

ALL IN THE FAMILY



Sarah Child

New Years is the time we traditionally make resolutions. I'm no different. I've made hundreds but as far as I can remember I've only ever kept one.

That was the one made nine years ago to give up smoking. I had smoked for six or seven years and had risen to the more than a pack per day level. In the city room, lighting up a cigarette and getting oneself a cup of the horrible machine coffee were prerequisites to pounding out a story.

I had periodically tried giving up the habit spurred on by a man friend who'd already sworn off, my father who never had picked up the habit and both doctor and dentist who were full of delightful stories about what tobacco could do.

None of those were convincing enough. Nor were the holes in my clothing, blankets and furniture. Finally after getting married and having a baby and realizing what a dropped ash could do to a baby sweater, particularly with the baby inside, I stopped.

Since then I've smoked three cigars, several cigarillos, and I always try to get in the path of someone smoking and exhaling heartily or blowing smoke rings. But I have not had a cigarette.

It was a relatively easy thing to do — giving up cigarettes.

Those habits which can be put off abruptly and completely such as smoking, drinking a water glass full of gin before bed every night or watching Johnny Carson Monday through Friday are child's play compared to getting rid of a habit in which you are tested anew several times a day, every day of the week.

I'm thinking now of eating too much at meals, keeping the lid on a hot temper or taking 15 minutes on the telephone when five would do it.

Most of the time it is a matter of trying, failing, trying again, failing again and trying, trying, trying until you've succeeded.

Acquisition of a new habit is in the same category. You must try hard not to fail in the new resolve but be prepared to strive even harder when you do.

Motivation, of course, is of prime importance. One year at a party when everyone was solemnly intoning serious promises as to their own betterment I pledged a clean kitchen floor which drew a lot of catcalls.

My kitchen floor is easily still the stickiest in the tract. It may be because when I throw up my hands in horror and ask the spouse why didn't he marry a housekeeper type, he grins and answers "But, I did."

It's hard to change when they refuse to take you seriously.

BISHOP NAMED

Washington, D.C. (RNS) — Auxiliary Bishop Thomas J. Grady of Chicago, a former director of the National Shrine of the Immaculate Conception here, was appointed by Pope Paul to become the new bishop of Orlando, Fla., succeeding Archbishop William D. Borders, now of Baltimore.

Speakers Win AQ Scholarships

Two eighth-grade students talked their way into Aquinas Institute scholarships valued at \$2,000 and \$1,200 at the 10th annual competition Dec. 15.

Top winner was Lawrence Costanza of St. Ambrose School, whose winning speech was Are Young People Today More Independent? Lawrence is the son of Mr. and Mrs. Peter Costanza of 26 Garden Dr. Second-place was taken by Kevin Keefer, of St. Lawrence School. His topic: Is the United States Winning Its Fight Against Pollution? Kevin is the son of Mr. and Mrs. David R. Keefer of 149 Winston Dr.

Eight students competed. Cavelts were given to four runners-up — Anthony Monaco of St. Philip Neri Parish, Daniel O'Hara of St. John the Evangelist

DOCTORATE

New Orleans — Sister Monica Laughlin was recently awarded a Doctor of Philosophy in Microbiology at commencement exercises at Louisiana State University of Medicine. She is the daughter of Mr. and Mrs. Gerald Laughlin of Elmira and is a graduate of Notre Dame High School. Sister Monica, a member of the Sisters of the Blessed Sacrament, has also recently been given the Strawinski Award by the American Society for Microbiology for her analysis of Group C Influenza Viruses.

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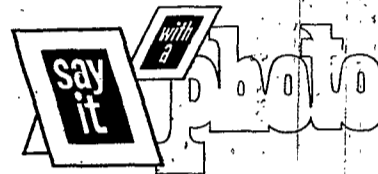
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