



Time Trials

Pupils in the second grade at Our Lady of Lourdes School, Elmira, practice the 40-yard dash which will be part of the "olympic" activities at the Elmira Catholic Schools' "Fundarama." The festival will be Saturday, June 20, and Sunday, June 21, with the competitions taking place on Sunday.

AI Scores Abuses in El Salvador

The U.S. State Department has rejected conclusions of an Amnesty International study recounting murder, torture and other abuses in El Salvador but expressed willingness to discuss the situation.

Secretary of State Alexander Haig to make sure that U.S. aid to El Salvador would not be used for such abuses. The international human rights body cited what it called "conclusive evidence" of a consistent pattern of killing by the security forces of peasants, young people and

others who had no part in guerrilla activity.

Replying for the State Department, William P. Clark Jr., deputy secretary, said he disagreed with AI's views but was willing to discuss the situation in more detail.

On May 6, AI urged

EAGLE SCOUT

Michael P. Kolozvary, a student at Aquinas Institute and a member of St. Pius X Church, was the recipient of the Eagle during an Eagle Court of Honor conducted by Troop 178 of the Boy Scouts. A Boy Scout Mass preceded the event, during which Father Gerald T. Connor, pastor of the parish, blessed the Eagle medal.

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All in the Family

German Day Picnic Set

The annual German Day Picnic staged by the Federation of German-American Societies (Verband Deutscher Vereinigungen) will begin at noon Sunday, June 21, at the Webster Fireman's Field.

The Krazy Firemen, Harold Tausch's Royal Bavarians, the youth orchestra of the Verein der Donaudeutschen, the Rochester Saenger Chor and the Donaudeutschen Singschar and the Schuhplattler Verein Heidengold will entertain. Traditional foods will be served.



THE HARLEY SCHOOL'S SUMMER PROGRAM

Summer School — A fully accredited High School program offering review and advanced instruction in all academic subjects matters: mathematics, English, social studies; foreign language, and review in science. The School also offers skills review in English and mathematics and Social Studies for grades 6-8. This year we will offer remedial reading sections.

Driver Education — Harley's program in driving training, directed by Mr. Joseph Rieger, has acquired an excellent reputation in the Rochester area. Students completing the course earn their senior license at age seventeen and receive a fifteen percent insurance reduction.

The Harley School is an independent co-educational, college preparatory day school with an enrollment of 460 students in nursery thru grade 12.

For Further Information:
 Scott Reisinger, 442-1770
 The Harley School
 1981 Clover Street
 Rochester, New York 14618

How to Eat Pasta and Stay Thin

Americans have long thought of spaghetti and related macaroni products as fattening, a myth which nutritional and dietary experts are trying to dispel, pointing out that steak, hot dogs, french fries and other greasy foods and our wide variety of sweets are to blame for our national weight problem and not the complex carbs such as pasta or the unadorned potato.

Anyway, the question we're most often asked each time we've returned from Italy has been "Did you see a lot of fat people?"

The answer: Almost none. A few older people, more sedentary, may have been a few pounds heavier than was good for them, but no children, teenagers or young to middleaged adults.

After a lot of discussion the head of the house and I think we know why. They walk a lot, for one thing (and scare themselves thin the way they drive). Another is that all foods and drink in Italy are taken in moderation.

When pasta is served (very often it is rice instead) it is only one part of a total meal. There is usually a very small piece of meat (chicken,

veal, rabbit) and a great deal of fresh vegetables and fruits. Ask for dessert in a restaurant and the waiter is likely to bring out one choice of pastry and five kinds of fruit from which to make a selection, the latter succulent and of excellent flavor.


The only huge chunk of meat we saw served was in a touristy Roman restaurant to the friendly Venezuelan businessman at the table next to ours. The restaurant, as it turned out, was American-owned.

Butter is never served with bread (tourists have to ask for it and it often comes out in pieces which the cook has carved off the piece he uses for cooking) and the bread is crusty, whole grain.

It is true that during Easter and Pasquetta (Little Easter), which is what they call Easter Monday, we saw a lot of holiday-ing Italians eating ice cream cones. There are gelatarias on nearly every corner, each one better than the next. The catch, though, is that the cones are about a quarter of a size of an average cone served in the U.S. And, if you stroll as the Italians do while you eat it, you've burned off the calories.

So next time you're hankering for an Italian meal, go fix yourself one. Go heavy on the greens and light on the meat and enjoy your pasta. It's good for you!

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Deaths

Otto R. Schmidt, Market Founder

Mass of Christian Burial was celebrated for Otto R. Schmidt Monday, June 15, at St. Ann's Home Chapel by his son, Father Elmer Schmidt, pastor of St. Margaret Mary, Apalachin.

Mr. Schmidt died June 10, 1981, at The Heritage after a brief illness. He was 85.

Mr. Schmidt was born in Germany in 1896 and emigrated to the United States in 1924. Here he

married his hometown sweetheart, Johanna Schneider. She died in 1973.

Mr. Schmidt in 1937 opened Schmidt's Market on Joseph Avenue, specializing in meats and sausages. His sons, Milton and Gordon, continue the widely known business.

Mr. Schmidt is also survived by ten grandchildren and eight great-grandchildren.