

CYO to Open Seven Day Camps

The Catholic Youth Organization, a Community Chest agency, will operate seven day camps this summer for 35 parishes in Monroe County.

According to Paul B. Schmidt, CYO director, 1,969 boys and girls attended camp last year. The anticipated enrollment this year is 2,200 children, he said. All CYO camps have been approved and have accreditation

by the American Camping Association.

It is the aim of the CYO camping program to provide a creative, educational and fun experience with cooperative group participation in outdoor activities to contribute significantly to the mental, physical, social and Christian growth of children under the supervision of trained youth workers, Schmidt said.

SARAH CHILD

All In The Family



POOR SARAH'S ALMANAC (With apologies to Richard, of course):

□ Vessels large may venture more.

But little boats should keep out of the bathtub.

• Early to bed and early to rise.

Makes a mom healthy, wealthy and ready to cope.

• Never leave that till tomorrow which you can do the day after tomorrow. A week from tomorrow? Next year?

• Little strokes fell great oaks. And birch trees if you forget to put the hatchet out of reach.

• She that goes a-borrowing will, at the end of the week, owe the neighbor to her left two eggs, the neighbor to her right a stick of oleo and the neighbor across the street some dry minced onion.

• It is hard for an empty sack to stand upright. It is harder for a full sack to stay full.

• Experience keeps a dear

school, but fools (and ill-organized housewives) will learn in no other.

• A word to the wise is enough, and many words won't fill a bushel. They have no effect on slammed doors, clothes left on the floor or bathtub rings, either.

• Plough deep while sluggards sleep unless you've some other way of dealing with the grubs.

• For want of a nail the shoe was lost; for want of a shoe the horse was lost and for want of a horse we have to fill the stationwagon six times a week.

• The used key is always bright. If you forget it and have to break a window, the key is still bright but the day loses a little of its luster.

• Keep thy kitchen and they kitchen will keep thee — in a stranglehold.

• Lost time is never found again. Neither are size 2 socks shed outside, whole tubes of shampoo squirted down the drain and a six-pack of chewing gum left in a supposedly secret hiding place.

Mental Health Commentary

By THE DE PAUL CLINIC

QUESTION — Why do some young children make such a fuss when their mothers leave them with a babysitter. Are there right and wrong ways to manage them when they get so upset?

ANSWER — Infants begin to show fears of strangeness; both of situations and people, during the latter half of the first year of life. During the second year, the attachment to mother increases as does the reluctance to be separated from her. This attachment is one of the factors that promotes the feeling of closeness between the child and his parents. Usually, the child matures out of the separation anxiety as he approaches school age. It may become the basis of emotional problems in later life if it is not handled well.

Children may differ in the capacity to develop close attachments. Some seem independent from the start and even resist being held. Others are cuddly and seem to thrive on attention; they may be more upset by separations later on, especially if the attachment is fostered by parents and others.

The treatment of a separation anxiety is to prevent it from developing excessively in the first place. This is not always as easy as it may sound but there are some guidelines that are realistic, if not always practical.

In the first year, love, attention, protection should be given to meet the needs of the child as well as the needs of the mother and father and others who may be important in his care. The overanxious mother becomes overindulgent and overprotective, thereby making the child overdependent on her, increasing the risk of a separation problem developing.

Prevention begins in the first year when the infant is exposed to others, including strangers. As he is able to accept it, the infant can be held by others for short periods of time. Forcing should be avoided, of course lest the baby be frightened and his anxiety be increased.

In the second year, short separations from mother, leaving the baby in the care of relatives or close friends whom the child knows and accepts, helps the child get used to being cared for by others than parents. As he tolerates it, the period is lengthened.

When the baby is left with a babysitter, it is best to have in someone the baby knows and who knows the baby. Since the baby cannot be prepared ahead of time, it is wise to have the babysitter come at least half an hour, preferably more, to be with the family before the parents leave. If the infant cries excessively, an attempt should be made to assuage his distress rather than let him cry it out. Holding, rocking, lullabying or feeding may help. If the crying continues unchecked, the parents had best return and plan a different approach.

Questions on children's mental health should be mailed to: Mental Health Commentary, Courier-Journal, 67 Chestnut St., Rochester, 14604.

Cenacle Lists Area Events

Today marks both the close and the opening of parish community events at the Cenacle Retreat House. Gates Presbyterian Church concludes its retreat and St. Nicholas Parish will start its retreat, concluding April 30.

A day of recollection for women religious will be preached by Father Brian Murphy, O Carm, from 9:30 a.m.-3:30 p.m. on April 30.

Also on April 30, a Pentecostal seminar and prayer meeting will be held at 7 p.m.

A Marriage Encounter meeting is slated for 8 p.m. on May 3.

A retreat for women religious will be held May 5-7. For further information call Sister Marie Halligan at (716) 271-8755.

Survey to Aid Heart Fight

The Genesee Valley Heart Association has announced it will be distributing several hundred questionnaires to households throughout the Rochester area to gain needed information for a vigorous educational campaign on heart disease.

The Heart Association is developing a program on the Early Warning Symptoms of Heart Attack. It is estimated that in the United States some 350,000 deaths from heart attack occur outside the hospital. Because the greatest immediate danger occurs in the first few hours after symptoms appear, the Genesee Valley Heart Association is trying to make Monroe and Orleans County residents knowledgeable about those symptoms and the importance of seeking immediate emergency treatment.

Responses to the questionnaire will be kept strictly confidential and contain no identifying data.

'Spirit' Topic At School of Lay Theology

"Somebody Let the Spirit In" is the theme for the Spring '72 lecture series of the Rochester School of Lay Theology. The four lectures will be given at 8 p.m. on the first four Mondays in May in the main auditorium of Colgate Rochester/Bexley Hall/Crozier at 1100 S. Goodman St. in Rochester.

Lectures and lecturers include: "Values Reconsidered," Dr. R. Melvin Henderson, dean of Academic Administration and professor of New Testament at the Schools — May 1.

"Communion with God," Rabbi Herbert Bronstein of Temple B'rith Kodesh — May 8.

"Charismatic Renewal" Dominic C. Mancini, a Rochester public school principal who is a member of Parkminster United Presbyterian Church and a lay leader in the local charismatic renewal movement — May 15.

"Worship—Ritual and Feelings, Too," the Very Rev. Hays H. Rockwell, dean of Bexley Hall — May 22.

WINS SCHOLARSHIP

Michael A. Higgins, a senior at McQuaid Jesuit High School, is one of 49 students from across the country who have been offered scholarships under the University of Rochester Engineering Scholarship Program.

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POSITION Open in St. Salome's Parish for coordinator of Religious Education, only person with leadership and organizational abilities need apply. Experience necessary and minimum BA degree call 467-2313.

CAMPS

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CAMP Caspar Gregory Located on Cayuga Lake. Rustic spot for group camping. Weekly rates for the summer week-end rates for the off-season For information: Marie Kruger, Poplar Ridge, New York, 13139. Tel. 318-364-8469.

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