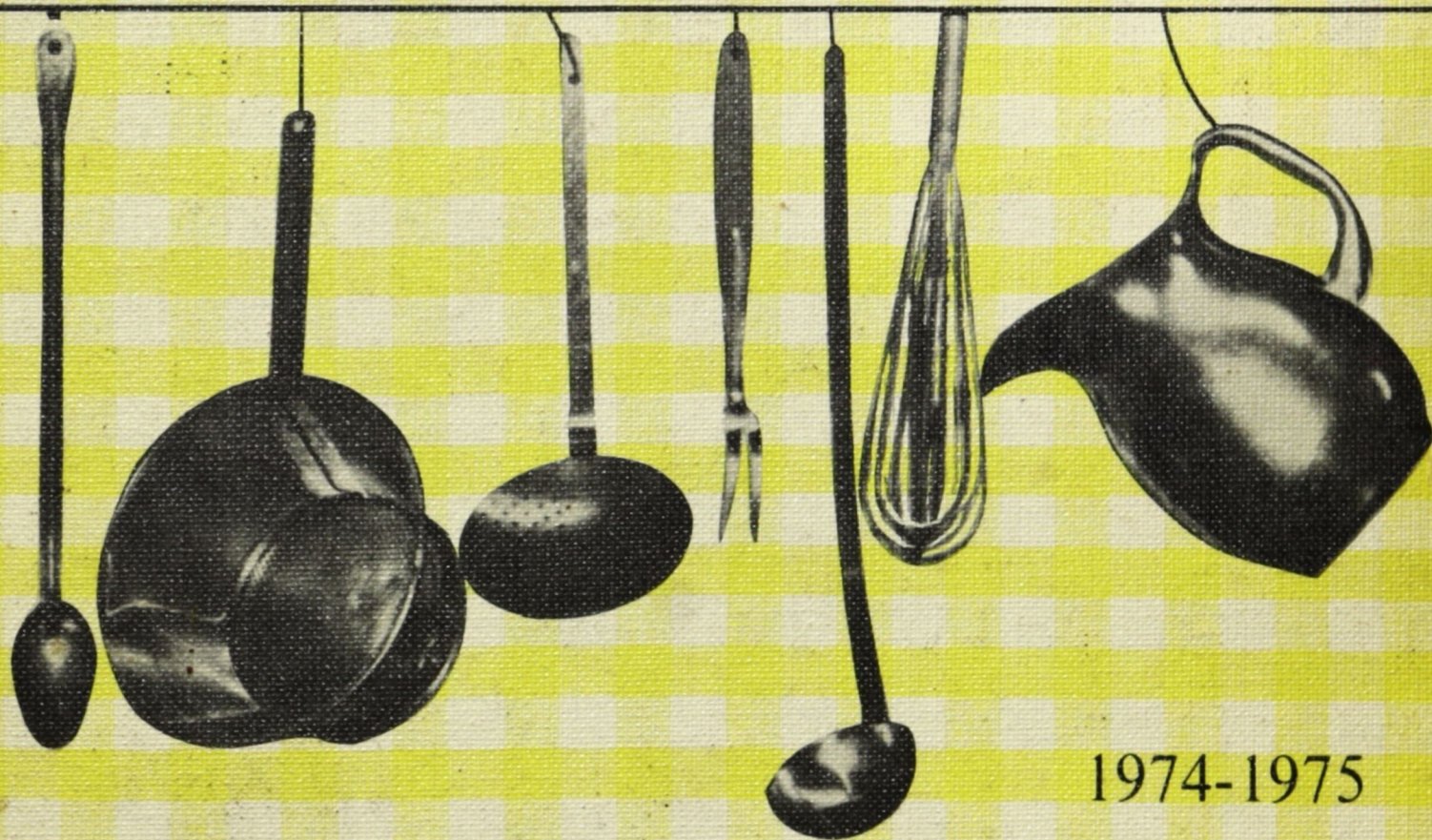


NOSTRA ITALIA XV



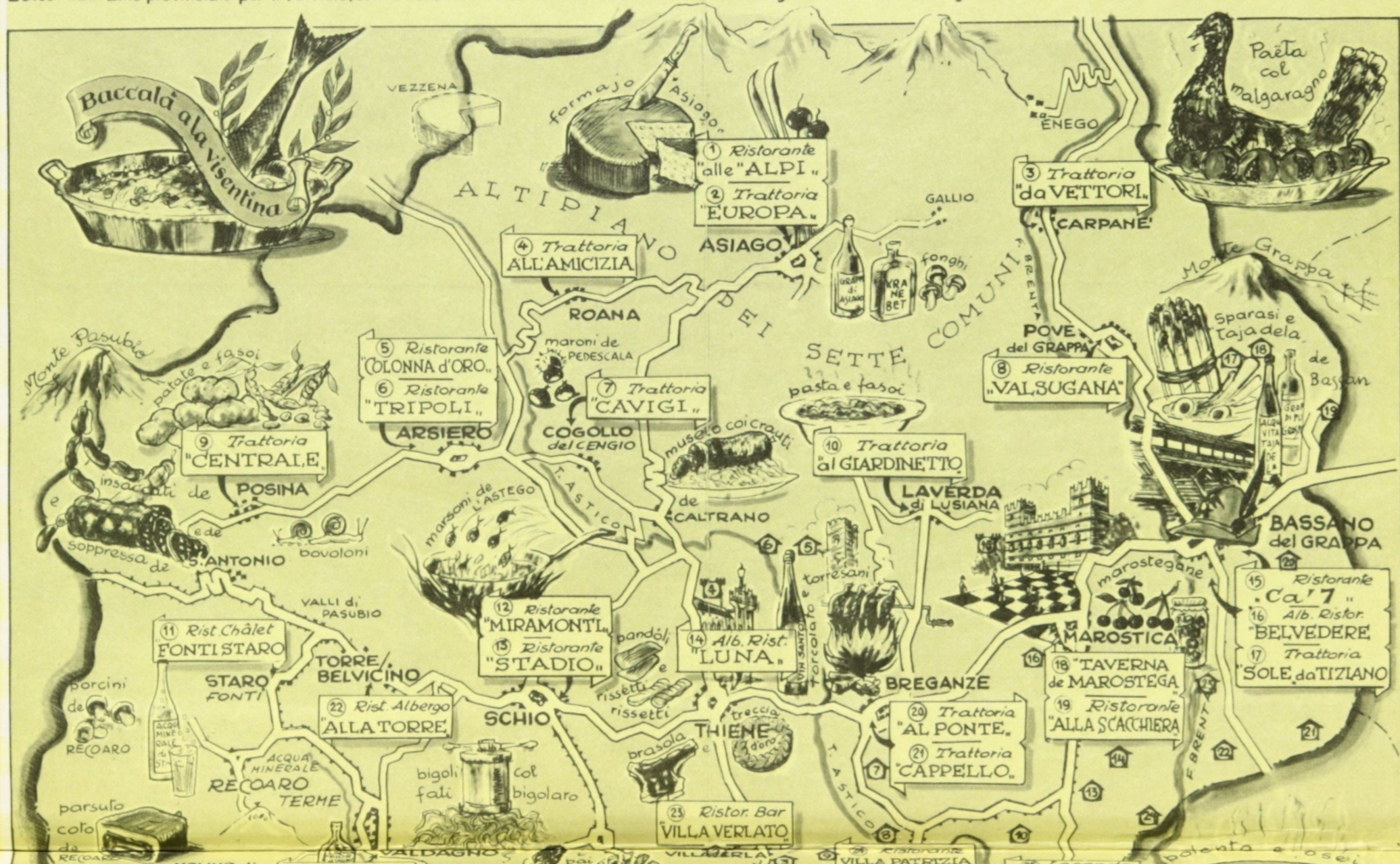
1974-1975

Vicenza American High School

A COOKBOOK YEARBOOK

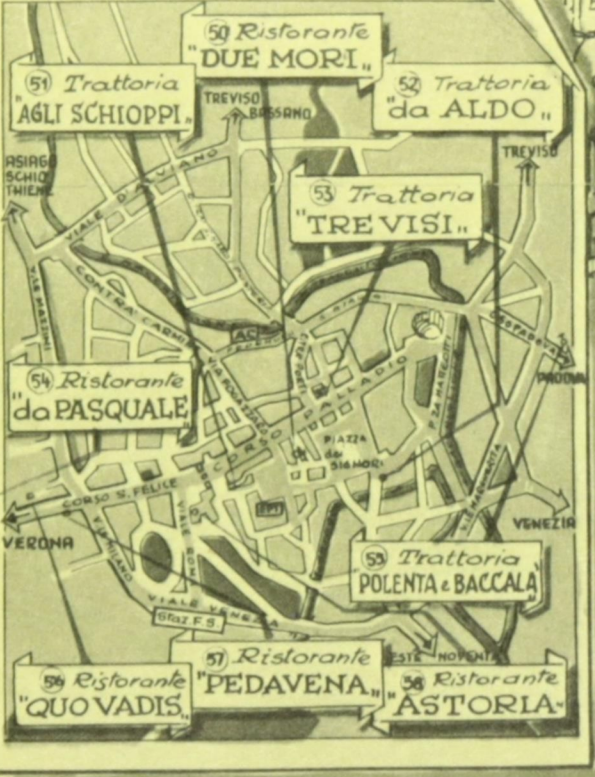
CARTA GASTRONOMICA DEL VICENTINO

Edita dall'Ente provinciale per il Turismo, con la collaborazione dell'Automobile Club e sotto gli auspici della Delegazione di Vicenza dell'Accademia Italiana della Cucina





VICENZA città



LEGENDA

- Autostrada / Superhighway
- Autostrada / Autoroute
- Strada Naz. It. / Main route National, 5 digit / Route nat.
- Strada prov. e com. / Other roads Andere strade / Chem. road
- N.º d'ord. / Tipo / Denomin. Ordre n.º / Type / Denomin.
- Ville e castelli / Villages and castles
- Limiti prov. / country boundaries

Ainardi '63

26 Ristorante "JOLLY PASUBIO,"
27 Trattoria "da MARIETTO,"

29 Trattoria "al 'CACCIATORE,"
CASTELGOMBERTO

VILLA PATRIZIA
POVOLARO DUE VILLE

25 Locanda "alla PESA,"
BOLZANO Vicentino

VICENZA

30 Trattoria "DE' GOBBI,"
OLMO

32 Trattoria "al 'LEONCINO,"
TAVERNELLE

33 Trattoria "oi CACCIATORI,"
SARMEGO

34 Trattoria "DA BARI,"
35 Trattoria alla 'MOREJETA,"
S. Agostino

36 Ristorante del "ZOCCO,"
GRISIGNANO di ZOCCO

37 TAVERNA GIULIETTA e ROMEO,
MONTECCHIO MAGGIORE

39 Trattoria "MONTEROSSO,"
ARCUGNANCO

38 Taverna "EOLIA,"
COSTOZZA di LONGARE

40 Trattoria "CULATA,"
MONTEGALDA

51 Trattoria "AGLI SCHIOPPI,"
TREVISO

52 Trattoria "da ALDO,"
TREVISO

53 Trattoria "TRE VISI,"
TREVISO

54 Ristorante "da PASQUALE,"
VERONA

53 Trattoria "POLENTA e BACCALA,"
NOVENA

55 Ristorante "QUO VADIS,"
NOVENA

56 Ristorante "ASTORIA,"
NOVENA

47 Albergo "CENTRALE,"
48 Trattoria "ARENA,"
LONIGO

46 Ristorante "LA PERLA dei BERICI,"
BARBARANO

44 Trattoria "CAMPESTATO,"
PONTE di NANTO

42 Trattoria "TRE SCALINI,"
MONTEGALDELLA

45 Trattoria "da CIRILLO,"
MONTEGALDELLA

49 Trattoria "PRIMON,"
NOVENTA VICENTINA

NOSTRA ITALIA XV

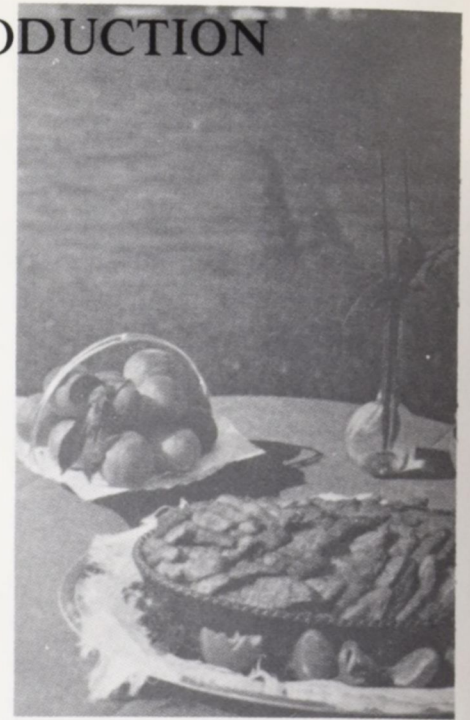
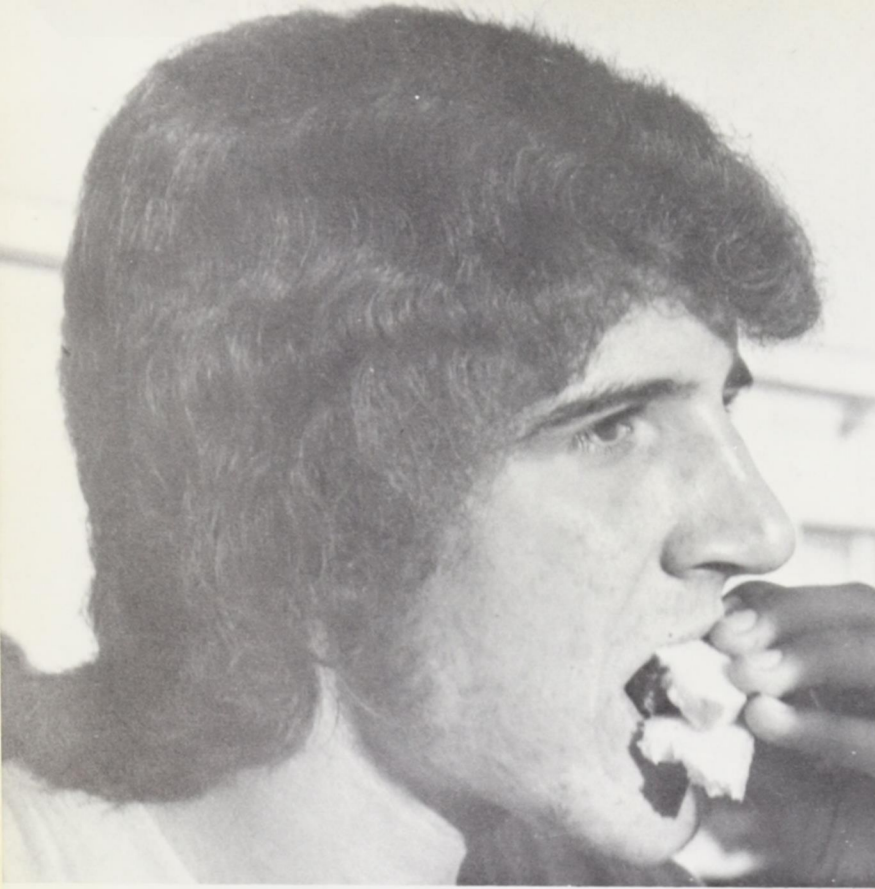
VICENZA AMERICAN
HIGH SCHOOL

1974-1975

A COOKBOOK
YEARBOOK

American Dependent
School—Caserma Ederle
Vicenza, Italy
APO NY 09221

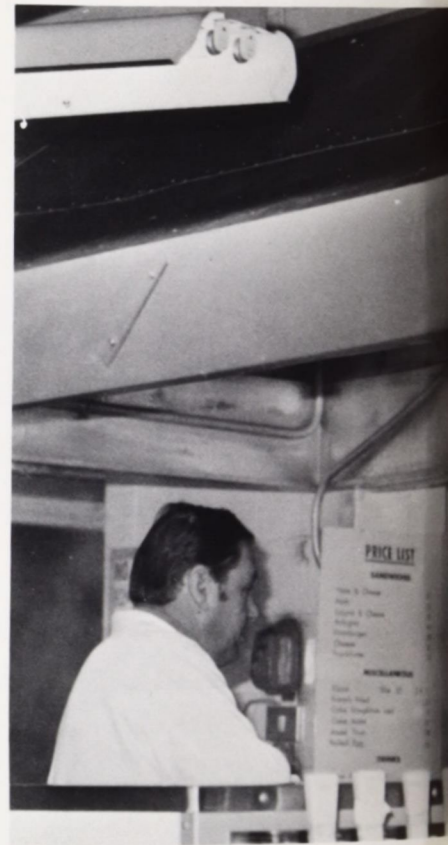
INTRODUCTION



EDUCATION IS LIKE

Making a good school is like making a good meal: it takes the active yeast of the junior high; the rich pasta flavor of an athletic program; the salt and wine of a wise faculty; the minestrone atmosphere of on-going activities; and a main course of academics. To top off the meal, like frosting on the cake, add the seniors. For an extra touch, add the café and digestivi of dormitory life. Decorate with a center piece of homecoming and prom. Mix everything well in a good building and prepare for a year in a beautiful community kitchen like Vicenza. If properly done serves five hundred hungry minds.

Each year the Nostra Italia staff has tried to capture the physical atmosphere of going to school in Vicenza, Italy, through photos of historic buildings and memorable scenes of the post and of Italy. This year the staff wanted to save some part of the Italian way of life as a memory for the years to come. We decided to limit ourselves to one aspect: Italian food. Not the food of all Italy, but especially of the Veneto. We chose recipes that we thought could be done in American kitchens and which would also be typical of those dishes Americans are most apt to find and choose on the menus of restaurants and trattorias of the Veneto. In the years to come, VAHS alumni will be able to summon up the flavor of past years in Italy by opening up these pages and cooking up some memories.



ANTIPASTA



A GOOD MEAL



A caution: Too many square meals make too many round people.

What emerges from a study of Italian cuisine is the fact that it does not depend for its success on elaborate and rich sauces, on expensive, and impressive additions and on ornate decorations and garnishes. Rather it is totally unpretentious, relatively uncomplicated, traditional, individual and, like the Italian people themselves, charming and utterly captivating.

ANTIPASTO MISTO Mixed antipasto

- 4 oz. Italian salami, finely sliced
- 12 each, black and green olives
- 4 hard boiled eggs
- 1 small can anchovies in oil
- 2 oz. (5/8 cup) raw button mushrooms, sliced
- 1 can red pimento
- 3 oz. (1 cup) cooked green beans (French or snap)
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- seasoning to taste

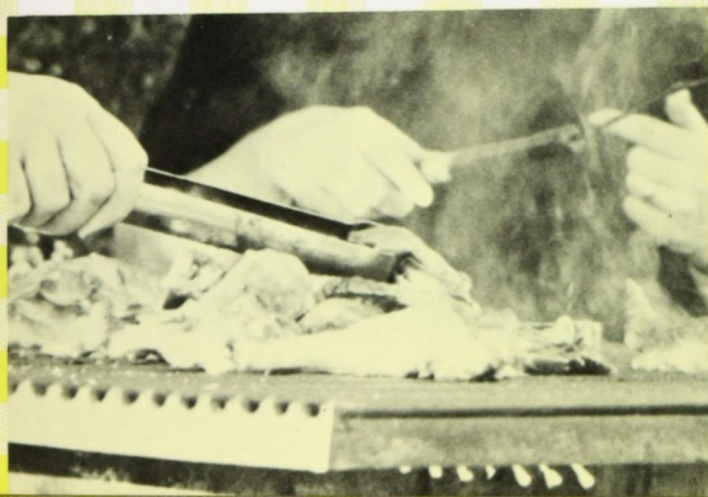
A colorful mixed hors d'oeuvre which makes an appetizing and fairly substantial starter to a light meal.

Arrange the salami and olives on a long platter. Cut the eggs into wedges and stand on top of the salami. Drape the drained anchovies over the eggs. Put the mushrooms into a bowl. Chop the pimento and add to the bowl with the green beans. Beat the oil, lemon juice and seasoning well together. Add to the mushroom mixture and toss well. Arrange in small heaps round the edge of the platter.



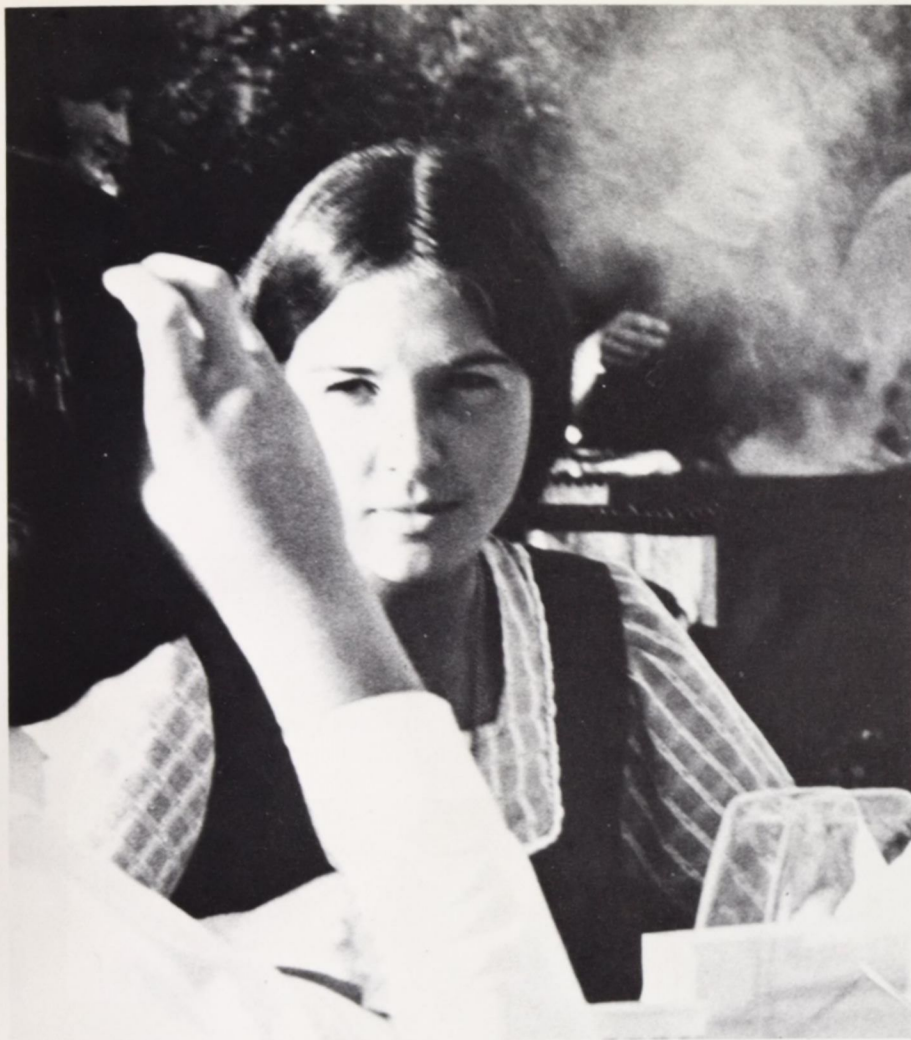
NOSTRA ITALIA XV

| MENU | 1974-1975 | CHEFS |
|----------------|--------------|---------------------------------|
| ANTIPASTO | Introduction | Co-Editors: Juli Taylor |
| VINO | Faculty | Gilbert Fletcher |
| ZUPPA | Activities | Staff: Linda Onion |
| PASTA | Sports | Kathy Sanchez |
| SECONDO PIATTO | Classes | JoAnne Edick |
| | | Lynne Taylor |
| | | Sylvia Lindsey |
| DOLCE | Seniors | Mary Generoli |
| DIGESTIVI | | Valerie Russell |
| E CAFE | Dormitory | Gary Boykin |
| | | Kevin Pardue |
| | | Copy Research: Denise Lindsey |
| | | Photo Credits: Gilbert Fletcher |
| | | James Pugsley |
| | | Paul Jerome Sr. |
| | | Sponsor: Carter Johns |



GOOD COMPANY IMPROVES FOOD





RISOTTO DI
FRUTTA DI MARE
Seafood Risotto

- 1 oz. (2 T) butter
- 2 teaspoons
olive oil
- 1 small onion,
finely chopped
- 12 oz. (2 cups)
Italian rice
- 1 wine glass dry
white wine
- 2 pints (5 cups—
hot water
- salt and pepper
to taste
- 1 extra ounce
(2T) butter
- Parmesan cheese



Heat the butter and oil in a large saucepan. Add the onion and fry very gently, covered, for 5 minutes or until the onion is soft but still white. Add the rice and cook gently for 3 minutes, turning all the time until each rice grain is coated with butter and oil. Add the wine and cook over a moderate heat until it evaporates. Blend in the stock, gradually adding more as each amount becomes absorbed by the rice. Stir frequently with a fork and allow 20 to 30 minutes cooking time, when the rice should be creamy but still firm. Using a fork, stir in extra butter and the Parmesan cheese and serve straight away. Follow this recipe but add chicken stock instead of water and when the rice has absorbed all the liquid, stir in a large pinch of powdered saffron with the extra butter and Parmesan cheese. Five minutes before the risotto has finished cooking, fry 8 oz/ (2 cups) shelled seafood (lobster, shrimp or scampi) in a little butter for 2 or 3 minutes. Add half a wine glass Marsala and cook briskly until the Marsala evaporates. Add to the risotto just before stirring in extra butter and Parmesan cheese.

