

SARAH CHILD
All In
The Family



In case you haven't noticed, this is the age of the great giveaway — or more accurately it is the great age of the little giveaway.

It is impossible to buy anything any more without getting something extra free. Nothing valuable, mind you, but just something enough that cost-conscious people like you and packrats like me can't throw away without a twinge of conscience.

Dreamed up by promotion-wise, scheming ad men to introduce us to a product or a service, the little giveaway is ubiquitous. Sometimes it is attached to something else. Sometimes you must mail a post-paid card to get it.

Buy a new washer and inside you find a package of detergent. Buy a new plastic bottle of hand lotion and attached to the side is a "free" envelope of bath-oil beads that won't leave a ring on the tub.

Open your new women's magazine and inside is a page with a little dark spot that says "scratch me." Do so and you get a whiff of a new perfume.

Buy a tube of shampoo and you get a model car which your kids can fight over or a roll of pink tape to hold your hair in place.

My college frosh sister bought a new student's dictionary. Inside a perforated piece of cardboard invited her to send away for some unusual word root origins.

Cereal-makers are the worst with their gifts aimed at kids. In the last year we have been unwilling recipients of four mini-frisbees, six super-bounce balls, a plastic gyroscope and 10 balloons. We seldom bite on the free offers but there has been an exception: Charlie Brown and friends' patches, from a bread-wraper offer. Other breads had seed packets.

For the mothers, the cereal and flour people offer coupons worth points. Save them and you get kitchen utensils so you can use more cake mixes, floor products, etc.

Trading stamps at stores may be the most widespread "free gifts" of all. Over two years with the help of Mon and Sis, I saved 10 books of stamps and got three lamps. I figure these free lamps came from about \$2,000 in expenditures and caused a permanently stained tongue.

Some "gas" stations give stamps and other gifts. Apple jelly, beer glasses, and ham seasoning spice were "gifts." Give-aways also come in the form of coupons. Newspapers, magazines run them regularly and they are found in cans of coffee, sacks of sugar, and in pantyhose packages. Sometimes they come in the mail envelopes just full of them.

Obviously it works. Thus we can look for promotions to become more prevalent. Any day now I expect to open up a frozen pizza and find some free language lessons.

Mental Health Commentary

By THE DE PAUL CLINIC

SLEEP DISTURBANCE IN CHILDREN — PART III

Anxiety dreams in children are as common today as ever. Statistically, they are "normal". They may even be considered healthy because they are, in part, an attempt to keep us sleeping, despite our inner turmoils.

Anxiety dreams usually begin in the preschool years between two and five years when children are taught to "be good", which essentially means control their impulses or incur parental wrath. Their fear of parental disapproval becomes guilt. Parents have explained the cause of the anxiety dream as "your conscience is bothering you." In a sense, this is correct. Fearing the feelings that get him into trouble, he gets rid of them by repression, a way of not feeling what is really there.

Awake, he can avoid these forbidden feelings, so he does not act on them — at least not directly. He, therefore, can be a good boy or she a good girl. Asleep, the forbidden feelings struggle upward from the depths of the unconscious mind and anxiety dreams result. The dream disguises its cause, but the fear of the real cause is felt.

Occasional anxiety dreams do not require specific treatment, but repetitious ones, especially the severe ones as nightmares and night terrors should be dealt with sensibly for the sake of the child's welfare and the family's sleep.

A child who tosses and turns, calling out "No! No!" or "Mommy", can be quieted, even in his sleep, with a comforting patting on the back and reassuring "there, there, you are all right. Don't be afraid, mommy (or daddy) is here". Sometimes, humming or singing softly, as much as anything, helps the child regain control of his runaway dreams. The point is that even in sleep, there may be awareness of what is happening. Parents who argue after the children are asleep should keep this in mind.

Disturbing dreams, of course, can be one of the symptoms of more complex problems of the mind than these milder common dream problems of children. When other problems in behavior are associated with disturbing dreams, the child should still be reassured, but more help may be considered when the disturbing dreams interfere with the child's rest and that of other members of the family. Neither child nor adult can struggle nightly with disturbing dreams and function effectively in school or at work the next day.

