ROCHESTER NEWS

Personally Yours

. . . answers questions about Junior Miss etiquette, grooming and interests.

Q. Call me Sally Squeamish, but although I enjoy eating raw fruits and vegetables, particularly carrots and cauliflower, I've heard it's more sanitary to eat them cooked. Is this true?

A. Not so! A thorough scrubbing with a vegetable brush gets any raw fruit or vegetable clean enough to eat. Besides, eating raw fruits and vegetables means that none of the vitamins and minerals go down the drain with the cooking water. For cold, crispy-fresh fruits and vegetables use cold water and a stiff vegetable brush. Then drain thoroughly on a double-layer of Kleenex paper towels. After the vegetables and fruits are dry — enjoy!

Q. My skin is down in the dumps! I'm such a sallowface I'm afraid to go out in the sun for fear of becoming even more yellow-skinned. What can I do?

A. Here's a sunny-faced idea: A honey facial. Pour a little pure honey into a shallow dish and pat it on your face. Press your fingers into your face to stimulate blood circulation. When the honey has dried, bend over and r-e-a-c-h for your toes. After about five minutes splash cold water on your face, rinsing the honey away. Then look at your smiling skin!

Q. Have any illuminating ideas for lamps? I have three great lamps in my room, but the parchment shades are (or were!) white. Now they've faded to three different shades of yellow. Is painting them a good idea?

A. Painting is a possibility for parchment but very often brushmarks show when the light is on. Try using some adhesive covering for the lampshades. Marvalon comes in a kaleidoscopic range of solids and patterns. And it's mistake-proof! If it goes on wrong, just pick it up and place it again. It's really a brilliant idea for lamplights.

(Want to learn more about the art of babysitting — and good grooming? Send 35 cents to "Sitting Beauty," Kimberly-Clark Corp., Neenah, Wisconsin 54956.)

Mayor Stephen May Beeks VISTA Program

Mayor Stephen May has reiterated his backing for VISTA volunteers in Rochester and urged congressional action on legislation and federal funding to maintain the program in its original form with a full complement of workers locally.

The Mayor noted that the identity of the VISTA program, originally a volunteer effort to organize the poor help themselves, may be threatened by last year's executive reorganization which shifted VISTA from OEO (the anti-poverty agency) to the new ACTION agency which now coordinates federal volunteer programs.

In a statement submitted to the Senate Subcommittee on Human Resources, May said that the initial VISTA commitment to a "peaceful search for equality and justice by fostering self-awareness, civic responsibility and citizen participation, especially by poor citizens," was still a valid one as proven by Rochester's successful VISTA program. Father Henry Atwell, Executive Director of the Genesee Ecumenical Ministries, local sponsor of VISTA, also testified before the Committee.

May commented that "we are particularly proud that this year's VISTA group in Rochester includes 18 local volunteers as well as 17 national volunteers. This local involvement is ample proof that VISTA has succeeded in stimulating significant self-help and responsible citizen participation."

VISTA volunteers in Rochester, staff about a dozen local community organizations and agencies working in the field of housing, health, narcotics, pollution, youth activities and community services. The Mayor stated that "VISTA workers have become truly key elements in the effectiveness of our community organizations and agencies," which he said "are trying to accomplish mammoth jobs with meager staff and financial resources--and which are securing a strong community response."

May revealed that numerous requests for more VISTA volunteers have been made and that he hoped "these positions can be filled and that Rochester can secure its full quota of VISTA volunteers."

May said that, "as Mayor of New York State's third largest city, I knowthe urban city, I know that the urban dilemmas and interrelated problems stemming from social stress and strain continue space. I deal daily with the immediate, practical, human ramifications of the urban crisis. I recognize the vital importance of people-to-people communications and of the ability of residents to organize, convey their needs—and get results. VISTA endeavors are excellent examples of such efforts."

He stressed that, "responsible, constructive channeling of concerns has been fostered by the example of VISTA workers and the activities they have stimulated on the part of our citizenry. At a time when alienation, cynicism and distrust are all too common among city dwellers, the VISTA program injects personal and organizational trust and hope for better lives which are invaluable assets to urban America."

"We also need to remember," said May," the uniqueness of VISTA as a federal governmental effort. While many other volunteer efforts exist, and many sources of funding for the vast variety of other volunteer efforas are available, VISTA represents unique national commitment to constructive social change."

He remarked that, "by providing specific opportunities for those who seek to better humanity by fostering self-reliance and self-respect, the federal government is utilizing in the very best way, America's invaluable human resources."

May concluded: "it would be tragic if opportunities were denied to build on the solid foundations laid by the VISTA program in Rochester, since its inception. I urge this Committee to support proposals to continue VISTA, as a means to mobilize America's poor to help themselves."