PROSCIUTTO CON TONNO E FINOCCHIO

Ham, tuna, and fennel appetizer

- 4 slice lean ham
 - 1 can (approximately 7 oz.) tuna
 - ¼ pint (⅝ cup) mayonnaise
 - 3 level tablespoons grated fennel
 - 12 black olives
 - 1 small red pimento, de-seeded and cut into strips.
- Serves 4.

Arrange the ham on a serving platter. Drain the tuna and break the flesh into smallish chunks. Stand in a line on top of the ham. Combine the mayonnaise and fennel well together. Spoon over the tuna then stud with olives and decorate with a criss-cross of pepper strips.



INSALATA DI FAGIOLI dressed beans

- ¾ lb. (2 cups) shelled broad, lima, or haricot beans
 - 1 cut clove garlic
 - 3 Oz. (½ cup) lean ham, finely chopped
 - 3 tablespoons olive oil
 - 3 dessertspoon (3T) lemon juice or mild vinegar
- seasoning to taste
½ level teaspoon dried or 1 level teaspoon fresh basil.

Serves 4.

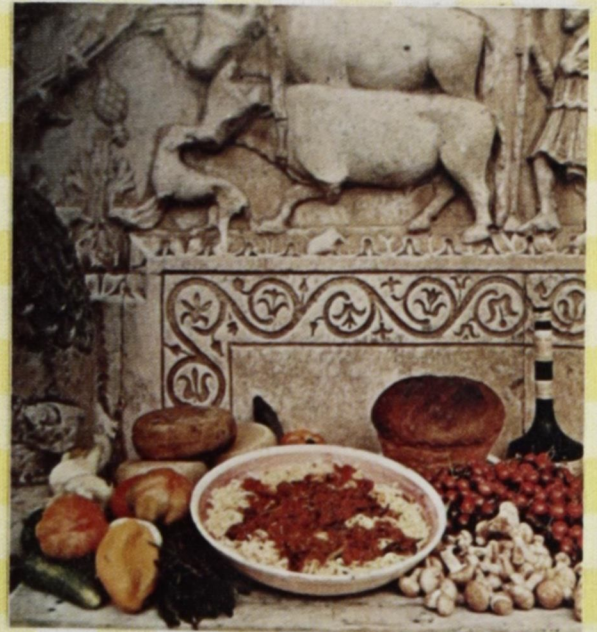
A simple hors d'oeuvre for summer eating. Cook the bean in boiling salted water until just tender and still crisp. Meanwhile, rub the cut clove of garlic round the inside of a salad bowl. Add the drained beans and ham. Beat the olive oil and lemon juice or vinegar well together with the seasonings. Add to the beans in the bowl and toss thoroughly to mix. Chill thoroughly and sprinkle with basil just before serving. Alternatively, top the beans with a little mayonnaise, then garnish with anchovy fillets, rolled round black olives, and tomato slices.





PROSCIUTTO DI PARMA CON MELONE
Parma ham with melon

One: cut a melon (sweet, ripe and preferably chilled) into 2-3 inch thick slices and remove the skin and seeds. Allow one slice per person and stand on a plate. Cover with 1 or 2 slices of Parma ham and serve straight away. Two: cut slices of melon into reasonably large cubes and wrap pieces of ham round each. Secure with cocktail sticks (cocktail picks) then transfer to a serving platter. Allow 4 to 5 per person.

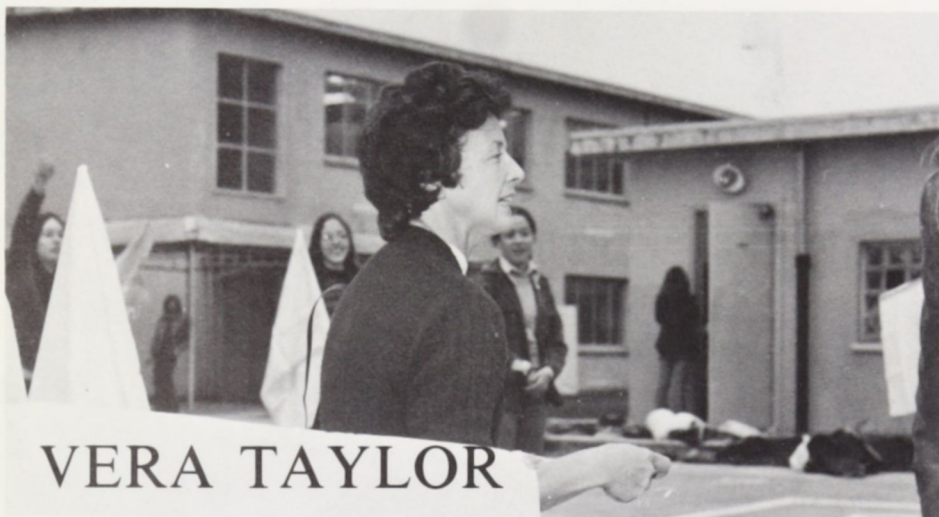




Heat the spinach puree with the butter and cream. Remove from the heat and add the nutmeg. Arrange in a buttered heatproof dish and keep warm. Melt the butter in a pan. Stir in the flour and cook for 2 minutes without browning. Gradually blend in the milk. Cook, stirring continuously until the sauce comes to the boil and thickens. Simmer for 2 minutes. Add 2 oz. (½ cup) cheese and stir until melted. Season to taste with salt and pepper. Poach the eggs lightly and arrange on top of the spinach. Pour over the sauce, coat with the remaining cheese and crumbs and brown under a hot grill. Serve straight away.

UOVA ALLA FIORENTINA
Eggs Florentine

- ½ pint (1¼ cups) spinach puree
 - 1 tablespoon butter
 - 1 tablespoon double heavy cream
 - pinch of ground nutmeg
 - 1 oz. butter (2 T)
 - 2 level tablespoons flour
 - ½ pint (1¼ cups) milk
 - 3 oz. (¾ cup) grated Parmesan cheese
 - salt and pepper to taste
 - 4 eggs
 - 1 level tablespoon fine white breadcrumbs
- Serves 4



A GOOD EGG



After ten years of teaching in USDESEA, (five of them at VAHS) Ms. Taylor resigned mid-semester to return to the United States. She will be long remembered in Vicenza for her unselfish hospitality, her eagerness to help others, and her devotion to girls athletics. In those five years, Ms. Taylor sponsored such activities as Girls Track, Cheerleaders, Pom Pom girls, and G.A.A.

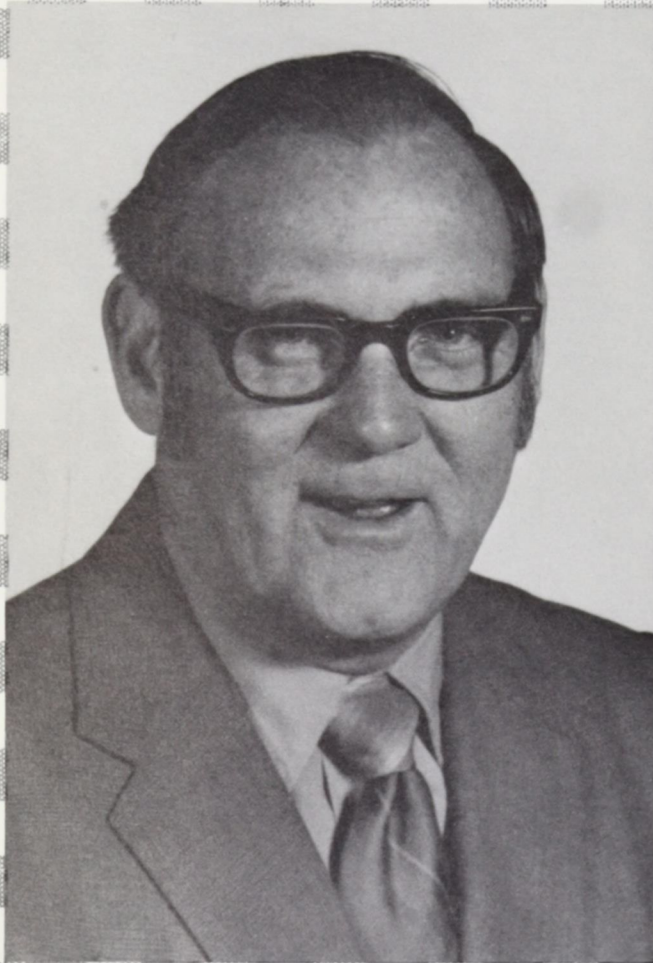


FACULTY

WINES OF THE VENETO

In output alone, the Veneto would rank high among the wine-growing regions of Italy - in some years second only to Apulia. But it ranks high in quality, too, for the light red wines of Lake Garda, such as Valpolicella and Bardolino, and of the Valpantena, even if not so distinguished as the fine red wines of Piedmont, or as the best Chiantis, are wines of grace and charm; while Soave, from the hills between Vicenza and Verona, is unquestionably one of the finest white wines of Italy.

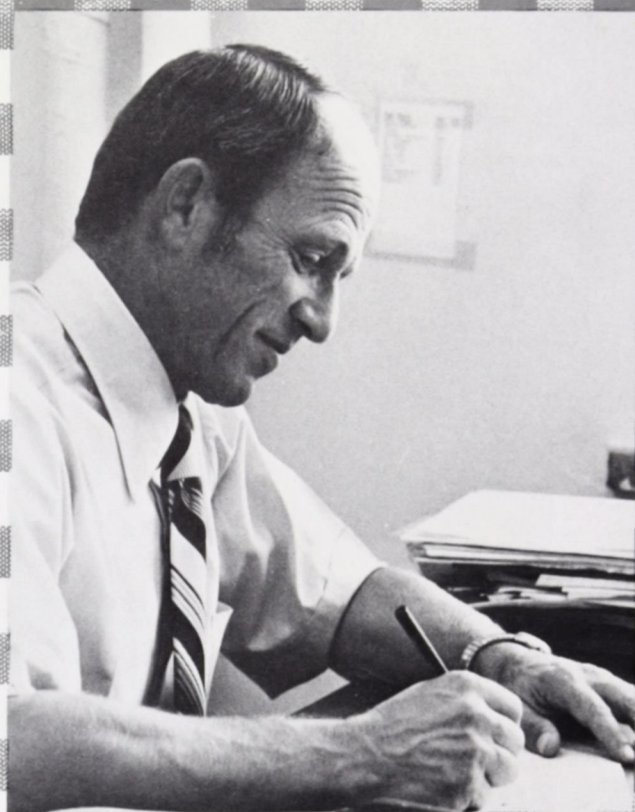
Geographically, this is a varied region, stretching from the shores of Lake Garda to the lagoons of the Adriatic; from the foothills of the Lessini Mountains and of the Dolomites to the plains of the Po. It has always been a rich region, too - from Roman times, when Livy was born in Padua; through the golden age when Venice held the gorgeous East in fee; later, when Palladio built villas by the Brenta for those who had inherited the fortunes thus made; and now, when German and American and British and Swedish tourists pour money into the coffers of the hotels and the restaurants of Venice and of the lakeside resorts.



Joe M. Bressler
Principal; B. Ed. Eastern Illinois Univ.; M.A. Univ. of Illinois

VALPOLICELLA

The best known, and the most popular abroad - in Germany, Britain and the United States - of all the wines of the region, and rightly so, for Valpolicella is a wine of considerable grace, with only a hint of underlying sweetness, suitable to drink with almost any dish, and for almost any climate. Ideally, though, it is a wine to drink cool, with light summery dishes; it is made of the same grapes as Bardolino and Valpantena, but grown in rather heavier soil, in hills away from the lakeside slopes where Bardolino is grown, and - probable because of the soil - very slightly fuller in flavour and deeper in colour. This slightly greater fullness may be the reason why some of the better Valpolicellas lend themselves to ageing in bottle - more, at any rate, than the other two wines of the district. Protected and labelled by the local growers association. Very good years: 1946, 1948, 1952, 1953, 1955, 1957.



Norman L. Friedman
Assistant Principal,
P.E., B.S. UCLA,
M.S. UCLA



Leo R. Wax
Guidance Counselor; B.A. Nebraska
Teachers College; M.A. Ball State Univ.



Susan M. Betz
Guidance Counselor, Jr. High; B.S.
Lycoming College, Ed. Sp. Michigan
State



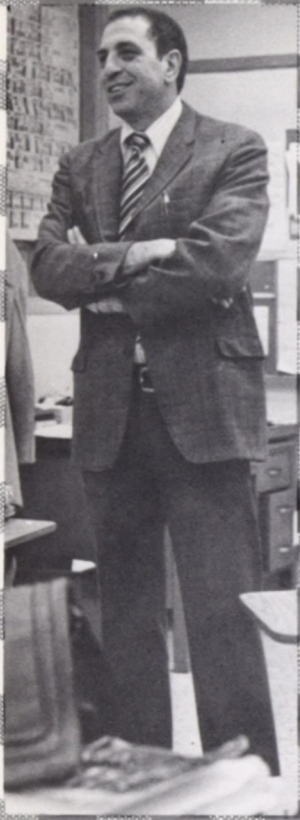
Clitta Frigo
Guidance Office Secretary



Margherita E. Flaherty
School Secretary; Emmanuel
College, AB

TORCOLATO

Golden dessert wine made from semi-dried Garganega and Durella grapes, mostly in the vicinity of Breanزا, north of Vicenza.



Guy P. Abramo
Physics, Chemistry,
Geometry; B.A. Northern
Colorado Univ.; MAT
Washington State.



Providence Cardinelli
School Nurse; B.S. San Fran-
cisco State



Paul N. Child
8th Math, Algebra I, Algebra II; B.S.
Univ. Kansas



Paul Cossell
8th Social Studies, U.S. History, Govern-
ment; M.A. Ball State Univ.

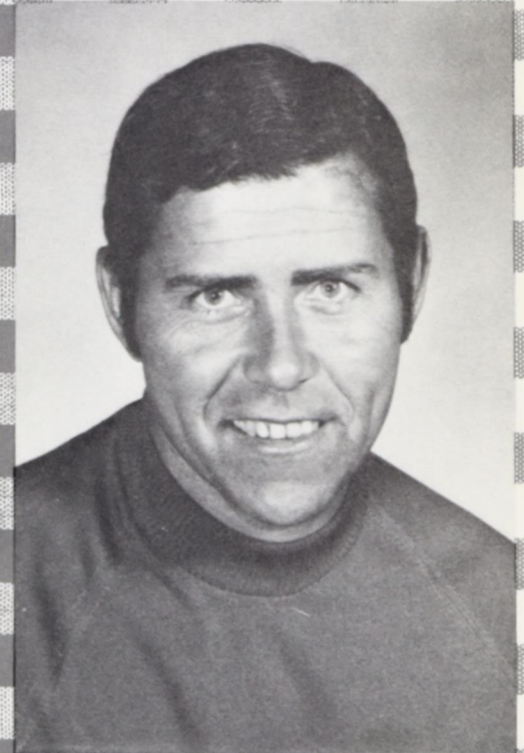
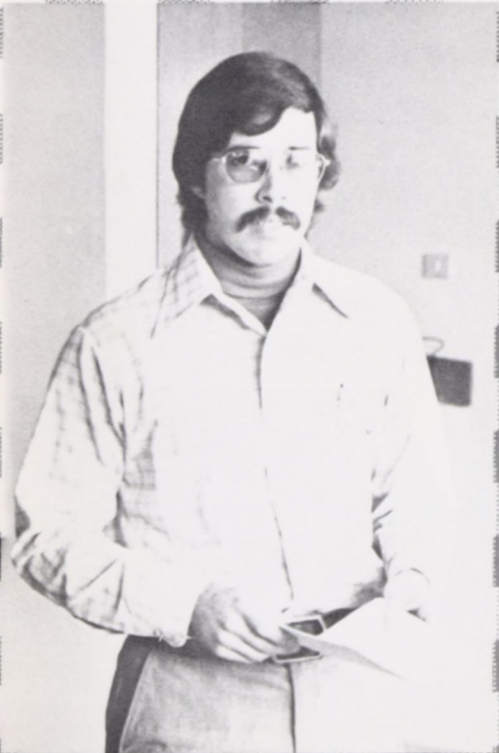
COSTOZA

One of the Colli Berici Wines. The white Costoza used to be known as "the ladies wine" - for no special reason that we can discover: it is no more ladylike than any of the others. The red Costoza is rather better than most of these local wines, and seems to us sometimes to have something of a claret "nose".

Ben Davis
7th Social Studies, U.S. History, Contemporary
Probs.; B.S. Cal-Poly Univ., Pomona; M.S. Cal-
Poly Univ., San Luis Obispo

John F. DeMaso
Guitar, Chorus, Beginning Band, Advanced Band;
B.A. UCLA

Leonard Dempsey
7th Social Studies, World History, P.E.; B.S.
Boston Univ.; M.S. Boston Univ.





Janet Gillett
French I, II, III; B.A. Univ. of Oklahoma

Bettye Moss
English; B.S. Southern Univ.



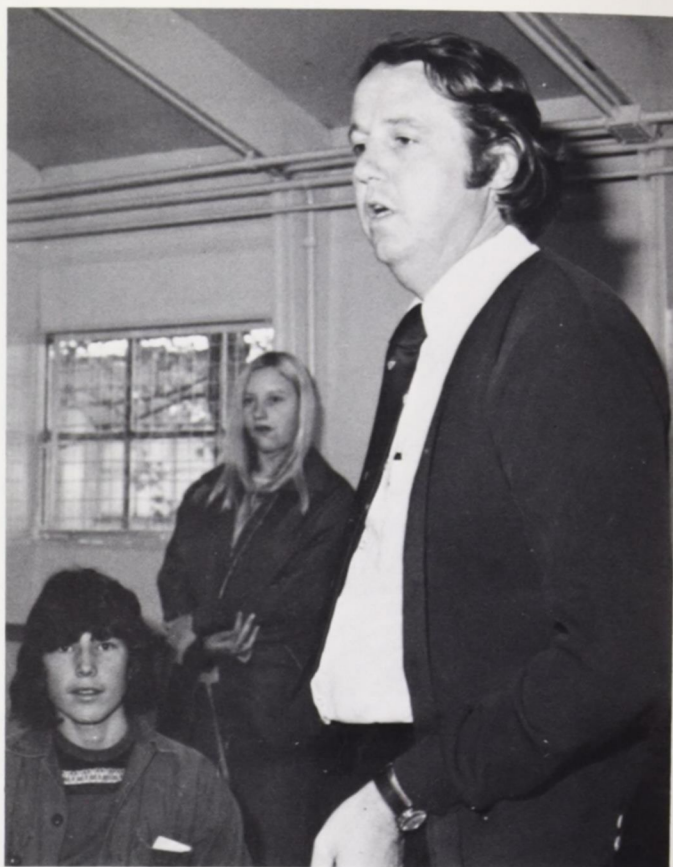
Mimi Fellores
Shorthand, Typing, Business Laboratory; B.A. of N.C.

Peter Giorgi
COWEX, Voc. Guidance; B. Ed. Mansfield State; M.S. + 30 Univ. of Arizona



MALVASIA DI NANTO

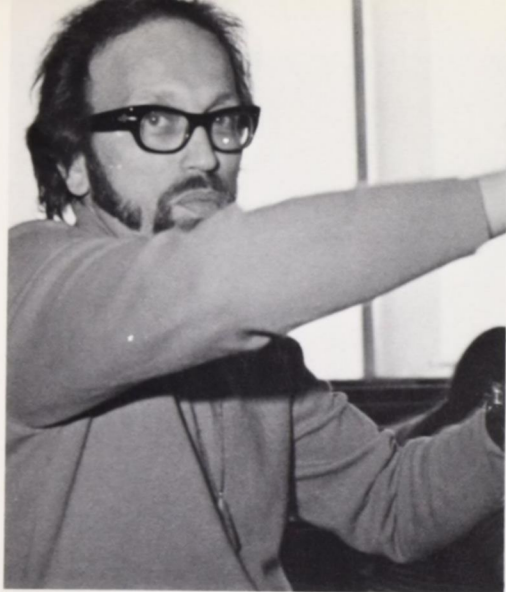
A light, sweet dessert wine from near Vicenza, the digestive properties of which, according to Cunsolo, are so effective that people take it in order to "fare il rutesin" - to belch.



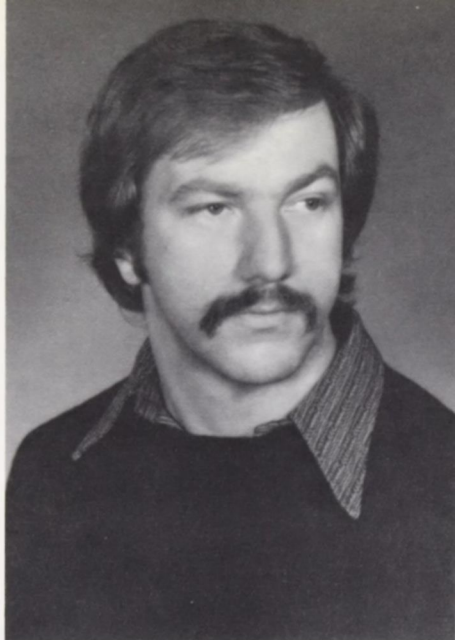
Fred Dyer
English; M.S. Univ. Southern Calif.; B.S. Boston Univ.

Aloysius Freking
Auto Mechanics

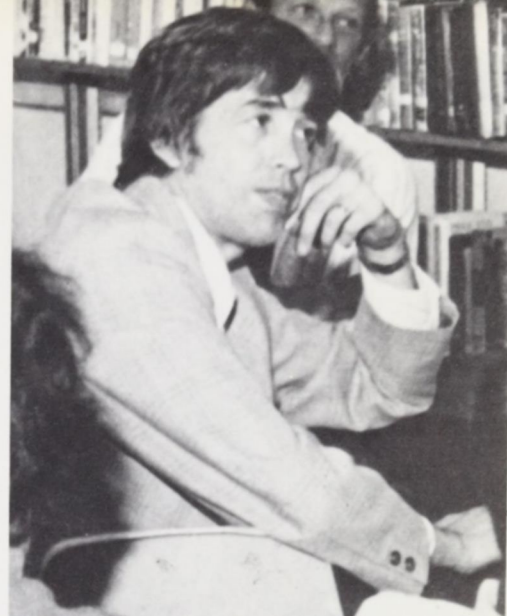




Seymour Hakin
English; B.A. East New Mexico Univ., M.A. New York Univ.