The decision to seek help rests with the parents. Where to get it may be a problem. This clinic is willing to discuss the availability of resources with interested parents. The telephone number is 546-7220.

Dear Mrs. "Thank you for your Help":

Your letter sums up the frustration of many parents of teenagers. A series on adolescence is being prepared for publication in a few months.

Meanwhile, don't be discouraged, keep your sense of humor and have faith in their future. Someone has to.

Thank you for your comments and good luck.

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

Courier-Journal

Cenacle Slates Events

A schedule of upcoming programs to be held at the Cenacle Retreat House was announced last week by Sister Mary Walsh, RC.

A Pentecostal retreat, headed by Father Joseph Mahoney, SJ, is set for May 19-21.

A Latin Mass, with music by the Eastman School of Music, will be celebrated May 21, at 4 p.m.

Also on May 21, a pentecostal seminar and prayer meeting will be held at 7 p.m.

Father William Frankhauser, SJ, will hold a theology conference from noon — 9 p.m., on May 24.

Students of St. Ambrose Parish will hold a retreat, headed by Father Willaim Frankhauser, SJ, May 26 — 27.

A general retreat, headed by Father Bernard Bush, SJ, has been slated for June 16 — 18.

Newlywed Cana Talk Scheduled

The Family Life Office is planning a special Cana Conference for newlyweds at St. Pius X School, Wednesday, May 24, at 8 p.m.

The course is designed for young couples "who suddenly find themselves in the first rocky months of the realities of marriage learning that two can't live as cheaply as one." Father Robert Collins, family life director said.

Refreshments will be served during the evening which is expected to re-examine topics covered during Pre-Cana Conferences.

REAL ESTATE

SETTLE ESTATE Bungalow, Rochester For appointments Saturday and Sunday. (716) 544-0287

BEAUTIFUL three-bedroom home, in Greece. Must be seen to be appreciated. Contact 621-1983.

PERINTON: 62 Garden Drive, 3-bedroom ranch, carpeting, tiled bath, vanity, breakfast bar, rec room, shrubbed fenced yard, garage: \$27,000. Open Sunday, 2-5 or call 377-3334.

SPECIAL MISCELLANEOUS

SUNDAY home delivery New York Times, call 244-1637

WAYNE County Antique Dealers Association 5th Annual Blossom Time Show & Sale. Romeo's Restaurant Route 31: 2 miles West of Macedon, Tuesday May 23rd, 11 A.M. - 10 P.M., Wednesday, May 24th, 11 A.M. - 9 P.M. Donation \$1.00 Free Parking. Food Available. Door Prize.

GARAGE Sale: 15 Pickdale Drive, Greece. Some baby items. Starting May 17th.

ENTERTAINMENT

MARTY SHABBARRSAI Orchestra. Music for weddings, parties dances: 342-9188.

FREDDY BECK Orchestra. Finest in music, weddings, parties. 458-8719.

RADIO - TV

SERVICING TV-Stereo-Translator; foreign and U.S. Free estimates. "Commercial". 288-2371.

FOR SALE

GOLF BALLS: Good, used, washed and cleaned. Like new. 865-1646.

DIAMOND pattern. Reed & Barton 5-piece place setting & serving pieces Pine hunt board with hutch top, 865-4139.

7 ROOMS: Anderson Avenue \$6500. Inquire 27 Gillette Street.

COURIER WANT ADS

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BUSINESS SERVICES

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

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

PAINTING. Interior and Exterior. Excellent Work, estimates free—244-3735.

PAINTING and paper hanging, free estimates, quality work. Dan Burgmaster 683-0827

BOOKKEEPING, accounting. Complete service including tax reports, payrolls, financial statements. 563-2897 any day: 9 a.m. - 9 p.m.

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

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TILE. From complete bathroom remodeling to small repairs. Reasonable. 544-8231.

CARPENTER WORK porch steps, small jobs, remodeling, paneling, wind damage repairs. Free estimates Robert Bulluck. 665-2448.

LAWNMOWERS sharpened and repaired. All Types Pick-up and delivery. 458-2646.

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

NEED EXTRA room? We raise the roof. Complete job. Expert mechanics, insured. Free estimates. 482-3348.

HOUSE WASHING. Aluminum siding, clapboard. Expertly done. Insured, free estimates. 482-3348.

