

The Northwest Courier & Vicinity Post

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Formerly the
Tenth Ward Courier

Vol. 66 No. III

Serving the Charlotte, Dutchtown, Edgerton, Lyell-Otis, and Maplewood Neighborhoods

FEBRUARY 21, 1996

TEACHER FEATURE

This is the first in a series of articles which have been written and edited by the fifth grade students in Mrs. Shirley's class at Enrico Fermi School No. 17. Each child chooses a teacher he would like to interview, conducts the interview, and writes about the teacher.

The following profile is by Lavonne Richards

I interviewed Mrs. Wienmann. She teaches first grade. I interviewed Mrs. Wienmann because she is nice and she is my brother's teacher. When Mrs. Wienmann was in fifth grade her

teacher's name was Mrs. David. Mrs. Wienmann is not an only child. She has two brothers and no sisters. She went to Webster High school. Her role model is her Mom because her Mom is a teacher. She likes sports alot. She can play the flute, piano, and guitar. Mrs. Wienmann also loves school.

This is about Mrs. Wienmann's teaching and her colleges. She went to Penn State University and Chestnut Hill. Out of the two colleges she said "Penn State was a lot bigger than Chest-

(continued on page 4, column 1)



Left to right: Mrs. Shirley, Jaquand Campbell, Lavonne Richards, Jr. and Mrs. Wienmann.

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The contents of this newspaper are intended solely for the information of the community. The Northwest Courier and Vicinity Post is not to be held responsible for errors in editorial or advertising beyond the cost of the space occupied.

TO THE EDITOR :

Corporate downsizing is still a fact of life. Recently more than two hundred jobs were lost at Bausch & Lomb. Working men and woman, many with years of loyal service to their employers, are stunned to discover that suddenly they are without a job. These are hard working, tax paying citizens. The kind of people on whom American prosperity depends.

Why, then, does Governor Pataki want to punish these people in their time of need? While they seek new jobs, the vast majority of these workers will count on Unemployment Insurance to help. For many, this benefit could be their only source of income. This is a benefit which all these people have earned and which they deserve. This is a benefit paid for by the employers who contribute to the Unemployment Insurance Fund — not the taxpaying public. The program exists

to meet exactly such emergencies as these people are facing.

However, Pataki wants to chop two and one half months from the time people can collect benefits, reducing that period to sixteen weeks. The average weekly benefit for unemployed New Yorker's is just over \$200. Even the maximum weekly payment of \$300 is less than the amount paid in Massachusetts, Pennsylvania, New Jersey and Connecticut.

The Governor misunderstands the difficulties facing regular working people. The governor is turning his back on the people who elected him. If he is unwilling to recognize the legitimate needs of the unemployed then exactly who does he serve?

Sincerely,
Susan John
Member of the State Assembly

John Cuts Government Spending Without Hurting Working Families

Assemblymember Susan John (D-Rochester) has a plan to cut government spending and save money — without placing the burden on New York's working families.

"If you looked at Governor Pataki's budget, you'd think the only way to cut state spending is to push the elderly into nursing homes and deny children from working families an affordable college education," John said.

"But I have a plan to cut state spending that gets to the heart of government waste — one that doesn't hurt working families," John said. "And it begins by collecting the \$1 billion in delinquent income taxes and the countless millions that big business owe the state."

Collecting Unpaid State Debts

The cornerstone of John's plan is collecting money that businesses and taxpayers owe the state — including \$1 billion in delinquent income taxes.

"It's astonishing how much money is owed to the state. For example, oil companies owe \$57 million for cleaning up spills, and drug manufacturers

owe \$44 million in rebates. The list is long and expensive for those of us who do pay our share," John said.

In addition, employers have defaulted on \$163 million in unemployment insurance taxes.

"Our past successes show that collecting money owed to the state is a definite solution," John said.

John noted that last year, her plan to make deadbeat parents pay child support or risk losing their driver and professional licenses recouped almost \$2 million for the state.

Cleaning Up Fraud and Abuse

John also wants to cut spending by cleaning up fraud and abuse in state government. This includes an aggressive plan to stop Medicaid fraud, which costs taxpayers an estimated \$2 billion or more a year.

The spending cut plan builds on John's efforts last year to end "Cellfare" by tracking down prison inmates who sell their benefit cards so other people can collect welfare illegally. Her program has already saved taxpayers \$5 million.

**NORTHWEST COURIER & VICINITY POST
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Call 621-1622 For Information

The Northwest Courier and Vicinity Post is your "community" newspaper. The purpose of this paper is to bring your news to the community.	(Friday)	(Wednesday)
If you have news to share, please allow the Northwest Courier and Vicinity Post to be your vehicle by which your news is heard. We accept articles, pictures (preferably black and white), dates for the Community Calendar, etc.	March 1	March 13
Articles may be brought to 700 W. Ridge Rd. or mailed to PO Box 60483, Rochester, NY 14606.	March 2	April 3

If you have any questions or need assistance with articles, etc., please contact office at 621-1622.

COMMUNITY CALENDAR

If you would like events published in Community Calendar section of the Northwest Courier and Vicinity Post, please send copy to The Northwest Courier & Vicinity Post, PO Box 60483, Rochester, NY 14606. Deadline for submissions is TEN DAYS PRIOR TO PUBLICATION.

DEADLINE ISSUE DATE

MAPLEWOOD NEIGHBORHOOD ASSOCIATION MEETING

FEBRUARY 7, 1996

President Greg Mason opened the meeting at 7:00 p.m.

ANNOUNCEMENTS:

City Living Sundays - The fourth annual City Living Sundays is being held through March. Each Sunday in March is devoted to a different quadrant of the city to market city neighborhoods and sell city homes. Maplewood is Sunday, March 24 at Jefferson Middle School from noon to 4:00 p.m. This is a great opportunity for us to showcase our area and attract new homeowners to our neighborhood. Greg will be present with brochures and display board to answer any questions from perspective buyers. If you would like to participate, please call Greg.

Adopt-A-Block Program - We have received an opportunity to apply for an Adopt-A-Block Program grant from the City of Rochester. This is an effort by the Department of Environmental Services to assist community associations with the clean up of litter and removal of graffiti. The grant money is good for one year and Maplewood will apply for the grant.

Rehabilitation Programs - There is also grant money available for 4 different Rehabilitation Programs: Residential Assistance Program, Owner Occupant Rehabilitation Program (for 1 and 2 family owner occupied homes), Investor Owner Loan (properties must be 1, 2, 3, or 4 family structures and applicant must own the property and operate it as a rental), and Vacant Home Grant Program. A detailed article on the eligibility requirements is being prepared for the next Newsletter publication.

MNA has been approached by a developer interested in a parcel of land on the corner of Dewey Avenue and Electric (a total of 4 lots) to build a Wilson Farm Convenient Store. MNA have voiced a few concerns to the developer. In the future, Carl Holden, Vice President of MNA, will be handling all interaction with the developer. Any comments or thoughts concerning this possibility should be directed to Carl.

Maplewood Rose Festival - Mark your calendars!!! The dates for the Maplewood Rose Festival are June 13 through 16. Weather permitting, this year's festival promises to be the biggest and best ever. We still need volunteers...please call Greg if you would like to help.