Carter P. Johns
Art I, II, III; Humanities, World Regions, Psychology; M.A. Univ. of Nebraska; M.A. + 30 Geo. Peabody



Charles Linden
7th: Math, Gen. Math, Alg. I; B.A. Augsburg College; M.A. Central Mich. Univ.

Teachers enjoying a host nation meal.

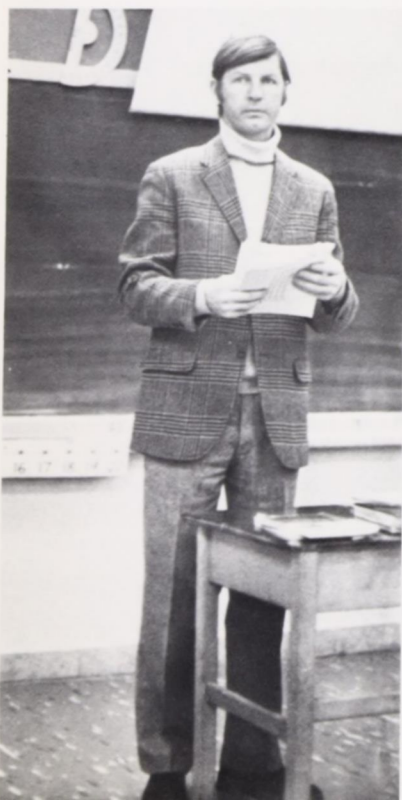


COLLI BERICI AND RIVIERA BERICI

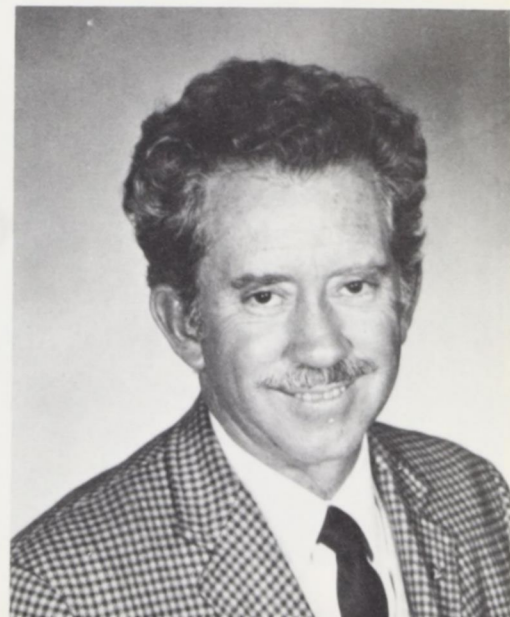
Just south of Vicenza are the Berici hills where, around 1870, a number of French vines were introduced, among them Sauvignon and the white Pinot, which are blended with Italian varieties, and give some pleasant full white wines, with a touch of sweetness but also a hint of bitter almonds. The red wines from Merlot, Molinara, Negrara and Raboso Veronese grapes are sometimes a little astringent, but can be good table wines. An association of growers has been set up.

Henry Martin
Trig., Analytic Geom., Alg. I, 7th Math; B.S. Troy State; M. Ed. + 30 Auburn

Jerri Sue McCoy
8th Science, Home Ec.; B.S. Purdue Univ.; M.S. Indiana Univ.



Russell Monteith
Manuf., Constr., Technical Graphics; B.S. Wayne State Teachers College; M.A. Greeley College

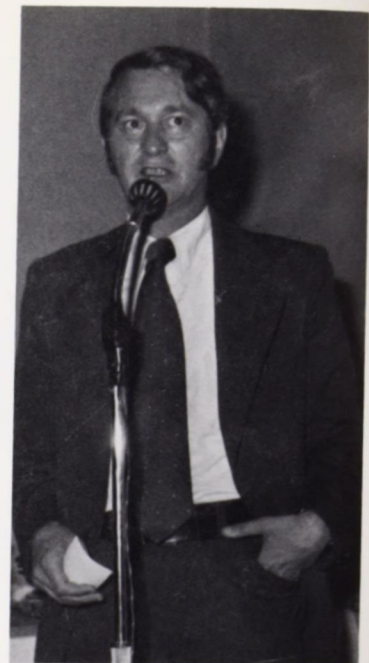




Oween Rath
7th Science, Biology; B.S. Univ. of Texas



Janet Ware
English; B.S. Univ. West Virginia; M.A. Univ. North Carolina



Robert Ricci
ISCS, Biology; B.A. Univ. of Cal.;
M.A. Boston Univ.



Mr. Edward Cook
Superintendent; Sud Bayern
District



Lila Niemi
Librarian; B.S. Univ. of Minnesota



Marisa Refosco
Italian I, II, III, IV; Diploma Istituto Magistrale,
Venezia

Janet Seymour
Reading



Please turn to page 96 for photos of other important staff people.

CAFETERIA

Pietro Piametto, Guerrino Fabbio, Luigi Pavia, Nelda Martini

SUPPLY

Mario Makale, Tim Hortxclai, Louis Picco, Willie Tucker



Minestra di fagioli Haricot bean soup

- 2 tablespoons olive oil
- 1-2 garlic cloves, chopped
- 6 oz. (¾ cup) haricot beans, soaked overnight
- 1 medium onion, grated
- 1 medium carrot, grated
- 1½ pints (6¼ cups) chicken stock or broth
- salt and pepper to taste
- 4 level tablespoons chopped parsley

Put the oil and garlic into a saucepan and heat until hot. Add the drained beans, onion, carrot, half the stock or broth and salt and pepper to taste. Bring to the boil, lower the heat and cover the pan. Simmer gently until the beans are tender, 2½ to 3 hours. Either rub the soup through a sieve or blend until smooth in an electric blender. Return to a clean saucepan, add the rest of the stock or broth and heat slowly until hot, stirring. Adjust the seasoning to taste; stir in the parsley, then serve straight away. Makes 4-6 servings.

ACTIVITIES



COUGARETTES

Cougarette Members: Captain, Allison Caldwell, and Cathy Martini. Assistant Captain, Patti Proulx. Members, Liz Hadley, Laurretta Martini, Judy Martini, Susan Worsham, Michelle Mundis, Shelia Haggerty, Daniela Murphy, Kim Taylor, Shelia Canaday, Lynn Taylor, Linda Onion, Carolyn Hodnett, Kathy Hadly, Michele Adams, Linda Burrows, Arlene Hernandez, Mary Carcelli, Laura Brooks, Diana Burnett, Doris Feehley, Rosa Brooks, Kelly Henineson, Kathy Camire, Alyson Thompson, Donna Feehley, Joy Hallman.



BELOW RIGHT: Mrs. Lewis, one of three girls' Physical Education teachers this school year, works with students in class.



CHEERLEADERS



The cheerleaders started out with seven members but in the end, during basketball season, they ended up with only four. Denise Urner and Lori Waite were lost to the girl's basketball team and Linda Sanchez left for the states leaving captain, Shirley Fuller, Jacquet Moss, Juli Taylor, and Nancy Fletcher to complete the year. The cheer leading squad left nothing to be desired which goes to prove that it's not the quantity but the quality of the performance that makes a good team.

SOAVE

One of the best-known and, deservedly, one of the most highly regarded of the white wines of Italy, made largely of Garganega grapes, but with about twenty per cent Trebbiano, in the immediate vicinity of the picturesque walled town of Soave, at the southern edge of the hill country between Verona and Vicenza. Many Italian white wines are fermented on the skins, to give body and staying power, but the best Soave is made in the French way, which gives greater freshness and fragrance. Sometimes likened by Italian enthusiasts to Chablis, but it is not so delicate as Chablis at its best, though it is a firm, well-balanced wine, and less mawkish than Chablis at its worst, with an agreeable hint of floweriness in its bouquet. Should be drunk fairly young and very cool, when it goes extremely well with the fish-fries of neighboring Venice - it is to be found in every Venice restaurant (though in pretty varying qualities). Protected, along with Bardolino and Valpolicella, by the local growers' association, and acknowledged bottles carry the Veronese neck-label.



19 KNIGHTS IN WHITE SATIN HOMECOMING

The 1974-75 Homecoming was a big success in all aspects. The Vicenza Cougars beat the Livorno Lions on a wet and muddy 2nd of November. The football team chose the homecoming court and it was announced at the Pep Rally and again at half-time of the game. Float competition was held with the Sophomore class coming up with the most unique idea. A successful bonfire was held the night before the game, by the cheerleaders. To top off the weekend, a semi-formal dance was held in the Officer's Club, sponsored by the Seniors. Everyone had a good time at the dance and throughout the Homecoming weekend.



Queen and Mr. Football - Cathy Martini, Greg Roman



Sophomores - Arlene Hernandez, Eric Barringer



Seniors - Margie Zimmerman, Gilbert Fletcher



Freshmen - Judy Martini, Al Lopez



Juniors - Linda Sanchez, Joe Martini



The faculty had a good time at the dance.



Mary Carcelli and Eric Barringer dancing to music by "Chance."

Minestra di Fagiole Haricot Bean Soup

- 2 tablespoons olive oil
- 1-2 garlic cloves, chopped
- 6 oz. (3/4 cup) haricot beans, soaked overnight
- 1 medium onion, grated
- 1 medium carrot, grated
- 1 1/2 pints (6 1/4 cups) chicken stock or broth
- salt and pepper to taste
- 4 level tablespoons chopped parsley

Put the oil and garlic into a saucepan and heat until hot. Add the drained beans, onion, carrot, half the stock or broth and salt and pepper to taste. Bring to the boil, lower the heat and cover the pan. Simmer gently until the beans are tender; 2 1/2 to 3 hours. Either rub the soup through a sieve or blend until smooth in an electric blender. Return to clean saucepan, add the rest of the stock or broth and heat slowly until hot, stirring. Adjust seasoning to taste; stir in the parsley, then serve straight away. Makes 4-6 servings.

Greg Roman and Cathy Martini sharing a piece of the Homecoming cake.



Patty Proulx and Shannon Miller dancing.



Gil Fletcher and Margie Zimmerman walking the royal arches made by the Cougarettes at the Homecoming football game.



RADIO CLUB

The Radio Club, under the guidance of Mr. Peter B. Giorgi, has flourished this year as in many preceding years. New additions to the CBS Radio Station have resulted in better, more fluent on-the-air programs.

FIRST ROW, left to right; Linda Bomershiem, Cindy Davis, Mike Cramer, Ronald Little, Billy Housley, Peter Fasolo, Authur Gilliam, Kent Stevens, Oliver Graves, Kevin Haggerty, Lydia Graham, Arlene Hernandez, Pierangela Davison, Richard Graph, Glenn Goddard, Mr. Giorgi, George Bianco, Kathy Plumlie, Cindy Davis, Harold Hagans, Joyce Hernandez, Perry Seltzer, Carl Adams, Tom Freking

Left to right: David Jagers, Terry Sanders, Ronny Little, Mike Cramer, Perry Seltzer, Darcy Peir, Diana Wright, Ron Payton, Lynda Bomershein, Joe Caltoi, Christine Peterson, Gordon Tyszko, Ken O'Brian, Tom Gatfield, Carl Adams, Mr. Johns, Steve Thompson

ART AND POSTER CLUB

A new club has been added to the long list of extra-curricular activities in VAHS. This new club, was Mr. Carter John's "Brain Storm". The function is to use the artistic talents of the members as advertisement, entertainment and decoration.



DRAMA CLUB

The first big production for the Drama Club was "You Can't Take It With You," a great success for the cost and director Mr. Fred Dyer as well. They also planned other productions to make this an eventful year for the theatre department.



Left to right: Shari Moran, Gordan Tyszko, Joanne Edick, Steve Clonan, Kevin Haggerty, Sheila Haggerty, Nick Newburg, Mr. Dyer, Mike Robinson, John Coker, Gina Bianco and Doris Wilson

ELEMENTARY TUTORS

Left to right; 1st ROW: Tammy Johnson, James Woodard, Carol Smith, Aaron Sa'adah, Scott Cummings, Toni D'Amato, Marina Geirard, Debbie Moran, Joanne Edick, Pam Hughes, Cindy Brasher, Anna Cox, Dianna Burnett, Cathy Bizzaro, Doris Feehley, Mrs. Betz, Christina Magiera, Allen Valdez, Pierangela Davison

MINISTRONE

- 2 tablespoons olive oil
 - 1 large onion, finely chopped
 - 4 rashers lean bacon, chopped (bacon strips)
 - 1 small head (approximately 6 cups) white cabbage, shredded
 - 4 celery stalks, chopped
 - 3 pints (7½ cups) dried beef stock
 - 2 oz. (¼ cup) dried haricot beans, soaked overnight
 - salt and pepper to taste
 - 4 large tomatoes, skinned and chopped
 - 2 level tablespoons tomato concentrate
 - 1 garlic clove, finely chopped
 - 6 oz. (1 cup) any other vegetables in season
 - sliced green or snap beans
 - 2 oz. (½ cup) broken macaroni
 - 1 level teaspoon dried basil or thyme
 - grated Parmesan cheese
- Serves 6

Heat the oil in a large saucepan. Add the onion and fry very gently, with a lid on the pan, until soft but still white. Add the bacon and fry for a further 3 minutes. Add the cabbage, celery, beef broth and drained haricot beans. Bring to the boil and season well to taste with salt and pepper. Lower the heat and cover the pan. Simmer gently for 2¾ hours or until the beans are tender. Add all the remaining ingredients and continue to simmer for a further 15-20 minutes or until the macaroni is just tender. Serve very hot and accompany with the Parmesan cheese.





VAHS BAND

The band has had a very active year under the direction of Mr. John DeMaso. They performed at several assemblies, all the home football games and the pep rallies.

FIRST ROW, left to right; Lorrin Dyer, Robin Mays, Gene Innes 2nd ROW; Bobby Huselbus, Jason Evans, Mike Robinson, Jerry SeEVERS, Debbie Sladick, 3rd ROW; Richard Carcelli, Lori McCarter, Brian Haggerty, Larry Hodnett, Tom Coker, Jose Hernandez, Mike Ross, Bobby Burrows, Veronica Sladick, 4th ROW; Steve Sladick, Natalie Stevenson, Sandra Blevins, Gregory Watson, Charlie Fletcher, Jeff Steel, Mr. DeMaso, Thomas Carrol, Christopher Hilton, Nathaniel Boggs, Terrance Cox, Bill Gust.

CHORUS

This year the chorus is lucky to be filled with so many talented individuals. The soloists have shown themselves to be as dynamic as the entire chorus at times. The chorus' concerts have been filled with beautiful pieces and all sung equally excellently.

Zuppa di pomodori Tomato Soup

- 12 ripe tomatoes, skinned
- 1 garlic clove, chopped
- 2 tablespoons olive oil
- 2 level tablespoons tomato concentrate
- $\frac{3}{4}$ pint (2 cups) chicken stock
- 3 level tablespoons finely chopped parsley
- 1 level teaspoon sugar
- salt and pepper to taste
- 2 level tablespoons cornflour (cornstarch)
- 4 tablespoons cold water
- serves 4-6

Chop the tomatoes and put them into a saucepan with the garlic, oil, tomato concentrate and stock. Bring to the boil, lower the heat and cover the pan. Simmer gently for 15 minutes. Stir in the parsley, sugar and salt and pepper to taste. Mix the cornflour (cornstarch) to a smooth cream with the cold water. Add an equal quantity of hot soup then stir well and return to the saucepan. Cook, stirring, until the soup comes to a boil and thickens. Simmer for 5 minutes, adjust the seasoning to taste then serve straight away. Note: if fresh basil is available, chop a few of the leaves and sprinkle them over each portion of soup.



FIRST ROW, left to right; Bobby Wilburn, Laurie Caffaro, Gina Bianco, Lydia Graham, Karl Adams, Eugene Dykes, Laurie Bradford, Susan Worsham, Donna Sanders, James Woodard.

GUITAR CLUB

The Guitar Club is for any student interested in learning or improving upon skills of playing the guitar. This year the Guitar Club was a class, under the direction of Mr. DeMaso.



FIRST ROW, left to right; Carl Adams, Leonard Brooks, Susan Walker, Gina Bianco, Connie Scutti, Susan Mundis, Alexandria Gates, Mike Robinson, Jay Loftus, Nick Newburg, Mr. DeMaso, Steve Thompson.

FIRST ROW; left to right: Mike Crow, Mr. Hakim, Kenny Adams, Dawn Michanowicz, 2nd ROW; Val Russell, Terry Salminen, Mary Generalli, Mary Vinson, Tina George, Susan Watson, 3rd ROW; Juli Taylor, Tom Vinson, 4th ROW; Tom Benevento, Gil Fletcher, Jeff Wyss, Barry Sloan, Joe Hodnett, Joe Martini, Rose Ann San Martinio, Cary Wilcolm, Steph Abramo, Mickey Manzioni, Angie Napoli.



The Visual Communications Class is in its second successful year, again under the guidance of Mr. Sy Hakim. The Visual Communications Class is basically responsible for putting out the school newspaper, and also for printing and developing pictures, as well as creating, directing, and filming movies.

VISUAL COMMUNICATIONS

NEWSPAPER

The newspaper is again, for the third year in a row, under the super-vision and guidance of Mr. Suy Hakim. The IMP Press keeps everyone in school, including parents and teachers as well as students, informed about the "school happenings," with its bi-monthly issues.



BACK ROW, right to left: Joe Hodnett, Jeff Wyss, Mr. Hakim, Mike Crow, 2nd ROW: Joe Martini, Steph Abramo, Gil Fletcher, Kenny Adams, Mickey Manzioni, 3rd ROW: Juli Taylor, Tina George, Mary Vinson, Tom Benevento, Susan Watson, Rose-Ann San Martino, 4th ROW: Mary Generali, Angie Napoli, Dawn Michanowicz, Val Russell.

LITERARY MAGAZINE

The Literary Magazine staff was responsible for printing a magazine containing some of the art work, written and/or drawn by the more creative and talented students attending VAHS.

Zuppa di pesce Fish soup

- 2 tablespoons olive oil
 - 2 garlic cloves, chopped garlic
 - 8 large tomatoes, skinned and chopped
 - 4 level tablespoons finely chopped parsley
 - 2 level tablespoons tomato concentrate
 - 1 small onion, chopped
 - 1 celery stalk, finely chopped
 - ¼ pint (½ cup) white wine
 - ¼ pint (½ cup) water
 - 1 level teaspoon sugar
 - salt and pepper to taste
 - 1 lb. smoked cod fillet
 - ½ lb. firm white fish fillet
 - 1 teacup (¾ cup) peeled prawns, shrimp or pieces of lobster or crab
 - 4-6 anchovy fillets, chopped
- Serves 4

Heat the oil in a saucepan. Add garlic and fry gently for 5 minutes. Stir in the tomatoes, parsley, tomato concentrate, onion, celery, wine, water, sugar and salt and pepper to taste (Not too much salt, though, as the smoked fish and anchovies contribute some of their own. Bring to the boil and cover. Lower the heat and simmer for 15 minutes. Meanwhile, skin the fish and cut the flesh into large chunks. Add to the soup and cook for 5 minutes. Add the prawns, etc. and anchovies and cook for a further 3 minutes. Serve in large plates and accompany with crusty French bread.



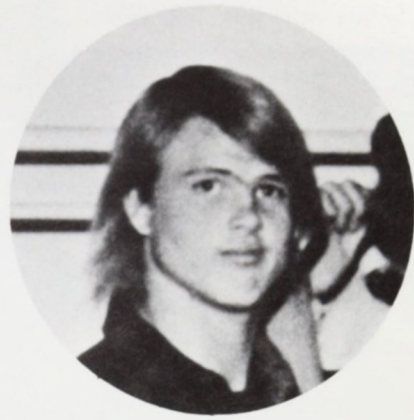
FRONT, left to right: Jo-Anne Edick, James Woodard, Carl Adams, Stan Bryda / Clara Lusardi, Kim Seltzer, Rose-Ann San Martino.



JoAnne Edick



Angie Parraz



Gilbert Fletcher, Staff Photographer, Co-Editor and Sports Section



Paula Proulx



Allison Caldwell

NOSTRA ITALIA XV

VOLUNTEER STAFF



Linda Onion



Valeriè Russell

It is perhaps indicative of the volunteers' efforts that they were unable to get together to have a group photo taken for the yearbook. Too many cooks?

SOUR GRAPES



Julie Taylor, Co-Editor



Lynne Taylor

We got by with a little help from our friends:
Carter Johns
Mimi Fellores
James Pugsley
Henry Lugo
Paul Jerome, Sr.
Ken Burns
The Visual Communications Class

Photos not available: Cathy Sanches, Sylvia Lindsey, Gary Boykin, Kevin Pardue, Mary Generalli

STUDENT COUNCIL IN ACTION!!!!!!



STUDENT COUNCIL

The Student Council, again had another active year. With Mr. Guy P. Abramo, how can it be any other way? This year's Student Council sponsored the traditional Play Day and White Baskey Drive. The Student Council added a new activity to their list of yearly events. They sponsored a Christmas Charity Ball, all proceeds went toward the orphanage that they usually sponsor during the Christmas season.

Left to Right: Angie Napoli, Robbin Mays, Frankie Mastrovito, Lynne Taylor, Denise Urner, Cathy Martini. 2nd ROW: Carl Adams, Mike Proulx, Angie Parraz, Kenny Adams, Paula Boggs, 3rd ROW: Paula Proulx, Richard Stone, Val Russell, Lauretta Martini and Randy Cox.

Zuppa di patate Potato soup

1 large onion, chopped
2 tablespoons olive oil
4 large potatoes
1 small ham bone
2 pints (5 cups) chicken stock or broth
salt and pepper to taste
3 tablespoons single (coffee) cream
grated nutmeg
Serves 4

A quickly and easily-made soup for winter eating.

Fry the onion gently in the oil until soft but not brown. Coarsely grate the potatoes and add to the pan with the ham bone, stock or broth and salt and pepper to taste. Bring to a boil, cover the pan and simmer slowly for about 20 minutes. Stir in the cream and sprinkle the top of each portion very lightly with nutmeg.



HEAD

Health, Education and Drugs (HEAD) was the name of the game. HEAD, in its third year now, was as successful as always. The objective of the HEAD organization is to have High School students and elementary school students get together and learn about health, education and drugs. The High School students serve as teachers, but they learn a few things too.



Left to Right: Richard Stone, Rose-Ann San Martino, Julie Taylor, Quentin Abromo, 2nd ROW, Steve Boyer, Sue Worsham, Michele Mundis, Laura Brooks, 3rd ROW, Ms. Prov Cardinelli, Lori Waite, Denise Urner, Debbie Gust, Allison Caldwell, and Paula Proulx.



