

sharp the issue

respected here. I am in-
ed. I help those whose dis-
has progressed further.
disease has not pro-
sed too much so I can still
y an active social life. My
ily and I have found the
port group here to be a big
."

The cost for the program
used on the number of
s the person participates,"
phy said. "It costs \$54 per
for the six-day program
\$60 per day for those who
oll for two days."
'or more information on
center, call 983-2300. The
eimer's Disease Educa-
and Referral Center, a
ringhouse supported by
National Institute on Ag-
offers information on Alz-
ner's disease and multi-in-
t dementia. For informa-
, call 1-800-438-4380.

Source Book for Seniors,"
vised edition, has been re-
ed by the Massachusetts
ior Action Council and the
cutive Office of Elder Af-
s.

This book provides the an-
rs for elders and their
ilies on where to begin
r search for services and
rmation," said Geoff Wil-
on, executive director of
council.

Each chapter, printed in
7-to-read type, includes a
gram description, eligibil-
guidelines, and information
ow to apply for specific
grams. It also contains ad-
icy information on topics
as managed care and
t-term care insurance.

A resource listing gives
ne numbers, such as El-
Line, 1-800-243-4636. El-
Line answers questions on
e care, housing options,
l resources, and medical
efits programs. It can re-
callers to aging resources
where in the nation. It op-
es from 9 a.m. to 5 p.m.
iday through Friday.
illian Glickman, Secretary
lder Affairs, said, "The
k helps to make the elder
work more accessible and
-friendly. We expect this
urce to be a tremendous
to elders and the many
ers involved in providing
."

Source Book for Seniors"
s \$10 including shipping
handling. To order a copy,
350-6722.

*cy Boland Johnson reports on
r affairs for regional newspa-
and radio.*

ON THE RISE Onstage, singing psychologist exhibits multiple personalities

The young band grinding away
at the Hard Rock Cafe
sounds fairly typical, a wall of
wah-wah guitars layered over a
heavy funk groove. Suddenly,
though, a woman bounds onstage,
grabs the microphone, and begins to
gyrate energetically as she sings
passionately about the plight of ani-
mals tortured for product testing
and the horrors of destroying our
environment.

This is not a typical rock band.
It's a performance by Nancy S.
Mroczek, the singing psychologist,
philosopher, composer, and cable ac-
cess television personality.

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thinker when I'm
up there. They tell
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especially the part
about the concern
for animals.'**

NANCY S. MROCZEK

a thinker when I'm up there," says
Mroczek, who by day pursues a ca-
reer as a behavior/neuropsychologist
in Boston. "They tell me they like
what I'm talking about, especially
the part about the concern for ani-
mals."

