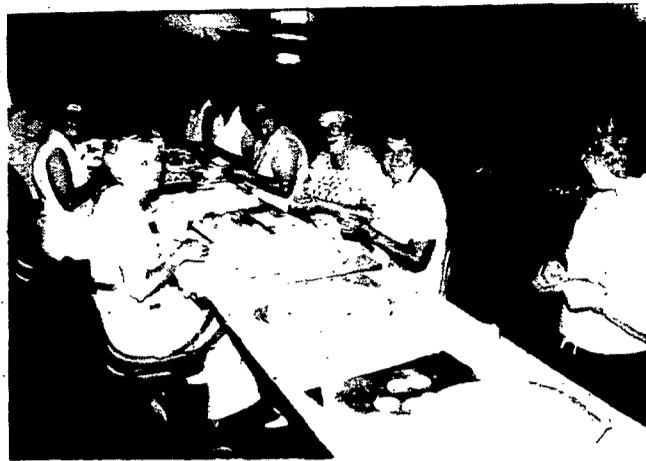


At Your Parish



St. Josaphat's

The women of St. Josaphat's parish swing into production of pyrohy, a dough pocket filled with mashed potatoes and cheese, in preparation for the annual Ukrainian Arts and Crafts Festival to be held August 13 through 16 on the church grounds, 940 Ridge Rd. East.

St. Mary's, Ontario

Ontario — Final preparations are being made for St. Mary of the Lake's annual summer festival August 13, 14 and 15 at the Fireman's Field, Route 104, Ontario.

According to Ann Sass of the festival committee,

featured events will be rides, short order foods, a special fun run co-sponsored by the Ontario Recreation Department at 6:45 p.m. on Thursday, an arts and crafts show from noon to 6 p.m. on Saturday, and a chicken barbeque at 2 p.m. on the same day.

St. Patrick's, Mt. Morris

Mt. Morris — The annual one-day summer festival of St. Patrick's Church here will be held on August 15, the Feast of the Assumption.

booths, including crafts, plants, cotton candy, fried dough and ice cream.

A chicken barbeque will be served from 5 to 7 p.m. and a teen street dance will be held from 9 to 10:30 p.m.

Sarah Child



All in the Family

Love Keeps You Young

As one of those who believes that our mental state has more to do with our physical condition than most of us ever dreamed, it was with considerable interest that I read an article in one of the many senior citizen newspapers that cross my desk

Titled "30 Sure Fire Ways to Beat Loneliness," it dealt with the fact that experts believe loneliness is one of the nation's most serious and unrecognized problems and can cause everything from asthma to stomach ulcers, high blood pressure, heart disease and cancer, alcoholism and drug dependency.

In testimony before the Congressional Select Committee on Aging, psychiatrists and other medical experts told how to fight the problem.

While directed toward the elderly, the solutions are applicable to all of us, from the youngest member of the family to the oldest.

The first method cited is the best, costs nothing, reaps innumerable rewards. It is: LEARN TO EXPRESS LOVE. You can never be lonely and you will be happier, healthier and live longer if you learn to do so.

A survey of 1,000 adults

conducted by the Office of Prevention of the California Department of Mental Health revealed that people who express love are twice as healthy as those who do not.

Some other ways to beat loneliness:

Visit people in need. Reach out to someone who is, in trouble, grief stricken, confined to their home.

Pay compliments. It can open all kinds of channels.

Invite neighbors in for coffee. You'll get a return invitation.

Turn off the TV. Particularly bad news. Go out and talk to someone, instead.

Cope, don't mope. Take action on something that is bothering you.

Encourage people to confide in you. Help them and help yourself.

Don't be afraid to express emotions. It will attract others.

Stop pitying yourself. A lot of people don't realize they enjoy feeling sorry for themselves or how destructive it can be in the long run.

SMILE, SMILE, SMILE! Radiating happiness attracts others.

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