Left to Right: Paula Proulx, Gina Bianco, Juli Taylor, Greg Roman 2nd ROW, Stephen Abramo, Angie Napoli and Richard Stone

NATIONAL HONOR SOCIETY

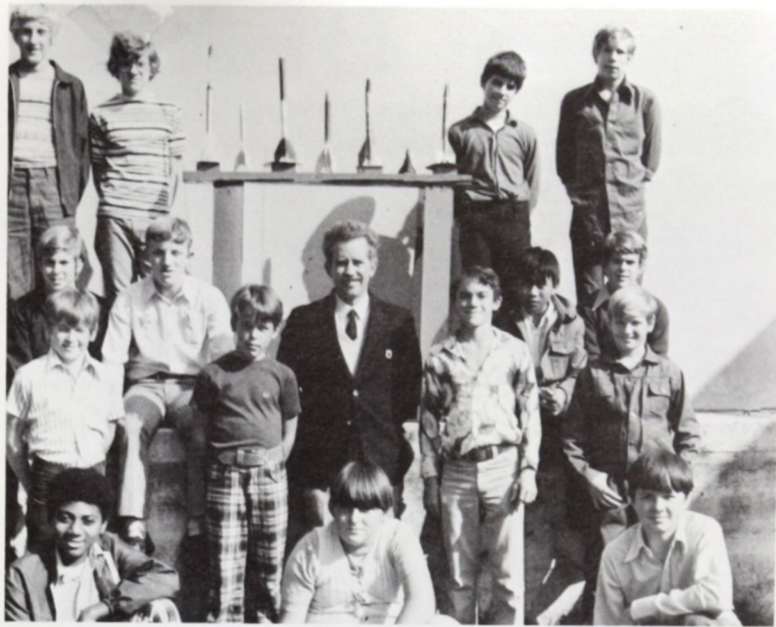
The National Honor Society had a late beginning the past year but finished up with a booming success. Under the guidance and supervision of Ms. Gillett, they were able to achieve all the high standards of the society. The object of the National Honor Society is to set an example for all others to follow during their school years and in the years following graduation.

Insalata verde Lettuce salad

- 1 cut clove garlic
- 1 large lettuce
- 4 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 tablespoon wine vinegar
- salt and pepper to taste
- Serves 4

Rub the salad bowl with the cut clove of garlic. Wash the lettuce and shake the leaves dry. Tear into bite-size pieces and put into the salad bowl. Sprinkle the lettuce with all the remaining ingredients. Toss Thoroughly but gently and serve straight away.





ROCKET CLUB

The Rocket Club, one of Vicenza's more "booming" clubs, is directed by Mr. Montieth. The club is open to both high school and junior High School students, but seems to be more appealing to the Junior High. The club has some "high" ideas and usually succeeds in attaining them.

1st ROW, left to right; Oliver Graves, Kevin Heitman, Bill Hadley, 2nd ROW; Gerald Greene, Val Walmart, Mr. Montieth, Eddie Frushon, James Hawkins, 3rd ROW; Bill Golden, Herbert Davis, John Junelunt, Steve Watson, 4th ROW; Mike Fitzgerald, Randy Stevens, Richard Galley, Eric Massfield.

OFFICE ASSISTANTS

The Office Assistants this year and every year, have been a great asset to Ms. Flaherty, Mr. Bressler, Mr. Friedman and all students attending VAHS. We are very fortunate to have the skilled, concerned volunteers.



Left to Right; Linda Onion, Kathy Sanchez, Sherry Lanbert.

Left to right; Tony Zombeck, Joyce Hernandez, Randy Richardson, Debbie Ce D'Baca, Gina Zombeck, Eddie Frushon, Daniela Murphy, Rosa Brooks, Linda Burrows, Shiela Canaday.



F.H.A.

The FHA or Future Homemakers of America seems to be appealing to females and males alike this year. One tends to be confused as to whether this would be considered a point attributed to the male or female "fight of liberation." Ms. McCoy is the sponsor for this provocative club.



Pasta in brodo - Tomato and beef broth with macaroni

- 2 lb. boiling beef
 - 1 lb. soup bones
 - 4 pints (10 cups) water
 - 2 large onions
 - 2 medium carrots
 - 3 medium celery stalks, each broken into
 - 1 small turnip
 - 1/2 breakfast cup (1/2 cup) parsley
 - 3 to 4 level teaspoons salt
- Serves 8 to 10.

SPORTS

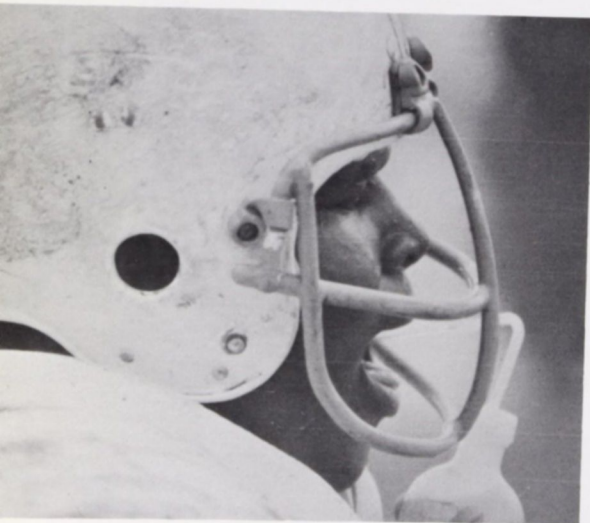
Put the beef (in one piece), the bones, water, onions, and carrots, and celery stalks, turnip, and parsley into a large saucepan. Add salt. Bring to the boil then remove the scum as it rises to the surface. Lower the heat, cover the pan and simmer gently for 4 hours with the heat as low as possible. Strain into a clean bowl and refrigerate when cold. Before serving, remove the hard layer of fat from the top and re-heat as much soup as is required. Add pastini to each serving. Make up broth as directed above but include 2 level tablespoons tomato concentrate and 4 large skinned and chopped tomatoes. Serve each portion with freshly cooked elbow macaroni and a little skinned and chopped fresh tomato. Accompany with grated Parmesan cheese.

FOOTBALL "75"



TOP ROW, left to right: Coach Urner, Dave Curci, Mike Slocum, Eugene Dykes, Bob Frye, Rick Tyler, John Bryda, Greg Roman, Al Lopez, "Tank" Barringer, Tom Benevento, Paul Grzeszczuk, Joe Coffinean, Gil Fletcher, Coach Adams, Steve Fraunfelter, Coach Davis, Shannon Miller, Richard Carcelli, Tim Rose, Mike aBass, Richard Stone, Randy Cox, Mark Grzeszczuk,

Richard Frye, Glen Goddard, Larry Stewart, Ron Pagett, Jim Brackett, Joe Martini, Don Salminen, Charley Fletcher, Head Coach Friedman, Peter Lombard, Cornell Boggs, Mike Proulx, Rick Stewart, Mark Schow, "Moondog" Bianco, Steve Sladick, Steve Boyer, Ron Birdsell, Bob Burrows, Scott Cummings, Joe Napoli, Eugene DeSantis, Dan Ward

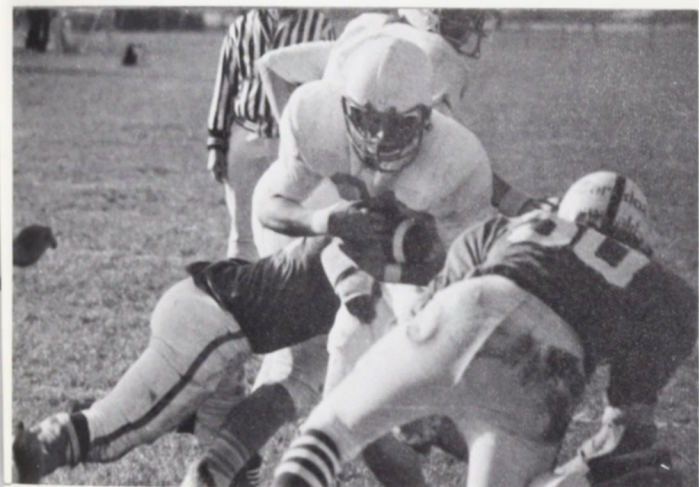
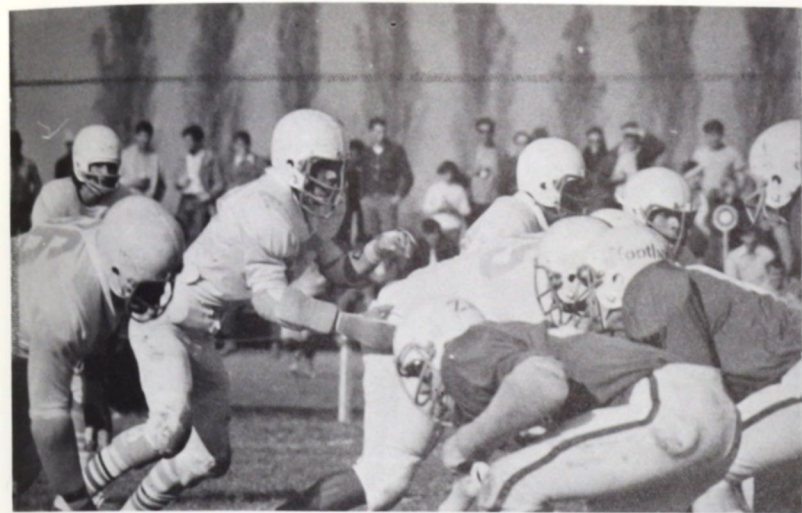


Ravioli con Sugo di Pomodoro Meat ravioli with tomato sauce

4 oz. (1/2 cup) finely minced (ground) stewed beef
 1/2 oz. (1/4 cup) fresh white breadcrumbs
 1/4 level teaspoon dried thyme
 salt and pepper to taste
 Serves 4

Make exactly as the spinach cheese ravioli given in the previous recipe, but fill with a mixture of beef, breadcrumbs and seasoning. Prepare the ravioli as above. Heat the ravioli in any of the tomato sauces suggested for pasta. Sprinkle with grated Parmesan cheese and serve hot.





Uova stapazzate al formaggio Scrambled eggs with cheese

- 2 tablespoons butter
 - 4 tablespoons single (coffee) cream
 - 8 eggs, beaten
 - salt and pepper to taste
 - 4 level tablespoons grated Parmesan cheese
 - 1 level teaspoon very finely chopped fresh basil or 2 level teaspoons finely chopped parsley
- Serves 4

Heat the butter and cream in a saucepan. Add the eggs, salt, and pepper to taste and 2 tablespoons of the cheese. Scramble over a low heat until the eggs are just set. Transfer to a warm dish. Sprinkle with the rest of the cheese and basil or parsley.



75 ASIL CHAMPS

| | | | |
|---------|-----|----------|----------|
| Vicenza | vs. | Naples | 14 to 0 |
| Vicenza | vs. | Aviano | 14 to 12 |
| Vicenza | vs. | Augsberg | 6 to 46 |
| Vicenza | vs. | Livorno | 30 to 14 |
| Vicenza | vs. | Aviano | 9 to 6 |
| Vicenza | vs. | Livorno | 22 to 14 |
| Vicenza | vs. | Naples | 36 to 22 |



ALL CONFERENCE

OFFENSE

Gilbert Fletcher - Half-back; John Bryda - End; Greg Roman - Center

DEFENSE

John Bryda - Halfback; Greg Roman - Linebacker; Bobby Frye - Tackle; Rick Tyler - Tackle; Rick Stewart - Guard



Frank Ponce, Coach Abramo, Tom O'Brien, Mick Manzione, Ken O'Brien, Mike Reagor, Frank Mastrovito

GOLF

LASAGNE

- 6 oz. lasagne
- 1 recipe Bolognese sauce
- 1 recipe cheese sauce
- nutmeg
- grated Parmesan cheese
- butter
- Serves 4

Cook the leaves of lasagne in plenty of boiling salted water for 10 to 15 minutes. Drain thoroughly, then stand each piece on paper towelling to absorb surplus moisture. Butter a fairly deep heatproof dish well. Cover the base with the Bolognese sauce. Add a layer of cheese sauce to which a dash of ground nutmeg has been added. Top with lasagne leave. Repeat, finishing with a layer of cheese sauce topped with a little Bolognese sauce. Sprinkle thickly with Parmesan cheese then dot with flakes of butter. Re-heat for 30 minutes in the center of a moderate oven (350° F). Serve straight away with a green salad

Lasagne verdi (lasagne with spinach)

Make exactly as above but use lasagne verdi, which, during manufacture, is colored green through the addition of spinach.

CROSS COUNTRY



James Woodard, Mauro Nesta, Charlie Norton, Richard Graff, Joe Frushon, Quent Abramo, Pam Wegley, Tom Freking, Bill Gust, Paula Boggs, Danny Cacace, Stef Abramo, Terry Salminen, Angie Parraz, Dawn Michanowitz, Peggy Mauro, Gwen Howell

La Polenta

1 $\frac{1}{4}$ pints (3 cups) boiling water
2 level teaspoons salt
7 oz. (1 cup) polenta
Serves 4-6

Pour the boiling water into a saucepan and add salt. Tip in all the polenta then bring slowly to the boil, stirring continuously. At once lower the heat and simmer very slowly, stirring frequently, for 20 minutes or until the polenta is very thick. Serve each portion liberally topped with flakes of butter and grated Parmesan cheese or coat with the sauces suggested above and then sprinkle with grated cheese.



GIRLS BASKETBALL



Mgr. Lynne Taylor, Debbie Cutchins, Angie Napoli, Laretta Martini, Lori Waite, Denise Urner, Kym Taylor, Mgr. Liz Hadley, Rosie Parraz, Sandra Urner, Angie Parraz, Debbie Gust, Robin Mays, Barbara Parraz, NOT PICTURED Coach, Mrs. Rill

| | |
|-----------------------|----------|
| Vicenza vs. Marymount | 45 to 23 |
| Vicenza vs. Marymount | 31 to 15 |
| Vicenza vs. O.S.R. | 51 to 14 |
| Vicenza vs. O.S.R. | 41 to 10 |
| Vicenza vs. Livorno | 28 to 30 |
| Vicenza vs. Livorno | 25 to 27 |
| Vicenza vs. Naples | 28 to 51 |
| Vicenza vs. Naples | 39 to 41 |
| Vicenza vs. Aviano | 33 to 34 |
| Vicenza vs. Aviano | 28 to 32 |

TOURNAMENTS

| | |
|---|----------|
| Vicenza vs. Marymount | 38 to 11 |
| Vicenza vs. Livorno | 16 to 38 |
| Vicenza vs. Aviano | 30 to 29 |
| All Conference, All Tournament, M.V.P. - Laretta Martini | |

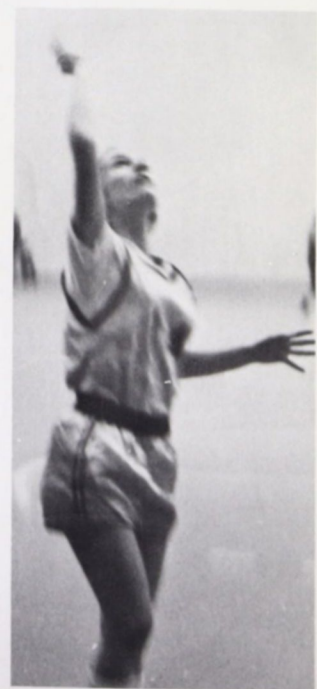


Spaghetti all'olio e aglio Spaghetti with garlic sauce

freshly cooked spaghetti
5 tablespoons olive oil
4-6 garlic cloves, finely chopped
2 heaped tablespoons parsley, finely chopped
½ level teaspoon dried basil
salt and pepper to taste

Bliss for garlic lovers but possibly a bit overwhelming for those who like milder, gentler food with less aftertaste!

5 minutes before the spaghetti is cooked, heat the olive oil with the garlic cloves. Keep the heat low to avoid frying the garlic. Add the parsley and basil. Drain the spaghetti thoroughly and transfer to a warm dish. Add the oil mixture, season with salt and freshly ground pepper and toss gently. Serve straight away.



VARSITY BASKETBALL



Coach, Lenny Dempsey, Tom O'Brien, Morris Simmons, Rick Tyler, John Bryda, Greg Roman, Frank Ponce, Joe Hodnett, Greg Taylor, Jim Brackett, Mike Howell, Randy Cox, Henry Morgan, Joe Martini

| | |
|--------------------|---------|
| Vicenza vs NDI | 62-54 |
| Vicenza vs NDI | 72-50 |
| Vicenza vs OSR | 100- 7 |
| Vicenza vs OSR | FORFEIT |
| Vicenza vs Livorno | 71-45 |
| Vicenza vs Livorno | 57-55 |
| Vicenza vs Naples | 75-68 |
| Vicenza vs Naples | 72-59 |
| Vicenza vs Aviano | 82-60 |
| Vicenza vs Aviano | 70-52 |

TOURNAMENTS

| | |
|----------------------|-------|
| Vicenza vs OSR | 77-18 |
| Vicenza vs Don Bosco | 51-47 |
| Vicenza vs Livorno | 57-54 |

ALL CONFERENCE

John Bryda
Greg Taylor

ALL TOURNAMENT

John Bryda
Joe Hodnett

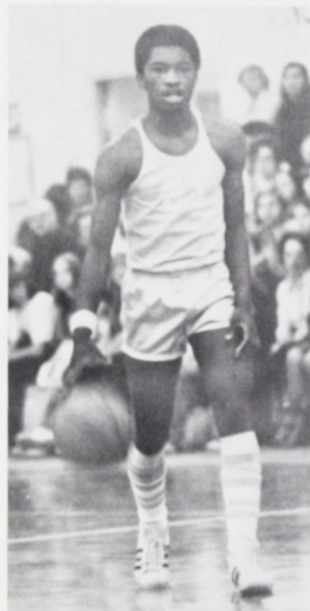
M.V.P.
John Bryda



Risi e bisi Venetian risotto with green peas

- 2 rashers streaky bacon (bacon strips)
 - 2 oz. ($\frac{1}{4}$ cup) butter
 - 1 small onion, finely chopped
 - 12 oz. (2 cups) shelled peas
 - 3 pints ($7\frac{1}{2}$ cups) hot chicken or beef stock
 - 12 oz. (2 cups) Italian rice
 - 2 heaped tablespoons parsley, finely chopped
 - salt and pepper to taste
 - 3 oz. ($\frac{3}{4}$ cup) grated Parmesan cheese
- Serves 4

Chop the bacon finely. Heat the butter in a large pan. Add the bacon and onion and fry gently until pale gold. Add the peas and 4 teacups (3 cups) of the stock. Cover and simmer for 10 minutes. Add the rice, then very gradually blend in the rest of the stock, adding more as each amount becomes absorbed by the rice. Stir frequently with a wooden fork and allow about 20 to 25 minutes cooking time, when the rice should be soft and most of the liquid absorbed. Stir in the parsley, salt and pepper to taste and the cheese. Serve straight away.



WRESTLING



Coach, Guy P. Abramo, Carl Adams, Tony Proulx, Mark Grzeszczuk, Mgr. Bill Gust, Coach Ben Davis, Gil Fletcher, Tom Benevento, Richard Carcelli, Shannon Miller, Mark Schow, Rick Stewart, Steve Clonan, Tom Vinson, Robert White, Robert Hill, Giovanni Picco, Stef Abramo, Eugene DeSantis, Paul Grzeszczuk, Ken O'Brien, Joe Coffineau, Mike Proulx, Don Salminen, Charlie Fletcher, Larry Stewart, Quent Abramo, Frank Mastrovito, Ken Adams, Joe Napoli, Richard Kaminski, Kevin Haggerty, Bob Wilburn, Mike Reagor, Dan Cacace, Bob Brackett

| | |
|--------------------|-------|
| Vicenza vs NDI | 54-12 |
| Vicenza vs NDI | 48-15 |
| Vicenza vs OSR | 66-6 |
| Vicenza vs OSR | 69-0 |
| Vicenza vs Livorno | 66-3 |
| Vicenza vs Livorno | 72-0 |
| Vicenza vs Naples | 22-28 |
| Vicenza vs Naples | 21-25 |

| TOURNAMENTS | |
|-------------|------|
| Vicenza | 195½ |
| Naples | 165½ |
| Aviano | 115 |
| NDI | 90 |
| OSR | 20 |
| Livorno | 13 |

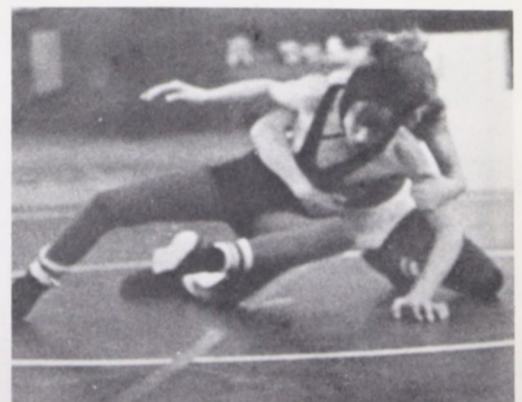
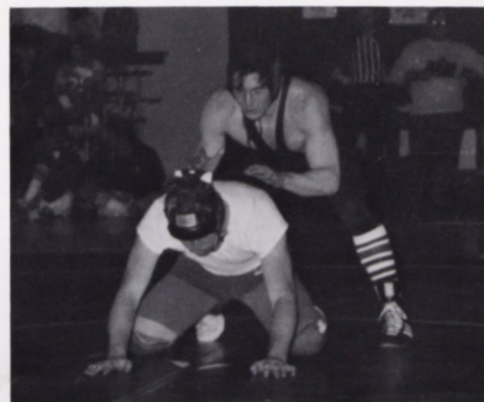
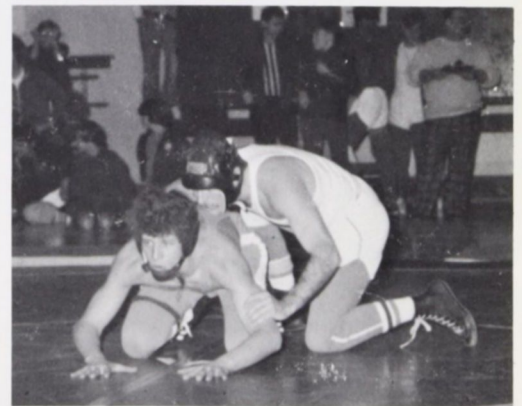
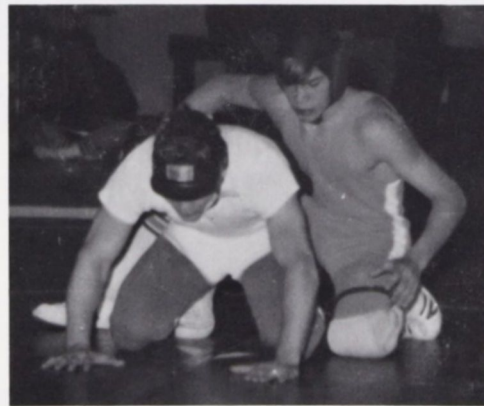
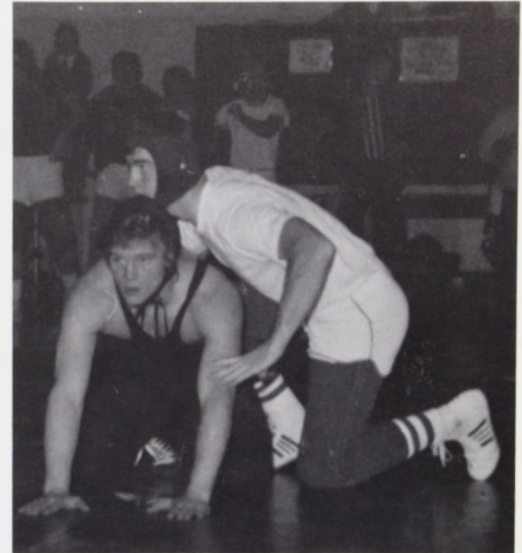
| ASIL CHAMPS | |
|------------------|---------|
| Danny Cacace | 105 lb. |
| Mike Proulx | 119 lb. |
| Larry Stewart | 132 lb. |
| Gilbert Fletcher | 138 lb. |
| Rick Stewart | 145 lb. |
| Mark Grzeszczuk | 167 lb. |
| Shannon Miller | UNL. |



Uova in tazzine Baked eggs

- 4 level tablespoons grated Parmesan cheese
 - 4 level tablespoons Italian ham or salami, finely chopped
 - 4 tablespoons double (heavy) cream
 - 4 eggs
 - salt and pepper
 - 1 tablespoon melted butter
- Serves 4

Preheat the oven to moderate (350° F). Butter 4 individual heatproof dishes as well. Sprinkle the base of each dish with the cheese and ham or salami, then pour in a tablespoon of cream. Break an egg into each and sprinkle with salt and pepper. Spoon the butter over the tops then stand in a roasting pan containing ½-inch cold water. Cook in the center of the oven for approximately 8 minutes or until the whites are set and the yolks still creamy. Serve straight away.



