

Echo

By Sue Lelke
Nazareth Academy

Recently I was invited by a friend to help give a presentation on teenage suicide in one of the classes he was taking at Brockport. The title of the course was "Contemporary Issues," and those taking it were training to be counselors. In their first class, the students divided into pairs, and each pair had to give a two- to three-hour presentation on a topic that they had chosen.

When I was asked to join to help with one pair's presentation, I had to first deal with why I would like to do so and what I had to offer. The foremost reason in my mind was that simply because I am a teenager, I might be able to help others to understand teens a little better. Also, I could offer my experiences, because the thought of suicide has crossed my mind, but I have dealt with those feelings and nothing serious has ever come from them.

The important message here is that I survived those times. By being a friend and listen-

Speaking Out

ing, I believe that I have helped others to do the same. I joined my friend's presentation because life is worth living. If, either directly or indirectly, I can convince even one person to believe that life is worth living, then my time is not wasted.

I was not the only teen who helped with this. Three of my friends also went. When we walked in the room, I think that we had the same basic reaction like, "I can't believe that I'm going into a room with 25 people that I don't know to talk about suicide." It was a frightening experience, but we were immedi-

ately made to feel welcome.

We sat in a circle, and for the first half of the class, general information was given and questions asked. We took a short break, and when we sat back down, two teens and a counselor began a role-playing situation. The situation was that both teens had attempted suicide and were now receiving counseling. As they told their stories, even I was not sure if they were strictly acting or if they were really upset. Later, the other teen told his personal story about the problems that he has gone through and the victories he has made.

My input was to read an article that I wrote about the pressures of being a teenager and then to answer questions about it. The point, though, was that the whole room full of strangers, whom we had never met before and will probably never meet again, were really worried about us.

After the class was over, a number of people came over to where we were standing and said that they were glad that we had shared

with them, that they could see that we had positive things going for us and that they really hoped that we would continue to make good choices about life. Several people even gave my friend and me a hug.

I am writing this for two basic reasons: one for people thinking about or who have thought about suicide, and one for people who know someone who is depressed. To people who have thought of or are thinking about suicide — find someone who you can talk to. If you have been hurt before because you trusted someone, then understand that not everyone is like that. Find someone else because life is worth living, and don't forget that.

To people who know someone who is depressed, the most important thing that I can suggest is to be their friend. When was the last time that you told them how much you care about them? Tell them soon. Even if you have never felt the way that they describe, listen. Listening and caring can be enough. After all, friends are what make the world go 'round.

Aquinas Drama Club to present popular musical 'South Pacific'

By Chris Lopuchowycz
Aquinas Institute

Continuing its tradition of excellence in theater, the Aquinas Drama Club will present *South Pacific* on April 29-30 and May 6-7 at 8 p.m. in the Aquinas Institute auditorium.

The story is set during World War II and American soldiers have taken over a south Pacific island. A tale of romance and fun ensues.

Emile DeBecque (Howie Cragg) is a wealthy French planter who lives on the island with his two Eurasian children. He and Ensign Nellie Forbush (Michelle Pappano), an American nurse, fall in love on "Some Enchanted Evening," and Emile asks Nellie to marry him. When she learns of Emile's children, however, Nellie calls the affair off and decides to "Wash That Man Right Outta My Hair."

Meanwhile, Lt. Joseph Cable (David Yehl) arrives to set a watch on a Japanese-held island nearby. He asks Emile to help him — since the Frenchman knows the islands so well

— but Emile turns him down. Through Luther Billis (Jason Carr), Cable learns of Bali Ha'i, an off-limits island where all the young French women are staying for safety. Billis convinces Cable that "There Is Nothing Like a Dame," and they decide to visit.

Upon arriving at Bali Ha'i, Cable meets Liat (Jodie Mathews), a Tonkinese girl who is "Younger Than Springtime" and the daughter of Bloody Mary (Cindy Skelton). Liat and Cable fall in love, which makes Bloody Mary talk "Happy Talk."

When Cable returns, he finds that Emile has reconsidered and volunteered for the mission with Cable. Together, they successfully carry out the mission. When Emile returns to the island, he finds Nellie caring for his two children because she realized that she was "In Love With a Wonderful Guy."

