

"PAST & PRESENT"

MONSIGNOR J. JOHN BUSCO,
"ENCLOSED IS A CHECK TO HELP
WITH THE JJ. KEEP UP THE GOOD
WORK. WHEN THE JOURNAL
ARRIVES I READ THE WHOLE
ISSUE IMMEDIATELY. HOW DO
YOU DO IT? MAY THE LORD AND
OUR BLESSED MOTHER BLESS
ALL OF YOU!"

ROSEMARIE CANNATARO BOCK,
"LOOKING FORWARD TO THE
COMING CALENDAR, HOPE THE
PICTURES I SENT OVER THE
INTERNET MADE IT. SORRY WE
MISSED THE REUNION, HOPING TO
MAKE THE NEXT, GOD WILLING!"

PAULINE & FRANK DAIUTOLO,
"ENCLOSED IS A DONATION TO
DEFRAY THE COST OF THE JJ."

ALFRED DIDONATO, "THANK YOU
FOR SENDING ME THE BOOK
ROCKY BUMPS. I BEGAN READING
IT IMMEDIATELY AND IN THE
FIRST CHAPTER ABOUT CATS
CLUB AND MY COUSIN MOONEY'S
NAME WAS MENTIONED. I WENT
TO THE CLUB AND IT BROUGHT
BACK MEMORIES OF WHEN I USED
TO PICK UP MOONEY AND MY
AUNT WOULD SAY, "HE GO TO
THE CLUB!" I AM SENDING CHECK
FOR THE BOOK THE CALENDAR
AND A DONATION FOR THE JJ."

ANN TOMASSI DIGIACOMO,
"REFLECTIONS FROM 1951 BY
JOAN SEIFERT BROUGHT ME TO
TEARS. HOW WONDERFUL TO BE
REMEMBERED. I MEET OLD
CUSTOMERS WHO TELL ME THEY
HAVE COATS AND DRESSES IN
THEIR CLOSETS THAT THEY
CANNOT PART WITH. I LOVED
READING THAT SOMETHING I DID
40 YEARS AGO MATTERED.
ENCLOSED IS A CHECK FOR THE
EXPENSES OF THE JOURNAL!"

JOE DILLON, "MY MOM'S MAIDEN
NAME WAS KASS MCQUINN, SHE
HAS A SISTER ELEANOR AND A
BROTHER BILLY WHO PASSED
AWAY. I BELONG TO THE
ANCIENT ORDER OF HIBERNIANS
DIVISION 39 LOCATED IN THE
TACONY WE HAVE SEVERAL
MEMBERS THAT ARE FROM
SWAMPOODLE AND I WILL PASS
THIS EMAIL ON TO THEM. TWO OF
THE MEMBERS THAT I KNOW OF
ARE JOE BYRNE WHO WENT TO
ROMAN CATHOLIC AND JIM
MCALEESE WHO MOVED IN THE
60'S. HIS MOM JUST PASSED
AWAY. ENCLOSED IS A CHECK
FOR A COPY OF ROCKY BUMPS."

EVELYN CACCIAMANI DIPRINZIO,
"EVEN THOUGH OUR FAMILY WAS
FROM 29TH AND ALLEGHENY AND
I ATTENDED WHITTIER AND
DOBBINS. I RECEIVED MY
SACRAMENTS AT ST. MARY'S AND
ATTENDED MASS THERE EVERY
SUNDAY. THERE ARE MANY
FAMILIAR NAMES AND PLACES
MENTIONED IN THE JJ. I CAN'T
BEGIN TO TELL YOU HOW
GRADIFYING IT HAS BEEN SINCE
A FRIEND INTRODUCED ME TO
THE JJ. ENCLOSED IS A
DONATION!"

JOHN FOLEY "THANKS FOR ALL
THE BACK ISSUES OF THE JJ. I
READ THE FIRST ONE YOU SENT
ALL THE WAY THROUGH-HEY I
WASN'T FROM SME AREA-BUT
WHAT GREAT STORIES-I MEAN
THAT. I READ THESE ARTICLES
AND CAN ONLY IMAGINE HOW
CLOSE THE NEIGHBORHOOD WAS
FOR ALL OF YOU. I WAS TALKING
TO MY WIFE AND WE BOTH
AGREE THAT BY BEING OUR AGE-
BOTH ABOUT TO BE 50-
ALTHOUGH WE SAW SOME OF THE
GOOD TIMES IN OUR OLD HOOD
OF GERMANTOWN- WE WERE
JUST THAT MUCH YOUNGER NOT
TO HAVE KNOW ALL OF THE
REALLY GREAT TIMES AND
CLOSENESS THAT WE FEEL WHEN

