



**Alumni Day**

Father William Graf, chaplain at Nazareth College, and Maribel Ruiz, discuss the design for new altar candlesticks which Ms. Ruiz executed in honor of Alumni Day at the college, slated this year for Oct. 1. Alumni Day chairpersons are Karen Moore Larimer, Nancy Welch, Dorothy Schaller and Andrea Walker.

# Spirituality Courses for Adults Offered at Sacred Heart

Teachers from St. Bernard's Seminary and St. John Fisher College will give the evening courses in the adult education program that begins Sept. 27 and 28 at Sacred Heart Cathedral.

An afternoon course entitled Practical Spirituality will be conducted by Father Thomas H. Wheeland, associate pastor.

Father Sebastian Falcone, STL, starts his fourth year of biblical theology in this program with A Letter by Paul to the Ages. Father Falcone is academic dean and professor of New Testament Studies at St. Bernard's.

New to the program is Anne Minton, who is teaching Church history at the seminary. Her course, Women in the Church, will survey the various ministries of women in the Christian tradition from a scriptural and historical perspective. Ms. Minton is a graduate of St. Agnes High School and the College of New Rochelle. She holds a master's degree in European history from Catholic University of America and is a candidate for a New York University PhD in European intellectual history.

Also new to the program, but widely known in the area, is Basilian Father,

William Marceau of St. John Fisher College. He will conduct a seminar based on a book by Jean Deplace, SJ, Prayer According to the Scriptures. Father Marceau holds a doctorate in French literature and an MA in philosophy from Laval University in Quebec. He was reared in Sacred Heart parish and taught four years at Aquinas Institute before joining the Department of Classical and Modern Languages at Fisher.

Classes will meet from 8 until 10 p.m.— Father Falcone's on Tuesdays, the other two on Wednesdays.

Father Wheeland's group will meet from 1:30 until 2:30 p.m. Tuesdays. Students may register on opening night or through

Joan Winter, 235 Alameda St., Rochester 14613; telephone 647-3481. The program is open to the public.

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**ALL IN THE FAMILY**



Sarah Child

was the means of remembering names. I met a woman named Sue a couple of years ago and no matter how many times I would bump into her and ask for her name again it would always elude me the next time. Finally I took a good look at her and her gentle, lovely personality and in my mind dubbed her Sweet Sue. I never had any trouble after that

The authors embroider on my method somewhat, instructing the reader to look carefully at the new face, pick out a prominent feature and relate it to the name in a ridiculous way. Say that Mr. Baskin has bushy eyebrows. Simply imagine him basking in the sun and instead of getting a tan his eyebrows get bigger.

Using methods which utilize substitute words

(mini soda for Minnesota), a link system (airplane is parked in a tree, tree is covered with envelopes, envelopes contain earrings) and a phonetic alphabet which helps turn abstract numbers into tangible pictures, the authors quickly teach the art of recall

Using what the authors refer to as peg words (each number has a word) I have been able to astound and amaze my kids by reciting forward and backward as well as out of sequence lists of 10 words they have written down and read to me

Thus far I've gone half way through the book and am eager to continue, envisioning all kinds of advantages using the systems. And I will — as soon as I remember where I last put the book down.

Do you make out a shopping list and then forget to take it with you to the store? Misplace your slippers? Leave a burner on or think you might have and start worrying 50 miles into your two week vacation?

Me too. And that's why when I came across the pocketbook edition of "The Memory Book" by Harry Lorayne and Jerry Lucas I snapped it up

Lorayne has been on TV numerous times and always amazes talk show audiences with his ability to remember hundreds of names of people he has just met, among other feats of memory.

Jerry Lucas is a former basketball player with the New York Knickerbockers as well as a Phi Beta Kappa who with the help of his memory systems proved that yes, indeed athletes can walk and chew gum at the same time and even more.

The hype on the back of the book was tempting:

"Learn foreign words and phrases easily...Master games with total recall...Read faster and more comprehensively...Improve grades and shorten study hours... Remember names, faces, numbers, speeches, etc.

I could hardly wait to dig in. The benefits seemed endless.

I already knew one method worked and that

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heat from the sun, that would amount to only 2% of our country's total energy needs. Using solar power on a large scale for electric power generation has only reached the developmental stage.

Power from the sun, wind, tides, even from heat trapped within the earth are all possible energy alternatives.

However, to meet our immediate energy needs, we'll have to depend on currently available energy forms.

New power plants producing electricity from coal and nuclear fuels will be critical in meeting our growing energy needs over the next several decades.

We have to depend on what's available now while we're waiting for the sun.

For more information on solar and other alternate sources of energy, write RG&E, Box 410, Rochester, N.Y. 14602 Or phone 546-2700



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