J.V. BASKETBALL



Coach Lenny Dempsey, Paul Jerome, Mick Manzione, Frank Ponce, Randy Cox, Rick Tyler Tom O'Brien, Morris Simmons, Bryan Schuler, Jim Brackett, Eugene Dikes, Mike Howell, Henry Morgan

ARTHUR ASHE VISITS VICENZA

Black Awareness Week at VAHS offered a little more than the ordinary program, with a impressive visit by tennis celebrity Arthur Ashe. Mr. Ashe gave a tennis clinic at 3:45 in the school gym where he demonstrated superb tennis technique as well as an interesting commentary.

Cannelloni

8 oz. cannelloni
1 breakfast cup (1 cup) cubes of stewed beef
1½ oz. (¾ cup) fresh white breadcrumbs
2 oz. (½ cup) grated Parmesan cheese
1 beaten egg
¼ teaspoon level ground nutmeg
a little gravy from the stewed beef
salt and pepper to taste
1 oz. (2T) butter
¼ pint (5/8 cup) chicken stock
Serves 4

Cook the cannelloni in boiling salted water for 8 to 10 minutes. Drain thoroughly. When cool enough to handle, split each one lengthwise and open out. To make the stuffing, mince the stewed beef finely and combine with the breadcrumbs, half the cheese, egg and nutmeg. Bind with a little gravy then season well to taste with salt and pepper. Put equal amounts of the stuffing on to each cannelloni, roll up like fat sausages. Place side by side in a shallow buttered baking heatproof dish. Dot with flakes of butter then sprinkle with the rest of the cheese. Pour the stock into the dish then re-heat in the center of a moderate oven (350° F) for 25-30 minutes.



CLASSES

The Main Course Of Education

JUNIOR HIGH CLASS OFFICERS



Carmine Scutti-President, Jason Evans-Vice-President, Tammy Johnson-Secretary, and Barbara Russell-Treasurer

CLASS OF 1980



David Boyd

The Junior High's first activity after elections was a dance, which satisfied everyone. Many more dances followed and of these the Sadie Hawkins stands out in everyone's mind. The Junior High is now looking forward to spring which brings "Play Day."



Mike Bizzaro



Howard Blevins



Sandra Canaday
Vicki Coffineau



Mike Brasher



Leonard Brooks



Jim Caldwell



Willy Caffaro



Cindy Carlstead



Bobby Clark



Theresa Coker



Mark Combs



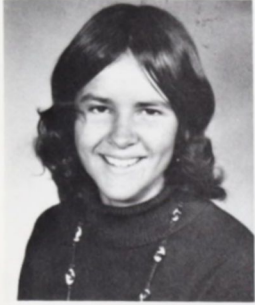
Mike Cramer



Tim Cummings



Bruna Curtis



Jenny Cutchin



Christine Faria



Peter Fasolo



Danny Fitzgerald



Glenn Graves



Scott Golden



Toni Gomez



Robert Gorey



Gerald Green

We are all of one world, we are all of one blood. To hate a man because he was born in another country, because he speaks a different language or because he takes a different view on this subject or that, is a great folly. Desist, I implore you, for we are all equally human.



John Green



Arthur Guilliam



Cindy Hadly



Harlod Hagens



Dale Hawkins



Jose Hernandez



Karen Hilton



Bill Housley



Lois Huertoa



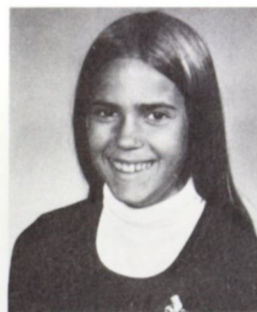
Geri Inness



Steve Jerome



Jenny Johnson



Vicki Laskey



Ronny Little



Olwyn Marshall



Rita Mastravito



Ann Medley



Kirk Milliken



Scott Mott



Betty Murphy



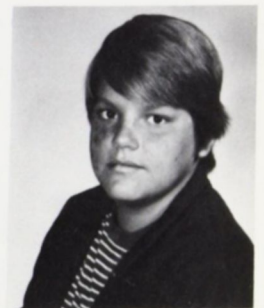
Shelly Oelke



Jack Orologio



Eddie Peterson



Jay Preston



Joanne Proulx



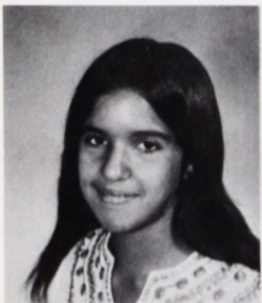
Darryl Rose



Mike Ross



Richard Sanchez



Kathy San Martino



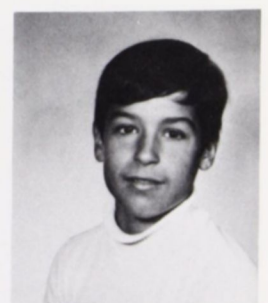
Mary Scharartz



Doug Schow



Kevin Schuler



Carmine Scutti



Jeff SeEVERS



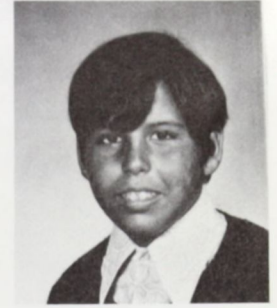
Perry Seltzer



Yuksel Soindikci



Erien Stapleton



Kent Stevens



Peter Stoltz



Kathy Stone



Douglass Straley



Janet Thomas



Robert Tompkins



Larry Toughah



Tammy Tudaro



Bobby Unde



Val Wallmark



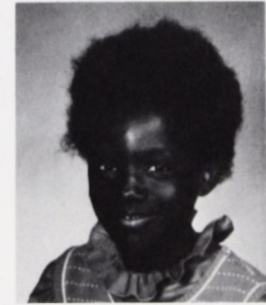
Kurt Whalen



Peter Whitmore



Patty Williams



Michele Williams



Gary Wilson



Myra Wilson



Golda Zeigler



Randy Zeigler

NOT SHOWN: Bonnie Moran, Dean Tannock, and Gina Zombeck

THE CLASS OF "79"



Monika Baldwin



Scott Birdsell



Kelly Bisbey



Cathy Bizzaro



Linda Bomershein



Joe Cattoi



Liz Ceruto



Nick Challen



Celeste Coffineau



Tom Coker



Anna Cox



Toni D'Amato

Scaloppine
di vitello al
Marsala Veal
escalopes with
Marsala

1 lb. veal
escalopes
flour,
well-seasoned
with salt and
pepper
3 oz. ($\frac{3}{8}$ cup)
butter
1 tablespoon
olive oil
1 wineglass Marsala
Serves 4

Cut the veal into very thin slices, then beat each until paper thin. Coat with flour. Heat the butter and oil in a large pan and add the slices of veal. Brown quickly on both sides. Add the Marsala then simmer, uncovered for 3 minutes. Serve immediately and accompany with broccoli and baby potatoes tossed in butter.



Cindy Davis



Lauren Dyer

Fegato alla
Veneziana

2 pounds
calf's liver
2-3 tablespoons
olive oil
4 tablespoons
butter
1½ pounds
onions, thinly
sliced
2-3 sprigs
parsley, finely
chopped
salt and pepper

Heat the oil and butter in a frying pan. Add the onions and saute very gently until soft but not brown. Add the liver and cook for about 5 minutes over a brisk heat, browning it on both sides. Sprinkle with parsley, season with salt and plenty of pepper, and serve immediately with thick slices of hot polenta. Serves 6.



Jason Evans



Mike Finnegin



Eric Friedman

Wendy Frye

Billy Graves

Oliver Graves

Marina Girard

Bacala Mantecato
Cream of Salt Cod

2½ pounds pre-soaked salt cod
olive oil
2 cloves garlic, finely chopped
2-3 sprigs parsley, finely chopped
salt and pepper

If the salt cod has not been pre-soaked, soak it in fresh water for at least 24 hours, changing the water every 8 hours. Put the soaked cod into a large pan and cover with cold water. Bring to the boil slowly, remove the pan from the heat and leave the cod to soak for about 20 minutes. Drain, skin and bone the fish. Pound the flesh to a paste, gradually adding as much olive oil as it will absorb. Finally add the garlic, parsley, a little salt if necessary and a generous pinch of pepper. Serve cold with polenta. Serves 6



Artistic Junior Higher's at work diligently!!



Bill Golden

Will Hadley

Patty Hagans

Brian Haggerty

Mike Harmon



Timmy Hawkins



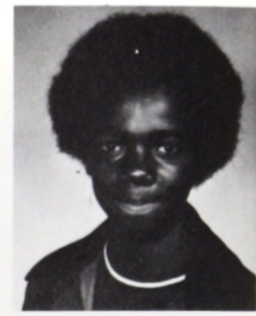
Kevin Heitman



Evelyn Hernandez



Chris Hilton



Larry Hodnett



Kathy Hudson



Bobby Hulsebus



Mark Innes



David Jagers



Michele Jenkins



Mark Johnson



Tammy Johnson



Karen Leary



Lisa Little



Grace Loftus



Leslie Martini



Lori McCarter



Kenna McKenzie



Lynette McRoberts



Robert Milliken



Ron Patten



Susan Pattison



Kelly Peer



Just another pretty face.



Becky Pellerito

Christine Peterson

Twila Plumlee

Tony Proulx

Ricky Rice

Patate fritte Fried potatoes with rosemary

2 oz. (1/4 cup) butter
 2 tablespoons olive oil
 4 medium cooked potatoes, sliced
 1 level teaspoon dried rosemary
 Serves 4

Heat the butter and oil in a frying pan. Add the potato slices then sprinkle with rosemary. Fry over a medium heat until golden, turning frequently until all the potato slices are evenly browned. Serve straight away.



Angela Redden

Caroline Rooz

Barbara Russell

Aaron Sa'Hdah

Fernando Sanchez



Mike Sanchez



Terry Sanders



Craig Cchow



Sharan Sellers



Veronika Sladick



Carol Smith



Jeff Steel



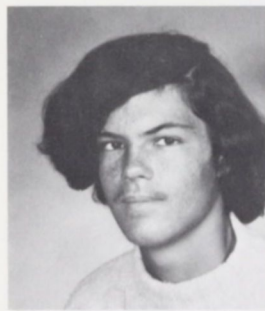
Randy Stevens



Earnest Stoltz



Patty Stone



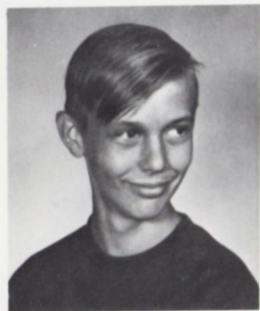
Vicki Valceanu



Barbara Valdez



Tommy Vargas



Dwane Watson



Greg Watson

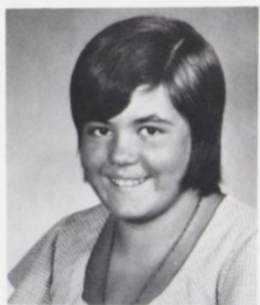
NOT SHOWN: Deborah, Cohen, Edward Frushon, Richard Galley, John Junlanunt, Susie Martinez, Cartier McKinzie, Ernest Stoltz, Tommy Vargas, Sissy Ponce, James Whisnant



Steve Watson



James Whesnast



Diana Wright



Jeff Young

Peperonata Peppers, Italian style

6 medium red pimentos
2 large onions
1 garlic clove
12 medium red tomatoes, skinned
5 tablespoons olive oil
salt to taste
Serves 4-6

De-seed the pimentos and cut into strips. Slice the onions thinly. Chop the garlic and tomatoes. Heat the oil in a large pan. Add the pimentos, onions, and garlic. Fry gently for 15 minutes. Add the tomatoes and salt to taste. Cover and simmer for 30 minutes.

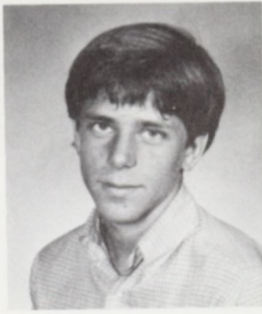
THE CLASS OF "78"



Executive Council: Frank Mastravito, Ken O'Brien, Judy Martini, Joe Caffineau, Randy White, Pam Wegley, Wendy Sperow, and Steve Fraunfelter

The Freshman Class sponsored by Mr. Martin and Miss Nini has slowly started to work. The Freshman as of lately have been raising money by selling recycled notebooks and sponsoring a Valentine's assembly.

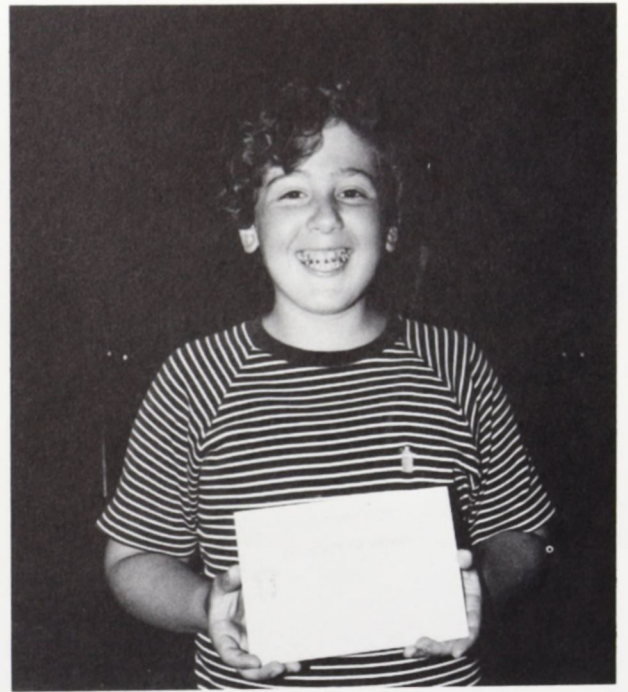




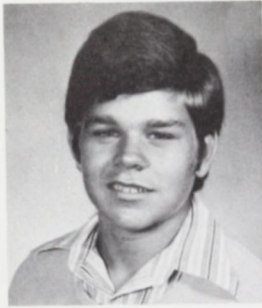
Abramo, Quentin



Ambrose, Larry



FRESHMAN IN ACTION in locker room



Anderson, Conrad



Blanck, Mary



Blevins, Sandra



Boggs, Nathaniel



Brackett, Robert



Bradford, Laurie



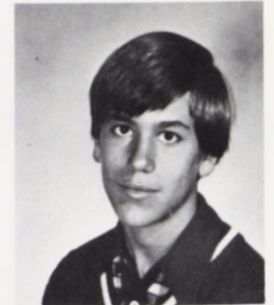
Brooks, Rosa



Bryant, Jerome



Burrows, Linda



Caccae, Danny



Camire, Paul



Canaday, Sheila



Carroll, Thomas



C' De Baca, Deborah



A glowing smile that accentuates a glowing personality- Frank Mastravito



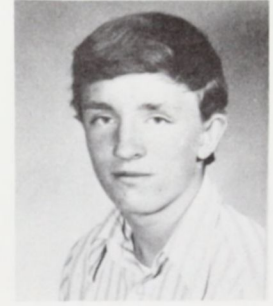
Coffineau, Joseph



Coker, John



Cutchin, Deborah



Davis, Herbert



Davison, PierAngela



Dykes, Eugene



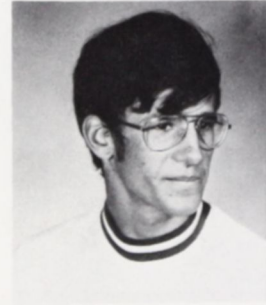
Fitzgerald, Michael



Flaherty, Michelle



Fletcher, Nancy



Fraunfelter, Stephen



Gates, Alessandra



Graff, Stacy



Graham, Lydia



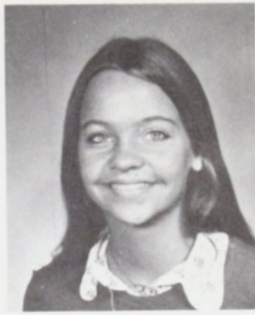
Green, Patricia



Gust, Christine



Hadly, Kathy



Henningsen, Kelly



Hoyer, Mary



Hughes, Tammie



Iliff, Gary



Innes, Raymond



Jerome, Paul



Kaap, Evone



Kaminski, Richard



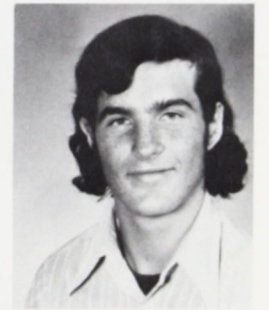
Kelly, Karen



Kohut, Johnny



Lindsey, Monica



Lombard, Peter



Maravia, Litsa



Maravia, Mary



Martin, Charles



Martini, Judy



Mastrovito, Frank



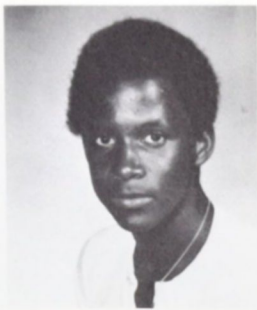
Mattfield, Eric



Mauro, Peggy



Mays, Robin



McKenzie, Clay



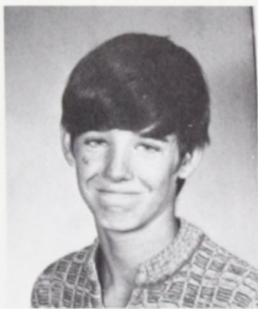
Moran, Shari



Mundis, Susan



Murphy, Daniela



O'Brien, Kenneth



That was a funny one All! Laughing together as usual, Al Lopez & Richard Frye.



Onion, Karen



Otten, Michael



Padgett, Ronald



Parraz, Rose



Phalen, Elizabeth



Plumlee, Carla



Proulx, Michael



Randazzo, Mark



Ray, Michael



Reagor, Michael



Richardson, Randall



Saffer, Donna



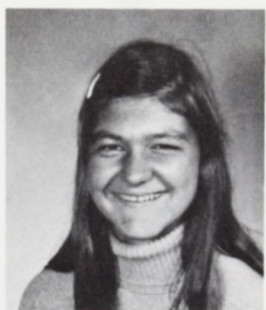
Salminen, Terri



Scutti, Connie



Smith, Sukunya



Sperow, Wendi



Thompson, Alyson



Ulmer, Ellen



Urner, Sandra



Valdez, Alan



Wegley, Pamela



Weist, Kimberly



White, Robert



Wilburn, Robert



Woodrow, Wendi



Zaldivar, Roberta



Zombeck, Anthony

NOT PICTURED: Bass, Robert; Burruel, William; Finnegan, James; Ford, James; Hooper, Pat; Laughman, Monroe; Lopez, Albert; Martin, Richard; Medley, Paul; Maravia, Dory; Moreno, Fred; Shuler, Charles; Seevers, Jerry; Shank, Robert; Simpson, Cheryl; Tannock, Deborah

Scampi fritti Fried scampi

Allow at least 1 lb. scampi or Dublin Bay prawns for 4 people (shelled weight). Prepare a batter as directed for fritto misto mare. Coat the prawns with the batter then fry and serve hot with wedges of lemon.

Funghi in umido all'aglio Braised mushrooms with garlic

4 tablespoons olive oil
2 garlic cloves, finely chopped
1 lb. (5 cups) sliced mushrooms
1/2 teaspoon chopped fresh mint
or double the amount of basil
salt and freshly milled pepper to taste
Serves 4

Heat the oil in a large pan, then add the garlic. Fry gently for 5 minutes. Add all the remaining ingredients, cover the pan and simmer for 15 to 20 minutes.

The sophomore class started out very well this year. Their main goal was to sponsor the Senior reception at the Graduation. To raise money for this they had the Sadie Hawkins dance which was a big success and bake sales. They also sponsored a Talent Show in late March.



SOPHOMORES

Hey Kim that looks good!



EXECUTIVE COUNCIL P. Boggs, S. Boyd, D. Feehley, L. Hadly, L. Taylor, L. Martini, M. Generelli, S. Lindsey, T. Vinson, E. DeSantis, R. Graff, J. Edick, S. Watson, M. Mundis, D. Burnett

Everybody needs to eat, even sophomores



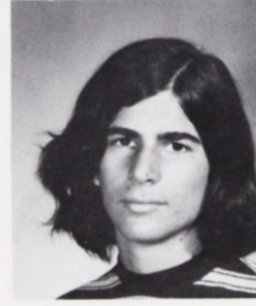
Eric Barringer



Bob Birdsell



Paula Boggs



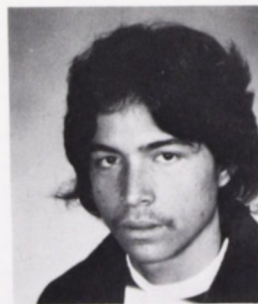
Steve Boyd



Cindy Braher



Diane Burnett



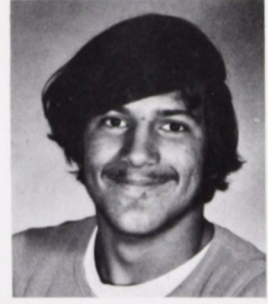
Mike Burrkul



Laurie Caffaro



Cathy Camire



Richard Carcelli



James Clagett



Steve Clonan



Scott Cummings



David Dearborn



Eugene DeSantis



Tom Downing



Donna Feehley



Doris Feehley



Charlie Fletcher



Carrie Frame



Joe Frushon



Joanne Edick



Richard Frye



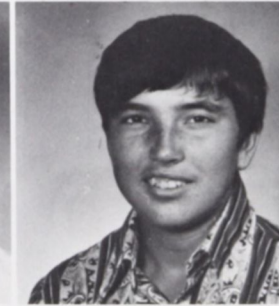
Mary Generelli



Kevin Gieson



Rick Graff



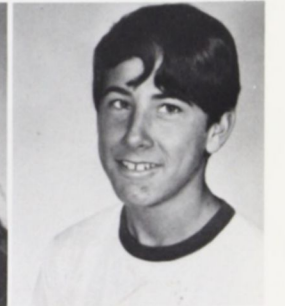
Brent Griffin



Paul Grzesczuk



Liz Hadly



Kevin Haggerty



Shiela Haggerty

Pollo alla cacciatora Chicken cacciatora
 1 medium sized roasting (broiling) chicken, jointed
 flour
 2 oz. (1/4 cup) butter
 1 tablespoon olive oil
 1 large onion, chopped
 2 garlic cloves, chopped
 8 medium tomatoes, skinned and chopped
 3 tablespoons tomato concentrate
 1 level teaspoon sugar
 1/4 pint (5/8 cup) chicken stock
 salt and pepper to taste
 8 oz. (2 1/2 cups) sliced mushrooms
 4 tablespoons Marsala
 Serves 4

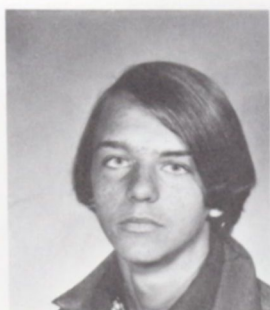
Coat the chicken joints with flour. Heat the butter and oil in a large pan. Add the chicken joints and fry until crisp and golden. Remove to a plate. Add the onion and garlic to the pan and fry gently until pale gold. Stir in the tomatoes, tomato concentrate, sugar and stock then season well to taste with salt and pepper, bring to the boil. Replace the chicken, cover the pan and simmer slowly for 30 to 45 minutes. Add the mushrooms and Marsala and continue to cook for a further 10 to 15 minutes. Serve with freshly cooked pasta.