OUR OLDER SIBLINGS TALK
ABOUT THE OLD DAYS ETC. WHEN
I WAS READING I COULD FEEL IN
EVERYONE'S WRITING THE LOVE
AND YEARNING FOR THE OLD
DAYS IN SWAMPOODLE. WHEN
WE GET TOGETHER WITH JOAN,
LYNN AND BILLY WALTERS FROM
SWAMPOODLE- MAN JUDSON
STREET COMES ALIVE. IT MUST
HAVE BEEN SOME PLACE TO
GROW UP."

ERNEST FINIZIO 2030 W. INDIANA
AVE. "THANKS FOR THE
MEMORIES. ENCLOSED IS A
CHECK FOR EXPENSES."

THOMAS GANGI, "THIS CHECK IS A
LONG TIME COMING! THANKS FOR
THE MEMORIES!"

PATRICIA GIANNINI, "THE
JANUARY JJ WAS GREAT. YOUR
POSTHUMOUS INTERVIEW WAS
VERY MOVING. I WAS PROUD
THAT ROCKY WAS REMEMBERED
BY HIS FRIENDS FROM
SWAMPOODLE, ST. MARY'S AND
THE ANGELS. READING THE JJ
MAKES IT POSSIBLE FOR ME TO
UNDERSTAND WHAT MY
HUSBAND FELT WHEN HE SPOKE
OF THE NEIGHBORHOOD. YOUR
CLOSENESS WITH EACH OTHER
AND THE COMRADERIE YOU ALL
SHARE IS AMAZING. I FEEL THAT I
AM NOW PART OF THAT FAMILY
AND WOULD LIKE VERY MUCH TO
HEAR ALL THE NEWS FROM SUCH
A WONDERFUL NEIGHBORHOOD.
ENCLOSED IS A CHECK TO COVER
THE EXPENSES!"

JAMES MASCARO 2830 N. 22ND ST.
MASCARO'S MUSIC MART,
"ENCLOSED IA A CHECK FOR 6
COPIES OF THE CALENDAR AND A
CHECK FOR THE PUBLISHING OF
THE JJ. KEEP UP THE!"

PASQUALE GIANNINI NICASTRO,
SME 1954, "THE GIANNINI FAMILY
WOULD LIKE TRO THANK YOU
FOR THE WONDERFUL AND

The Judson Journal

APRIL 15, 2006

HEART FELT ARTICLE THAT YOU WROTE ABOUT ROCKY GIANNINI. ROCKY AND I WERE FIRST COUSINS. ROCKY'S FATHER AND MY MOTHER WERE BROTHER AND SISTER. BEFORE MY MOTHER GOT MARRIED SHE LIVED IN GRANDPOP GIANNINI'S HOUSE ON 21ST STREET. I ALSO LIVED THERE AWHILE WITH ROCKY AND HIS FAMILY AND GRANDPOP GIANNINI WHEN MY MOTHER AND FATHER WERE FIRST SEPARATED. THE GIANNINI'S WERE A WONDERFUL, LOVING AND CARING PEOPLE. IN BEHALF OF THE GIANNINI FAMILY I WANT TO THANK CARMEN GIARGIARI FOR ALL HIS TIME AND EFFORT IN HELPING ROCKY WHILE HE WAS ALIVE AND WITH HIS FUNERAL MASS AND BURIAL IN THE OLD NEIGHBORHOOD. PEOPLE KNOW IT BY TWO NAMES SWAMPPOODLE AND STIFF TOWN. ENCLOSED IS A CHECK TO SAY THANKS FOR THE MEMORIES!"

TONY PERNA, "AS USUAL A WONDERFUL STORY. YOU SURELY HAVE A GIFT FROM GOD WITH THE WAY YOU PUT WORDS IN WRITING, ESPECIALLY THE DAY WHEN WE HONORED ROCKY. I WISH SOMEHOW AT LEAST ONE REUNION WOULD BE DURING THE SUMMER TIME. ENCLOSED IS A DONATION!"

CARMELA PISACANO, "ENJOY THE PAPER. ENCLOSED IS A CHECK FOR THE NEW CALENDAR AND FOR YOUR EXPENSES. KEEP UP THE GOOD WORK!"

