



ALL IN THE FAMILY
Sarah Child

The energy crisis is the main topic of conversation these days. And probably with good cause. Assuming that it is affecting other families around the country as it ours it would appear that the American life style is in for a big, although not necessarily disagreeable, change.

Over the Thanksgiving weekend we took a 300-mile trip to visit my sister and her family. In other years, using a superhighway and utilizing the 65 to 70 mph speed limits, the trip took us 4 1/2 hours.

This year driving the prescribed 50 m.p.h., it took us 6 1/2 hours. This added two hours each way or a total of four more hours spent on the road.

When it was all over and we had returned home safely I realized a number of things had been different.

First, it was the most relaxing long distance trip I remember in years and years. Nobody seemed to be tailgating, no one cut in or out in front of us with undue speed. Indeed, throughout the entire 13 hours all drivers seemed to behave so sensibly that our husband and father was heard to utter only two expletives throughout — a remarkable feat in itself.

When we returned home the Sunday after Thanksgiving we stayed up to hear the late news and were only mildly astonished to hear that the fatality rate for that particularly holiday weekend was the lowest it had been in 15 years.

One more extra dividend: We had obtained extra mileage from our gasoline because of the lower rate of speed.

On the home front there is evidence that conserving, long the ecologist's cry, is fast becoming fashionable. Neighbors vie with each other to see who can turn

the thermostat lowest without achieving actual discomfort. Porch lights are extinguished during the darkest month of the year and woodworking hobbyists take their power saws to the woods to find fallen trees they once scorned for the fireplace.

Newspapers are full of hints how to preserve, conserve and recycle. When the news that the firewood suppliers were being overwhelmed a story appeared which described how to roll your old newspapers and tie them for use in the fireplace.

We tried it at our house and one night I threw two of them into the fireplace in with some cereal boxes to see how they worked. Four hours later the head of the house was complaining because he wanted to go to bed and the paper logs were still aflame and throwing off heat.

And our kids with a little extra urging have taken to turning off lights in empty rooms and seem eager to save on such nonessentials as bath water, electrically cooked meals (in lieu of snacks) and using the vacuum under their beds.

Boxing a Hit at St. Monica

By PAT PETRASKE

"Block that left jab. Ok, now you two spar lightly."

Such jargon is being thrown around the basement of St. Monica's old school building, where Al Davis, a drug counselor at Wilson Junior High School, runs a boxing class.

Twenty youngsters from grade three through senior high filter in Monday, Wednesday and Thursday to run through exercises, take a few punches at the bag and exchange left hooks. In addition to providing space, St. Monica's Parish offered money for 12 pairs of gloves.

Davis, who has participated in 11 amateur fights and a few professional ones, said the class was begun a month ago as a "personal thing." "I like to work out and wanted to have some kind of commitment outside of school," the instructor said. He holds a degree in physical education and has coached an intermural team at the University of Minnesota.

Boxing can release hostility, according to Davis, but "if the kids show the attitude that they're going to use it on the streets, then we talk about it. We try to put boxing in perspective." He believes it shows the "true kid" and any attitudes that students may harbor become evident when they are boxing.



Al Davis [l.] ties up a boxing glove for Jerome Hill.

The majority of the boys are black, but two white youths participate regularly. "Some of the black boys laughed at them because they thought the white kids couldn't box. So we talked about the belittling of other people," said Davis, who believes the discussion helped to deal with the racial issue in "a general way."

He calls boxing a "proper sport." "Boxing is not that dif-

ficult, anyone can learn to box." His class is different, Davis maintains, because it is not geared strictly for competitive matches.

"A lot of clubs are strictly for competition. Here some kids just learn to defend themselves. When you learn how to fight you can throw as many punches as you like. If someone starts to get hit too much, then we have to work on defense more," he said.

Feminist Group Offers Seminar On Holidays

The hustle and bustle of the Christmas season is not a joy to everyone, according to St. Joan's International Alliance. The Catholic feminist group will sponsor a seminar to present alternatives to the usual Christmas celebrations.

The seminar, entitled "Holidays For Women: Blessing and Burden!" will be held tomorrow at 7:30 p.m. in the Grace Beavan Room of Colgate-Rochester/Bexley Hall/Crozer Center for Theological Studies. Guest speakers will include Carol Goodspeed and Barbara Young, members of the Presbyterian church who are on the local Ecumenical Task Force on Women in Religion, a subcommittee of the National Organization of Women (NOW).

Lyn Sommers, a member of St. Joan's, explained that the seminar will offer "alternatives that will put Christ back into the Christmas season and free women from the drudgery and chores which currently place such tremendous emotional, physical and financial burdens upon her."

Participants will have a choice between two workshops. One deals with the social problems of Christmas, such as cooking, shopping and wrapping presents. The other concerns the spiritual problems of neglecting to stress Christian values during the holiday season.

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