



BECKETT HALL NOTICE

The Beckett Hall Site Search Committee is presently reviewing sites for the relocation of Beckett Hall. Property within the City of Rochester or a southern suburb will be considered. Descriptions of property to be considered should be submitted in writing on or before August 1st to:

REV. THOMAS J. VALENTI
 Diocese of Rochester
 1150 Buffalo Road, Rochester 14624



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Adult Home

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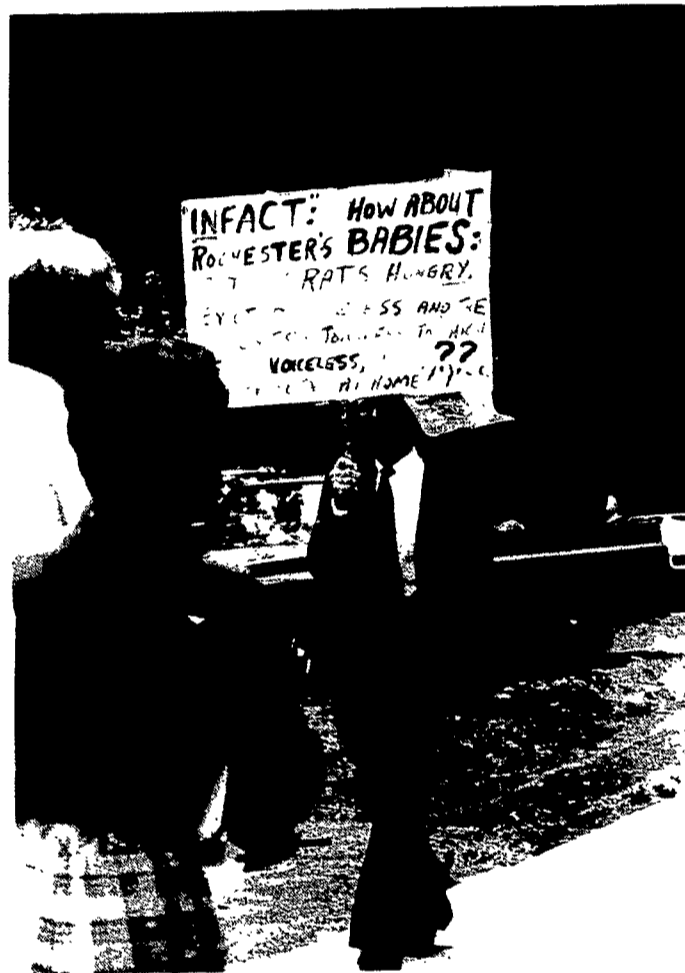
Ask about our TEMPORARY STAY. Ideal for families who provide care for a loved one and are in need of short term relief. While you vacation allow your family member to vacation with us.

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2515 Culver Rd., Rochester, N.Y. 14609

Anti-Formula Protest At New Hotel

Nearly a dozen members of the Rochester Infant Formula Action Coalition (INFACT), above right, staged a silent protest last Tuesday, July 12, outside the new Rochester Plaza Hotel, 70 State St., in a dispute with the hotel's parent company, the Stouffer Corporation. Stouffer is a subsidiary of the Nestle Corp., which has been severely criticized for its marketing of baby formulas. The group urged a boycott of the new hotel, as well as continuing the boycott of all Nestle products. INFACT has charged that infants in Third World countries have died because their mothers diluted the formula with contaminated water. In a solo counter-protest, left, Roy Fries carries a message that hits closer to home.



Sarah Child



All in the Family

Let Them Eat Bread

In case you haven't heard, ~~steak~~, even lean, is out as diet food and bread is in -- a complete turn-about from 10 or even 5 years ago when anything but melba toast was a no no for the overweight.

"One of the happiest days of my life came when I read that I could eat bread without feeling guilty," said an acquaintance recently. We were discussing, what else, the pitfalls of dieting.

Health experts are now exhorting all of us, not just those who need to take off a few pounds, to eat more complex carbohydrates which include whole grain breads and cereals along with fruits, vegetables and nuts.

Like my friend, I, too, am happy about the new guidelines which are said to protect us against cancer, heart problems and a host of other ills,

for a number of reasons. First, because I happen to prefer bread (thick, crusty, whole wheat or rye) to meat but also because it is a lot easier on the budget and simple to plan meals around what we used to refer as starches.

Not that we don't eat our share of chicken and turkey but more and more often I find we are getting our protein from vegetables.

The experts point out that beans are an excellent source. In addition, they contain something called guar gum which is great for the heart and are at the

top of the list of fiber rich foods.

One of the dishes we make with beans is the following:

Beans and Greens

Gently sautee (but do not brown) a couple of cloves of garlic in one tablespoon of olive oil. When the whole kitchen is performed, discard garlic. Add two packages of frozen spinach, already cooked and drained. Warm slowly, turning frequently to get the full effect of the garlic oil. Then add one can of cannellini, drained, which are white kidney beans and found in the Italian food section of the supermarket.

With a crusty piece of bread, beans and greens make a great substitute for luncheon cold cuts. At suppertime, serve as an accompaniment to lightly buttered noodles with coarse black pepper. Buon appetito!

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In Memoriam

The late Frances... recently. Jo... plaque desig... to Mrs. Ha... William F... master of th...

Fr. Albo... Shamo...

Word for

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Sunday (R3) Lk. Gn. 18/20-2/12-14.

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The Ab... told to t... and us so... God. The sin... great, so g... come to t... God. The justice the... God. Society... God came... out wheth...