

SARAH CHILD All In The Family



In the last month or so I've read at least four separate articles on the amount of sugar we Americans eat every year. It is a horrendous figure and hard to believe even when it comes from the Department of Agriculture which started keeping track of such things back in 1909.

The number is an average 120 pounds per person per year, only one fourth of which comes out of a box. Another one fourth of the amount we get in fun foods such as soft drinks, chewing gum and candy. Our desserts such as pastries and ice cream account for another portion but perhaps the most insidious portion comes "hidden" in certain foods where we least expect it. Foods such as canned corned beef hash, peanut butter, catsup, salad dressings, in cereals (not just the sugar-coated ones but those where you add the sugar — check the ingredients on the rice krispies box, for example).

Tooth decay is this country's most prevalent disease and dental experts recently told a Senate Select Committee on Nutrition that the biggest single cause is sugar.

Dr. Jean Mayer, a widely-known Harvard nutritionist who also testified before the committee, deplored the "sugar-in-everything" craze and the children's TV ads which make our children want everything sweetened.

He pointed out that persons are eating sugar unknowingly — including diabetics and persons who do not have clinical diabetes but would develop it by eating sugar. Excess sugar not only can lead to obesity which in turn can produce disease but some doctors now believe that increased sugar consumption may be the chief cause of heart trouble instead of high fat diets. It is not

Organization Development To Be Workshop Theme

Clergymen, businessmen and agency staff persons will share concerns and experience during an Organization Development

Pre-Communion Catechetics Get new Twist

Ithaca — Monsignor William M. Roche, pastor of St. Catherine of Siena, has geared the 9:30 a.m. Mass on Saturday for children preparing for first Communion, and their families.

He explains the vestments and other articles in the church, letting the children touch them and go up to the altar before or after the Mass.

According to Mike Stanley, religious education coordinator of the parish, this is a new approach, working very well, towards the children's preparations and education for First Communion.

FIORIELLO!

Mercy-McQuaid Productions will open a three-night run of Fioresello! Tomorrow, March 22, on the Mercy High School stage.

The comedy, about the late Mayor LaGuardia of New York, is the second joint theatrical venture for the two schools. Sister Margaret Mary Ganley, RSM, and Father William J. O'Malley, SJ, direct a cast of 70. Curtain time is 8 p.m., March 22-24.

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unlikely when our growing sugar consumption and incidence of coronary problems seem to be keeping pace.

Becoming aware of the amount of sugar my family is consuming took a little awakening, but not much. In the back of my mind there was always the uneasy feeling that we were getting much too much.

Ice cream in the freezer, cookies in the cannister, heavy syrup in the peaches, catsup on the french fries, hamburger and even on the omelet.

So you think you'll ease up a bit at home especially since one cardiologist refers to the sweet stuff as "killer sugar."

It's not so easy to prevent the kids from getting it outside the home.

I pull up to the drive-in wino of the bank and they cash a check and count the kids in my car and add three small packs of Life-Savers to the envelope. At the gas station, the owner is having a grand opening, and he hands out three Tootsie Rolls along with a free glass. I return a pair of slacks to the department store and when my three-year-old starts to fuss at the delay she is handed a homemade decorated cookie without my being asked. A lollipop is given every child at the shoe store.

Everybody involved was merely being kind. Re-education is going to come hard.

And I seem to be the worst offender. An eight-year-old guest starts to eat the pancakes I fixed for breakfast but doesn't want any syrup. I find myself urging her to have some — what are pancakes without syrup? No matter that she likes the real taste of food without it being coated. I, too, have a lot to learn.

Workshop, at the Trenholm East in Victor, April 5-7. The workshop, sponsored by the Rochester Downtown Ecumenical Ministry, is designed for those who want to increase their insight into the human dynamics of organizations or who wish to begin to acquire skills in initiating organizational improvement.

The goal of organization development is to create a more adaptable, vigorous organization through the optimal use of human capabilities. Because the participants will be from a variety of fields, there will be opportunities to discover similarities as well as differences among them.

Participants will construct their own organization during the two days, using themselves as "raw material." They will identify and discuss the methods they have been using to increase their effectiveness in working together. Applying these insights to their own organizations, they will then develop plans for starting at least one improvement project back home.

Frank Basler, executive director of the Rochester Downtown Ecumenical Ministry, and Carl Smith, executive presbyter of the Presbytery of Genesee Valley, will conduct the sessions.

The Workshop will take place from 7:30 p.m. Thursday, April 5, until 4 p.m. Saturday, April 7. Tuition, room, and meals is \$100. For more information, call the Rochester Downtown Ecumenical Ministry at 546-3680.

Knights Schedule Brotherhood Week

The second annual Knights of Columbus Brotherhood Week is set for the week of April 1. The week-long blood drive and other activities will climax with a dinner dance on April 7, 6:30 p.m.-1 a.m., at the Towne House Motor Inn.

State officers who will attend include Anthony Caramelo, state secretary, and Philip Spiro, State council activity director. Master of ceremonies will be past Grand Knight Harold Knauf.

Rochester Mayor Stephen May and Monroe County Legislature President Joseph Ferrari will be on hand for the ceremonies and will read the proclamation.

Deaths Sr. Perpetua Of SSND

Sister Mary Perpetua Knuth, SSND, formerly of Rochester, died March 2, 1973, in Wilton, Conn., at the mother house of the School Sisters of Notre Dame. She was 82 years old.

The funeral was held in the mother house chapel March 3, with burial at Bethel, Conn.

Sister Mary Perpetua, a native of Rochester, had lived in Wilton for the past six years. She was professed in 1914 and spent 40 years in Puerto Rico as a teacher and missionary. She also taught here, at St. Boniface and Holy Redeemer schools.

Survivors are a brother, Clement Knuth of Elmira; two sisters, Mrs. Dolores Marshall and Miss Dorothy Knuth of Long Beach, Calif., and several nieces and nephews.

Sr. Alfonsa

Mass of the Resurrection for Sister Alfonsa Welch of the Sisters of St. Joseph was offered at the Motherhouse on Monday, March 5, with Father Joseph Reinhart celebrant and Father Frederick Walz assisting.

Sister taught at Nazareth Hall from 1907-33 and at the Teacher Training School of the Congregation for another 14 years before being named superior of the Sisters at Nazareth Academy and later of the Sisters at St. Joseph's Hospital, Elmira. She returned to Nazareth Academy in 1959 to supervise study periods for several years.

Born in Ithaca, Sister Alfonsa entered the Sisters of St. Joseph from St. Mary's Parish, Auburn, in 1903.

She is survived by a sister, Mrs. Harold Jenner of Fort Walton Beach, Fla., and many nieces and nephews.

WANTED

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FREE SMALL musical instruments for Haitian Missionary's boys' band. Tax deductible 671-5399.

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HOUSEWIVES and Mothers: Part time work available. Convenient hours. Extra income. Call 586-2536.

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