

Echo

Musical groups welcome new Aquinas accompanist

By Stan Ewing and Amy Zamp
Aquinas Institute

The Aquinas Little Irish family has gained a new member whose name is Gus Manfredo. So far, Manfredo is known to about one-third of the Aquinas student body because he works with the school chorus and jazz band.

Manfredo brings with him years of experience in working with people and being in the public eye. He was a member of the Professional Bowlers Association for a number of years and had nine 300 games, four of which occurred in sanctioned leagues. His career was also highlighted by two high series of 812 and 814.

His experience in bowling did not end there. He went on to become manager of such bowling centers as Gates Bowl, Dewey Gardens, Maiden Lane and the Lion's Den. While constantly helping people to enjoy bowling, he got the idea of a "Learn to Bowl" program for housewives. Soon the program spread, becoming an area-wide program for anyone who wanted to learn to bowl.

Manfredo has received many honors, but the one he cherishes most is being a member of the Rochester Hall of Fame. Although his bowling career came to an end for health rea-

sons, he still has a love for the sport.

Besides bowling, Manfredo brings with him a varied and extensive background in music. He is an accomplished pianist who has played for such musical greats as Vic Damon, Buddy Greco, Jackie Leonard and Buddy Rich. Manfredo's band also did a narration for the Woody Herman Band.

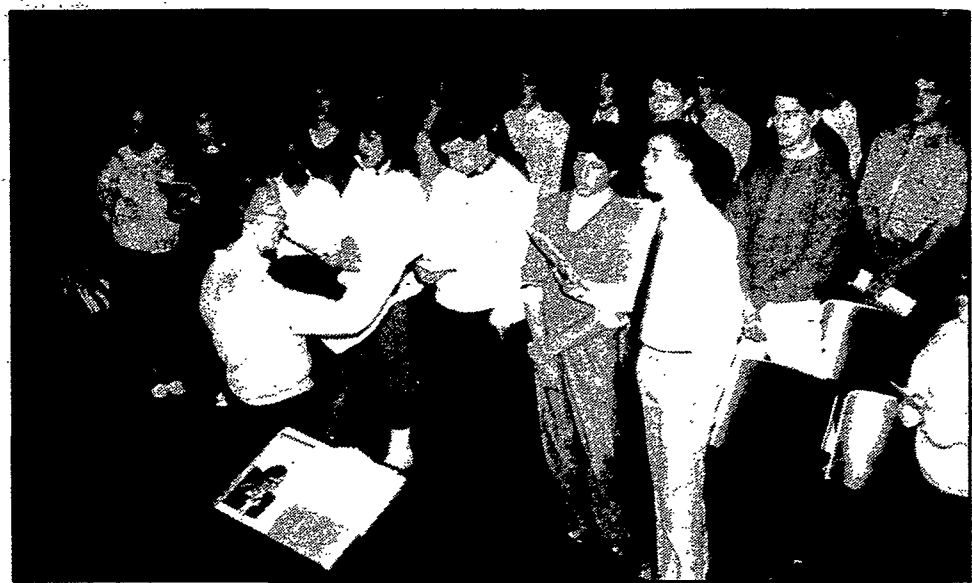
At Aquinas, Manfredo is the accompanist for the Chorus. Mary Lou Knapp, choral director, is very pleased to have an accompanist for the group.

"The students like Mr. Manfredo and his playing for us has surely helped us," Knapp said.

Brian Coughlin, band director, has been able to use Manfredo's expertise in jazz from the 40's and 50's to teach the students to improvise.

"He is a great asset to the Aquinas band program, and his knowledge is very valuable," Coughlin said.

Manfredo heard about the need for an accompanist at Aquinas through the GROW Program. Aquinas students are very grateful that he did, welcoming him as part of the family and offering him a special place in their hearts.



Members of Aquinas Institute's chorus are among those whose efforts are enhanced by Gus Manfredo, who serves as the group's accompanist. Directing the chorus above is Mary Lou Knapp.

By Sue Lelke
Nazareth Academy

How often do we as teenagers hear "these are the best years of our lives?" For me, the answer is "all too often," and I believe others would agree.

Most people reach their teen years while they are in junior high school. These can often be traumatic years. There are pressures involved in dealing with a new school, new friends, teachers and changing classes for each school subject. Peer pressure dictates wearing the right clothes, earning the right grades, saying the right things and associating with the right people. It is unlikely that junior high constitutes the best years of anyone's life.

Then we move on to high school. Great things have been said about high school — that one has more freedom, late nights and fun activities. But let's face reality again. You must start over at a new school with new teachers and classmates. You have to deal with "Freshman Friday," (a rite of initiation) which sometimes seems to last all year.

You move higher on the totem pole during sophomore year, but life is still no piece of cake. Junior year crashes down on many people as their homework load often doubles or triples, and pressures increase to get a job and get a driver's license. Responsibilities at home may increase. Junior year is also the year of Regents' exams and SAT's.