Welcome to Maplewood - Marge Sentiff and Roz Mandray are welcoming new homeowners to Maplewood with a gift package which includes a plant from Enright Florist, a Kodak Funsaver Camera, Maplewood YMCA passes, bus passes, a copy of the Sector 2 Action Plan, a copy of the 10th Ward Courier, MNA membership application form, and a wonderful historic brochure of the Maplewood area (written by Phil Mizesko). The MNA thanks Marge and Roz for this great idea and for volunteering their time to make it happen. If you know of new homeowners in the neighborhood, give Marge a call at 254-5290.

Maplewood Banners - Clyde Comstock reported the grant money is on the way and we need to find an artist to design our banners. We would like

to have the banners designed and in place in time for the Rose Festival. If you know of an artist who may be interested, call Cindy Kaleh at 647-3929.

Bob Stevenson - Grant money of \$16,000 has been approved for the Maplewood Business Association for participation in the Commercial Enhancement District Program. The grant money will be appropriated to the district of Dewey Avenue from Driving Park to Ridge Road for installation of banners, facade improvement, recruitment of new businesses to vacant stores, development of a directory of businesses and services for distribution throughout the neighborhood and promotion and publication of the services available to the businesses of this district.

John Ferlicca - John apprised the group of some pending county legislation to sell the Certified Home Health Agency, presenting both positive and negative aspects of the sale. John asked for neighborhood input on this topic and indicated that he would continue to bring items like this to the Association meetings.

PUBLIC SAFETY

Captain Davis (Lake Section) reported the status of attack incidents on schoolgirls which occurred in November and December 1995. Because the attacker struck from behind, the police do not have a good description of him. The last incident was 59 days ago, and since that time there have been no reports of other attacks or suspicious activity. The police continue early morning patrols and will continue their investigation until the suspect is apprehended.

There have been suggestions of moving the Lake Section office to another location. The move would be to an area that is more accessible to those in need. Captain Davis voiced some of his concerns regarding that move. A few concerns were: the need for a large building (over 3,500 square feet), patrol cars must be able to move out of the parking lot quickly, and it would leave lower Maplewood Park and the playground virtually unattended.

The Lake Section Operational Plan for February 1996 through June 1997 was presented to the MNA. The Operational Plan explains Lake Section Goals and Work Priorities, Neighborhood Needs, Innovations, Deployment of Personnel, and Implementation of Strategies and Innovations. If you would like to see this Operational Plan, please contact Greg.

ELECTIONS:

Karen Comstock reported the 1996 MNA Election progress is going great. Printed ballots will be in the mid-February Newsletter which will include a biographical sketch of each candidate and instructions for returning the ballot. The paper ballots must be received on or before the March 20 Annual Meeting. If you attend the meeting, you can bring the ballot and vote at that time. Those who have shown interest in running for an office are as follows:

President - Greg Mason
Vice President Communications - Carole Farley-Toombs

Vice President Public Safety - Carl Holden
Vice President Community Development - Open
Treasurer - Karen Comstock
Secretary - Trish Harding

Running for Board of Directors:

Victoria Argento
Dick Bennett
Bonnie Caples
Lou Cipro
Crystal Dragone
Phil Fedele
John Foote
Tom Fox
Sue Gutknecht
Larry Kaleh
Tom Kunz
Rudolph LePore
Tom Reichmayer
Don Rothschild
Joe Scalzo
Marge Sentiff

A reminder that voting this year will be this paper ballot ONLY! Please don't throw it out, misplace it, let the dog eat it, etc. Thanks.

HISTORIC MAPLEWOOD

Nick Zumbulyadis, Co-Chair of Historic Maplewood Committee brought us up to date on the project. One option, currently under consideration, is the possibility of listing certain areas of Maplewood in the National Register of Historic Places. The committee are pursuing this option in collaboration with Landmark Society of Western New York. Under this option, there are no restriction to property owners, but is positive for the entire community in having parts of our neighborhood advertised as having architectural significance...one more reason for people to want to live here. The creation of a Maplewood Historic District would be a source of pride for the entire neighborhood. There are two properties in Maplewood that are already listed...Aquinas Institute and the Vanderbeck House (corner of Magee and Lake Avenue). There is much work to be done including getting consent of those neighbors involved, research into the history and architecture of several hundred houses, and this effort can cost at least \$5,000. The plan at this point would be to fund this

project entirely from grants and donations, to minimize any cost impact to the neighborhood. The next meeting of the Historic Committee will be at Nick's house, February 28 at 7:00 p.m. If you would like to get involved in this worthwhile endeavor, please volunteer some of your time by calling Nick at 458-3915.

Next Meeting - March 20, 7:00 p.m., Aquinas Auditorium

Annual Meeting and Election of Officers/Board of Directors.

REMINDER - There will be NO meeting on March 6, 1996. The meeting was closed at 9:00 p.m.

NWC

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Classifieds

(See page 12
for details)

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AREA SCHOOL NEWS AREA SCHOOL NEWS AREA SCHOOL NEWS

TEACHER FEATURE

nut Hill." In college her favorite subjects are math and science. After college Mrs. Wienmann became a teacher. She became a teacher because she likes helping kids and really wanted to make a difference and likes to be creative. She also has been teaching for 2 years. When she gets home she plays with her dog, Duke.

These are some things she does outside of school. Her hobbies are softball and watching football. She likes the Bills. Mrs. Wienmann's favorite color is blue. Also, she has been married for two and a half years. If she wasn't a teacher Mrs. Wienmann would have been a doctor. Her favorite movie is "Silence of the Lamb". I had a great time interviewing Mrs. Wienmann.

by Lavonne Richards

I interviewed Mrs. Shirley. She teaches fifth grade. I interviewed her because she's very nice and pretty. Mrs. Shirley went to Vestal Elementary School. Her fifth grade teacher was Mrs. Reynolds. She had black hair and Mrs. Shirley thought she was old. In elementary school she played violin. She went to Vestal High School in Vesta, New York. In high school she played saxophone for the school band. Also, the band was in competitions all over the country and most of the time they won. She has one sister named Linda who lives in Rochester.

For college she went to Monroe Community College and Brockport. In first grade she wanted to become a teacher because she wore glasses just like the teacher. Her teacher told her she looked like one. It took her

five years to graduate from college. Mrs. Shirley loves to teach fifth grade. She has been teaching for twenty-five years. Her favorite subject is Social Studies.

Mrs. Shirley loves to roller skate. She used to take skating lessons and she learned the dances and figures. Also, she was in competitions. Writing, reading and sewing are her hobbies. She takes guitar lessons too. Her favorite movies are "Sleepless In Seattle" and "Mr. Holland's Opus". She used to have a dog but she died. If she weren't a teacher she would be a writer. She has one son named Scott. I'm glad she's my teacher.

by Jaquanda Campbell

ABOUT THE AUTHORS

Jaquanda Campbell is a fifth grade student in Mrs. Shirley's class. She has attended Enrico Fermi School, No. 17 since kindergarten. Her favorite subject is math. She is an outstanding student and has been on No 17's High Honor Roll for the entire school year. Jaquanda's hobbies are ice skating and skiing. When she grows up she would like to pursue a career in nursing.