MARYBETH PACIFICO, "THIS LETTER IS TO ADVISE YOU AND THE OLD NEIGHBORHOOD FRIENDS OF ROBERT (BOBBY) PACIFICO'S DEATH ON AUGUST 11, 2004 - YES IT'S OVER A YEAR SINCE I LOST MY WONDERFUL HUSBAND. BOBBY AND I MARRIED IN 1975 AND WERE

MARRIED 29 YEARS AT THE TIME OF HIS DEATH. IV'E BEEN MEANING TO WRITE, BUT TIME HAS JUST RUN AWAY. BOBBY, ALONG WITH HIS MOTHER MOVED TO ROXBOROUGH IN 1971 AFTER HIS FATHER'S DEATH. HOWEVER, AFTER WE MARRIED WE LIVED IN THE NORTHEAST. BOBBY LOOKED FORWARD TO RECEIVING THE JJ AND TOOK PLEASURE IN READING IT, AS I DO. I WOULD REMARK TO HIM ABOUT THE NICKNAMES MENTIONED AND IT REMINDED ME OF STORIES BOBBY WOULD TELL ME ABOUT THE NICKNAMES USED IN THE OLD NEIGHBORHOOD. IN FACT, I WOULD SAY TO HIM WHAT'S HIS REAL NAME AND BOBBY WOULD REPLY THAT HE DIDN'T KNOW. BOBBY LIVED AT 2103 W. INDIANA AVE. AND WAS ONE OF SIX CHILDREN IN THE PACIFICO HOUSEHOLD - ANGELO (AO IS THE OLDEST), JAMES (BIBS), ANTHONY (NELSON), BOBBY (I THINK HIS NICKNAME WAS BOBBY HORN), JOSEPH (JOEY), AND RITA. ONLY AO AND RITA SURVIVE. THEIR DECEASED PARENTS WERE LENA AND ANTHONY. EVEN THOUGH I WAS SEVERAL YEARS YOUNGER THAN BOBBY AND WAS NOT FROM SWAMPPOODLE, I ALSO ENJOY READING THE JJ. I'D LIKE TO CONTINUE TO RECEIVE IT AND HAVE ENCLOSED A CHECK!"

RONALD ROCCO, "ENCLOSED IA A CONTRIBUTION FOR YOUR EXPENSES AND A CALENDAR. THANKS AGAIN FOR KEEPING THE MEMORIES OF THE GOLDEN ERA ALIVE!"

CARMEN RICCARDI, "NICK MEGLIO PASSED AWAY ON JAN. 1, 2006, HE WAS 80 YEARS OLD AND IS SURVIVED BY HIS WIFE ROSE AND THEIR TWO CHILDREN. NICK LIVED ON THE CORNER OF INDIANA AND HEMBERGER STS. IN THE OLD NEIGHBORHOOD.

NICK AND HIS BROTHER BUD LIVED NEAR ME IN MARLTON FOR OVER 50 YEARS. I WOULD SEE NICK AND BUD AROUND TOWN BUT I HAVEN'T SEEN THEIR BROTHER JOE SINCE I LEFT THE OLD NEIGHBORHOOD. I HAD A CHANCE TO TALK TO HIM AT THE VIEWING AND NOTED THAT HE GETS THE JJ. THERE ARE SEVERAL ST. MARY'S FAMILIES THAT HAVE TRANSPLANTED TO THIS AREA."

NANCY BENNETT LANGE/RITCHIE, "I AM FROM SME 1963 AND HALLAHAN 1968. I MOVED TO PENNSYLVANIA FROM HILTON HEAD, SC AND DISCOVERED THE EXISTENCE OF THE JJ TODAY. IT WAS GIVEN TO ME BY PURETTE PANZERRA WHO IS NOW MY SISTER-IN-LAW. I RAN INTO A FEW OLD FRIENDS HERE AND THERE UP UNTIL THE 80'S. E.G. MARY ANN DIGIACOMO, ELLEN AND EMILY LAURENZI, AND BOB CORAPI THAT I AGAIN LOST TOUCH WITH BECAUSE I MOVED SO MUCH THEREAFTER. MY BROTHER RICHARD BENNETT WAS FROM SME 1960. I WAS THE DAUGHTER OF HARRY AND JEAN BENNETT, AND COUSIN TO THE BENNETT'S, TARTAGLIONE (NEXT TO EMILY'S PIZZA), LANZETTA AND MERCADANTE FAMILIES. I LIVED AT 3120 N. JUDSON STREET UNTIL 1969."