Joy Hallman



Cheese



Ron Hodnett



Tom Hatfield



Carolyn Hodneti



Pamela Hughes



Donna Jaggars



John Jelen



Connie Leary



Sylvia Lindsey



Christine Magiera



Micki Manzione



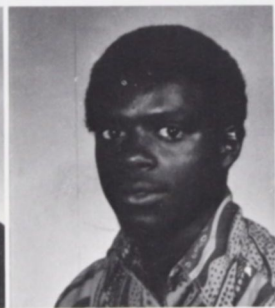
Lauretta Martini



Andrew Matfield



Mark Machanowicz



Henry Morgan



Eric getting help from a friend



Jocquet Moss



Michele Mundis



LeeAnn Newburg



Barbara Parraz



Lynn Phelps



Frank Ponce



Christine Rakas



Mike Robinson



Don Salminen



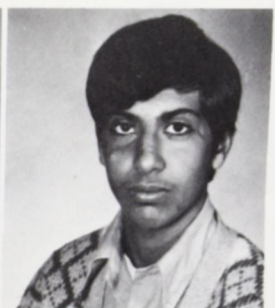
Kim Seltzer



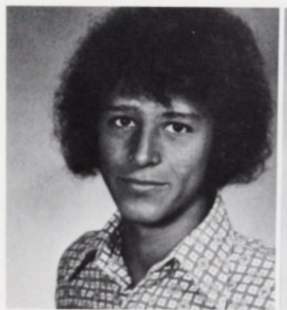
Debbie Sladick



Steve Sladick



Jim Stolts



Larry Stewart



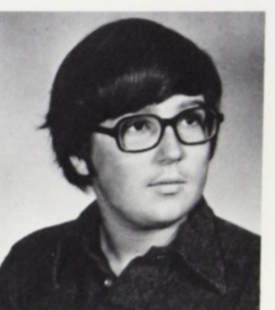
Kym Taylor



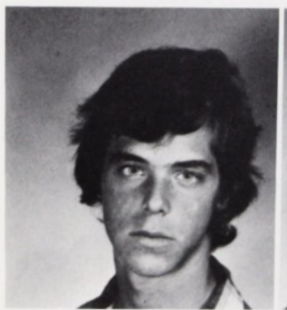
Lynne Taylor



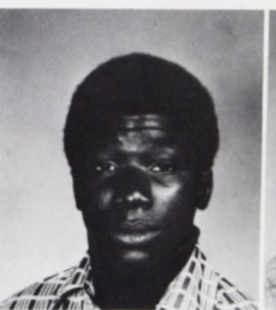
Pat Thibault



Gordon Tyszko



Tom Vinson



Damian Warren



Terri Warren



Charlie, a true "STUD"



Donna Wasson



Susan Watson



Mike Woodrow

“SPIRIT OF ‘76”

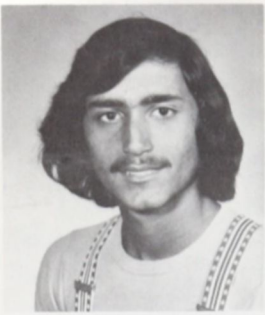
Pesce bollito con salsa verde Boiled fish with garlic sauce

Simply boil, for 15 minutes, 1 whole onion and 1 sliced carrot in a frying pan containing salted water, a few tablespoons of dry white wine, a scraping of nutmeg, a short strip of lemon peel and freshly ground pepper. Add the fish then reduce the heat so that water bubbles gently. Cover and simmer for 7 to 10 minutes, depending on the thickness of the fish steaks. Remove from the pan with a perforated fish slice and serve straight away with the sauce. Serves 4.

The Junior Class of “76” was faced with the traditional VAHS task of raising enough money for the Junior-Senior Prom. The Juniors tackled this task by sponsoring bake sales, a dance, selling Valentine's cards and flowers, and their largest project, a raffle.



As usual the Junior Executive Council is left short-changed. Richard Stone, Cathy Scutti, Mike Holmes, Patti Proulx, Jim Brackett, Allison Caldwell, and Bill Gust.

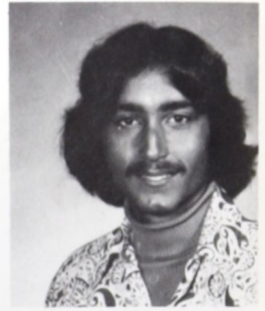


Carl Adams

Insalata mista Mixed salad

- 1 garlic clove
 - 1 medium cucumber
 - 4 medium tomatoes, skinned
 - 1 medium carrot
 - 1 medium onion
 - 1 head of chicory
 - 4 tablespoons thick mayonnaise
 - 2 tablespoons olive oil
 - 1 tablespoon lemon juice
 - 1 tablespoon wine vinegar
- Serves 4

1. Rub the salad bowl with the cut clove of garlic. Peel and slice the cucumber. Cut the tomatoes into wedges. Dice the carrot. Grate the onion coarsely. Discard the outer leaves of the chicory, then gently pull off the remaining leaves. Put all the prepared vegetables into the salad bowl. Beat the remaining ingredients well together. Pour over the salad and toss thoroughly.



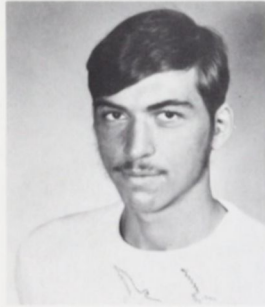
Kenny Adams



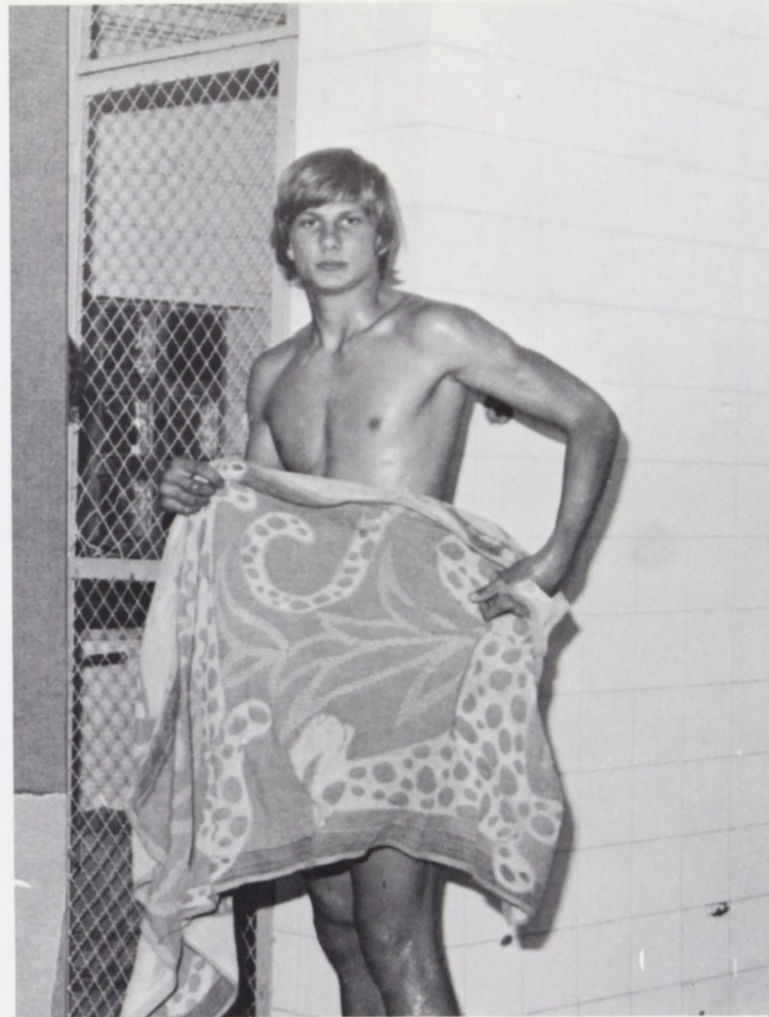
Michele Adams



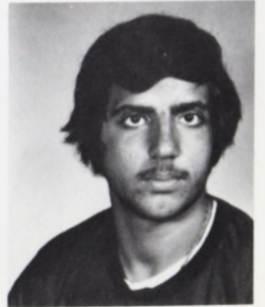
Lizanne Anderson



Tom Benevento



Hey, Randy, Is that a leopard or a cougar changing his spots?



George Bianco



John Bizzarro



Diana Blevins



Steve Boyer



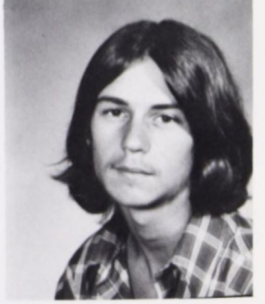
Jim Brackett



Laura Brooks



John Bryda



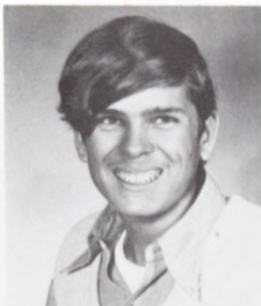
Bob Burrows



Allison Caldwell



Mary Carcelli



Kevin Coulombe



Randy Cox



John Crow



Dave Curci

When you have a mind full of fog
and a heart full of dreams,
it's good to be sitting on top of the
world where the air is crisp and
clean-in the wooden threshold
of a crystal stairway
that's maybe icy,
steep,
winding,
with steps missing-
and in place of the vacancy-
a challenge.

Insalata di finocchi e cetrioli
Fennel and cucumber salad

- 1 clove garlic
 - 1 medium cucumber
 - 1 bulb of fennel
 - 4 tablespoons olive oil
 - 2 tablespoons lemon juice
 - salt and freshly milled pepper to taste
- Serves 4-6

Rub the cut clove of garlic round the in-
side of the salad bowl. Peel the cucumber
and slice thinly. Wash and dry the fennel
and grate coarsely. Put both into the
salad bowl. Beat the remaining in-
gredients well together and add to the
salad. Toss thoroughly and serve straight
away.



Kim Davis



Rick DePriter



Dana Edwards



Patty Ercole



Shirley Fuller



Tina George



Glenn Godard



Bill Gust



Tony Holmes



Mike Howell



Angie Ison



Lisa Jackson



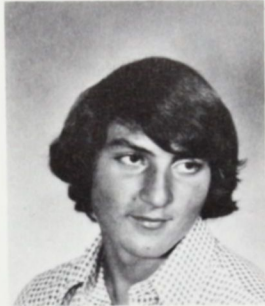
"You go first Cary." States the precarious Nick Newburg.



Brian Johnson



Eddie Lambert



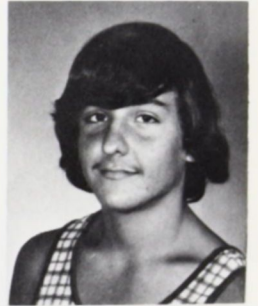
Joe Martini



"Happiness is giving" as Santa Claus, Rick Tyler, experienced during the White Basket Drive.



Clara Lusardi



Greg McRoberts



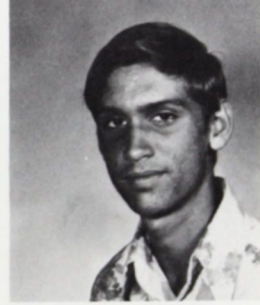
Debbie Moran



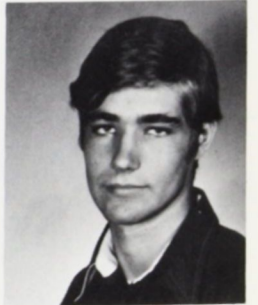
Joe Napoli



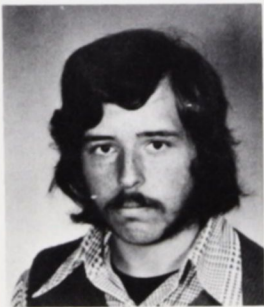
Nick Newburg



Charles Norton



Tom O'Brian



Kirk Ogle



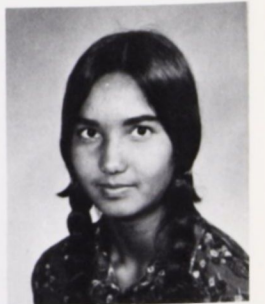
Lori Waite looks forward to another boring day of Algebra II



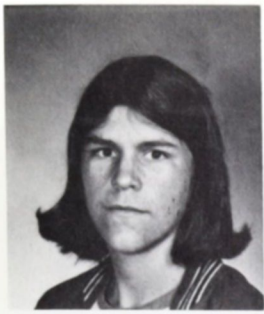
Pat Peterson



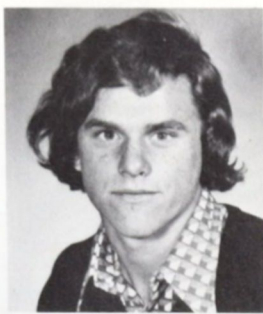
Patty Proulx



Linda Sanchez



Fred Sanderson



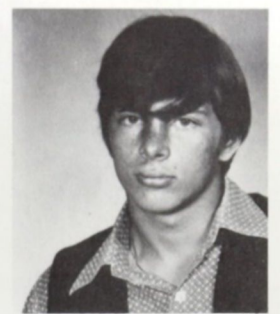
Mark Schow



Kathy Scutti



Morris Simmons



Mike Slocum

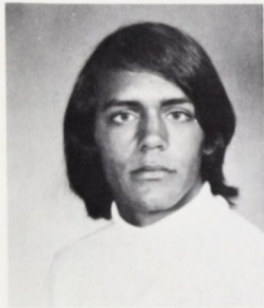


Natalie Stevenson

Insalata di pomodori Tomato salad

8 large tomatoes, skinned
olive oil
salt and pepper to taste
2 heaped tablespoons finely chopped fresh basil or 1/2 level teaspoon dried
1 small onion, finely grated
Serves 4

Slice the tomatoes and arrange in a single layer on a large flat platter. Sprinkle with all the remaining ingredients and serve straight away.



Richard Stone



Anita Sulawskie



Don Tiderencel



Roberta Tompkins



Rick Tyler

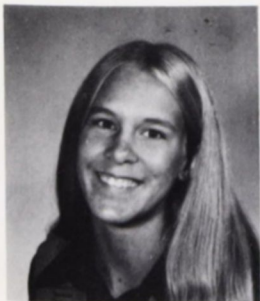
Salsa verdi Green garlic sauce

4 tablespoons olive oil
2 tablespoons lemon juice
1 small garlic clove, finely chopped
3 fillets of anchovy, very finely chopped
2 tablespoons capers, drained and chopped
freshly ground pepper to taste

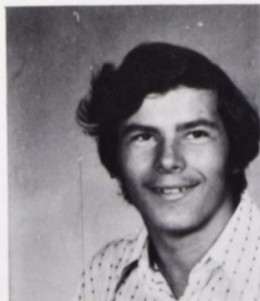
Combine all ingredients and beat until the dressing thickens slightly and forms an emulsion.



Denise Urner



Lori Waite



Ken Wilson



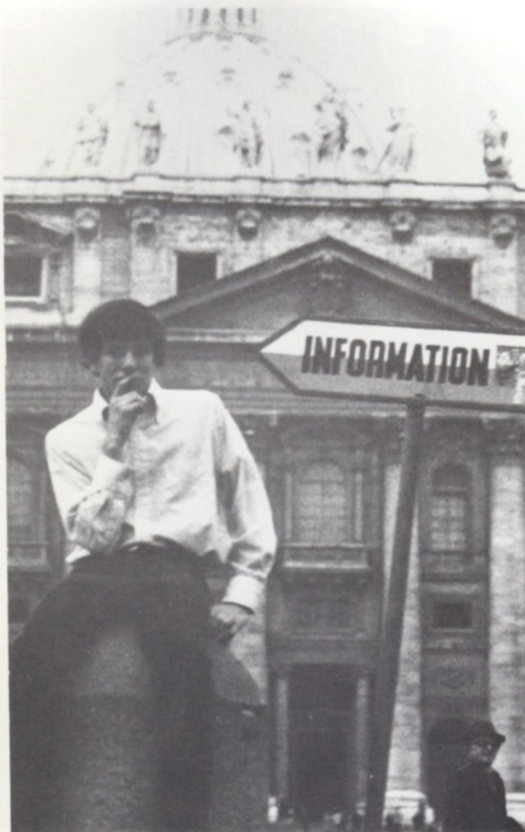
Susan Worsham



Gwen Young



Robin Zaldivar



Stefan Abramo
 Cross Country III, IV, Wrestling II, III, IV, Track
 III, IV, NHS III, IV, Vice-Pres. II, Senior Ex-
 ecutive Council
 He who comes first, eats first.

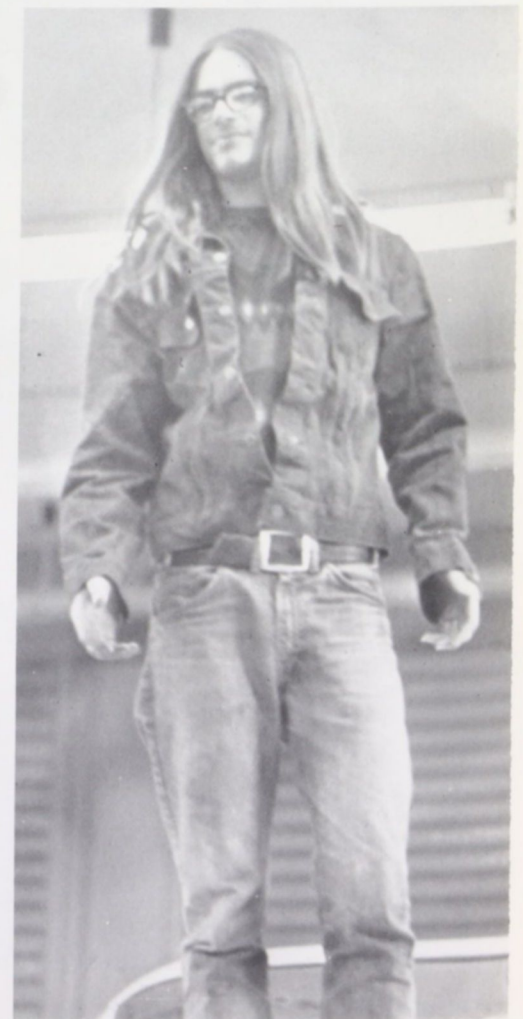
Thad Bass

Concetta Bevaqua "Connie"



Gina Bianco
 Wolverettes II, III, Pom-Pom Girls IV, NHS II,
 III, IV, Mixed Chorus II, Varsity Choir III, Stu-
 dent Council IV, DECA III, DECA Newsletter III,
 FTA III, Drama IV, Tri-Hi-Y II.

The ladder to success is a long hard climb. In order
 to be a success one has to be oneself and live as a
 good Christian.



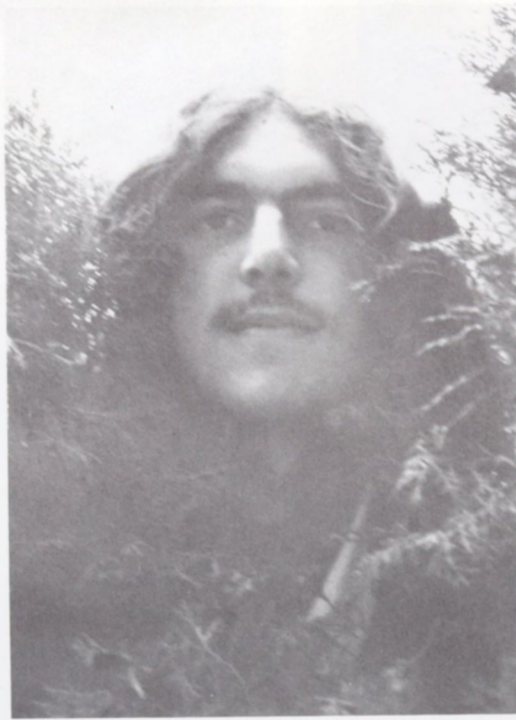
Mike Boyd

A-H-H-H-H!!



Gary Boykin
 "Brindisi Boykin"
 Track I, II, III, IV, Wrestling I, II, Gymnastics I, II, III, IV.

I believe in not the past, not the future, but in the present as it is today, and to make tomorrow not like yesterday.



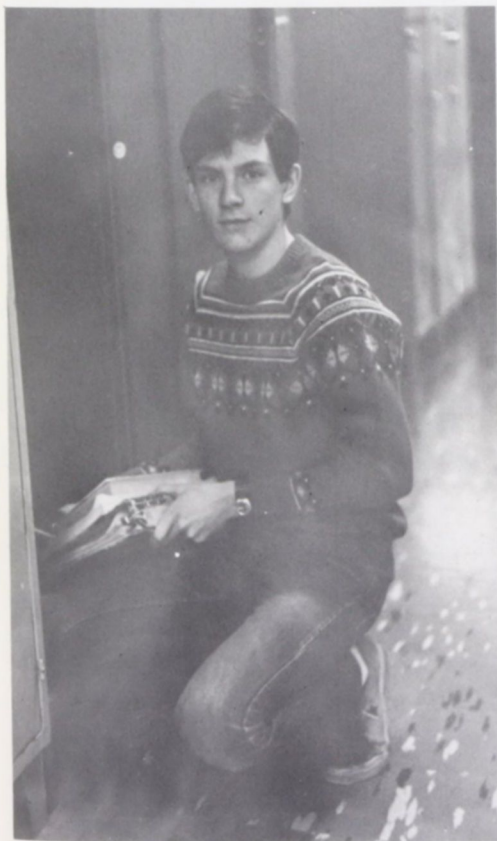
Stan Bryda
 "Angelo"
 Cross Country Mgr. Track II, Drama II, III, HEAD III, Radio Club IV, Lit. Mag. IV, Newspaper II, Journalism II, Cinematics III, Teen Forum III, A.S.U. I, II, III, IV, Student I, II, III, IV.

What does it avail a man to gain a fortune and lose his soul?



Sherry G. Chastain
 There is no passion of the human heart that promises so much and says so little as that of revenge.

Denise Choppin
 NOT PICTURED



Terry Cox
 Golf II, Chess Club I, II, Soccer III, IV, Wrestling II, Band II, III, IV, Forensic II, Debate II, NHS IV.

La matematica e' la lingue con la quale Dio Serisse L'universo.

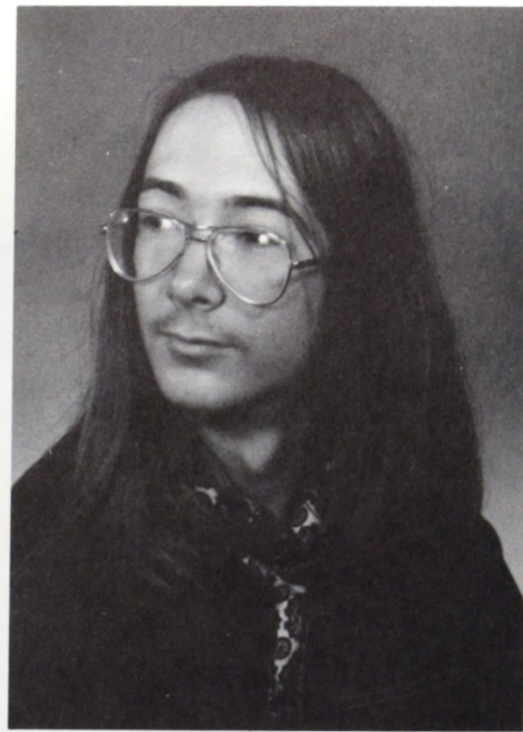


Mike Crow



Perla Dalmazzi
Italian Club, French Club.

Neither the past nor the future shall ever have the value of today. Then, I shall remember you forever as I think you now (Today).



William Douthit
"Flipper"

God created marijuana, Man created booze, who do you trust?

NOT PICTURED:
Chris Dowdell

and
Giorgio England
who came late in the year.