Church of God/Study

Rev. Randle Witcher
Sunday School .... 9:30 a.m.
Morning Worship . 11:30 a.m
Evening Worship .. 7:30 p.m.
Wed. Prayer ..... 7:30 p.m
Friday, Gospel Prayer
581 Frost Ave.
Rochester, N. Y.

St. Paul Holiness

Rev. Thomas Wilcox, Pastor
Parsonage: 253 Champlain St.
63 Thomas St.

Deliverence Temple No. 2, Church of God In Christ

86 Central Park
Eld. Lincoln Williams, Pastor
Order of Service
Sunday School .... 10:30 a.m.
Morning Worship .... 12 Noon
YPWW .... 6 p.m.
Wednesday .... 8 p.m.

"HEY . . . WHY NOT VISIT WITH US SUNDAY?"

NORTHSIDE CHURCH of CHRIST

20 Grant St.
Rev. E. D. Brown, Minister
Sunday School .... 9:30 a.m.
Service .... 11:00 a.m.
Wed Night Bible Class
7:30 p.m.

P.S. Who knows? You might come home with peace of mind!

Jefferson Avenue Seventh-Day Adventist Church

200 Jefferson Ave.
Rochester, N. Y.

Pentecostal Church Of Christ, Inc.

Evangelist Mother E. Dennis
Pastor
180 William St. Cor. Milnor
Buffalo, New York
Order of Service
Sunday School ... 10:30 a.m.
Morning Worship ... 12 p.m.
Evening Worship .. 2:30 p.m.

Come let us worship together. All are invited. Let us enjoy Jesus.

Peace Baptist

Rev. E. L. Long, Minister
3 Leopold St.
Rochester, N. Y.

Holy City Church Of God In Christ

Rev. General Gary, Pastor
292 North Street

ST. SIMONS EPISCOPAL

6 Oregon St.
Cannon Julian Simpkins

Aenon Baptist

Rev. Murphy Greer, Pastor
Rev. C. Clarence Gavin, Assistant Pastor
Church School .... 10:00 a.m
Sunday ... 11 a.m. & 8 p.m.
Wed., Worship .... 7:30 p.m.
362 Columbia
Rochester, N. Y.

Benjamin's Temple

Church of God in Christ
Rev. Vonnel Benjamin, Pastor
374 W. Main St.
Rochester, N. Y.
Sunday School .... 10:00 a.m.
Worship Service .. 11:30 a.m.
YPWW .... 6:30 p.m.
Weekly Service Nights
Tues. & Friday .... 7:30 p.m.
Dinners sold at Church every Saturday 11 a.m. until

HOLY TRINITY

327 North St.
Rev. Daniels. Pastor

LeBEAU CAMERA SHOPS, INC.

OPEN TUES., THURS. & FRI. TIL 9 — SAT. TIL 1
425 LYELL AVE. •
Branch: 1137 Culver Rd.
Phone 458-6290 288-0250

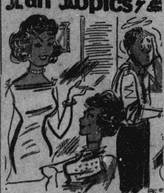
Horton Backs Nat'l. Plan For Flood Insurance

Washington — Congressman Frank Horton has sponsored legislation which would require all properities covered by federally insured or guaranteed mortgages located in flood prone areas to be insured for flood damage.

"Many of homeowners who are victims of the floods caused by Agnes, are facing financial ruin because they do not have insurance," Horton pointed out. "Confronted with an immediate need for large sums of money to replace their homes and belongings, they must obtain loans requiring repayment and, in many cases, interest payments. This bill would broaden the Federal Flood Insurance Program so that the majority of these homes would be protected in the event of disaster."

According to the Department of Housing and Urban Development, the cost of the maxmum policy that is available will be $62 annually, effective July 10. Maximum covereage is $17,500 on a single-family structure and $5,000 on contents.

The Congressman added that state and local action on comprehensive land planning programs must be taken to prevent the construction of homes in areas which are especially susceptible to heavy flooding. Protection for already existing homes bill is enacted.



"OF COURSE HE LOOKS TIRED,—LAST NIGHT HE DREAMED HE HAD A JOB!"

CONTINENTAL FEATURES

Contest

"All God's Children Are Beautiful!" Don't miss the "Miss Church of God In Christ Contest," which will take place on Sept. 30th in Rochester. For information call contact Eld. Depree, at 328-1850, or Eld. Owens at 436-9880.

The Contest is sponsored by the Lily of the Valley Church of God In Christ, in Rochester, N. Y.

Of the 4.2 million Vietnam-era veterans in the labor force, 3.9 milloon are employed—580,000 more than a year ago—and 310,000 are without jobs.

