured. 288-6328 or 482-3348.

PAINTING & PAPERHANGING. Free estimates, quality work. Dan Burgmaster, 663-0827.

BROKEN WINDOWS? We replace glass in regular, storm, picture, Thermopane, patio doors & Anderson windows. For low cost "on the spot" glass replacement with our MOBILE GLASS SHOPS, call the GLASSMAN. We also make tops for furniture and desks. 328-6130.

PIANO TUNING by experienced tuner, also plays. Call Jerry Gallagher, 482-4061. Reasonable rates.

CARPENTER WORK. Small jobs. Call daily. 244-0980. Evenings 467-7281.

ROOFING - SIDING. New, repairs, insurance cases. Expert applicator, insured. Free estimates. 482-3348.

CHIMNEYS - New, rebuilt, repaired. Expert Mason. Free estimates. Insured. 482-3348.

END PAINTING forever. We apply aluminum trim cornishes, gables, windows, doors, insured. Expert applicator. 482-3348.

HELP WANTED

OPPORTUNITY - Jobs available, 50 men wanted. No lay-offs. Call 544-4072.

REMODELING. Carpentry, additions, built-ins, etc. No job too small. Reasonable rates. 671-5474.

FOR SALE

LAW-AWAY for X-Mas Crochet Af-gans. Labor \$12.50. 671-3151.

LAWN MOWER, Sunbeam Electric. Excellent condition \$25 with cord. 482-6267.

PAINTING - Last Supper, Gold frame. 40" x 32". Ideal for home or Rectory. 436-7124.

LAUNDRY TUBS, double. Small 16" sidewalk bike. 436-1040.

STEREO - Columbia Record Club, never used, must sell. Call afternoons or evenings. 476-7115.

HONDA MOTORCYCLE - 1965-305 \$400.00. P-Daily, 355 North Main Street, Canandaigua, New York.

DOUBLE DRESSES, Dinette set, rugs, dishes, utensils, sewing cabinet. 621-5013.

BUSINESS OPPORTUNITIES

ANYONE seriously interested in doubling his income call 381-6702 for interview.

CAMPS

CAMP HIDEWAY - Day Camp, 16th season. Boys & girls 5-12 yrs. Call Howard F. Meath, 473-5444.

MOTHERS TO Drive for Day Camp. Compensation - Free Tuition for child. Call 473-5444.

INSTRUCTIONS

TUTORING ALL Subjects. Qualified teachers. Professional Tutoring Service. 244-9155 or 271-7707.

REAL ESTATE

EAST SIDE. Vicinity St. John's, 3 bedroom. Colonial. Pleasant, convenient. Priced mid eighteen. Call 482-2283.

HOUSE, ST. AMBROSE Parish, 3 bedroom, 2-car garage, Mon. thru Thurs. 288-6885.

FOR SALE: 7 room home Holy Rosary, 2 oversize baths, 2 porches, large garage. Ideal large family or conversion. Evenings, Weekends. 458-4561.

COMPLETELY furnished two bedroom mobile home for sale; Central air conditioning! skirting; storage building; view of Lake Keuka. Phone (315) 536-3830.

TENTH - 546 Westmount. Off Ridge-way 4 bedroom, paneled family room with sliding glass doors. Opening to patio and nicely shrubbed. Double lot, garage, asking \$23,500. COPPARD REALTORS, 865-8260.

PORTLAND-NORTON - 202 Dickinson. Attractive 2 bedroom, garage, low taxes. 467-7263.

WANTED

HOUSEKEEPER FOR St. Gregory's Church in Marion. Quiet, beautiful home in the country for a retired woman. Live in. Write Box 325 Courier Journal.

WANTED ODD pieces of NORITAKE china. ALICIA pattern. 342-1427. 9 a.m. to 5 p.m.

UNFURNISHED 4-ROOM apartment. Ground floor, garage, utilities, Blessed Sacrament vicinity. \$180.00 limit. Call 442-7175.

WANTED - USED Popcorn machines, cereal corn equipment, sno-cones & Cotton Candy Machines. 288-3541.

WOMEN'S 5-SPEED or 10-speed bike. Call 342-9264 after 5 p.m.

WOMEN'S 26-INCH 3-speed bike. Must be in excellent condition. Call 381-8509. FULL TIME Position, Mon.-Fri. Child Care/or housekeeping. 333-1654.

ODD PIECES of Noritake China. Chantaro pattern, 586-4291 anytime.

MERCHANDISE

GARAGE SALE, Swing Set, carriage, toys, girls clothing. 185 Lux Street.

ORGAN - BALDWIN theater type, sacrifice, bells, chimes, percussion, re-verboration. 467-2997.

FOR RENT

COLUMBUS CIVIC Center, 50 Chestnut Street. Furnished rooms for men and women, with maid service.