This pulls us into senior year — the time to decide about college and future plans.

Oh yes, these are the best years of our lives. The Regents' requirements have restricted class scheduling so much that few people have room for electives. We live in a fast-paced society that pushes teenagers to make honor roll, to graduate from high school and go on to college, to push a little further so that we can do a little more. All the while, society tells us that these are the best years of our lives.

Many people join school activities for fun, but do the commitment, time and costs involved make them otherwise?

Take sports, for example. First, participants must try out and go through rigorous drills to get in shape. Practices can take two or three more hours per day. Games and tournaments usually take even longer. If the team has a win-

Speaking Out

ning season, then perhaps all of the effort will be considered worthwhile. But for every team that wins, another has to lose.

After a teenager reaches the age of 16, money may become a problem. Teens need jobs to pay for schooling, for driver education and for spending money to buy Christmas and birthday gifts — not to mention trying to save a little bit for personal use. It is difficult to get a job without previous experience. Working late hours and weekends can put a crimp on family, school and social activities.

Being a teenager also involves an inherent battle for more freedom — to date, to stay out late, and to make one's own decisions. As we fight our parents for these freedoms, they are often fighting to keep us at home. As we mature, parents expect us to take more responsibility at home. Meanwhile, we struggle to be independent of our homes.

These years — filled with pressures, hectic schedules, new experiences and struggles for freedom — are said to be the best years of our lives. If this is so, what should we look forward to?

Elmira Notre Dame High School

Do you still believe air travel is safe?

SHEILA LIMONCELLI, junior

I would be a little hesitant to fly again because of all the discoveries of incompetent air(plane) pilots that have been made recently. However, since there is also a great risk in traveling by car, the number of accidents just may balance out.



MAURA RURAK, junior

Yes, I do feel air travel is still safe. Considering the number of flights there are, the amount of accidents is actually relatively small. Flying is safer than driving in most cases.



MIKE COLLINS, junior

I feel that air travel is still safe, considering the many accidents there are today. It is safer, I believe, to fly than it is to drive a car.



As Teens See It

VINNIE CRAWFORD, junior

It is safe. Even though there have been more publicized accidents recently, they are very few compared to how many flights have been safe.



LEAH GRUCZKOWSKI, junior

Despite all the plane accidents, I still believe air travel is safe. There would be quite a problem if we discontinued it. I don't think the problem lies in making new rules; it's in enforcing the ones already in use.



J. D. FAGAN, junior

No, I have doubts about the safety of air travel. Although the rate of plane crashes is low, the survival rate in these crashes is even lower. At least in a car accident, I have a better chance of walking away.



HOUSE OF GUITARS

Most New Album And Tape Releases Just \$5.98
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We received 31 correct entries identifying "Simon & Garfunkel" as the recording artists of the 1966, #1 song; The Sounds of Silence

The winner was **Kathleen Costanza** of Nazareth Academy

MUSIC TRIVIA

This week's question:
What does Alvin the Chipmunk want for Christmas?

Name _____
Address _____
City _____ State _____
Zip Code _____
School _____

Rules:
Each week, the Courier-Journal, in conjunction with the House of Guitars will feature a Music Trivia contest. All you have to do to enter is answer the question, fill in your name and address and the school you attend (if applicable), cut out the coupon, and send it in to the Courier-Journal. If more than one correct entry is received, a drawing will be held and one winning entry will be drawn. If yours is the winning entry, you will be mailed a coupon for a free album or tape of your choice redeemable at the House of Guitars, 645 Titus Ave.

The Courier-Journal Music Trivia
1150 Buffalo Rd.
Rochester, N.Y. 14624

All entries must be received within seven days of this paper's issue date. Winning names and answers will be printed the week following each drawing.

ATHLETES OUTLET

Professional Team & Tee-Shirt Headquarters NFL, NBA, NHL

We received 17 correct entries identifying Willie Mays as the "Say Hey Kid."

The winner was **Timothy Hicks** of Cardinal Mooney

SPORTS TRIVIA

This week's question:
What team did home-run king Hank Aaron play his last major league game for?

Name _____
Address _____
City _____ State _____
Zip Code _____
School _____

Rules:
Each week, the Courier-Journal, in conjunction with the Athletes Outlet will feature a Sports Trivia contest. All you have to do to enter is answer the question, fill in your name and address and the school you attend (if applicable), cut out the coupon and send it in to the Courier-Journal. If more than one correct entry is received, a drawing will be held and one winning entry will be drawn. If yours is the winning entry, you will be mailed a certificate redeemable for \$5.00 OFF towards any purchase at either of the two Athletes Outlet locations: Long Ridge Mall, next to Sears, or Perinton Square Mall. All entries must be received within seven days of this paper's issue date. Winning names and answers will be printed the week following each drawing.

The Courier-Journal Sports Trivia
1150 Buffalo Rd.
Rochester, NY 14624