AroundRapAroundRapAroundRapAro

Photo by Bruce Genot

Head Down!

Marianne Anticzak, senior at Bishop Kearney, instructs a Camp Deco youngster in diving. This is Marianne's third season at Deco which is a day camp for deaf children, ages 6-10. Activities include arts, crafts, speech and language development, and a rhythm band.

No Reducing for DeSales Sports

By JOHN DOSER

Edward Tracey, named principal of DeSales High in Geneva this month, says the Saints are not about to take a step backward in interscholastic sports.

At best it's status-quo, and hopefully there's room for expansion, he adds.

Tracey, principal at Rochester's Bishop Kearney High School from 1967-1973, spent a year as athletic director at All Hollows High School in The Bronx, New York City, and last year was teacher-administrator at St. Charles Borromeo Junior High in Greece.

His new job is a challenge because at one point within the past nine months it was announced that DeSales intended to close its doors forever because of declining enrollment and skyrocketing financial costs.

Tracey hopes to rebuild the 62-year-old Geneva school into somewhat of a regional Catholic high school, drawing from suburban Ontario County communities which lack a parochial high school.

He's still meeting his teaching and athletic staffs. Most of the latter serve as volunteers.

In the month since he took over, Tracey has met his new athletic director, Mack Spellacy, who has coached varsity track, and assisted in football and basketball for the past four seasons at DeSales.

He's spoken with other DeSales coaches via the telephone, but hasn't met them all in person.

"Our basketball coach, for example, is John Fitzgerald, a St. John Fisher graduate. He doesn't teach; he's a fulltime social worker for Ontario County," Tracey explains. "And Harry Furhman, our football coach, is in the lumber business. He works for a dollar a year."

Tracey says DeSales will continue to compete in the Wayne-Finger Lakes League's Western Division.

Last Fall DeSales shared the division football title with Lyons and Victor and lost only to Victor in seven games.

"One of the problems we have at DeSales," says Tracey, "is playing the larger schools. If our enrollment keeps dropping, it might put us into another classification."

DeSales is rated by Section 5 a Class C school which is comparable to Harley-Allendale-Columbia, Mt. Morris, Kendall, Cuba, Arkport, Honeoye.

"We began girls basketball last year and plan to add girls softball and possibly track this year. We entered our basketball team in next year's Penfield Tournament which will really be a big test for us against big competition. Our kids are very enthusiastic . . . they love sports down here," Tracey explains.

Moving out to areas beyond the Geneva city limits may create problems, but Tracey's optimism about his overall education program overrides that.

He says DeSales wants to attract students from Waterloo and Seneca Falls and other areas where there are not now Catholic high schools.

"I already made a statement that I don't recruit athletes . . . whether they believe me or not. I was told 20 years ago in New Jersey that I had the pick of the parishes there. I've never given an athletic scholarship," he says.

Tracey explains that people fail to understand that parents send youngsters to a Catholic high school for the Catholic education, but often can not afford the tuition.

"You take all nine kids when the time comes from a family which can't pay, and one of the kids turns out to be an athlete. So all of a sudden you get the label you took the athlete. They forget about the other eight kids.

"They're going to accuse you of recruiting anyway. I come right back at them. Look at Clifton Springs-Phelps, Palmyra-Macedon, Clyde-Savannah . . . everyone of the districts down here are regional districts. What are they talking about?"

Tracey says he believes in recruiting athletes for college, but definitely not for high school. "I once saw a kid get help in high school (downstate) and he became a real bum. He got the biggest balloon head as a sophomore I ever saw. No way will I recruit an athlete (in high school). It's not worth it."

Modern Mind Relaxant

By JOAN M. SMITH

The word meditation conjures images of bearded recluses, and cloistered Religious spending their days in life-time contemplation. Today, however, you don't need a wooded retreat, or a monastery to discipline your mental capacities.

The Science of Creative Intelligence, Transcendental Meditation, has arrived, is increasing its followers, and is being recognized and used by business, social and educational organizations.

In Resolution Number 677 adopted by the Illinois House of Representatives in March 1972 it was resolved to strongly encourage all educational institutions, especially those under State of Illinois jurisdiction, to study the feasibility of courses in TM and the Science of Creative Inteligence on their campuses and in their facilities because as it was stated, "School officials have noted a lessening of student unrest and an improvement in grades and student-parent-and teacher relationships among practitioners of Transcendental Meditation."