ROOF chimney, masonry, brick work, small repairing. 442-7508.

FOR RENT

4-ROOM apartment, Norton Avenue. Adults preferred. Call Sunday between 1:30-4:00 p.m., 342-0728.

COTTAGE, Southeast Lake Ontario one-bedroom SANDY Beach Marina. Inquire Box #104 Courier-Journal.

LAKE AVENUE, (off 4400) 57 Lakes Road. New studios, 1-bedroom apartments. 621-5069/663-1894.

FURNISHED room, Lakeside, need transportation. With kitchen privilege. 621-4959.

OFFICE SPACE FOR RENT

RICHFORD OFFICE Bldg., 67 Chestnut St. New office space, can be divided to suit tenant needs. Located in growing business district. For info, of apt. to inspect, weekdays: Al Manlie, Broker 262-3445, 325-5580.

INSTRUCTIONS

TUTORING all subjects. Qualified teachers. PROFESSIONAL TUTORING SERVICE, 244-9155/271-7707.

MERCHANDISE

RUG: 100% Herculon, Brown and Green tweed. 10x15'. Like new. First \$75.00. Call evenings 225-4029.

REPOSED SWIMMING Pools. Above ground Redwood type to be sold for monies due manufacturers and Traders Trust Bank. KAYAK Recreational Corp. 1671 Penfield Road, Rochester (14625) acting as agent. 381-6421.

BABY CARRIAGE: Made in England. Green, wind guard, two tops. Excellent condition. 255-4029.

SNOW SUIT: Tidykins girls. Size 2 toddler, white fur hat, white fur collar on pink & white jacket, pink pants, washable. Excellent condition. 225-4029.

CRIB MATTERS: Serts; good condition, used for one child only; 225-4029.

BABY CLOTHES: Large assortment, next-to-new; T Shirts, sleepers, sunsuits, sweaters, hats, booties etc.; 225-4029.

DEMONSTRATOR: 1972 zig-zag sewing machine, brand new, guarantee. Does button holes, blind hems, fancy stitches & monograms. No attachments needed, automatic bobbin winder: \$33.00 or 3 payments of \$11.00. Necchi-Etina Sewing Center, 1-244-0830.

PENCILS, 25¢ a doz., Typewriter Ribbon, 50¢ a roll, 614 Portland Avenue, 334-1366.

ELECTROLUX: Sales, Service, Parts. Call Tony Ligozio, 482-1323/277-1866.

AFGANS: Many patterns; labor \$15.00, daisy \$20.00 crochets; 671-3151.

TYPEWRITERS: IBM, Olympia, Royal, Adler \$100 and up. 388-1368.

DINETTE: 42" round formica table, extra leaf, 4 upholstered chairs, excellent, \$45.00. 235-1793.

BABY SWING: Automatic wind-up. Swings 15 min., sturdy chrome legs, orange and green flowered seat and awning; 225-4029.

SNOWSUIT: Tidykins, 18 mos. one-piece boys. Powder blue, worn one season. Excellent condition. 225-4029.

MAN'S LONDON FOG raincoat, beige, size 40 short, reasonable; 467-2904.

BEDSPREAD: Bates Queen size, Mediterranean style, blue and gold pattern. Excellent condition. 225-4029.

BEDROOM Set: Double frame, headboard, chest, dresser, mirror, stand; 342-6018.

INSURANCE

AUTO INSURANCE: Immediate FS-1, no application refused Edco Agency, 284 Arnett, 436-0622.

WANTED

URGENT Business woman needs small unfurnished apartment, quiet location, near bus. Reply Box #103 Courier-Journal.

WANTED TO BUY

ANTIQUES: Sterling silver, jewelry, bric-a-brac, dolls, frames, china, cut glass, curios, MARIE WALLNER, 663-5573.

OLD POCKET watches and clocks any condition 352-6063.

MARINE SUPPLIES

ALUMA-CRAFT: MFG & Slickcraft boats, Mercury, British Seagull motors, Tee-Nee trailers, used outfits, Sunfish & MFG sailboats, Terms & Trades. Rochester Outboard, 932 St. Paul (near Hickok's) Open Mon. and Thurs. evens., 266-0684.

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