VERA "CHUCK" LAURENZI STAFFIERI, "ENCLOSED IS A CHECK FOR YOUR EXPENSES AND A CALENDAR. PLEASE CONTINUE TO SEND ME THE JJ!"

MARY JANE DIDIO TAORMINA "MY SISTER TERRY DIDIO SACCO INTRODUCED ME TO THE JJ, ENCLOSED IS A DONATION AND WOULD LIKE TO RECEIVE THE JJ. MY FATHER FRANK DIDIO WAS A POLICEMAN. WE ARE FROM THE 2900 BLOCK OF 23RD ST."

FRANK & DEBBIE YANNESSA, "WE ARE SORRY TO LET ALL KNOW THAT MY SISTER HELEN YANESSA HERBERT PASSED AWAY ON JAN. 31, 2006. WE ENJOY READING THE JJ. OUR MEMORIES ARE ALL THAT'S LEFT OF THE GOOD OLD NEIGHBORHOOD. ENCLOSED IS A DONATION!"

ELLEN CLEARY TIRENDI, ENCLOSED IS A CHECK FOR THE JJ AND A CALENDAR, EVEN THOUGH I WENT TO ST. COLUMBA'S SCHOOL AND I THINK I AM OLDER THAN MOST OF THE READERS, I STILL ENJOY READING THE STORIES. I USE TO GO TO ST. MARY'S DANCES AND I SPENT A LOT OF TIME AT PASSAMANTE'S STEAK SHOP ON 22ND AND SOMERSET. THANKS FOR THE WALK DOWN MEMORY LANE."

FRATTINI'S RYME

By Louis Frattini a.k.a. Rabbit Junior

Where did they go?

You know- Showboat Al, Tarzan and the rest, the Duck Brothers the twins who could not see.

These names are a fond memory to me.

Where did they go?

Are they still alive; or did they leave town?

According to the JJ they are still around.

We don't hear names like that anymore.

Like the milk man at your door; or

dancing on St. Mary's ballroom floor.

Remember the parades down 23rd street;

or who at Connie Mack you may meet.

The dice game is in AC now, but those

corner crap games could show AC how.

WWII so many served some never to

return. Others came back lame, but never

did they complain.

The fire plug in a hot July and the fire

can under a cold December sky. Those

were the days I'm sure you will agree

that our children will never see.

I could tell them how it was growing up

in little Italy or North Philly to me.

It was many years ago, but yet it seems like only yesterday. My childhood, I would have it no other way.

These memories in my heart to stay- for awhile it is yesterday.

CHIEF'S CORNER

Allow me to preface this column with the following disclaimer, that my trusted lawyers have said I need to put here, well actually I didn't ask anyone. This is not a political column. This is my view on life in the military, not on our leaders or their agendas.

I write this inaugural column from the confines of a military base overseas. Not the friendly surroundings of the USA. I can tell you I miss the Good Ole' USA. You don't realize what you have until you are removed from the comfortable settings of home. I am not bitter. I chose this path. Just like millions before me in WWI, WWII, Korea, Viet Nam, Desert Storm and now Iraqi Freedom and Operation Enduring Freedom. I don't know what the previous Americans who defended their country were thinking, or whether they were afraid, angry, or proud. However, I feel only one emotion of Pride and I am Proud to serve my country, your country, our country. I recall seeing movies of WWI and WWII and the sentiment across the country was to rally and defend ourselves. I am helping defend the United States of America.

I want you to envision yourself walking near a boat yard and hearing the numerous halyards clanging against the boat masts. When I hear these sounds, it always reminds me of a flagpole. A flagpole that flies the Stars and Stripes: seven red stripes and six white stripes, with fifty stars on the field of blue. A stiff wind furling the flag almost straight out, with an occasional Snap! I have this embedded in my memory.

If you take one thing from this article, let it be that you Remember September 11, 2001. Remember immediately after the attack how everyone was nicer. No one

was arguing! No one had road rage! Everyone held the door for you, or let you be first in line! Please reach out and help that person next to you. You will be surprised by the reaction of the other person and you will like the feeling of helping someone. Honestly, I was surprised at the feeling of knowing I was nice to a total stranger, knowing that the stranger was more than likely going to help someone else. Reach out and help someone today. This is the true American Spirit.

May God Bless Us and The United States of America!

Chief Petty Officer Eric Domenico is serving his country somewhere in Afghanistan. He will be 40 years old on April 22, 2006. If you would like to write to Eric you may do so by either regular mail or e-mail.

Eric Domenico

PRG 6-1

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E-mail

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Please, no attachments!

