



**Apostolado Events**

Carlos Vargas discusses leadership with members of the Hispanic communities of Newark and Geneva in the course of a six-week leadership training course offered by the Spanish Apostolate. Other teachers included Brother Luis Ruberte, director of the Spanish Apostolate, and Father Jack Podsiadlo, S.J. Those who completed the course received certificates in their respective parishes.

Father Nicolas Menjivar, Sister Maria Cristina Juarez and Casilda Herrera converse with 98-year-old Francisca Muniz at the annual "Abuelos" Christmas party sponsored by the Spanish Apostolate Mass. The Sacrament of the Anointing of the Sick, lunch, music and dramatic and dance presentations were all part of the program celebrating "grandparents."



Sarah Child

All in the Family



**Not Dieting But Still Losing Weight**

The personal health columnist for The New York Times has written a book called "Jane Brody's Nutrition Book" which has been acclaimed as perhaps the best of its kind by physicians and other health experts.

A one-time fatty who lost 35 pounds when she began to "eat normally" instead of "dieting," Ms. Brody has included recipes as well as up-to-date research on what we should be eating.

I've only tried one of her suggestions but from it I've made a variety of good one-dish meals. It incorporates two important rules: cut

**ARE Workshop Registration**

Persons wishing to register for the workshop being taught by Father Sebastian Falcone Jan. 25-27 at Notre Dame Retreat House are asked to contact Denise Mack at 621-6343 or 621-4040. The workshop is under the joint sponsorship of the Association of Religious Educators and the diocesan Office of Religious Education.

down on meat and include a lot of complex carbohydrates.

I took to it because it uses up a lot of leftovers and everybody was most satisfied. The best part was feeding everybody on one chicken breast.

**BRODY BONUS**

Cube half pound of any kind of meat — chicken, ham, steak, sausage, etc., and stir fry in electric fry pan with 1 tablespoon of oil. (You can also use leftover meat.)

Add from 1 to 3 cups of cooked rice depending on the crowd you're trying to feed, and 2 or 3 cups of leftover vegetables. French green beans, peppers, mushrooms, onions, broccoli, peas — almost anything works. Stir until distributed well. Add some soy sauce or chicken broth or leftover beef juices. Then, to make it interesting, I add a quarter pound of cheese — cheddar, mozzarella, muenster, etc. (Ms. Brody, who says we eat too much fat, probably would not approve of the cheese.) When cheese has melted, serve.

For a slightly different taste, try a half pound of hamburger. Add rice and a large package of whole kernel corn with pimientos. Addition of cheddar cheese gives it a Mexican flavor.

**Sobriety Is Topic**

Elmira — J. Frank Stark, ACSW, CSW, program coordinator for the STARS program, will speak on "Mandated Sobriety" at the next alcoholism seminar at St. Joseph's Hospital.

The seminar will be at 12:15 p.m. Thursday, Jan. 21, in the Doctors Meeting Room at St. Joseph's.

**Award To RCEC**

The Rochester Computer Education Consortium (RCEC) received national recognition from the National University Continuing Education Association last month.

The RCEC received an award for its innovative programming in the Rochester community. As a result of the award, St. John Fisher College, the Consortium sponsor, will have an opportunity to receive further recognition in the National Awards banquet to be held early in 1982.

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**Features Emergency Room**

Elmira — There is a new brand of medicine being practiced in America and a close-up look at its existence in the Twin Tiers will be the subject of a 30-minute television special.

The program will be broadcast at 7:30 a.m. and again at 5 p.m., Sunday, Jan. 24, on WENY TV, channel 36, in Elmira.

Produced through a joint

effort of WENY and the audiovisual department of St. Joseph's Hospital, "The 23rd Specialty," shows the inner workings of a hospital emergency room and the people who work there, with the spotlight on the newest speciality in American medicine.

Dr. Joshua Nagin, St. Joseph's director of Emergency Services, is the host for the program which focuses on the lifesaving tools and staff members who use them. Major trauma is the largest killer of the American population under age 40. The

front line of saving victims of trauma from auto, industrial and home accidents is the emergency department staff and the emergency medical technicians who work with them through the local ambulance service.

Following the television showing, the program will be available to community groups and organizations as well as to local schools, through the Community Relations Department of St. Joseph's Hospital. Further information is available by contacting St. Joseph's at 733-9137.

**Lamaze Classes Announced**

Elmira — Early pregnancy Class I of the Lamaze Expectant Parent Series will be conducted at 7:30 p.m., Monday, Jan. 25, in the Doctors Meeting Room of St. Joseph's Hospital.

The class is for parents in the early days of pregnancy. It provides information about nutrition, fetal development, emotional support and getting ready for birth.

**THE 1981 TAX ACT & YOUR WILL...**

Most people do not have a Will, and if they do, many need up-dating. The Economic Recovery Act of 1981 makes major tax changes for many people in their planning and retirement programs. Having a Will is a serious obligation, especially for sake of your loved ones, for if there is no Will, laws of the State in which you reside decree how your property will be distributed. Small or large estates require the same careful planning... should there be guardians for minors? ... who should you name as executor? ... should you make your own Will? and how about gifts to charity? We offer an informative, easy to read booklet on Wills... it can be a helpful guide when you talk to your attorney.



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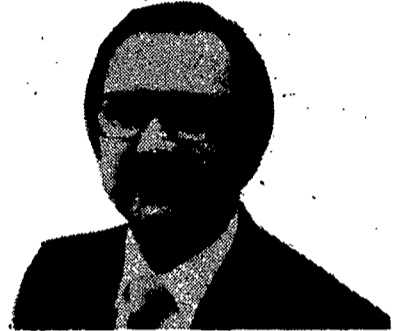
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**THOUGHTS TO CONSIDER**



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Children — and Death

Some adults believe that allowing a child to view a dead human body will terrify him. However, in most cases, it is much better for the child who has experienced the death of someone close to him to view the body, rather than fantasize death in his own vivid imagination. By seeing the body, he is able to accept the real meaning of death — and may be better able to express his emotions.

Certainly a child should not be forced to view the body, but even with very young children, the truth is usually less harmful than allowing them to cope with death in their own way.

Allowing the child to attend the funeral service gives him a sense of belonging and support at a time when, all too often, he may be overlooked.

If we may answer any questions for you concerning children and death, please call us at any time, or come in and make use of our extensive library of books on death, dying, and related subjects.

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