Lavonne Richards, Jr. is a student in Mrs. Shirley's fifth grade class. This is his first year at Enrico Fermi School, No. 17. He is an outstanding student and has been on No 17's High Honor Roll for the entire school year. Lavonne's hobbies are football and basketball. When he grows up Lavonne would like to be a doctor or a lawyer.

JOHN MARSHALL HIGH SCHOOL VISION STATEMENT

(Adopted January 2, 1996, by the School-Based Planning Team)

Students attending John Marshall High school will focus on academic achievement in a diverse, inclusive, and safe environment, which demonstrates cultural sensitivity and is free of individual and institutional racism. In all aspects of student life, high standards will be maintained so that students will develop their full potential.

The school, characterized by active participation and involvement of students, parents, staff, and community will be student-centered, where individualism is the rule rather than the exception. Through comprehensive programs, students will be recognized for a variety of strengths.

Necessary resources will be available to support this Vision and staff will be familiar with current research in their respective fields. Students and staff will engage each other, and through these interactions, become critical thinkers.

27 MARSHALL STUDENTS HONORED FOR FIRST QUARTER PERFECT ATTENDANCE, NO TARDIES

Eric Davies, Melvin Gebo, Victoria Gifford, Robert Shaw, James Thomas, Eric Barber, Frank Burdick, Melissa Daniels, Robert Davies, Bethany Dick, Bruce Elliott, Kiyesha Goings, Shellian Graham, Ebony Harris, Timothy Kampcik, Tamike Moore, Tanesha Nesmith, Louvenia Phelps, Shawn Ragland, Jerry Elliott, Candyce Singletary, Laron Singletary, Lebra Davis, Darris Green, Lance Johnson, Kevin McIntyre and Roselyn Rios.

SACRED HEART CATHEDRAL HONOR ROLL FOR FEBRUARY 1996

Those students with High Honors are: Chelsea Adam, Christina Berger, Vanessa Barigelli, Edward Baron, Katherine Barrett, Patricia Clark, Katharine Coniff, Megan Crilly, Molly Dougherty, Steven Edwin, Tara Fenlon, Alicia Gosnell, Isabelle Gross, Zena Gucciardo, Katherine Lucisano, Jennifer Schwalbe, Sierra Vazquez, Jessica Zapf, Michael Bernola, Heather Child, Jennifer Gallagher, Andres Gonzalez, Adam Howard, Jonathan Keenan, Katie Laidlaw, David Mittiga, Jason O'Mara, Johanna Stilson, Terese Vaccaro, Tanya Barigelli, Ashley Borrelli, Melissa Carey, Jennifer Hargrave, Meredith Jacobs, Laura Miller, Anna Mittiga, Lea Papatelli, David Rector, Todd Reichlmayr, Matthew Coniff, Nathan Dougherty, Michael Minch, Christopher Platten, Trish Spurr, Kelly Zapf, Kevin Blinn, Cassandra Brown, Amy Laidlaw, and Michael Robbins.

Those students with Honors are: Robert Blinn, Kristen Callahan, Ashley Clark, Jennifer DiNoto, Jessica Dunlap, Michael Ferrante, Akilah Holmes, Donald Jones, Jonathan Mussaw, Amanda Norton, Daniela Papatelli,

Christopher Rivera, Natalie Sheppard, Matthew Solomon, Joseph Testa, Robert Walsh, Thomas Walsh, Jessica Barlow, Danielle Evans, Pamela Giannantonio, Timothy Gross, Kristen Kahler, Ameer Lawson, Jill Lindley, Dee Ann Magliocco, Alyssa Mangiola, Jennifer Monna, Thomas Osinski, Jasmine Poole, James Proud, Karen Rector, Caylin Redfield, Kevin Reichlmayr, Paul Robbins, Lauren Saxe, David Spector, Amy Steinfeldt, Kyle Uschold, Colleen Walsh, Melissa Barrett, Emily Blinn, Lorne Brooks, Jamie Cerqua, Stefan Fleming, Daniel Fox, John Stewart Gordon, Stephanie Graziano, Brian Hannan, Dennis Minch, Robert Mucha, Lisa Muratore, Jean Rapone, Blake Rivera, Allison Sidmore, Nicole Smith, Jacob Spector, Jeremy Wilson, Melissa Wright, Heather Armstrong, Amy Lee Bennett, Hillary DeMayo, David Evers, Nicole Gingello, Alfredo Gonzalez, Rosemarie Gordon, Samantha Kinsman, Lindsay Marshall, Nocole Read, Robert Rock, Elizabeth Wright, Nocole Borrelli, Nicole D'Ettore, Robert Hannan, Daniel Keenan, Kimberly Lohouse, Joseph McElligott, Melissa Mucha, Catherine O'Shaughnessy, Lauren Proud, Bisera Redzic, and Kristin Weilert.

14 MARSHALL STUDENTS PARTICIPATING IN ROLE-MODEL PROGRAM AT NUMBER 7 SCHOOL

Fourteen Marshall students are participating in a special role-model/mentor program for fifth and sixth graders at Number 7 School.

The students include Charles Blackshear, Duane Calvin, Timothy Campbell, Bruce Elliott, Stevon Fluitt, Rahche Hill, Lance Johnson, Michael Johnson, Edward Love, James McCarty, Curtis Monroe, Javunt Pratt, Oronde Ward and Shawn Yarbrough.

STEPHANIE SAPP TAUGHT SPANISH TO FOURTH GRADERS AT NUMBER 16 SCHOOL

Senior Stephanie Sapp taught basic Spanish to fourth graders at Number 16 School last fall as part of the Foreign Language Partnership between the two schools.

Marshall Spanish teacher Mrs. Annette Taccia helped Stephanie with lesson plans.

LATRICE LIP TROT AND TIFFANIE WILLIAMS WIN URBAN LEAGUE ANTI-VIOLENCE POSTER HONORS

Junior Latrice Lip trot and freshman Tiffanie Williams of Marshall both won T-shirts and certificates for participating in the Urban League's 1995 Stop The Violence Poster Contest.

Their posters and other winners' posters were put on display at The School of the Arts according to their art teacher, Mrs. Ane McAndrew.

This paper reaches 10,000 readers every three weeks.

Craft & Food Vendors Wanted for the Maplewood Rose Festival '96

Craft and food vendors are being

sought for the

*Sixth Annual
Maplewood Rose Festival*

scheduled this year for June 13-16.

Vendors of arts and crafts, which must be

hand-made, may contact

Patty Luce at 458-6603 or

R.C Dickerson at 254-0277.

Food vendors should call

Lisa Distefano at 254-1761.

AREA SCHOOL NEWS AREA SCHOOL NEWS AREA SCHOOL NEWS

PRISM TEAM WINS 3 OF 5 TOP HONORS IN ESSAY CONTEST

The Marshall PRISM team received three of the five top honors in a recent Leadership Essay Competition at East High.

The Marshall winners included Scharyta Martin for her essay on Dr. Woodrow Whitlow; Tamika Coleman for her presentation of Stacey Bosse's essay on Dr. Alexa Canady and Comphachanh Phetphanh (Yan) for her essay on Dr. Mae Jemison.

SENIOR APRIL HEPBURN NAMED COCA-COLA SCHOLARSHIP SEMIFINALIST

Senior April Hepburn of John Marshall has been named a Coca-Cola Scholarship semifinalist from among 122,000 applicants in the USA.