Advanced Orders Now Being Taken For A New Nostalgic Calendar:

Send your check today (\$5.00/ copy), for a new nostalgic calendar. We must receive a minimum of 250 "advanced" order" payments, before going to production. Don't delay! Send your money today and mark it new calendar! Your check will be held until we have received payment for the minimum of the 250 orders needed to cover the cost of printing and mailing. You may also want to send a nostalgic photo that you would like to be included in the new calendar. Mario Amici has recently discovered some vintage pictures that I know you will cherish!

Dear Aaron,

The guys were happy to see you at our last "Neighborhood Friends Breakfast" on March 22, 2006. As a matter of interest, thirty eight attended. Their ages ranged from the early seventies to Al Donato at 93 and my Uncle Charles Frisco at 89. Many were in their eighties and their familiarity with the old neighborhood goes back to the 1920's. Gosh, can you imagine!

You requested more "good old days" stories of our dearly loved old neighborhood which you have so well embedded and preserved in the memories of us, the fortunate few to still be alive. I have enclosed several stories and realize that they are many, but if I don't write these stories now, I may not get around to it.

I just finished reading a book called "Shut up and eat" co-authored by Tony Lip of the Godfather and currently the Soprano fame and Steve Prigge with a forward by actor Danny Aiello. Other contributors include Chazz Palmeteri, James Gandolfi, Robert Loggia, Lorraine Bracco, Pat Cooper and more. They share our Italian heritage and write about their early years growing up Italian and contribute their treasured family recipes. Believe me, we all share the same type of upbringing. I feel like I personally know everyone represented. It was like living my early life all over, especially since my Uncle Mike Lorenzo when seated at dinner with a bunch of kids would yell, "Eat and shut up!" it brought back wonderful memories and I'm sure it'll do the same for you. It makes a great read into the lives of these Italian celebrities and winds up a wonderful Italian cookbook. It's a must buy. This is it! Publish the stories as you see fit!

Best regards and continue the good work of keeping the old neighborhood alive. Your effort is much appreciated by all.

With much sincerity,

Vincent Pongia

OUR GOOD OLD DAYS

by Vincent Pongia

The centerpiece of stories seems always to revert to the pool room of Arturo Giargiari aka; Art Jare to his fans and simply "Cat" to us.

As young kids the words we dreaded most to hear from Cat was, "You're barred!"

Every Sunday night Cat would be by the radio laughing at Jimmy Durante show. Stupid jokes like, "Wait, don't lift that bridge, lower the river", would tickle him. And of course, he loved to hear Jimmy sing, "Rink a dinka dink, a dinka dink, a dinka doo" enough already, but he loved Jimmy

I remember a story Cat told us about our neighborhood Italian guys getting into a big fight with the South Philly Italians. This is when Philly sidewalks were largely bricks and the streets were Belgian blocks. Of course, as the fight progressed bricks and Belgian blocks were being thrown by both sides. Finally, this brute of a guy had Cat by the collar and was about to throw a haymaker when Cat shouts, "Perche Battere, noi sano tutto Italiano!" (Why are we fighting, we're all Italians). Talk about diplomacy, the guy spared Cat the punch. But a lot of the poolroom guys, (those that could get away with it), called him "Smash Face". He took it in good humor, but never from the young guys and certainly not from me.

Every so often he and Cocky the Weasel would break out into an impromptu vaudeville show. They would do a song and dance bit which they had practiced in the minstrel shows put on at the Siciliano Castello Napolitano, (SCU), Club next to the pool room. Besides the song and dance, they would crack old jokes like, "Are you Harry?"- With the answer, "Yes, a little under the arms." Stupid yes, but we loved it.

One night Catyump, Cat's youngest brother, decided to play some inside football. He tackled unsuspecting, Porky (Tiny) Nuance and proceeded to dirty punch him. Porky yelled, it's fourth down and the plays over" and Catyump says, I didn't hear the whistle." Whereupon Porky starts yelling, "Tweet, Tweet!" What a riot, but clean and funny fun.

One day there was this awful racket emanating from the shower room at the back end of the pool room. It seemed a disagreement had developed between Carlo Midora and Frankie the Weasel. Carlo had gamely taken on tough guy Frankie and had come out second best. As they emerged into the pool remove, Carlo, always funny, says, "Hey Frankie, have you had enough?" Even Carlo had to laugh.