Tickets for the show — \$3.50 and \$2.50 for senior citizens — may be purchased at the door.

Medaille House applications available now for 1988-89

Requests for applications to live at Medaille House are currently being accepted for 1988-89. Medaille House is a residence operated by the Sisters of St. Joseph of Rochester for sisters and lay women of all ages and backgrounds who wish to share prayerful Christian community and to serve the Church through works of faith and justice. Members of Medaille House I — founded in 1983 — and Medaille House — founded in 1987 — make one-year commitments to live a simple lifestyle for one year. The commitment may be renewed, but cannot exceed three years.

Medaille House offers an opportunity for women to live in a supportive environment that encourages service to all people without dis-

tingtion. Some members hold full-time jobs and yet find time to work with the needy and oppressed at soup kitchens, winter shelters, prisons and teen pregnancy agencies. In addition to making a difference locally, these women also work for justice on a global scale by participating in movements for nuclear disarmament, in Central American issues and local refugee programs.

The cost of residency at either house is determined individually, once candidacy has been decided. All requests for applications should be made by April 30.

For information, contact Sister Kathleen Weider, SSJ, 48 Peck St., Rochester, 14609 or call (716)232-7363.

Penfield churches prepare for Crop Walk for Hunger

The Penfield Ecumenical Council of Churches is sponsoring the 1988 Crop Walk for Hunger on Sunday, May 1. The 10-kilometer walk, which is being coordinated by the Penfield Knights of Columbus, will begin at the Penfield Community Center and continue along the following route: Baird Road, Penfield Road, Five-Mile Line Road, and Whalen Road back to Baird Road again. A shortened route, called the Golden Mile, will

allow seniors to participate as well. The Crop Walk for Hunger is an annual event that takes place in towns across the country to raise money and awareness of the root causes of hunger. For more than 40 years, the Church World Service has worked in partnership with people around the world to provide food production, education, vocational training, water resource development, nutrition education and primary health care.

Stress management workshops set for school personnel

In association with the Rochester Teacher Center of the City School District and the Catholic schools of the Diocese of Rochester, Jack Christiano of Performance will conduct stress-management workshops for teachers, administrators and support staff. These workshops are open to all educators in any public or private school throughout the Rochester area.

Participants will learn about the dynamics of stress, what it is, how it works, what it does, the role of stress in career burnout, and its impact on individuals' professional as well as personal lives. The six-hour workshops will be held in the conference room at Great Life Health and Fitness Center on Saturday, April 30, from 9 a.m. to 4:30 p.m. or Tuesday afternoons, April 19, 26, and May 3, from 4-6 p.m. For information or to register, call the Performance offices, (716)235-7090.

Job training program set for single women of all ages

The GROW Displaced Homemaker Center, a program of the Regional Council on Aging, is offering a free job-readiness training course for divorced, separated or widowed women of all ages who suddenly find themselves the family breadwinner. The two-week course begins April 18 and runs through April 29.

Participants will receive intensive help with confidence building, skills assessment, career exploration, resume writing and interviewing skills. Job placement assistance follows the four-week program. For details, those interested should call (716)454-3224, ext. 124.

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We received 5 correct entries identifying Jim Bunning as the person who pitched the first perfect game in the National League

The winner was Cheryl Lynn Shank of Rochester

SPORTS TRIVIA

This week's question:
Who was the only N.Y. Yankees manager never to manage the team in Yankee Stadium in the last 50 years?

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

Rules:
Each week, the Courier-Journal, in conjunction with Zambito's Sport Shop 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 \$10.00 OFF towards any purchase at Zambito's Sport Shop, 1350 Culver Rd.

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

HOUSE OF GUITARS
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CD's From \$8.98 - \$11.98 Each

We received 8 correct entries identifying The Ventures as the group who performed the theme song for the show "Hawaii Five-O".

The winner was Sandy Kurzdorfer of Webster

MUSIC TRIVIA

This week's question:
What two newspapers are mentioned in Billy Joel's song "New York State of Mind"?

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.

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.

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