April is competing for one of 50 national \$20,000 and 100 regional \$4,000 university scholarships.

MARSHALL HOTLINE OPEN 24 HOURS A DAY

The John Marshall High School Anti-Violence Hotline is in operation 24 hours a day, every day of every week of the school year. If you have a concern, please call 234-6767. It is all right to leave an anonymous message.

JESSICA ORTIZ SELECTED FOR KODAK PARK COMMUNITY ADVISORY COUNCIL

John Marshall senior Jessica Ortiz has been named to the Kodak Park Community Advisory Council along with three other seniors from Rochester area high schools.

NAZARETH ACADEMY STUDENT TO VISIT WEST AFRICA

Patrice Ruffin, a sophomore at Nazareth Academy, will be taking the trip of a lifetime when she visits Ghana, West Africa during the month of February 1996. Patrice participates in the students in Africa Project.

During her visit to West Africa, Patrice will meet with various people to learn about family life, recreation, art and the culture. She will also have a valuable lesson in history, as Patrice visits the historic site of The Slave Trade. One of the highlights of this tour will be a visit to the school of her pen pal from Ghana.

Upon return, Patrice will be able to share her experiences with other students at Nazareth Academy and help bring a world that seems so far away a little bit closer.

JOHN MARSHALL MISSION STATEMENT

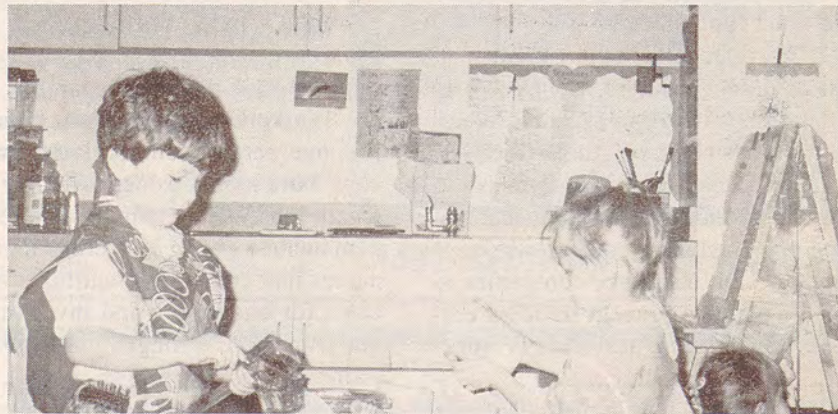
(Adopted January 2, 1996, by The School-Based Planning Team)

John Marshall High School is a comprehensive high school dedicated to developing the potential of each student in a safe and nurturing environment. By uniting efforts of school, home and community, we provide experiences which maximize the students' academic, artistic, social, emotional, and physical development. We encourage students to develop positive self-esteem, respect for others, productive, responsible participation in a global society, and a commitment to life-long learning.

MARSHALL FOOTBALL

Six Marshall football players were named to the City-Catholic League All-Star Football Team: Eathon Kennedy, offensive line; Ronald Rayford, split end; Maurice Jackson, flanker; Javunt Pratt, running back; Scottie Nicholson, defensive line; and Anthony Mighty, defensive back.

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Medicines Used for Heart Disease

Heart disease continues to be the leading cause of death in men and women. Heart attacks, which are one potential result of heart disease, occur annually in approximately 1.5 million Americans. An astonishing one-third of all heart attack victims die. Recently, the focus of health experts has been to emphasize 4 risk factors of heart disease that can be changed (high blood cholesterol, high blood pressure, physical inactivity, and cigarette smoking). Life-style changes and certain medicines can help reduce the incidence and devastation of heart disease. Medicines commonly identified for prevention and treatment of heart disease include:

Beta blockers such as nadolol block adrenaline-like stimulation of the heart. They reduce oxygen demands on the heart during periods of physical activity or excitement.

Calcium channel blockers such as verapamil block passage of calcium into the muscle cells that cause heart and blood vessel contraction. This keeps the heart and vessels relaxed and blood pressure reduced.

Anticoagulants such as warfarin inhibit the clotting of blood. Blood thinners such as aspirin interfere with the "clumping" or binding of blood platelets.

Heart vessel dilators such as nitroglycerin relieve angina pain by reducing the oxygen demands of heart muscle tissue.

Assemblymember John is Cutting Worker's Compensation Costs Lower Rates Will Spur Business, Create Jobs

The Assembly today introduced a workers' compensation reform measure that will cut costs up to 20%, Assemblymember Susan John (D-Rochester) announced.

"To create jobs, we must reduce to cost of doing business in New York," John said. "A big part of that is reducing worker's compensation rates."

John's plan includes stepping up efforts to reduce fraud and abuse in the system. The plan requires workers' compensation insurance companies to develop plans to prevent fraud by employers, health care providers or workers.

In addition, John's plan also calls for increased safety in the workplace, extending the duration of the managed care program, and more flexibility for employers to handle minor injuries outside the workers' compensation system.

"My plan will make the system function more efficiently and effectively - at a lower cost to businesses," John said.

John's past efforts resulted in a 5% workers' compensation rate reduction that took place last year.

Workers' compensation reform is just one part of John's plan to make New York more business-friendly and create jobs. Other components of her plan include giving a tax credit to businesses that create jobs, cutting energy costs for businesses and investing in our workforce through education and training.

"Workers compensation rates make it even harder for our businesses to compete," John said. "That's why I'm continuing the fight to reduce the cost of worker's compensation. Its the best way to help businesses survive, expand and create jobs."

LET'S CHAT by M. Cathy Helmes

Empowered by Spring Cleaning

February is a good time to jump-start your Spring cleaning tasks. The drapes will need a thorough cleansing. Furniture will have to be moved to clear away any dust that has accumulated. You might even find some pennies or perhaps remnants of your popcorn appetite. The inside windows will need to be washed and you may decide that the old couch has to be replaced.

By now, you are asking yourselves what spring cleaning has to do with becoming empowered.

We need to define the word, "empower", before we can understand its concepts. The word means authorization or an investment of legal power. Our birth entitles us to becoming empowered.

With the many nonprofit organizations and multiply-funded groups formed to empower certain individuals, many times those same CLUTCHES become CRUTCHES.

There is never anything wrong with assisting those in need. However, sometimes this causes people in trauma to look to anyone but themselves in order to empower their lives. Spring cleaning could be in order for many of these groups.

Qualified people within self-help organizations should be versed

in the fact that it is important to use the assembly to aid victims in making industrious decisions; not only for themselves, but for their families.

If people in crisis do not learn to comprehend their own behaviors and to rely on themselves to make changes, they will ultimately enter and leave revolving-door processes for most of their lives. Safe havens are nice, but needy people cannot



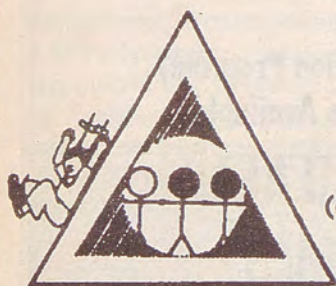
take that safety with them if they are not empowered.

We would hope that people in authority do not try to control those who ask them for their support. There is no control. If there was, would society be in such disarray?

