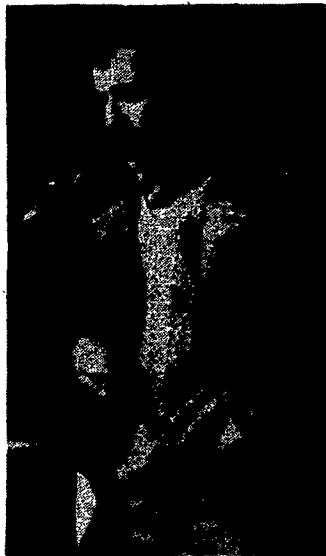




Protest

About 35 people gathered in front of the Federal Building last Thursday for a noontime rally protesting the U.S.'s role in the Lebanese civil war. The rally was organized by the Rochester Peace and Justice Education Center and Metro-Act of Rochester. Above, John Walker, executive secretary of the Office of Black Ministries addresses the crowd. At right, Basem Ashkan, a Palestinian (and American citizen), holds a Palestinian flag while speaking to the crowd.



Sarah Child



All in the Family

Governor Too Mushy Re: Mondale?

Polenta, an Italian dish which is made from finely ground cornmeal has been in the news lately thanks to New York Governor Mario Cuomo.

With purportedly the best of intentions, Mr. Cuomo likened Democratic presidential candidate Walter Mondale to polenta. He wanted us to see that the former vice president is no cream puff. Rather, he implied, Mondale, like polenta, is unpretentious, filling, a quality product with solid virtues.

Unfortunately, the only thing the media seemed to have picked up in the simile is that polenta is sometimes called mush and it is bland.

So, Mr. Cuomo, again, took to the podium reaffirming polenta's (and Mondale's) many excellent qualities.

All the talk about polenta reminded me that my mother used to cook it infrequently but I was not partial to it. Served warm, topped with butter, it is, I suppose, the Italian answer to grits. I don't like grits, either.

To coax us to eat it, Mom would sometimes take a portion and ladle spaghetti sauce over it.

Adoration

Adoration of the Blessed Sacrament is slated to start at noon Thursday, March 1, at Blessed Sacrament Church. A rosary will be recited at 12:15 p.m.; benediction will be celebrated at 5 p.m. preceding the regular 5:20 p.m. Mass.

And, if that wouldn't work, she'd take the leftover, unadorned polenta, slice it, fry it and serve it with pancake syrup for breakfast.

The last time I had polenta was in Venice where I ordered it because I thought in that magic place it had to taste good. Sad to say, it was not up to my Mom's version. The Venetians made it out of white cornmeal and served the gelatinous square ice cold. Only the marvelous seafood that accompanied it saved the meal.

Not too long ago I tried preparing polenta. Neither the head of the house nor I enjoyed it too much, the kids wouldn't try it and the dog turned up her nose before I drizzled a little syrup on it.

With all due respect to the governor, I think he would have done far better had he chosen another peasant dish to make his comparison.

Pasta fagioli (macaroni and beans) would have been my choice. For the uninitiated, it is made by cooking some shells or elbows until they are al dente. If you don't have any cooked white beans on hand, open a can of cannellini (white kidneys) and combine with the pasta, a little homemade spaghetti sauce, a touch of oregano, a smidge of olive oil and a sprinkle of Romano or Parmigian cheese. You end up with a dish that delights gourmet and gourmand alike.

Comparing Mr. Mondale and pasta fagioli, the governor could have pointed out that the ethnic dish has been overwhelmingly endorsed by Americans, that it is low in fat and thus very good for the heart, that it is nutritious as it is delicious and so easy on the pocketbook.

Special Week Promotes Community

Elmira - Human Relations Week, Feb. 12-18, has had a special meaning for students and faculty at St. Patrick Junior High School said a school release. School celebrations during the week centered on the elderly, the handicapped, and getting along with others.

Karen Redeye, a Seneca Indian attending Elmira College, presented a series of discussions to social studies classes to give the students an other-ethnic perspective. In addition, the students participated in discussions and watched movies.

Programs which will carry out the human relation theme will continue throughout the month. The Mental Health Players, psychological drama group affiliated with the Elmira Psychiatric Center, are working on a presentation to strengthen peer relations and a Liturgy is planned.

St. Patrick's has joined with other junior and senior high schools in Elmira to work at improving human relations among the students in each school community.

Holy Rosary Establishing Alumni Group

Holy Rosary School is establishing an Alumni Association and is seeking current addresses and married names of female graduates.

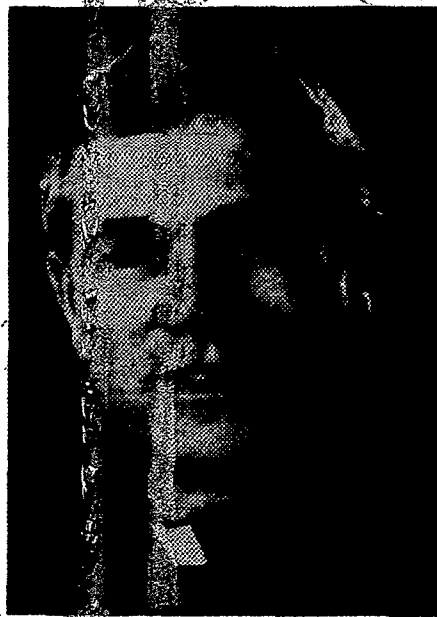
Those who have been graduated from Holy Rosary, or family and friends with such information on graduates, are invited to drop a note to Holy Rosary Church, 414 Lexington Ave., Rochester, N. Y. 14613; telephone, Donna Fracassi, 458-7032.

Deadline

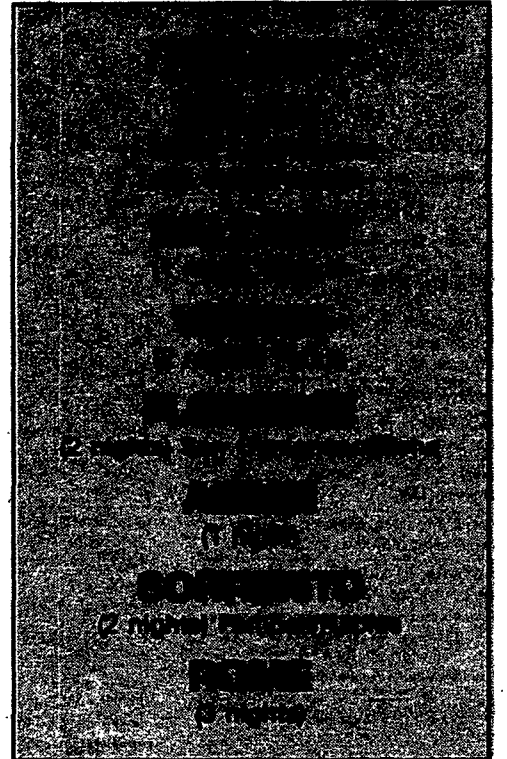
Deadline for news in the Courier-Journal is noon on Thursday, preceding Wednesday publication.

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