



Villa Indians

Junior high students at St. Joseph's Villa display Iroquois artifacts that they made in their six-month study of the Indian culture. An exhibit organized by the students with the help of their teacher, Sister Diana Dolce, was open to parents and staff last week. It featured costumed student guides, a miniature longhouse, Indian dances, wall displays, and tapes explaining Iroquois life.

AS I SEE IT



Pat Costa

Partly, because the UHF selector has been balky on the family TV set and partly because every time I want to see something on Channel 21 it coincides with something else on a commercial station I broke down and bought myself a 12-inch black and white receiver for the desk in the bedroom.

And so it was the other night when "The Rookies" were "on" downstairs I was able to turn to Channel 21's "Thin Edge" series upstairs and watch without worrying about monopolizing the tube.

The hour, one of five on mental health, dealt with anxiety. And it was well worth the 60 minutes spent apart from Sgt. Ryker et al.

From host-producer David Prowitz we learned that anxiety is something that afflicts us all from time to time in varying degrees; that it is a stress or great demand on the body and that generally speaking there are two kinds...

State anxiety is a temporary stress, specific to a certain situation or object. Trait anxiety is persistent, a personality characteristic that doesn't alter with external changes.

Anxiety which is characterized by feelings of fear and or physical disturbance is often experienced by those who must perform in front of the public such as an actor or athlete. Goalie Tony Esposito of the Chicago Black Hawks and his coach both suffer from anxiety with the latter being described as possibly more susceptible to the stressful effects

because he has no physical outlet for his tensions.

They both described their feelings before and during a game, with Esposito pointing out that he never really relaxes and that the older he gets the greater is the mental stress.

Some others who experience anxiety introduced by experts around the country who are working on their particular needs included first time mothers-to-be, tiny infants, test-taking students, a victim of panic and hyper-tensive individuals.

Physiological responses to stress also were recorded, using a polygraph or lie detector.

"How to cope then with anxiety? There are at least four ways: Fight the source, flee the source, freeze (don't do anything), or learn about what causes it. Stripping anxiety of its fearful, unknown properties can often be the best therapy.

One of the most interesting reports on anxiety was the therapy used to treat victims of high blood pressure. By utilizing something called a relaxation response in which she concentrated on a repetitive sound in a comfortable position quietly for 20 minutes a day, the woman patient was able to lower her own blood pressure. Similar exercises of the Eastern religions in which the individual is given a personal mantra or sound to repeat has been enjoying popularity in this country usually at a relatively high cost for the individual. The repetitive sound used for all patients in the experiment was the number one. For those who missed the show and would like more information write to: Anxiety, Thin Edge, Box 1313, N.Y., N.Y. 10019.

NATIVITY CDA

Brockport — Pins signifying 50 years of membership in Court Nativity of Our Lady, CDA, were presented May 4 to Mrs. Susan O'Reilly and Mrs. Mae Connors. They were guests of honor at the annual communion breakfast. Mrs. Alice Burlingame was cited for her work in the organization.

At Home with Movies

DEATH CRUISE  
Wednesday, May 21

Rebroadcast of TV movie about several affable folks (Edward Albert, Polly Bergen, Kate Jackson, Celeste Holm, Tom Bosley) who "win" a cruise aboard a plush liner captained by the mysterious Michael Constantine — whose ultimate goal includes murdering the prize-winners.

Unrated.

IT'S GOOD TO BE ALIVE  
Thursday, May 22

G.E. Theater presentation based on the life of former Brooklyn Dodger catcher Roy Campanella. Focusing on Campanella's crippling accident and its tortured aftermath, the story falls into the heart-breaking/heartwarming format. But the performances by Paul Winfield as Campy, Ruby Dee as his wife and, especially, Lou Gossett as the physical therapist who also did some beautiful things for the man's mind and attitudes — well, these actors make the program worth watching. Don't miss the ending, and don't back on responding to it.

Unrated.

BREAKFAST AT TIFFANY'S [1961]  
Saturday, May 24

Cleaned up but still "nice and naughty" screen adaptation of the teasing tale by Truman Capote. Audrey Hepburn stars as Holly Golightly, the girl from the boondocks who makes a zinger of an impression in bad old New York City.

She's a freespirt, as they say, but with the obvious standard heart of gold. She also has her sights set on the heart (also gold, underneath a thorny crust) of neighbor George Peppard, who spends most of his time wearing a look of total exasperation.

Mickey Rooney is hilarious as Ms. Golightly's constantly outraged Japanese upstairs neighbor ("Miss Golightly! I must protest!"). The movie is blithely paced and directed by Blake Edwards, and its naughtiness seems somehow quaint.

A-III

ULZANA'S RAID [1972]  
Saturday, May 24

Burt Lancaster and Bruce Davison are on the same U.S. Cavalry side, but work at different levels of perception and

proficiency as they track down a band of Indian raiders in the Southwest. Lancaster, with hard-as-nails Indian scout Jorge Luke as his sidekick, is a tough "old tracker with a deep code of honor. Davison, a greenhorn officer fresh out of West Point, is unsure of himself and his men in his first command, and has severe religious inhibitions about the brutal methods used to hunt and destroy the Indians.

On the action level, director Robert Aldrich's film works pretty well, but it raises moral questions that require more than well-staged fight scenes and stunningly-photographed scenery. Would that Aldrich and writer Alan Sharp had dug beneath the surface.

A-III

BETTER WORLD AWARD

Virgil Buss received the Better World Award from the Gabriel Richard Institute personal development course at graduation May 8 at Mother of Sorrows School. Fellow Classmates Louis and Louise Dodd and Rosalie Mugavera were chosen to represent the class at the second annual Speakers' Olympics June 13.

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