First a person must perceive his or her worth. Look in the mirror at the person you have become. If you depend on your physical, intellectual or financial assets to make life worthwhile, you might want to consider your spiritual side.

If we look past our own human frailties to a Power much higher than any one of us, we will be able to enjoy our ability to empower ourselves and the rest of our Spring cleaning will be accomplished as we bask in the wonder of the soulful people we are.

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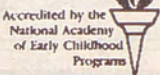
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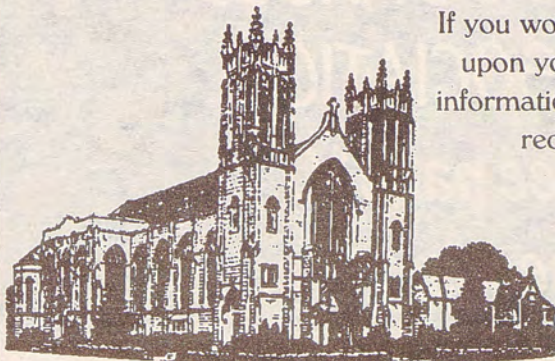
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THE NATIONAL REGISTER OF HISTORIC PLACES — SHOULD MAPLEWOOD BE LISTED?

by Nicholas Zumbulyadis
Co-Chair Historic
Maplewood Committee

Since its creation in May of 1995, the Historic Maplewood Committee of the MNA has been looking into ways to document and showcase the rich historical heritage of our neighborhood. One very attractive option currently under consideration is the possibility of listing certain areas of Maplewood in the National Register of Historic Places. We are pursuing this option in close collaboration with the Landmark Society of Western New York. In what follows I try to answer some frequently asked questions about the National Register.

What does listing in the National Register of Historic Places signify? Listing in the National Register is a recognition that the neighborhood contains buildings, districts and/or sites that are significant in American history, architecture, archeology, engineering or culture.

"...Listing in the National Register is a recognition that the neighborhood contains buildings, districts and/or sites that are significant in American history, architecture, archeology, engineering or culture."

can history, architecture, archeology, engineering or culture. It is a banner for the community to take pride in and advertise the architectural significance of our housing stock, one more reason for people to want to live in Maplewood.

What restrictions will property owners face if Maplewood is listed in the National Register? NONE! Private property owners may sell, alter, demolish or otherwise dispose of their property as they wish.

Are there any other advantages to listing? Yes. Registered properties receive priority consideration from federal and state agencies in space rental or leasing. Owners of depreciable, certified historic properties may take a 20 percent federal income tax credit for the costs of substantial rehabilitation as provided for under the Tax Reform Act of 1986.

Will every structure in Maplewood be listed? No, the criteria set up by the National Historic Preservation Act of 1966 are very stringent and require extensive research for each individual structure. The State of New York has made a preliminary survey of

Maplewood and has identified the geographical areas that are likely to pass scrutiny. We must stress, however, that the creation of a Maplewood Historic District would be a source of pride for the entire neighborhood.

Are there any properties in Maplewood that are already listed? Yes, Aquinas Institute and the Vanderbeck House (1295 Lake Avenue) are already listed in the National Register.

OK, let's run with it! How do we make it happen? Working with a consultant, most likely the Landmark Society, we will submit an application and supporting documents to the New York State Office of Parks, Recreation, and Historic Preservation. The supporting documents will contain detailed historical/architectural information and must be prepared by a professional preservation consultant.

Again, in our case most likely that will be the Landmark Society. The supporting documents will be reviewed by the State Board of Historic Preservation. Based on the Board's recommendation the Commissioner of Parks will approve the nomination, which will place Maplewood on the State Register, and automatically nominate us the National Register. If the Keeper of the National Register approves the nomination, Maplewood will be placed in the National Register and the process will come to closure. The State will not proceed with its designation if a majority of the residents in the proposed district objects to being listed. All property owners in the proposed district will be notified by mail and will have a set amount of time to register their objection.

How quickly can it happen? The project involves painstaking research into the history and architecture of several hundred houses. Placing smaller neighborhoods on the National register has been a multi-year effort in the past with a cost of at least \$5,000.

LAKE SECTION INTERACTION MEETING

The February Lake Section Police/Community Interaction meeting will be held on Wednesday, February 21 in conjunction with the Maplewood Landlord Association meeting at Sacred Heart Rectory (basement meeting room) located at 296 Flower City Park. Parking is available in the school parking area across the street from the rectory.

Our meeting this month will feature a presentation by Mr. Don Rothschild, the President of our local Landlord Association. Lake Section area landlords will be meeting along with Rochester Housing Authority personnel who administer the Federally subsidized "Section 8" housing pro-

gram. Representatives will discuss changes that are upcoming and will effect the administration of this program in our community. Please do invite a friend, family member or neighbor to join us and partake in this important presentation. Questions are encouraged.

If you have any topic that you would like to address, please call our office, at 428-7252 or 428-6170 so that agenda consideration can be extended for the March '96 interaction meeting.

As you know, the Lake Section Interaction Meetings are OPEN and if you know of anyone who would be interested in attending our meeting, please do invite them to come.

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HOSPITALS DISCUSS POTENTIAL AFFILIATION

The trustees of Park Ridge Health System and St. Mary's Hospital have begun a formal process to review a potential affiliation of the two organizations. A group of trustees, administrators and physicians will begin conversations later this month to outline a decision-making process.

FOLLOWING IS A STATEMENT ON BEHALF OF THE LEADERSHIP OF BOTH ORGANIZATIONS:

"After preliminary review, the leadership of Park Ridge Health System and St. Mary's Hospital believe there is substantial opportunity to build upon the comprehensive capabilities and resources of both organizations to enhance health care services to the residents of the City of Rochester and western Monroe County. We believe we have the opportunity to reconfigure our comprehensive range of programs and facilities, and better utilize our resources to achieve economies of scale. Our goal is to make health care more accessible, more affordable and of the highest quality in our combined communities. We are excited about the potential of strengthening health care services for residents of the City of Rochester and western Monroe County. A new relationship can allow us both to accomplish our missions and remain competitive in the changing health care market. The outcome of these discussions will be determined by what is best for our two organizations and for those we serve."

Park Ridge Health System is a 621-bed health care network which provides acute care, long term care, chemical dependency, mental health, child care, laboratory and occupational health services. Services are provided from its main 154-acre Park Ridge Health Care Campus in Greece and at sites in three counties.

St. Mary's Hospital is a 236-bed community teaching hospital, founded in 1857, whose purpose is to extend the healing ministry of Christ in the spirit of St. Vincent de Paul, and whose service to the poor is reflected in the charism of its sponsor, the Daughters

of Charity National Health Care System. St. Mary's provides services through its health care complex located at 89 Genesee Street and through 27 other locations throughout Monroe County. Services include acute care, primary care, mental health, occupational health, sleep disorders, physical medicine and rehabilitation, and a variety of other outpatient and preventive services.

PARK RIDGE AUXILIARY DISTRIBUTES GIFTS

At its annual meeting in January, the Park Ridge Auxiliary distributed over \$19,000 to support the programs and services of Park Ridge Health System. Funds were distributed through the Wish List giving program, which supports the purchase of items to enhance care for patients, residents and clients of various Park Ridge programs.