Gilbert Fletcher

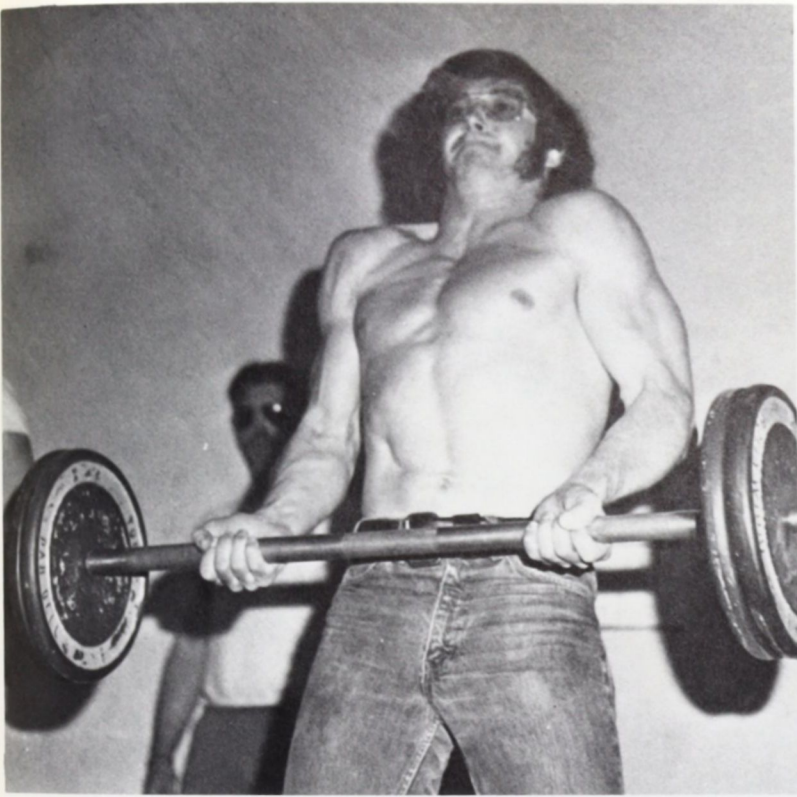


Bobby Frye
Varsity Football III, IV, Auto Club IV.

"This is a know fact."



Gary Gieson



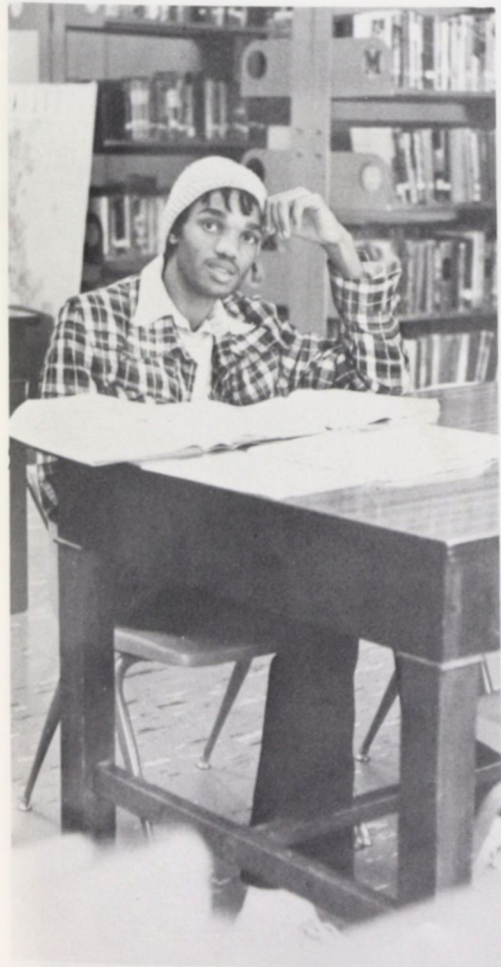
Mark Grzeszczuk



Deborah Gust
Guitar Club I, GAA, Track, Class representative I, FHA.

NOT PICTURED:
Robert Hill

For me to live is Christ and to die is gain. Philippians 1:21



Joe Hodnett



Gwendolyn Howell
"Gwen"
Cross Country IV, Track III, IV.

No matter how far you travel you can't escape yourself.

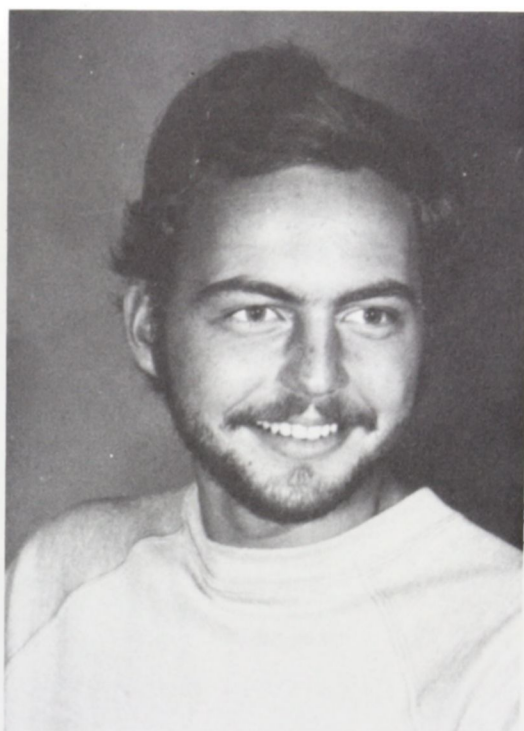


Miranda Jones
"Mimi"



Sherry Lambert
Pom-Pom III, Cheerleading I, Student Council I, III, Spanish I, II, Dorm Council Tres. IV, GAA I, II, III, Pep Club II, Gymnastics Team I, II, III.

DREAMS are for those of us who are in school and
LIFE is for those of us who are finished.



John Laughman



Cynthia Denise Lindsey
"Denise"

It is not how much we have, but how much we enjoy, that makes happiness.



Antonia Hadley
"Toni"
Pep Club I, Tennis III.

There are "Friends who pretend to be friends, but there is a friend who sticks closer than a brother.



Owen J. Loftus
"Jay"
Tennis Team, Candid Photographer.

"I'm only here for the beer!"

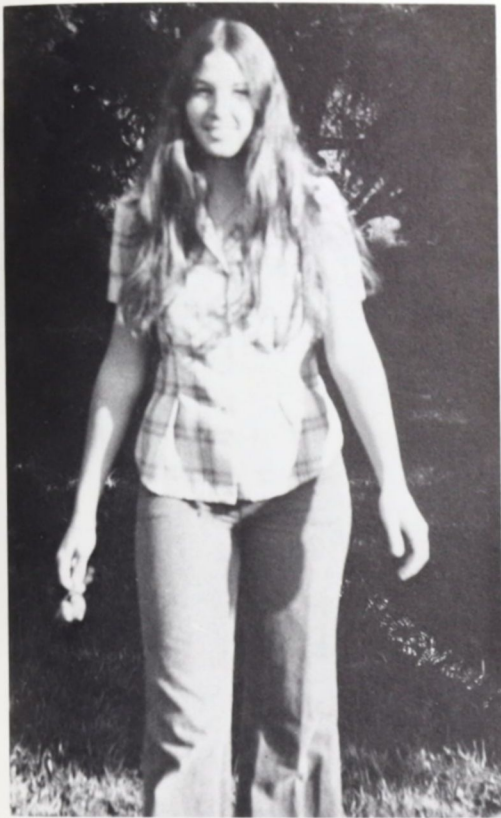


Roxymae M. Mandible
"Roxie"
Guidance Committee I, Homecoming Committee IV.

Love is... Love is in your heart;
Love is in your soul. Love is hard to hold. Love is great, Love is grand; Love is walking hand in hand. Love is... You & Me.....



What, me surprised?



Cathy Martini
Drill Team; Homecoming Committee; Student Council Sec.; Track IV.

I get by with a little help from my friends.

Shannon Miller
Track I, IV; Football I, II, III, IV; Wrestling IV; Executive Council IV.



Dawn E. Michanowicz
Band I, II, III; Pom-Pom I; Cross Country IV;
Newspaper IV; Track IV.

Strive to be happy. Even through all the bitterness and trouble in humanity today, we can still make it a beautiful world.

Mauro Nesta
Basketball III; Track III, IV; Cross Country IV.

Things would be much easier if we would try.



Angela Napoli
"Pimp #1"
Track III, IV; Cross Country IV; NHS III, IV;
Executive Council IV.

Let's go climb a rock!





Sandra Marconi
"Sandi"



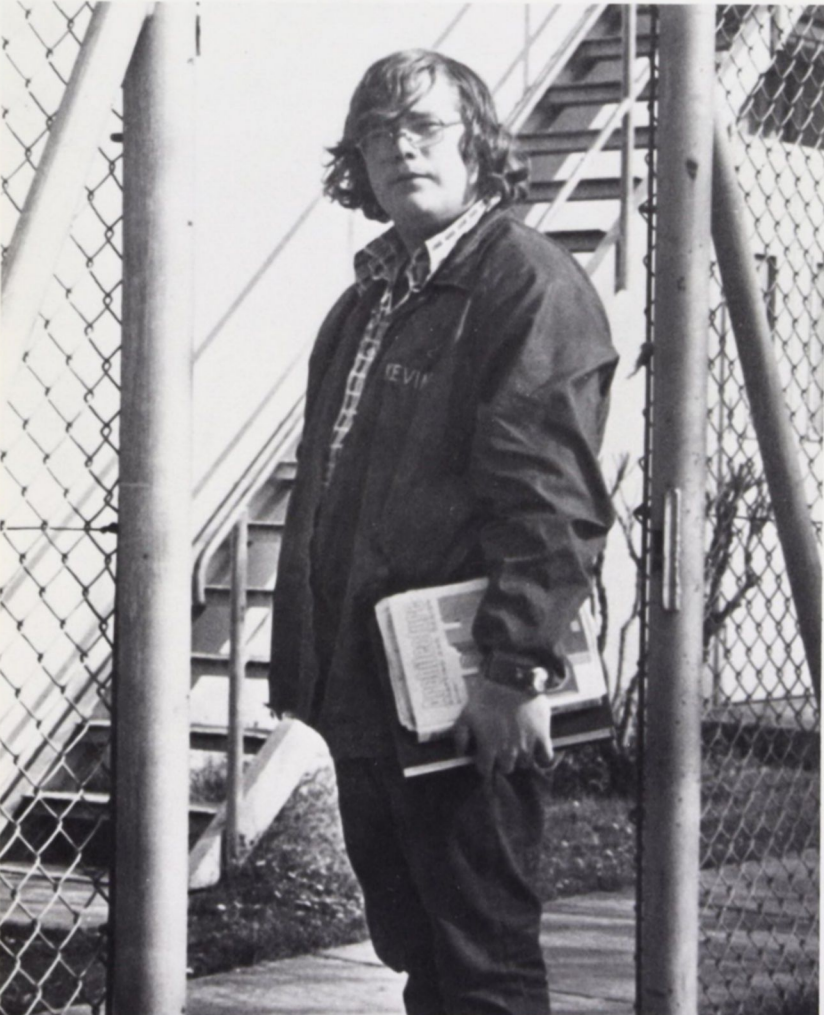
Deborah McCarty
"Debbie"



Linda Onion
Spirit Committe, FBLA, Drill Team (Pom-Pom),
Annual

NOT PICTURED:
Mason Antonella
"Toni"

Happiness which when pursued is often just beyond our grasp, but if we sit down quietly may alight upon us.



Kevin Pardue



Angie M. Parraz
"Pimp #2"
V-Pres. II, Cross Country Mgr. III, Basketball III, IV, Volleyball II, III, IV, GAA, Cross Country IV, Student Council President IV.

Friends, like all good things in this life, can be had by anyone who wants them. There is only one simple rule to follow; it is this: To have a friend, be one yourself. ILYEM 4-EVER!



Cathy Jo Plumlee
 Art I, II, Chess Club, Radio Club, Tech. Graphics, AF Jr. ROTC, Drill Team.

Your senior year in high school is your turning point in life, it is the death of your childhood.



Paula Proulx
 Student Council II, III, IV, Track I, Chorus I, Head II, III, Soph. Sect.,
 Radio Club Sect. II, Pres. III, Sound and Spirit Show, Annual IV, NHS
 II, III, IV.

One is what they seem to be, profess to be and hope to be, all make the single individual.



Michele Ray

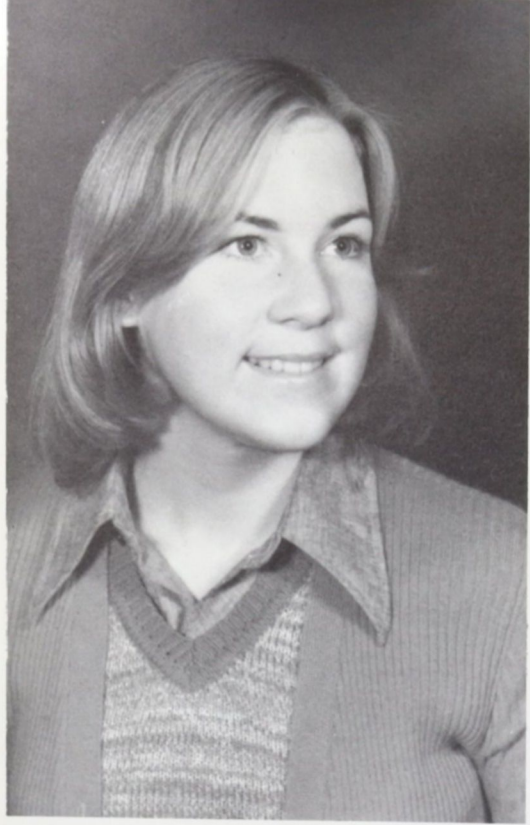


Shirley Roberts



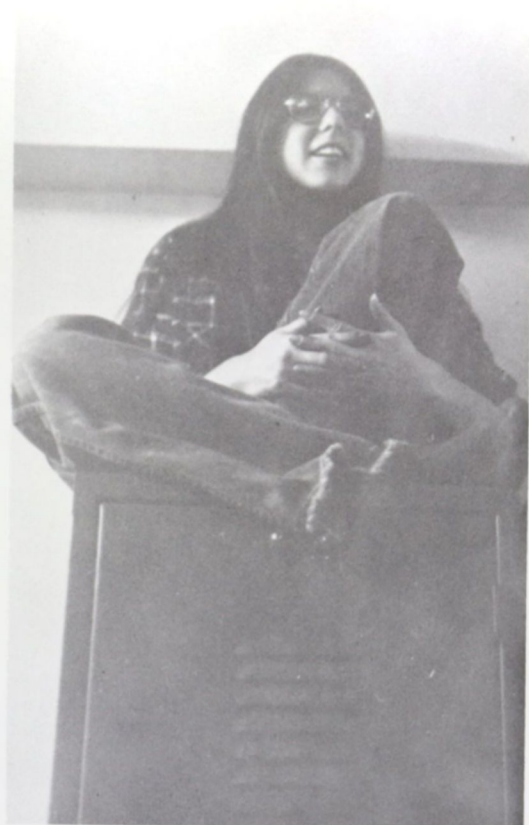
Greg Roman
 Football I, II, III, IV; Basketball I, II, III, IV,
 Tennis II, Track III, IV, Band, II, III, Executive
 Council IV, NHS III, IV.

The road that lead men to knowledge are as wondrous as that knowledge itself.



Valerie Russell
 "Val"
 GAA I, II, III, FTA II, Head III, Track III, IV,
 Annual IV, Student Council Vice President IV.

We need time in which to grow, to understand, and
 to find our peace of mind.



Rose-Ann San Martino
 Drill Team I, II, III, Treasurer II, Student Council
 Rep. II, Vice-Pres. III, Thespians III, IV, Head III,
 ASU III, Teen Forum IV.

Virtues are most often but vices in disguise.

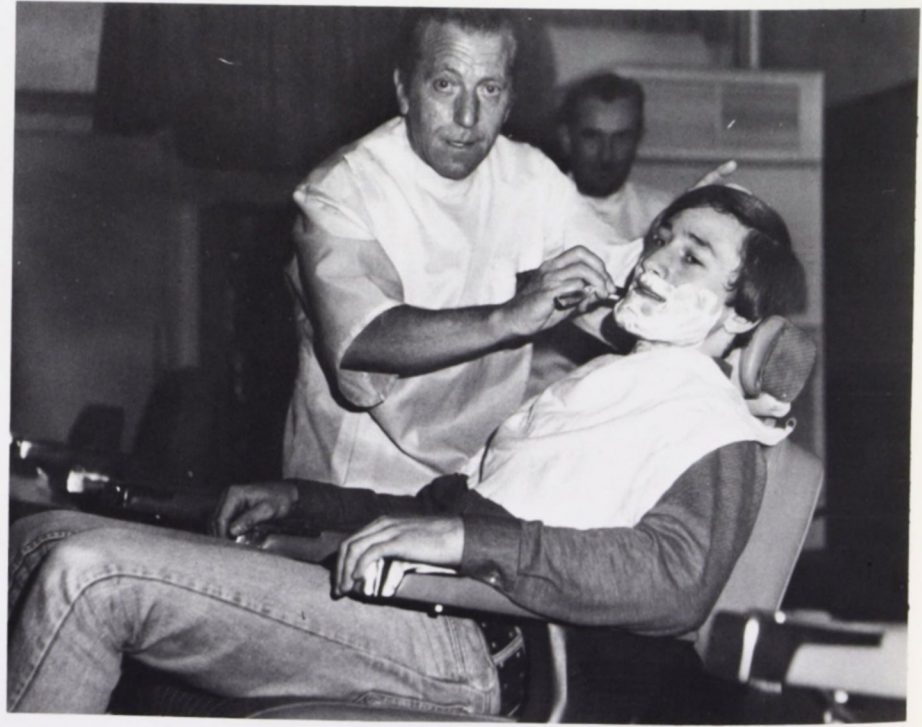


Kathy Sanchez
 Annual

"He who would not when he could, is not able when
 he would." Ben Franklin



Barry Sloan



Rick Stewart
 Swimming I, Track III, IV, Wrestling II, III, IV, Football IV

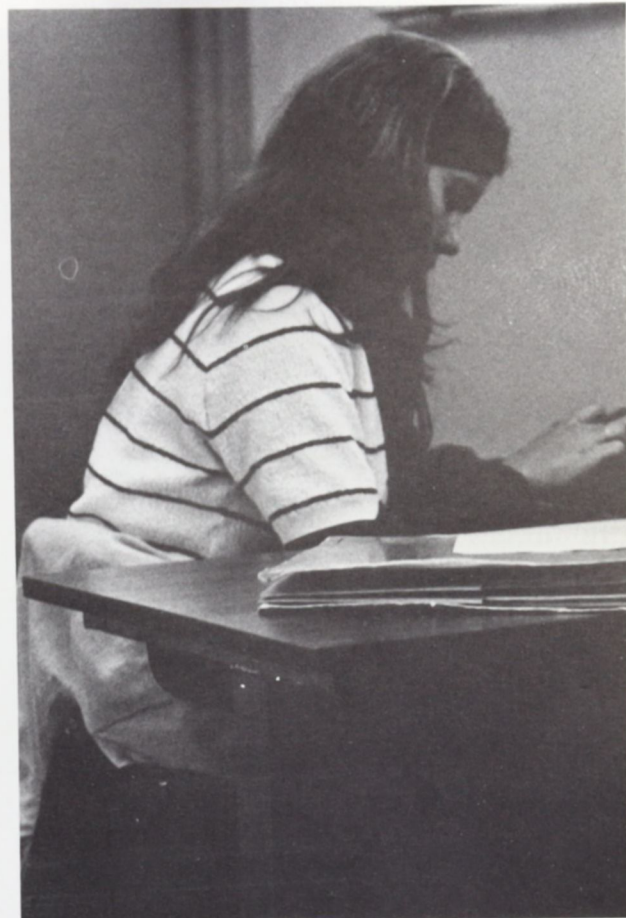
It is our master who will decide whether we succeed or fail; but we will succeed for the Lord is
 able to help us succeed.



Greg Taylor

NOT PICTURED:
 Juli Taylor
 Annual II, III, Ed. IV,
 Cheerleading II, III, IV, Head
 III, Tres. II, Exec. Council IV,
 NHS III, IV, Newspaper IV,
 Tennis IV.

A man who has nothing for which he is willing to fight; nothing he cares about more than his own personal safety; is a miserable creature who has no chance of being free unless made and kept so by the exertions of better men than himself.



Teresa Tucker



Mary Vinson
 Tennis I, II, III, IV, Gymnastics I, Yearbook II,
 Cheerleading III, Exec. Council IV, Editor
 Newspaper IV.

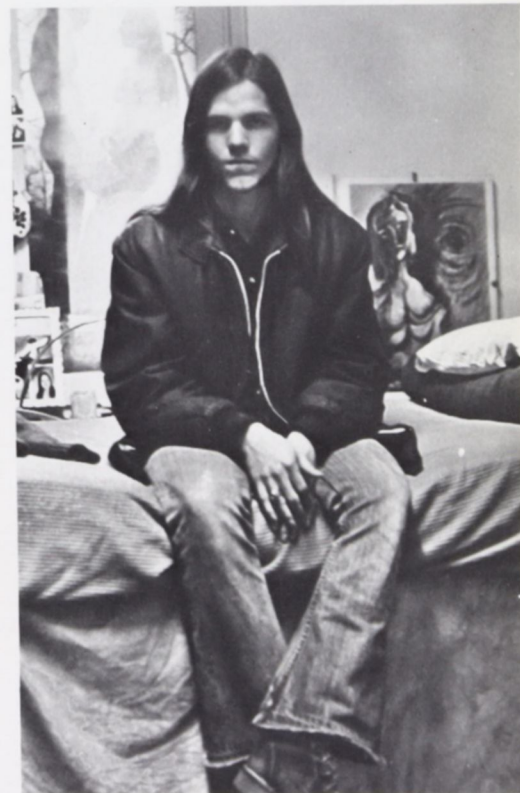
"Sure hope the road don't come to own me, the're too many dreams I've yet to find."



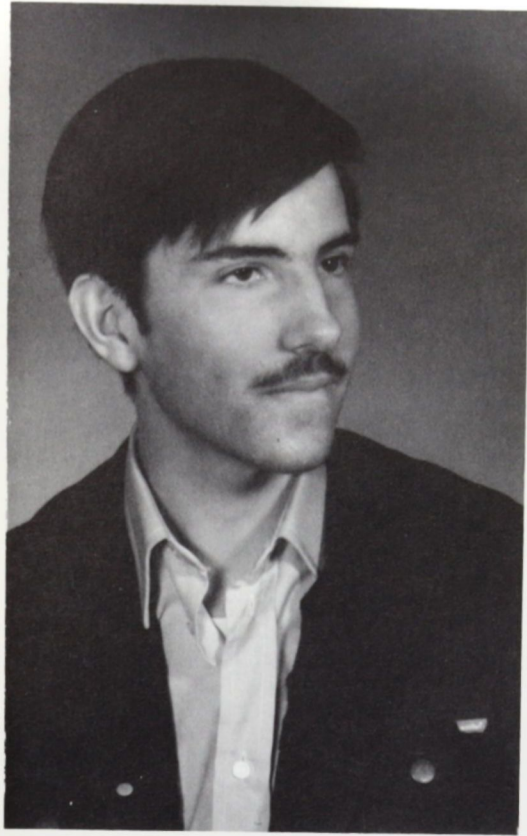
Susan Walker
 Elem. Tutor, Pep Club, Home Ec. Asst.

I always look for the best, so help me look.