ST. PAUL-TITUS Large pleasant studio, bath, Mature Lady. 544-4322.

FURNISHED, THREE rooms, heated. You pay electricity. 473-8994.

4 ROOM apartment, Utilities, Adults. Lawn and snow care would lower rental 266-1125.

SPECIAL MISCELLANEOUS

NEEDED

Good used or new religious articles for Mission in India. No missals please. Large amounts will be picked up. Legion of Mary, 69 Carriage Lane, Rochester, New York 14617.



BRIAN FREDERICKS

Rochesterian Serves in Ghana

Brian E. Fredericks, son of Mr. and Mrs. Leo Fredericks of Washington Avenue, Rochester, has been assigned to overseas duty with Catholic Relief Services in Ghana, Africa, Bishop Edward E. Swannstrom, executive director of the American Catholic overseas aid agency announced recently.

Fredericks' duties will include the supervising of food, clothing and medicine distribution to more than 160,000 needy people.

He also will organize and implement socio-economic development projects designed to help the people help themselves attain skills for their economic viability and community progress.

After graduating from the University of Toronto in Canada, Fredericks served in Alaska with the U.S. Department of Interior. He also taught at St. Thomas the Apostle School in Rochester for two years prior to joining the staff of Catholic Relief Services.

Sr. Stephanie Honored at Party

By FRED BEUERLINE

Mt. Morris—The members of the St. Patrick's School board held a reception for Sister Stephanie Thursday evening, July 22, at the parish school attended by parishioners and friends.

Sister Stephenine, a Sister of St. Joseph, has been principal of the school for the past three years. During her principalship, the alumni association was established, and the school gym and offices were modernized. She also revamped the reading program by introducing modern devices, and a science and audio visual room were also equipped.

Sister Stephanie has been transferred to St. Stanislaus School, Rochester, and will join the faculty there this fall.

Religion Teachers At Boston College

Three Sisters of St. Joseph and two Cenacle Sisters are enrolled at Boston College this summer in the Institute for the Study of Religious Education and Service.

The program, which leads to a master's degree, focusses on "alternative structures to the parochial school system," according to the college announcement, and looks to a time when professional religious educators will work chiefly with adults.

Teachers from this diocese are St. Joseph Sisters Sheila A. Walsh of St. Monica's convent; Marie Brown of St. Jerome's, East Rochester, and Mary J. Mitchell; also, Sisters Marie T. Halligan and Margaret Richardson of the Cenacle.

SARAH CHILD All In The Family



Do you eat too much, drink or smoke too excess? Do you have trouble deciding what time to go to bed at night and at what time to roll out in the morning?

Do you dawdle around all morning and most of the afternoon until you have only an hour left in your working day to accomplish what really takes 7 or 8 hours?

If the answer to any or all of these is yes, then welcome to the club. You have bad habits.

Now there is only one good thing you can say about bad habits and that is they can be changed.

I know because I changed one of my worst ones — or rather my family did it for me.

For years, thanks to a working schedule that had me leaving the office at 11:30 at night, I went to bed between 1 and 4 in the morning, I arose anywhere between 11 a.m. and 3 p.m.

And if you don't think that's a special kind of hell then you've never kept those hours. I married and since my husband kept similar hours to mine we incorporated modified but still outrageous rising and retiring times into our marriage. A child was born and she adapted nicely. In deference to her we now went to bed between 1 and 2 a.m. and rose between 10 and 11.

Years went by and the husband got a 9 to 5 job, the baby went to kindergarten and the family swelled by two more.

I now get to bed at 11 p.m. and rise between 7 and 7:30 every morning. The new hours have been in effect for a year — after the helter skelter living of 10 years before. It should come as no surprise that the new schedule is a whole new wonderful world, one I should not care to jeopardize by going back to the old way.

Now I have hope, if one ridiculous habit can be changed so can others. For years I have been carrying around with me a condensation of psychologist William James' scientific treatise in human behavior, "Psychology: Briefer Course."

James wrote nearly 80 years ago that in the acquisition of a new habit or the leaving off of an old one, there are four maxims to remember.

1. "We must take care to launch ourselves with as strong an initiative as possible.
2. "Never suffer an exception to occur till the new habit is securely rooted in your life.
3. "Seize the first possible opportunity to act on every resolution you make.
4. "Keep the faculty of effort alive in you by a little gratuitous exercise every day."

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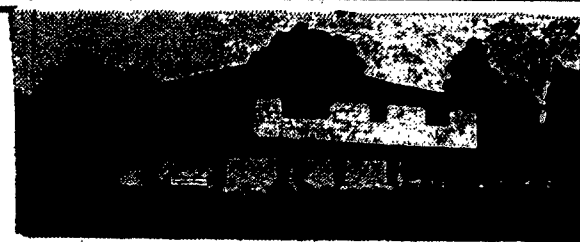
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