Monies were raised through a variety of fundraising events held during 1995. These included a brunch, jewelry sale, and the annual Light of Love fundraiser, which places holiday lights on campus trees. Funds also come from the Auxiliary's operation of Tel-Pho, the television and telephone service at Park Ridge Hospital, and three gift and convenient shops located in the Hospital, at Park Ridge Chemical Dependency, and at The Village at Park Ridge.

Park Ridge Health System President Timothy R. McCormick thanked the Auxiliary members. "The Auxiliary's contributions are deeply appreciated. The Wish List program enables us to purchase items which enhance the care we provide, but would otherwise not be possible, given the continuing financial constraints experienced by non-profit, community health care organizations."

A volunteer group with over 360 members, the Park Ridge Auxiliary provides funding and volunteer support for Park Ridge Health System. Founded in 1934 at Park Avenue Hospital in downtown Rochester, the organization moved to the Park Ridge Campus with the opening of Park Ridge Hospital in 1975.

BOB STEVENSON Spring Is Coming!

Winter won't last forever. The City Parks and Recreation Department wants you! Won't you join a team of volunteers?

Our Rose Garden has become a thorny collection of winter windblown plastic bags. Winter kill needs pruning and bushes need unhill. Throughout the summer you can water, weed and deadhead spent flowers. You can volunteer; call the Parks Department at 428-6755 or call me at 254-8845. We have come a long way since the summer of 1989 when County Parks abandoned Maplewood.

The 1996 Rose Festival is scheduled for June 13, 14, 15 and 16. Last year's attendance set new records. The 1996 celebration promises to be bigger and better than ever. Jim Farr from

"Last year's attendance set new records. The 1996 celebration promises to be bigger and better than ever."

Parks and Rec has been meeting weekly with representatives from the Maplewood Neighborhood Association. The music program alone is reason enough to come. You can volunteer to help; call Phil Mizesko at 458-1833.

If roses are not your cup of tea, the City has over 3500 acres of parks. Be a "Foster Flowers" city gardener. Adopt a single flower bed or an entire park. Don't limit your imagination; help beautify Rochester through gardening. Volunteer to help maintain the 130 annual and perennial flower beds in the City.

You say that your thumb isn't green? Do you have special knowledge of City or park history? You can become a docent, a tour guide or a workshop leader. Tour guides are much in demand to lead groups on River Romance Days and during the Rose Festival.

You say that you don't have that special knowledge? How about helping with athletic field maintenance? Forty and One Baseball provides opportunities for hundreds of kids in Northwest Rochester. Scores of adults give freely of their time coaching, supervising and being role models. If coaching is not your style, the ball fields are in need of constant grooming, filling and leveling. Your help would be much appreciated.

Baseball teams are not your style either? How about joining the City's "Tree Team"? Those young trees you

see planted between curb and sidewalk are not cheap. A three inch caliper tree represents two to three hundred dollars planted, pruned and staked. Drought, vandals and cars take a toll. We need volunteers to water, prune and restake young trees. Call 428-7581 to volunteer for the Forestry's Tree Team.

Turning Point and Maplewood Parks have miles of foot trails. Each year brush and small trees encroach and need cutting. Many trails are surfaced with wood chips. Over time the chips disintegrate. Surface maintenance is ongoing; would you like to help?

The City Planning Commission is made up of citizen volunteers. Their duties include making recommendations to City Council. Some of these

decisions are thorny. The decision to ban tobacco and alcohol billboard advertising is such an issue. Several cities have passed legislation banning such billboard advertising. Baltimore and Providence are two such cities. In both cases alcohol, tobacco and billboard compa-

nies have court challenges to these laws.

The Planning Commission is withholding its decision until the constitutionality of such legislation is court tested in other states.

Good things are happening for businesses along State, Lake and Dewey Avenues. Three different commercial groups are working with the City's Economic Development Department to form Commercial Enhancement Districts. Lighting, street appearance and safety are priority issues. Once Commercial Enhancement Districts are formed, businesses become eligible for Block Grant money.

State Street - Lake Avenue to Driving Park is one group of energized business people. They are looking to bring the Soap Box Derby to the City. Lake Avenue at Nazareth may see the Derby in late June.

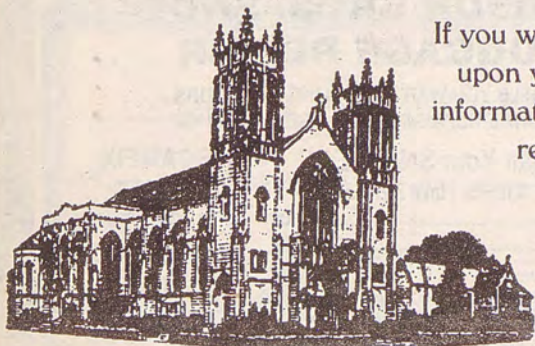
On a personal note, I apologize for missing the last two issues of this paper. Many know that I lost my mother in late December and time was not there to write a column. My sincere gratitude to all who expressed sympathy; it was most appreciated.

If I may be of assistance, please call 254-8845 or 428-7538.

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THREE JUDGES SELECTED FOR ST. PATRICK'S DAY PARADE

Steve Remington, Business Manager of Bricklayers & Masons Local 11, will serve as a Judge of floats and marching groups from the reviewing stand at the St. Patrick's Day Parade on Saturday, March 16.

Remington will join Robert E. Brown, amateur musician and founding partner of the law firm of Boyland, Brown, and Priscilla Brown, professional oboist and teacher of music at East High school, as Judges and honored guests of Greater Rochester's Irish-American

community. The Browns are returning for their second year as judges.

"We are pleased that Steve is joining Rob and Priscilla this year," says Michelle McGuigan, Vice-chair of the Parade Committee. "We will be adding at least two more judges in the next couple of weeks." There are separate awards bestowed for bands, floats, originality of conception, and "Best Irish spirit". Remington is a resident of Victor, NY, while the Browns live on Colby Street on Rochester's East Side.

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HISTORICAL HAPPENINGS

by Jim Best

I recently received a phone call from a woman requesting information on some of the immigrants throughout Rochester's history. This article will briefly cover the Irish. Thanks to Blake McKelvey for his 1957 study in Rochester History.

During the early 1800's, when the area which would become Rochester was first being settled, two groups dominated: Yankees from New England (Presbyterians) and people from New York, Pennsylvania and Virginia, many of whom supported the Episcopalian church (Yorkers). Smaller bands also existed which didn't fit into either dominant category, but origin was pretty much a non-issue among them. While those in the majority were at odds over political issues, the minorities had minute nationalistic feelings; earning a living was their primary goal.

Things would soon change. Among that minority were a handful of Catholics coupled with a scattering of French Canadians. When the land enclosure movement in Ireland caused conditions on that island to deteriorate, many farmers left Ireland for other opportunities. England beckoned for many of them, while Canada was another option with her available land. The depletion of the Irish farmers caused an overabundance of craftsmen. Some of them also were forced to emigrate.

The first Irish arrived at the mouth of the Genesee in 1817, the year of incorporation for Rochesterville. Life proved to be tough in Canada, while religious clashes between the Catholics and Anglicans in England caused this secondary migration.

Most had arrived poor, using their limited funds for passage. A few did have cash in hand. Three families, the Cochranes, McDonalds and Dowlings, each made \$10 downpayments on an acre of land along the east side of the Genesee River, between Carthage and Rochesterville.