Rudy Signorelo had the misfortune to contract polio. Though crippled, he accepted with good humor, the gratuitous nickname "March of Dimes". One day while shooting pool, he called for Cat to rack up the balls. Cat responded, "Rack them up yourself. What are you crippled?" To which Rudy responded, Yes!"

There were a lot of ex-fighters (pugs) that frequented the pool room. Some were punch drunk and would relax on the sofas. Occasionally, someone would miscue and hit the metal shade surrounding the pool table lights with the cue stick. The resulting sound was very similar to the bell sounding between rounds at ringside. These ex-pugs would jump out of their reverie and start shadow boxing. It was somewhat sad, but funny.

My final Cat story for this edition of the JJ has to do with Cat visiting a competitor's pool rooms like Ambrose's on Indiana Avenue and Stack's on Cambria Street to see which of his customers were "off campus". I had the misfortune to be at Stack's. He put his hand on my shoulder and reminded me of my pool shooting inexperienced days

when he alleged I tore up his table cover, knocked tips off his cue sticks, and miscued cue balls off the table. Now that I had come of age, I had the temerity to play at other pool halls. He told me I was a "Benedict Arnold." Honestly, the pathos and righteous indignation were, I'm not sure, under or overwhelming.

A VERY SPECIAL THANK YOU

To all you JJ readers who have purchased my latest novel, "Rocky Bumps" and to those of you who will be buying it I would like to share this exciting news.

I have been interviewed by over 50 radio show hosts about the book. I have been experiencing a very warm reception to me as well as the book through out the country. It is incredible how many "old neighborhoods" still exist in people's memories.

A case in point is that of one of my interviewers Nick DiGiulio of WGN Radio in Chicago who spent his younger years in an old neighborhood much like SwampPoodle. He lived only blocks from Wrigley Field in Chicago. His old neighborhood like ours has experienced similar socio-economic changes and no longer is the same. Since the last edition of the JJ I have received the following two very special endorsements for the book:

"Rocky Bumps is a must read book that brings alive corruption and crime in Philadelphia like it really is with no holds barred. A. Ron gives you a yarn that makes you think you were there

with Rocky. Take it from a Goodfella, Rocky Bumps is a book that will keep you enthralled to the last page!"
Ray Liotta

Rocky Bumps is a story of crime, corruption, and redemption. A. Ron writes a book that tells it just like it was in the old neighborhood in Philadelphia. Rocky Bumps has it all, and take it from me, I know what a good book is and Rocky Bumps is that!"
Joe Pesce

Those of you who have not purchased a copy of Rocky Bumps can send a check for \$20, (JJ subscribers only), and \$26.17 for non subscribers. All Credit Cards are accepted. For a sample reading and ordering instructions you can visit, www.rockybumps.com. Those of you who do not have access to a computer may mail your check or credit card information to Judson Journal PO Box 58 Haddon Heights, New Jersey 08035; or call your credit card information to the secure voice mail number at 856-427-7850.

SPRINGTIME IS RIPE FOR HEALTHY EATING!

Can you smell it? Lilacs in bloom? The smell of ripe fruits and vegetables ready to be grilled! I can. I can't wait to throw some delicious Salmon on the grill with zucchini and tomatoes. Yum! We make a delicious fruit pizza. Grill the dough on the grates on both sides. Instead of gravy, we replace with slightly

sweetened ricotta cheese, grilled strawberries and grilled pineapple. Take some whole peppercorns and grind them right into a small amount of honey and warm. Drizzle this on the honey. For a lighter version, use Splenda in pureed cottage cheese and omit the honey, but sprinkle a pinch of brown sugar on the fruit before grilling. Yams are wonderful on the grill. One of my favorite vegetables this time of year is asparagus. They are fabulous on the grill. Vidalia onions are in this week. These sweet onions are said to afford us the ability to eat them like an apple. I wouldn't recommend it, though. Grill Vidalia onions and chop them up and add to a nice broth for a full flavored onion soup. You can puree them after grilling and add a pinch of water and use them as a spread on a piece of crostini. Whatever you do with nature's bounty, enjoy it in the sun with family and friends because that's what makes it more enjoyable! Chef Debbie Olsen

PRAYER TO SAINT RITA OF CASIA. MY CONSOLER.

GLORIOUS ST. RITA, THOU WHO MIRACULOUSLY SHARED IN THE PAINFUL PASSION OF OUR LORD JESUS CHRIST, OBTAIN THAT I MAY BEAR THE SORROWS OF THIS LIFE WITH RESIGNATION, AND PROTECT ME IN ALL MY NEEDS.

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