First Church of God

Herbert C. Shankle, Pastor
ORDER OF SERVICE
Sunday School ... 9:30 a.m
Church Service .... 11 a.m.
Youth Meets .... 4 p.m.
General Service .... 6 p.m.
405 Clarisse St.
Rochester, N. Y.

Church of First Born Living God

Worship .... 11 a.m.
Sunday School ...... 10 a.m.
301 Scio St.
Rev. Blake, Pastor
Rochester, N. Y.

Mt. Olivet Baptist

Rev. Leardrew L. Johnson, Pastor
141 Adams St.
Rochester, N. Y.

New Bethel CME

Rev. Raymond L. Graves
270 Scio St.
Rochester, N. Y.
Sunday School .... 9:30 a.m.
Worship .... 11 a.m.
Evening .... 7:30 p.m.

Friendship Baptist

44 Columbia Ave.
Rochester, N. Y.

The Church Of Jesus Christ

1529 Winton N.
Rochester, N. Y.

Power House Church Of God In Christ

Rev. Henry Newkirk, Pastor
48 Clifton Street
Thurs., Sewing Circle 8 p.m.
Fri., Platform Serv. 9 p.m.
Sat. Youth Talent Night

GOD'S HOLY TEMPLE

151 Central Park
Rochester, N. Y.
Bishop H. Abdullah, Pastor
Every Friday · Third Sunday
Pastoral Day

Mt. Vernon Baptist

Rev. J. D. Jackson, Pastor
351 Joseph St.
Rochester, N. Y.

Church Of Christ

Bible School ..... 9:45 a.m.
Worship .. 11 a.m. & 6 p.m.
Wednesday
Bible Study ..... 7:30 p.m.
37 Reynolds St.
Rochester, N. Y.

Galilee Baptist

284 Andrews St.
Rochester, N. Y.

NIAGARA FALLS BRIEFS

The House of God Independent

1601 Cleveland Ave.
Niagara Falls, N. Y.
Tel. 282-4200
Sunday School 9:30 a.m.
Morning Worship ... 11 a.m.
Wed. Bible Study ... 7 p.m.
All are welcome.
Elder F. W. River, Pastor

Mt. Erie Baptist

1155 Fairfield Ave.
Niagara Falls, N. Y.
Rev. James Bradley, Pastor

Sick List

Manley Burnett, Evelyn Brundidge, Alberta Blount, and Beatrice Hollifield.

Mt. Sion Missionary Baptist Church

Rev. N. J. Bushelon, Pastor
Sunday School .... 9:30 a.m.
Morning Worship .... 11 a.m.
Mon. Missionary Meet. 7:30
Wed Prayer Meet. .. 5 p.m.
Every first and third Wed.
Usher Board Meet. .. 7 p.m.
Every 2nd and 4th Wednesday
Teacher's Bd. Meet .. 7 p.m.

Lilly Of The Valley Baptist Church

2412 Tenth Street
Niagara Falls, N. Y.
Rev. Joseph Brooks, Pastor
Sunday School ...... 10 a.m.
Morning Worship .. 11 a.m.
Baptism every First Sunday
Wednesday .... 7:30 p.m.
Mission & Prayer Meeting
SICK LIST
Martha Wilson

New Hope Baptist

122 Buffalo Ave.
Niagara Falls, N. Y.
Rev. Randell E. Caskill, Pas.
Sunday School .... 9:30 a.m.
Wait-In-Prayer .... 11 a.m.

SICK & SHUT-INS

Mrs. Louise Buss, Memorial Hospital; Mrs. Theresa Mitchell, Ransonville Hospital Mrs. Mamie Howard, Restwell Nursing Home; Mrs. Irene Johnson, St. Mary Manor; Mrs. Bessie Ellis, 3501 Royal Ave.; Miss Gwendolyn Townsel Memorial Hospital.

SICK & SHUT-INS AT HOME

Deacon Joseph Williamson, 2420 Mackenna Ave.; Mrs. Dorothy Truesdale, 311½ Memorial Pkwy.; Mr. Hiawatha Thornton, 1338 Garden Mrs. Murry Hollis, 953 North Ave.; Mr. Felix Briggs, 219 Fourth St.; Mrs. Tessie Young, 2453 Mackenna Ave.

Visit and pray for the sick. Try to bring them good news.

—SUPPORT YOUR TOTAL NEGRO PRESS — THE BUFFALO CRITERION.

Ill In Syracuse

Sick and shut-ins in Syracuse, N. Y., include Elder Craige, pastor of the House of Prayer Church Of God In Christ who is a patient in the Upstate Medical Center.