During the first two years the families lived in hastily constructed log cabins. These were followed by framed houses. As additional Irish arrived, they were allowed to stay in the cabins. Their settlement grew rapidly and became known as Dublin. In 1823, when Rochesterville extended its borders east of the river, Dublin was annexed.

Construction of the Erie Canal brought with it some Irish laborers, but it was the Erie's completion that spurred future Irish arrival. Rochesterville was a boom town and desperately needed workers. The canal became a convenient path. Within ten years of the

settling of Dublin thirty families lived there; that figure doubled before Rochester was incorporated as a city in 1834.

As the Irish expanded, they moved into two other areas: south along the canal and west of the river near Platt and Frank Streets. By 1830 more than half of the 800 foreign born males in the city were Irish.

The increase in Irish population brought with it the rise of Irish nationalism. The Hibernian Benevolent Society was formed in 1828 to aid newly arrived Irish to find jobs, but its more important mission proved to be political. When a newly formed newspaper devoted to religious issues (Rochester Observer) started an attack on popery in 1829, the HBS was instrumental in securing Henry O'Reilly, publisher of the Advertiser, for column space. The religious battle escalated into political rivalry as the Advertiser debated the virtues of Jackson and the evils of the anti-Masonic movement.

With feelings at a fever pitch, they were raised even higher when St. Patrick's church was vandalized in 1830. The Irish Volunteers were formed for self defense.

Much to everyone's surprise, those feelings were reduced with the arrival of St. Patrick's Day. Many families gathered for food and dancing that year and the festival continued to grow during the rest of the decade. It became so large that by 1840 two halls were required just to hold the celebrants!

The rapid growth of the Irish in the city eventually led to a merging of interests to make Rochester a better community. The year 1838 saw the success of a Canal Enlargement Committee, headed by Irish interests. Henry O'Reilly and friends pushed for improved public schools, but his greatest achievement may have been the forming of a Young Men's Association which accepted all ethnic backgrounds and led to the forming of a library and lecture series.

It was also O'Reilly who brought Patrick Barry to Rochester, the future partner of a German, George Ellwanger, who would combine their talents to form a business which would eventually rename Rochester from the Flour to the Flower City.

In 1839 the Irish Volunteers marched side by side with other militia groups in the Fourth of July parade. It seemed that the Irish were finally accepted as members of the Rochester community. But were they?

Across the Atlantic the revised Irish Poor Law of 1838 was passed, creating havoc on the island and problems within the United States and Rochester. More about that in the next issue.

Church News

TODDLERS AND TEACUPS — ECUMENICAL TIES

In the spirit of neighborly cooperation Grace United Methodist Church recently participated in a Maplewood/Edgerton Ministerial pulpit exchange. The exchange speaker was Mrs. Rose Davis, Pastoral Assistant at Holy Rosary Church. She immediately had the full attention of the youngsters during the Children's Sermon, when she illustrated her Bible story with the help of colorful paper fish and a real net. The message for the adults centered on the common Christian heritage. While respecting denominational differences, there is a sharing of interests, causes and beliefs. The congregation was delighted to hear, that Mrs. Davis had brought her small children to Grace Church "Story Hour" for a period of

over twelve years. She has five children, the oldest son is now 16 years old, yet she hasn't forgotten, how both mothers and children enjoyed that program. While the toddlers listened to their stories, the moms used the time for relaxation and sharing. Mrs. Davis remembered how impressed she was, when they were served tea in real procelain cups. She said it made the mothers feel very SPECIAL. Grace United Methodist's own pastor Rev. Ida M.T. Miller was the exchange speaker at Dewey Presbyterian Church, where she was warmly received by both children and adults. No doubt it was a big step towards the goal of appreciating and getting to know our neighbors better.

SEVENTH ANNUAL PEACE BY PEACE — A CHILDREN'S ART SHOW

The purpose of this show is to provide a structure for children to consider what factors make peaceful families, communities, and a world community. Also to produce an art-work to reflect those ideas.

Any child in grades 1 - 6 is eligible and any 2-dimensional work (drawing, painting, collage, etc.) which shows peace — people cooperating, solving conflicts peacefully, sharing, treating creation with care, etc., in school, the community, or the world is acceptable.

All children will receive a special ribbon. In addition, reviewers will select one artist from each grade level to receive a special award — the opportunity to present \$10 to the peacemaking organization of his/her choice.

Another award will be given to one entry which is the result of group or class effort. Reviewers will consider originality, artistic effort, and treat-

ment of the theme. Art work should not exceed 22 inches by 28 inches.

The art should be delivered to the office of Lake Avenue Baptist Church, located in "Webster House", 57 Ambrose Street, from Monday, March 11 through Friday, March 15, between 9:00 a.m. to 3:00 p.m. Entries may be mailed to the above address (zip code 14608).

The art will be displayed on Sunday, March 24 from 12:30 - 2:30 p.m. at Lake Avenue Baptist Church, located at the junction of Lake Avenue, Jones Avenue and Ambrose Street. The event is free and for all ages. There will be crafts and other activities and refreshments will be available.

If you need more information call Jane Grant at Lake Avenue Baptist Church - - 458-5765. The submitted art work can be picked up at 57 Ambrose Street beginning April 1.

NEIGHBORHOOD MEETING SCHEDULE

MAPLEWOOD NEIGHBORHOOD ASSOCIATION

Monthly meetings first Wednesday of every month at Aquinas Institute Auditorium, 7-9pm. All Welcome.

HOTLINE #'S

ACT-1 Crime Prevention 647-9853
Drug Crime Hotline..... 428-6000

NIMROD
3rd Monday of the month, 7:00pm
at Grace Methodist Church,
121 Driving Pk

LAKE SECTION INTERACTION
Meeting 3rd Wednesday, 7:00pm,
210 Maplewood

EDGERTON NEIGHBORHOOD ASSOCIATION
2nd Thursday of each month, 7:00pm,
Lake Avenue Baptist Church
70 Ambrose Street

LYELL OTIS
2nd Monday of the month, 7:00pm,
#30 school

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WYBONDWARS

Family Day Care Orientation Sessions Offered

Each month, Edgerton Family Day Care Satellite offers New York State Department of Social Services approved orientation sessions for starting family day care.

Family day care providers caring for three or more children must register with the NY State Department of Social Services and attend a NYSDSS approved orientation, which describes the requirements, advantages, and responsibilities of being a registered child care provider.

You must call 254-6784 to sign up for an orientation. Scheduled orientation dates include: March 5, 1996, 6:30pm - 9:00pm; April 3, 1996, 9:30am - 12:00pm.

Family Day Care Training Sessions Offered

Edgerton Family Day Care Satellite also offers NY State Department of Social Services approved training sessions monthly. These training sessions are for NY State registered day care providers.

You must call 254-6784 to sign up in advance for these sessions. Session dates are as follows: February 29, 1996, Maintaining a Balanced Outlook, 7:00pm - 9:30pm; March 11, 1996, Building a Partnership with Parents, 7:00pm - 9:30pm.

All orientations and training sessions are free of charge.