Transcendental Meditation (TM) was introduced in this country by the Maharishi Mahesh Yogi, and it is advertised as a simple natural technique of gaining deep rest and relaxation which is easily learned by everyone. According to Martin Hobbs, instructor with the International Meditation Center in Rochester, TM induces rest much deeper then sleep while at the same time increasing the mind's alterness.

The two necessary requirements in pursuing TM are the ability to think, and to follow simple instructions. An interesting bit of information concerning the TM process is that drugs (referred to by those in the meditation business as "recreational chemicals") inhibit a person' learning the process. Hobbs noted that drugs set up a contrast to the system which makes instruction difficult.

There are five basic phases in learning Transcendental Meditation: the introductory talk (TM's background and potential); a second lecture after which you decide if you want the course; an interview session where you receive your personally-tailored word (mantra); followed by three group classes.

You then proceed into private meditation, twice a day at home, with visits to a meditation center to discuss experiences, techniques, attend advanced lectures, and group meditations.

There are TM courses available for people of all ages and in all fields of endeavor. The course cost is $125 for a working adult, a full-time college student, $65; high school student, $55, and a junior high enrollee, $35.

Transcendental Meditation has not gone without its critics. Cardinal Mooney senior Ann Timmerman who took the course didn't see any advantages, and decided it wasn't for her. She did, however, acknowledge there were people who did seem to benefit.

Dr. Herbert Benson, a cardiologist teaching at the Harvard Medical School, in his book "The Relaxation Response" indicates you don't need a personal mantra, or professional instruction to relax. He advises their are many meditation techniques for the individual, including prayer.

Detente in Education

Would you believe a Russian "Sesame Street"! There is one, only it's named "Gorki Street" after the main thoroughfare in Moscow, and it has been created by American high school students.

Television programs like "Sesame Street", "The Electric Company", and "Villa Algre" have proven their educational worth, but a group of students from Madison Township High School in New Jersey decided these programs were not geographically complete. So, they planned "Gorki Street" which is basically patterned after "Sesame Street."

The idea behind the project was to give students studying Russian some practical experience in the use of the language by planning, writing, and appearing in the shows, and to convince viewers that learning Russian isn't too difficult.

Six 15-minute segments of "Gorki Street" have been video taped, and have proven successful. Schools in Massachusetts, Virginia, and New Jersey have used the tapes and are now interested in borrowing them.

Now that detente has reached the schools it might prove interesting to hear what "Seasame Street's" Big Bird sounds like in Russian.

DRYDEN MATINEE

The Gold Diggers of 1933 is tomorrow's movie for senior citizens at the Dryden Theatre, Eastman House. The free program, every Thursday at 1:30 p.m., includes a discussion of the day's film and refreshments. Titles for the remaining Thursdays in August are, in order, Topper, Counsellor at Law and Dancing Lady.

Chimneys
28 Years Experience
Amazing Low Prices
Rebuild New From Roof Up
2 Foot High.....249.00
3 Foot High.....323.00
4 foot High.....384.00
New Flashing—New Brick—New Flues
All labor & materials complete
Roofing & Gutters 25 yrs. guaranteed
Free estimates DiNapoli Bros. 227-4635 352-4756

BRIDAL CORNER
For Rate Information
Call Bill Coffas
454-7050

COLOR PHOTOGRAPHY WEDDING SPECIAL $99
Invitations at Discount
Your wedding pictures can be taken only once, entrust a professional with the task of preserving the moment
Burt Shapiro 244-3554 PHOTOGRAPHY

Scarlata's Party House
953 Edgemere Dr.
Weddings • Showers • Banquets
Completely Air Conditioned
Your Host - Joe Scarlata 663-6140

KAKE KORNER 1688 CLIFFORD AVE. near Goodman
We Deliver
3 tier serves up to 100, $29
4 tier serves 175 to 200, $45
4 tier fountain cake, $80
PHONE 482-1133
Decorator cakes, whipped cream & strawberry filling, half sheet $8, full sheet $15.
Decorator cakes, whipped cream & custard filling, half sheet $7.50, full sheet $14.
Decorator cakes, butter cream frostings, half sheet $6.75, full sheet $13.

AJ's The Tux Shop
PRESENT THIS AD AND RECEIVE A FREE TUXEDO FOR THE GROOM WITH A PARTY OF 5 OR MORE.
after Six FORMAL
248 MONROE AVE. across from Sears 325-5958
STONE RIDGE PLAZA 865-4591
EASTVIEW MALL 232-3270
1742 MONROE AVE. Near 12 Corners 244-2760