In Buffalo Mrs. Elizabeh Jackson and Mrs. Betty Burnett, members of the Prince Of Peace Church Of God In Christ, are reported ill.

In May, average weekly earnings of American workers—in dollars of constant purchasing power—reached a level 2.8 percent higher than a year ago. This increase represents the largest over-the-year gain in real earnings since 1961.

END DENTURE MISERY

REFITS DENTURES BEAUTIFULLY

Miracle plastic DENTURITE refits loose dentures in five minutes. This "Cushion of Comfort" eases sore gums. You eat anything. Laugh, talk, even sneeze without embarrassment. No more food particles under plates.

DENTURITE lasts for months. Ends daily bother of powder, paste or cushions. Just remove when refit is needed. Tasteless. Odorless. Money back guarantee. At all drug counters.

Picnic's in the Bag

Eliminate spills, save space, keep foods fresh and flavorful next time you're toting a meal to the beach or backyard. Simply put the picnic fare into easy-to-seal Ziploc brand plastic bags. Thanks to the zipper-like leak-proof seal, chicken stays moist, salads retain crispness, liquids won't leak. You can fill several bags with water and freeze them or fill the bags with ice cubes to be tucked around any perishables.

Other totables to be locked safely inside durable Ziploc bags include hard-cooked eggs, pickles, cheese, crackers, potato chips, cookies and even wet sponges. The bags are easy on the budget, too, because they're reusable.

Marinated Bean Salad is ideal for toting, since it doesn't require refrigeration. With easy-to-seal Ziploc bags, folding, twisting and searching for twist ties is eliminated.

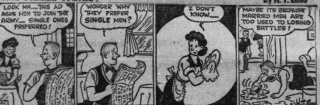
MARINATED BEAN SALAD IN A BAG

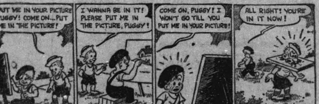
- ¼ cup vinegar
- 3 tablespoons salad oil
- 1 teaspoon salt
- 1 teaspoon oregano leaves
- ¼ teaspoon black pepper
- 1/3 cup sugar
- 1 clove garlic, crushed
- 1 can (7 ounces) red pimiento, drained
- 1 can (15½ ounces) cut wax beans, drained
- 1 can (16 ounces) cut green beans, drained
- 1 can (15½ ounces) red kidney beans, rinsed and drained
- 1 large onion, sliced
- 1 can (4 ounces) sliced mushrooms, drained

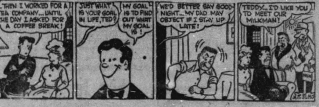
Blend vinegar, oil, seasonings, sugar and garlic in one gallon-size self-sealing plastic bag. Cut pimiento in strips. Add pimiento and all remaining ingredients to bag. Close bag. Shake until ingredients are combined. Chill salad overnight (in bag) to develop flavor. Salad may be stored in plastic bag for several days. (Makes 6 servings)

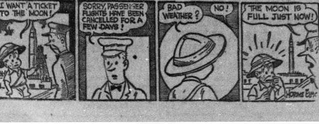
THE FIZZLE FAMILY

by H. T. Elmo


LOOK MA....THIS AD ASKS MEN TO JOIN THE ARMY.... SINGLE ONES PREFERRED!
WONDER WHY THEY PREFER SINGLE MEN?
I DON'T KNOW.....
MAYBE ITS BECAUSE MARRIED MEN ARE TOO USED TO LOSING BATTLES!
H. T. Elmo


PUT ME IN YOUR PICTURE PUGGY! COME ON...PUT ME IN THE PICTURE!
I WANNA BE IN IT! PLEASE PUT ME IN THE PICTURE, PUGGY!
COME ON, PUGGY! I WON'T GO TILL YOU PUT ME IN YOUR PICTURE!
ALL RIGHT! YOU'RE IN IT NOW!
H. T. Elmo


...THEN I WORKED FOR A TEA COMPANY...UNTIL THE DAY I ASKED FOR A COFFEE BREAK!
JUST WHAT IS YOUR GOAL IN LIFE, TED?
MY GOAL IS TO FIND OUT WHAT MY GOAL IS!
WE'D BETTER SAY GOOD-NIGHT...MY DAD MAY OBJECT IF I STAY UP LATE!
TEDDY...I'D LIKE YOU TO MEET OUR MILKMAN!
MILK
H. T. ELMO


I WANT A TICKET TO THE MOON!
SORRY, PASSENGER FLIGHTS HAVE BEEN CANCELLED FOR A FEW DAYS!
BAD WEATHER?
NO!
THE MOON IS FULL JUST NOW!
HORACE ELMO