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NORTHWEST COMMUNITY SERVICES
(NCS) is pleased to announce a new Anti-Graffiti program. We want to help business owners and residents to preserve their property. Residents and business owners of the following neighborhoods are eligible. Edgerton, Lyell/Otis, Brownsquare, C.H.A.C., U.N.I.T., and P.O.D. Call NCS at 254-8090 to reserve your Anti-Graffiti kit, or to ask about other programs that can help make a difference in the appearance of your property.

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COMMUNITY CALENDAR

1996 HOME BUYERS SEMINARS SCHEDULE

All seminars are held 6:30 - 8:30 on the dates listed below, at the HOME STORE, located at 304 Andrews Street, Rochester, NY 14604. The dates are: February 22 and April 25. If you have any questions, please feel free to contact Denise Kirky or Carol Thornton at 288-8096.

YOUTH AGES 7 - 17 are invited to join the Adams Street Recreation Center Double Dutch Program, 85 Adams Street. The program, to be taught by Terra Parris, world competition double-dutcher, will be held through May 13. The cost of the program is a \$6 Girl Scout registration fee, which also entitles each girl participant to the full benefits of Girl Scout membership. For more information call 428-7266.

THE STARDUST BALLROOM DANCE SERIES continues through May at the Stardust Ballroom, Edgerton Community Center, 41 Backus Street. Fee is \$2 per person or \$1 with a senior "Good Times Pass." The series is sponsored by the City of Rochester in cooperation with WBBF 95 AM. For information call 428-6799 after 3 p.m. The schedule for the 1995-96 season: Dances are scheduled 7:30 p.m. - 9:30 p.m. on the following dates: March 5 — Vic Plati; March 19 — Nice and Easy; April 2 — Johnny Matt; April 16 — Joe Cady; April 30 — John Capone; May 7 — Bud DeTar; and May 21 — Chic Edmonds.

THE DANFORTH DANCE SERIES is held Friday's 1:45 - 3:45 p.m. at the Danforth Community Center, 200 West Avenue. Admission is \$3 per person or \$1 with a Good Times Pass. Dance Schedule: February 23 — John Capone. For more information call 428-6746.

UNDERSTANDING ALZHEIMER'S DISEASE AND MEMORY LOSS IN OLDER ADULTS will be sponsored free to the public by the City of Rochester, the Alzheimer's Association (Minority Outreach) and RAPA Players from 7 - 8 p.m., Thursday, February 29 at the Danforth Community Center, 200 West Ave. A theatrical/dance presentation will be followed by discussion. Pre-registration— call 428-6746.

A FREE EUCHRE TOURNAMENT, sponsored by the City of Rochester in cooperation with the Monroe County Office for the Aging, will be held 10 a.m. - 4 p.m., Monday, March 18 at the Danforth Community Center, 200 West Ave. The tournament includes ten games of play with a 45 minute break following five games. Win door prizes and

trophies. Registration required: 428-6746.

NEW PROGRAMS ARE BEING offered at the Danforth Community Center, 200 West Ave., with the start of the new year. Call the center for more information: 428-6746. These programs, all ending on June 10 include: Mondays — 1 p.m. -- Card Club (Begins 2/26); Mondays — 4 p.m. — Kids' Ceramics; Tuesdays — 1 p.m. — Billiards (Begins 2/13); Wednesdays — 2 p.m. — Movies (Begins 2/14); Wednesdays — 4 p.m. — Kids' Cooking Class; Thursdays — 1 p.m. — Billiards (Begins 2/15); and Fridays — 10 a.m. — bowling at Perry's Bowling Center, \$2.70 per bowler for two games (2/15-3/4).

LIFEGUARD TRAINING will be sponsored by the City's Bureau of Parks and Recreation in cooperation with the City School District during an eight-week program held 6:30 p.m. - 9:30 p.m., Mondays & Thursdays, beginning March 11 at the Adams Street Recreation Center pool, 85 Adams Street. The program is aimed at students with good swimming ability who will be 16 or over on June 1. Although the classes are free, there is a \$20 book fee. Students may register by contacting Dick Allen, 428-6755, prior to March 8.

WATER AEROBICS for ages 17 and over will be offered at the Adams Street Recreation Center, 85 Adams Street beginning February 27 through April 4. Cost for each six week session is \$20. The program will be held on Tuesdays and Thursdays from 8:30 - 9:15 p.m. Sessions, aimed at the beginner, will be taught by instructor Joanna Kiljan. Registration is required. For registration and further information call 428-7456.

PROGRAMS AT PARK RIDGE HOSPITAL OUTPATIENT EDUCATION SERVICES

Outpatient Education Services at Park Ridge Hospital provides diabetes education and support, various weight management programs and ongoing support, and nutrition counseling. For more information, or to register for any of the programs, please call 723-7767.

Healthy Living: A five-week group led by a registered dietitian and designed to help change old eating habits and develop newer, healthier ones. Nutrition education, behavioral change, and exercise are the focus of this group. Insurance reimbursable for Preferred Care participants only. Tuesdays, February 20 - March 19 from 5:30 - 6:30 p.m.
Managing Diabetes: A six-week class that focuses on a ba-

sic understanding of diabetes and how to manage it. Topics include: Introduction to Diabetes, Medications (insulin and pills), Diet Management, Complications, Glucose Monitoring, and Emotional/Social Aspect of Coping with Diabetes. Thursdays, February 27 - April 2, from 6:30 - 8:30 p.m.

Diabetes Issues: In response to the expressed desire for a special group for people coping with diabetes, we have added this new program to begin in 1996. The goal of "Diabetes Issues" is to help you and your family respond to diabetes in a positive way. This bi-monthly program will help to meet your educational needs as well as your emotional needs. Second and fourth Monday of each month, from 6:30 - 8:00 p.m.

ASH WEDNESDAY SERVICE

Grace United Methodist Church on 121 Driving Park Avenue will hold an Ash Wednesday Service on February 21 at 7:00 p.m.. It will be a time of reflection on Forgiveness and Renewal, ushering in the Lenten Season. Handicapped accessible.

SUPPORT GROUP MEETINGS AT PARK RIDGE

The following support group will meet at Park Ridge Hospital, 1595 Long Pond Road: Parkinson's Support Group — An educational and mutual support group for persons with Parkinson's disease is sponsored on the fourth Monday of each month by the North American Parkinson Education Network. The meetings are free and open to carepartners, families and others who may be affected by this progressive neurological disorder. The meetings will begin on Monday, February 26, from 2 - 4

p.m. at Park Ridge Education Center, classroom 1-3. For further information, contact the Parkinson Education Network at 227-8888.

EDNA TINA WILSON LIVING CENTER NEEDS VOLUNTEERS

Make yourself and others feel good. Park Ridge's, Edna Tina Wilson Living Center, located on Island Cottage Road, is looking for volunteers to assist residents and staff with a variety of activities, including bingo, crafts, card playing, wood working, book cart, plant cart, and ceramics. If you are interested in lending a helping hand and a warm smile, please contact Gail Falter at 581-6100.

MEDICARE FORMS ASSISTANCE OFFERED BY PARK RIDGE

Senior Citizens having difficulty with Medicare forms or other health insurance concerns can now obtain free assistance every other Wednesday at Park Ridge Hospital, 1555 Long Pond Road and other sites around the county. An appointment for this free and confidential service can be made by calling 274-7810.

For Calendar Deadline Dates, Please Check Page 2

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