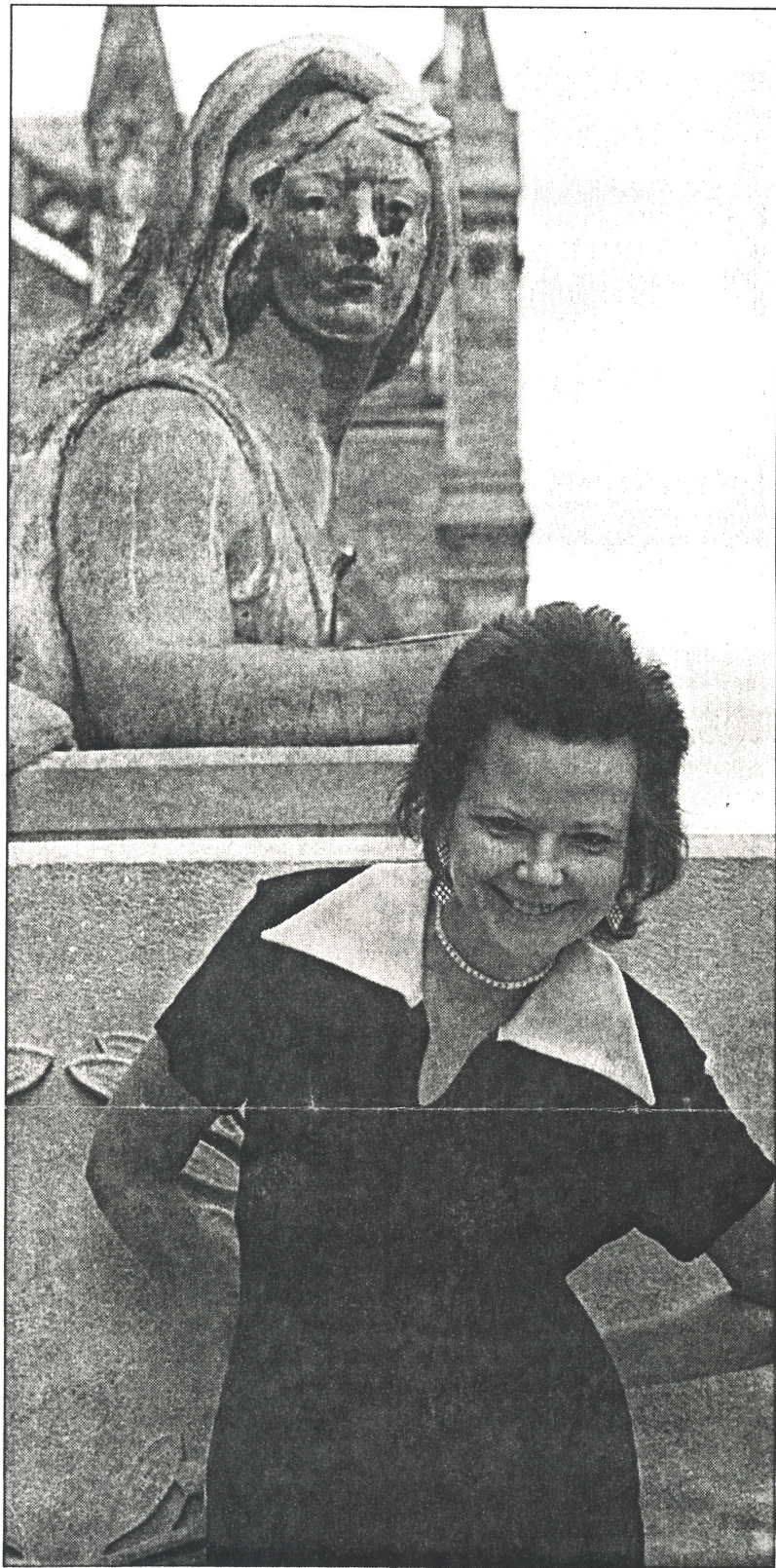
Deep down inside, she says, she
is a rock person, citing favorite
groups like Nirvana, Garbage, and
Rage Against the Machine. But she
also performs in the styles of jazz,
country, blues, reggae, and even rap.
She performs rock music a couple
times a month at venues like the
Middle East and Mama Kin, and her
jazz originals and standards at Ryles and Gargoyle's,
working with whatever backing musicians she finds
available.

Often the music is improvised; Mroczek makes up
chants about animals and the environment and audiences
gleefully sing along. Mroczek pumps up the audience as
if she were Bono of the band U2 working a stadium
crowd to a frenzy.

"We don't rehearse at all, on purpose," says Mroczek,
adding she would rather get spontaneity than polish out
of her group.

She works with a variety of young musicians, some
recent Berklee graduates, others veterans of the music
scene.

"I love these guys," she says. "There are no fences
between us. I take direction from them and they take it
from me, too. Mroczek won't reveal her age, but ac-
knowledges she's a couple of decades older than her



GLOBE STAFF PHOTO / JOHN BOHN

**Nancy Mroczek is a psychologist by day and a musician of many
styles by night.**

young musicians.

She sees her musical performances as inspired by the
same concerns that drive her cable access show in Bos-
ton "Toward a Quality of Life," Sundays at noon on
Channel A23 and Mondays at 8 p.m. on Channel A3, in
which she addresses philosophy, politics, cultural engi-
neering, and the problems facing young people.

"I'm doing this for real; it means something to me,"
says Mroczek. "I want to get these ideas out there so
people can tackle them. Our lives are becoming so com-
mercialized that there is no longer true thinking going
on. My music is a way of communicating directly, the
quickest route from point A to B."

You can see the jazzier side of Dr. Mroczek Tuesday,
at 8 p.m., at Ryles Jazz Club in Cambridge, Hampshire
and Cambridge streets, Inman Square, 876-9330. Mro-
czek will be backed by Berklee musicians Dave Limina
and Larry Flinn, and bassist MicroVard.

DAVID WILDMAN

SCHOOL LUNCHES

BOSTON

(Middle school)

Monday. Steakburger or cheeseburger,
frankfurter with beans, tossed salad, pineap-
ple chunks.

Tuesday. Fish fillet, seasoned rice, black

and jelly sandwich, veggie sticks, lasagna,
baked potato, green salad, pizza, ground beef
sub, turkey and cheese sub.

Friday. Frankfurter on a roll with beans,
daily manager's ethnic special, hamburger or
cheeseburger, turkey sandwich, veggie sticks,
baked potato with cheese sauce, American

CAMBRIDGE

Monday. Grape juice, pizza, carrots, fruit.

Tuesday. Chicken nuggets, baked conique
potatoes, bread, fruit.

Wednesday. Veterans Day; no school.