

Joan M. Smith, Editor

# Confronting Summertime Enemies

By Joan M. Smith

"Summertime and the living is easy," so goes the song, and during these warm, carefree months, people have a tendency to ease up on routines like watching their weight and keeping physically fit. Teenagers are no exception. With school closed, outlets for exercising like physical ed. classes are closed, and with running off to beaches, amusement parks, tennis courts, ballgames and jobs, their eating habits change — more fast foods and snacking.

There are, however, reminders around every corner that nudge the personal health conscience — health foods and spas, muscle building programs, weight control clinics, just to name a few — all results of the health awareness that has swept the country. Even the government is pushing good

nutrition and fitness. In a recent letter published by the General Foods Corporation Consumer Affairs Department it was noted that last February, the Departments of Agriculture and of Health, Education and Welfare announced new U.S. Dietary Guidelines. Since then, GF has launched a promotional campaign to inform the public of these guidelines that emphasize "the principles of variety, balance and moderation as of vital importance to the nutritional well-being of all healthy Americans."

Also, according to GF consumer consultants, Kay Moran and Margaret Saunders, this national health awareness has created a demand for nutritional, good-tasting but low-calorie food and that this demand has resulted in stepped-up research and marketing of

such foods. In the process of educating Americans about nutrition and health, government committees have been formed. As reported in a pamphlet published by Weight Watchers International, Inc., Senator George McGovern, upon opening the Feb. 2, 1977, Select Committee on Nutrition and Human Needs meeting, noted that obesity was the number one malnutrition problem in the U.S. "Thirty million Americans," he said, "are overweight and 15 million Americans are obese to a degree that actually shortens their lives."

Weight problems can and do effect teenagers and Randi Siegel of Syracuse, coordinator for Weight Watchers for Central New York and the Southern Tier, has empathy for the young adult because at 15 she was one of the over-

weight. "I kept saying it would go away," she said, but it didn't and at 17, dateless, "and just sick of the way I looked," she lost 40 pounds.

Having gone the over-weight route, Randi feels that peer pressure can add to a person's weight problem. She explained that having friends who don't have weight worries can be devastating for the one who does. Belonging to a peer group means joining them in their activities which include visits to pizza parlors, fast food chains and ice cream stands — no matter that it all adds pounds. But whether the weight problem is caused by peer pressure, nervous overeating, or emotional problems, Randi stressed that "no one can make you lose weight." It's an individual commitment.

For high school athletes it's imperative they keep

physically fit over the summer. Don Della Vella, director of athletics at Bishop Kearney, stated that when the sport conditioning camps begin at summer's end, he is anxious about coaching athletes who have sat around all summer. "At this point they are out of condition," he said, and therefore accident-prone. Della Vella considers endurance the primary factor in athletic ability and he noted that he and his staff try to keep tabs on the athletes during the summer, recommending work-out programs and sending them diet information.

It is this combination of good dietary habits and basic exercising, whether on one's own initiative or through programs, that is the line of defense against the weight-producing effects of lazy summer living.

## Teens Stage 'Fiorello'

"Fiorello," the musical about the life of the legendary Mayor of New York City, will be staged by the Teen Council of Pittsford's St. Louis Church, July 31 and August 1, at 7:30 p.m.

Featured in the cast are Paul Patanella, Maureen Smith, Lisa Helmel, Jeff Burrows, Beth Perry, Mark Smilie, Tom Perry, and Mike Knight, among others. Behind the scenes are Cynthia Frawley, Barbara Siebert, Steven Kenyon, Pam Melroy, Catherine Valleroy, and Kathleen Rowe, among others.

The musical recounts events in Fiorello H. LaGuardia's life, from his term as a congressman in Washington, through his exploits in the First World War, through his term as mayor of New York.

## Kearney Orator At Boys' Nation

Robert Nicosia, son of Rosemary and August Nicosia of St. Ambrose parish, and a senior at Bishop Kearney High School, was elected Lieutenant Governor at a recent gathering of Boys' State, the government-experience program of the American Legion.

Nicosia last week also left for Washington, D.C., as one

of two representatives from New York State to attend Boys' Nation.

The student in Sister Evelyn Marie's speech group at Kearney was sponsored by Arthur L. Hillis of the Warner-Claudius Post 1013, Irondequoit, in attending Boys' State. He was elected Lieutenant Governor by some 1,800 delegates to the event.



Photos by Terrance J. Brennan

## Basketball Camp

The sixteenth annual Ed Nietopski Basketball Camp was underway last week at Cardinal Mooney. Some 55 boys, aged nine through 12, participated during the two-week session. Clockwise, from right, one youngster shows intense concentration for a foul shot; the man, himself, Ed Nietopski, passes out refreshments after the day's action; the beginning of a successful drive toward the basket; and checking the board to see who the winners are always draws a crowd.



Fr. Paul Cuddy

On the R

Prayer Parents

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