NOT PICTURED:
 Margie Waller



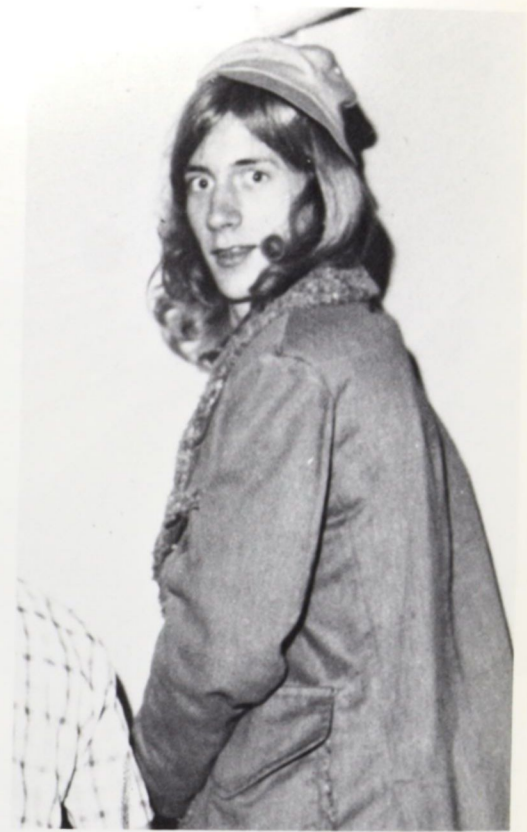
Randy White
 -ADIBIDE'SHE' Maple Syrup



Steve Walsh



Steve Webb



Sir Cary Wilcomb
 ASU III, IV, Football III, Thespian III, IV,
 Newspaper IV, Student I, II, III, IV, All around
 Great Guy II, IV.

"If two people agree on the same thing all the time
 then one is unnecessary." Oscar Wilde



Doris Wilson
 Acapella Choir I, II, III, Drama I, II, III, IV.

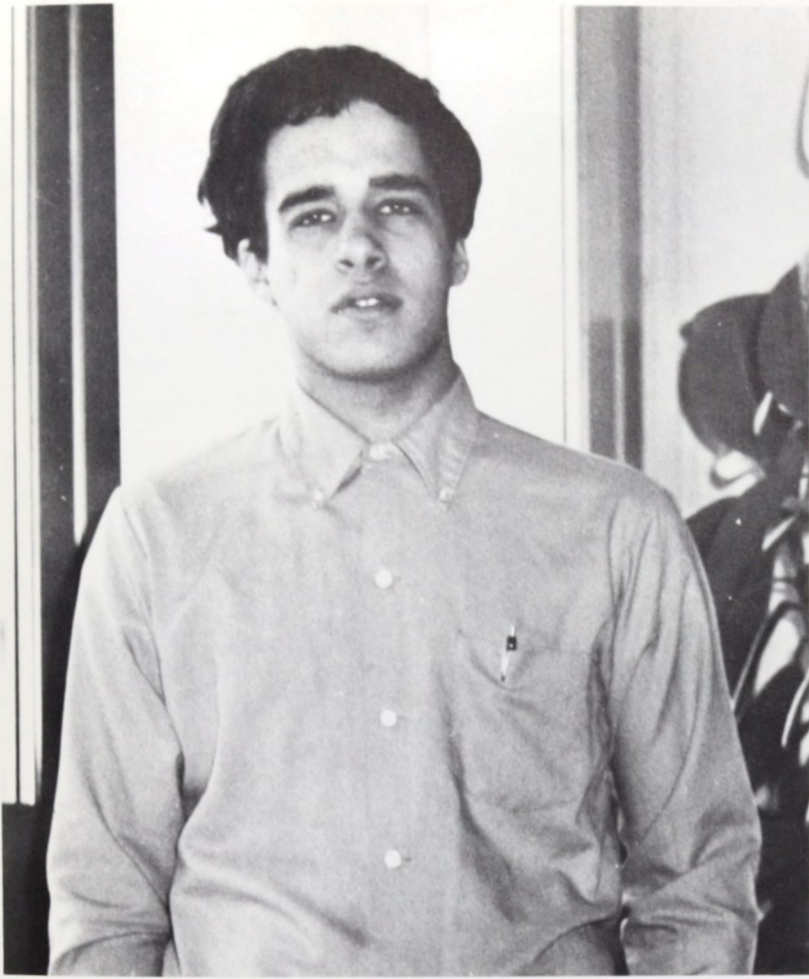
Jesus is the answer for the world today above him
 there's no other. Jesus is the way! Smile Jesus Loves
 You! "75"

James Woodard
 "Jim Jack Rabbit"
 Basketball, Cross Country, Track, Chorus, Acting,
 Drom Volleyball, Dorm Council, "All around good
 guy."

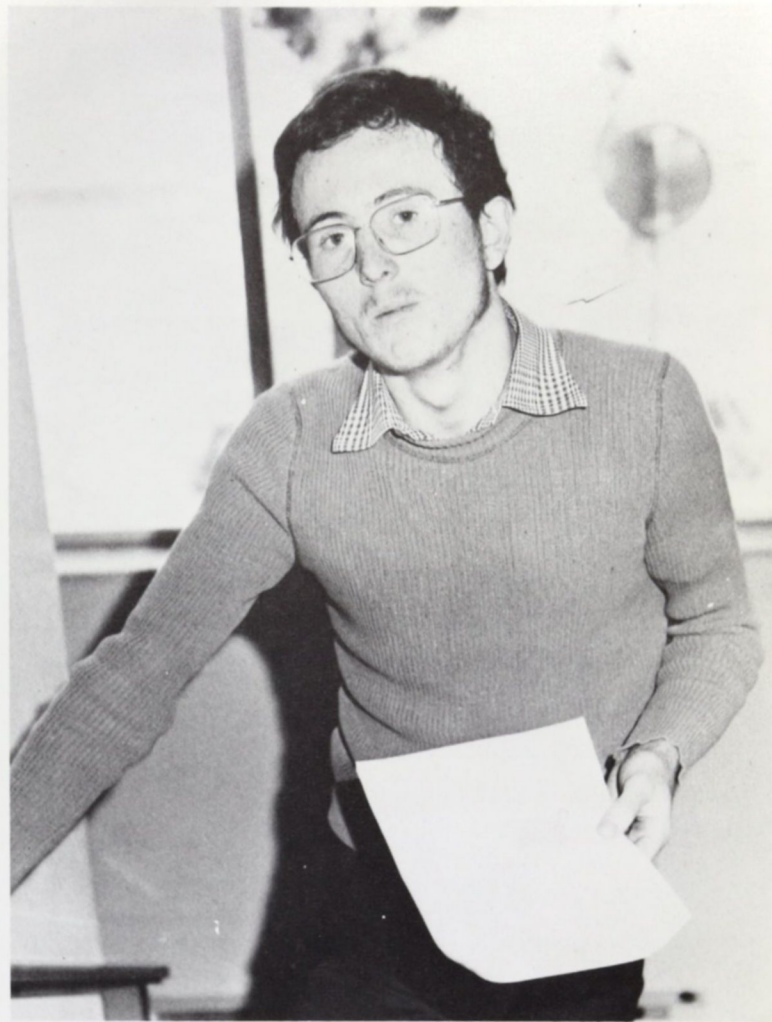
"Some people say that the world isn't worth living
 for, why don't those people try living for God!?"



James and Pam



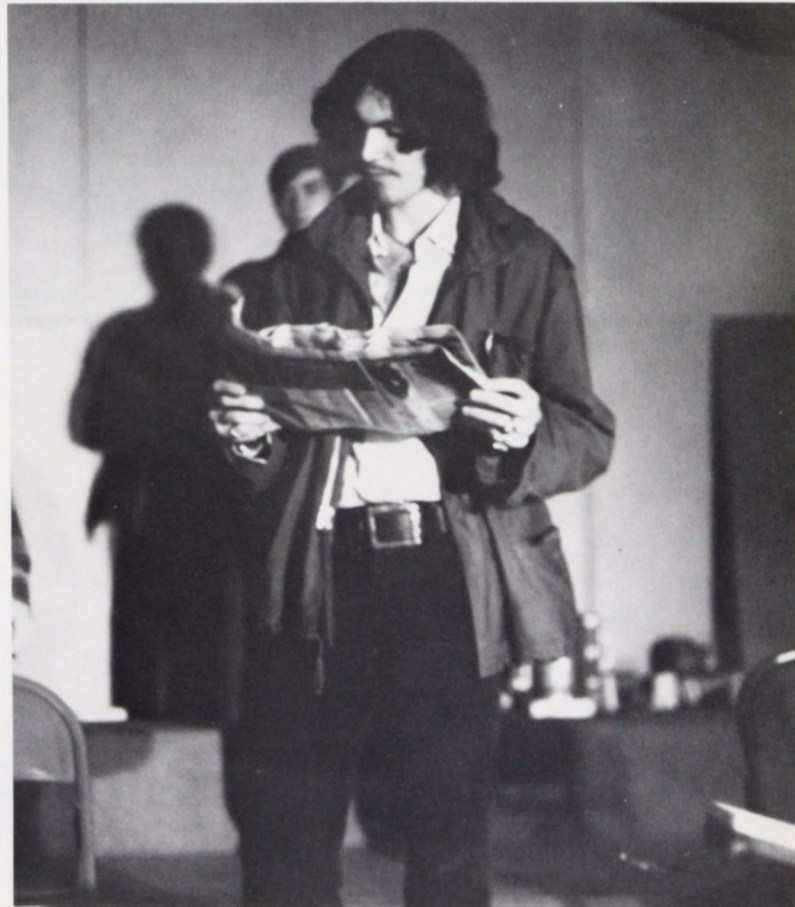
Eugene Wray
Italian Club, FTA, COWEX Advisory Committee.



Jeff Wyss



Margie Zimmerman



Could there be a Playboy between the pages?



I formaggi cheese

BEL PAESE-or 'Beautiful Country' is a very well known and popular cheese made in the north of Italy, near Milan. It is a gentle cheese with a delicate flavor and soft, creamy texture and makes an excellent table or dessert cheese. It keeps well and because of its melting properties, may also be used in cooking instead of **MOZZARELLA**: This is a soft, mild and pliable cheese, best eaten very fresh and still moist with its own whey. When dry, it serves best as a cooking cheese and is frequently used as a topping for pizza. At one time, Mozzarella was made only from buffalo's milk but, due to a shortage of buffaloes, cow's milk has tended to replace it. Connoisseurs claim that Mozzarella made with buffalo's milk has a better flavor, but this is a matter of opinion.

PARMESAN: It would be hard to imagine a pasta dish without the traditional hint of Parmesan, and indeed this famous cheese is probably more widely used than any other in the cuisine of Italy. It has an unmistakable, pungent flavor with a slight bite, is pale creamy-yellow in colour and has a close, grainy and almost rocky texture; hence the name 'Grana' by which Parmesan is known in Italy. It is an age-old cheese produced in the Northern regions and has been in existence almost 1,000 years, although the people of Parma insist it is much

older still. Certainly Parmesan has always played an important part in Italian cooking and when mature (at least two years old), makes an excellent dessert cheese with a glass of full-bodied red Chianti. Mostly Parmesan cheese is sold in tubs, already grated, and is quite expensive. A more economical way is to buy a piece of Parmesan and do it yourself, grating only as much as is required for immediate use; like coffee, Parmesan loses flavor and aroma if grated in bulk and stored for any length of time. It is useful to know that in the piece, Parmesan keeps almost indefinitely and improves greatly with age.

PROVOLONE: This is a flavorsome cheese made from buffalo's or cow's milk and comes in various sizes and assorted shapes. When fresh and still soft it may be eaten as a dessert cheese. When older and harder it is excellent for cooking. Sometimes this cheese is smoked and then known as Provolone Affumicato.

RICOTTA: is a smooth white and bland cheese-mild and slightly sweet-which could be bracketed with the Quark of Germany, the Demi-Sel of France and the Cottage Cheese of the U.S.A. and Britain. It is a by-product of other cheeses, and in Italy is often used as a sweet and savory cooking ingredient and sometimes as a dessert cheese.



Zabaglione

6 egg yolks

4 level tablespoons castor sugar

1 large glass Marsala

Serves 4

Put the egg yolks and sugar into a basin standing over a saucepan of very gently boiling water. Whisk until thick and white. Still whisking, add the Marsala gradually. Continue whisking until the zabaglione thickens and becomes light and foamy. Pour into glasses and serve straight away.

Macedonia di frutta Fruit salad

4 large Italian peaches

12 ripe apricots

juice of 1 lemon

1 small ripe melon

8 fresh figs

sugar

2 tablespoons brandy

Serves 4

Cover the apricots and peaches with boiling water and leave for 1 minute. Drain and cover with cold water. When cool enough to handle, slide off the skins. Cut the fruit into slices and put into a serving bowl. Sprinkle with lemon juice to prevent discoloration. Cut the melon and figs into cubes and add to the bowl. Sprinkle with sugar and brandy and stir well to mix. Cover and refrigerate for about 4 hours.

Gelato di vaniglia Vanilla ice cream

3/4 pint (2 cups) single (coffee) cream

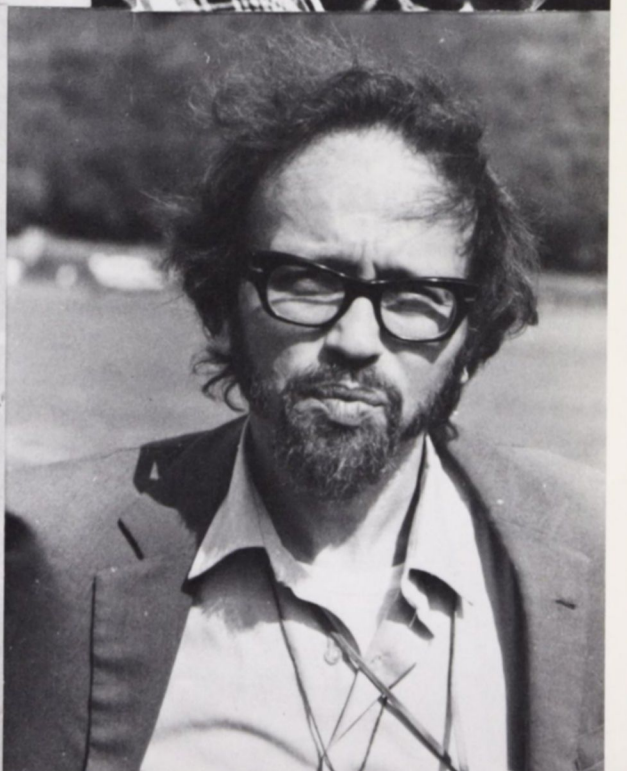
6 egg yolks

6 oz. (3/4 cup) vanilla sugar

1/4 pint (5/8 cup) double (heavy) cream

Serves 6

Set the refrigerator control to the coldest setting at least 1 hour before making the ice cream. Heat the cream slowly, stirring continuously, until it just comes to the boil. Remove from the heat and pour into a basin standing over a saucepan of gently boiling water. Beat in the egg yolks and sugar. Cook, stirring frequently, until the mixture thickens sufficiently to coat the back of a spoon, but do not allow the custard to boil or it will curdle. Remove from the heat, leave until cool, then strain into 2 empty ice cube trays. Cover each with foil, then stand the trays in the freezing compartment of the refrigerator. Leave until the ice cream has frozen about 1/2-inch round the sides of the trays, then tip into a bowl and beat briskly until the mixture is smooth. Return to trays, cover with foil and freeze until half frozen. Tip into the bowl as before and beat briskly until smooth. Whip the cream until softly stiff then fold the custard mixture into it. Put into trays and freeze for about 2 1/2 hours or until firm.



DORM LIFE 1974-75

ACTIVITY
COUNCIL



CAFFE CON PANNA

fold four tablespoons white creme de cacao into one cup heavy cream, whipped stiff. Sweeten to taste with two to three tablespoons confectioners sugar. Serve with strong, dark roast coffee.



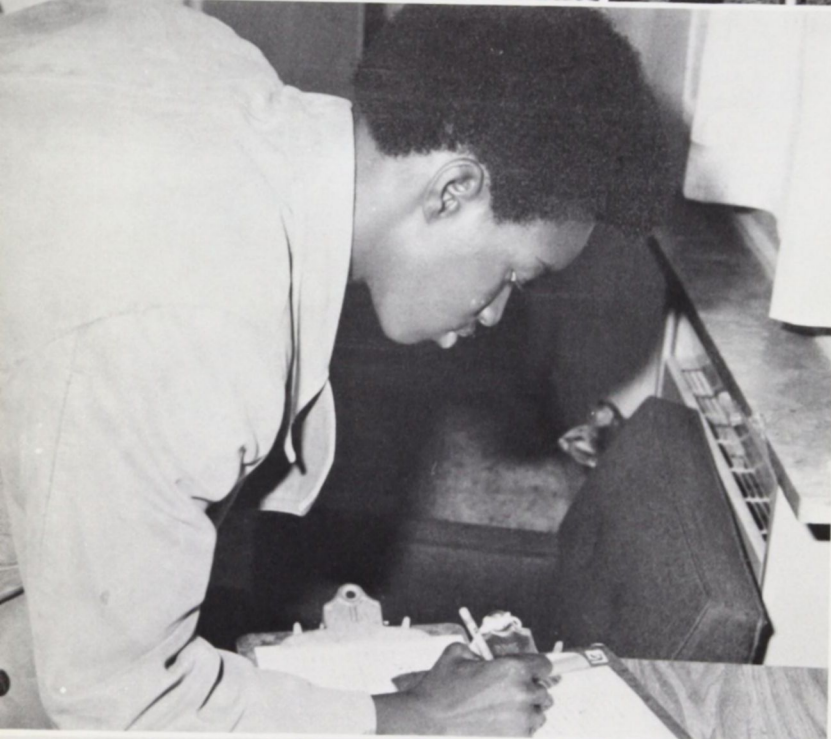


FRAPPES

- 2 cups cracked ice
- 1/2 teaspoon sugar
- 2 ounces (4 tablespoons) alcohol: rum, cognac, burgan, etc.
- 3/4 ounces fruit juice: lemon, orange, lime, etc.
- 1/2 teaspoon compatible liquor, optional
- dash bitters, optional.

Place ingredients in blender, and whirl to shirbet consistency. If too liquid, add about a cup more cracked ice. Fill cocktail or wine glasses, garnish as desired with fresh fruit, preserved cumquats, cucumber slices, marachino cherries, etc. and serve with straws, and, if necessary, a spoon. NOTE: if blender blades stop moving, break up ice with spatula.





CAFFE AU RUM

1 quart best quality, hand packed coffee ice cream, (the airy, fluffy kind will melt).
6 tablespoons darm rum.
Whipped cream, optional

With electric mixer whip slightly softened ice cream and rum together, adding rum by tablespoonfuls. Don't allow cream to liquify. Return mixture to freezer to firm up somewhat, but it should be served softish so you half eat and half drink it. If you wish, before serving, swirl in a little whipped cream. Spoon into cups. Makes four to five servings.

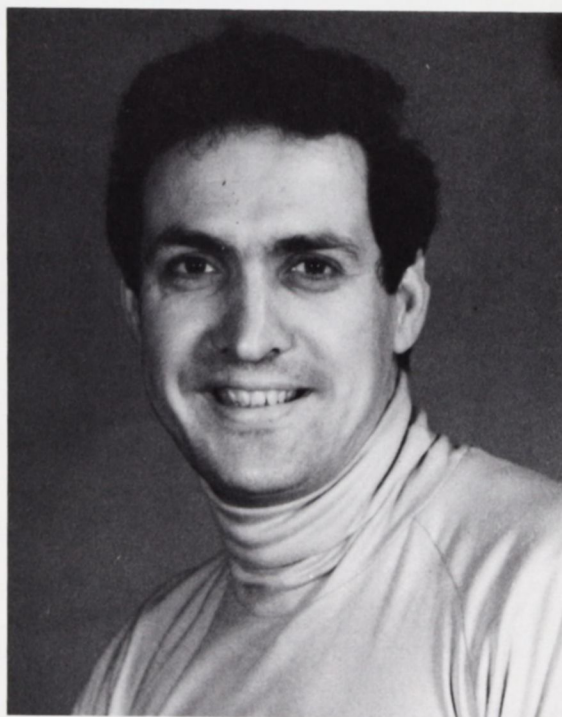
CAFFE MOCHA

2 cups strong, prepared, cooled coffee, or two tablespoons instant coffee plus one pint cold water.
1 pint chocolate ice cream.
1 tablespoon rum, or $\frac{1}{4}$ teaspoon almond extract.
pinch salt.
whipped cream
ground nutmeg, or sweet chocolate gratings.

Puf coffee, or instant coffee and cold water in blender. Add ice cream, flavoring and salt. Whip it. Top each glass with a dab of prepared whipped cream, and a sprinkle of nutmeg or grated chocolate. Serve at once. Makes four 8 ounce servings.



DORM COUNCIL



COUNSELORS:
 Carol Severs
 Dennis Klewin
 Blanche Coffineau
 NOT PICTURED:
 Joe Coffineau
 Frank Etter
 Bea Waller
 Pat Boyer
 Thern Logan

hello

we're in Italy, too

JCPenney

fashion centers
Milano
Viale Certosa, 29

Milano
Via S. Pietro all'Orto
Galleria de Cristoforis

Cinisello
Viale Fulvio Testi

Saronno
Via Marconi

it's worth a trip to Milan

WOMEN OF THE DORM

ADAMS, MICHELE
ANDERSON, LIZANNE
BANKS, TERESA
CHASTAIN, SHERRY
DAVIS, KIM
DOWDELL, CHRIS
FULLER, SHIRLEY
GARCIA, KAREN
GEORGE, TINA
GRAFF, STACY
HENNINGSEN, KELLEY
ISON, ANGELINA
JACKSON, LISA
LAMBERT, SHERRY
LINDSEY, DENISE
MADISON, CINDY
MANDIBLE, ROXY
PHELPS, LYNNE
RAY, MICHELE
RUSH, CANDI
STEVENSON, NATALIE
THOMPSON, ALYSON
WEST, LARITA

MEN OF THE DORM

ADAMS, CARL
BAXTER, CHRISTIAN
BOYER, STEVE
BOYKIN, GARY
BURRUEL, MIKE
BURRUEL, BILL
CLONAN, STEVE
COULOMBE, KEVIN
CROW, JOHNNY
CROW, MIKE
DEPRITER, RICHARD
DOWNING, TOM
GIBSON, GEORGE
GODARD, GLENN
GRAFF, RICHARD
HATFIELD, TOM
HILL, ROBERT
HILL, RONALD
JOHNSTON, BRIAN
LAMBERT, EDDIE
MARTIN, CHUCK
MARTIN, RICK
NEWMONS, TERRY
NORTON, CHARLES
PARDUE, KEVIN
ROBINSON, MIKE
ROCKWELL, LARRY
THOMPSON, STEVE
TIDERENCEL, DON
WEBB, STEVE
WHITE, RANDY
WOODARD, JAMES

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ACKNOWLEDGEMENTS

We wish to thank the Vicenza Officers' Wives Club and the NCO Wives' Club for their kind support of NOSTRA ITALIA XV

8th Grade Girls

Monika Baldwin

Liz Ceruto

Marina Girard

Carol Smith

Cathy Bizzarro

Celeste Cottineau

Angela Bedden

Dianna Wright

Korin Dyer

Terry Sanders

Lynette McRoberts

Suzie Martinez

Vanika [unclear]

Sissy Ponce

Sharon Sellers

Anna Cox

Patty Hagans

Patti Stone

LORI McCARTER

Swika Plunk

Karen Leary

Kathy Hutson

Evelyn Hernandez

M

Barb

Barb Clay

Jammy

John

Theresa Beck

Fahira

Barbara Russel

Michelle

Debbie Coker

Barb

TAMMY

Susan Patterson

DANA TAMMY

Christine Peterson

Barb Clay

Will Hudley

Mark Under

Jason Evans

Jeff [unclear]

Rabbit Milkton

Jeff Young

Scott Birdsell

Greg Watson

LARRY Hodnett

Michael Hamner

Don Payton

Bob Kabeitz

Eddie Frushon

OILY GRAVES

Sweet Spicy Brian Haggerty
Wayne Wassq

David Tam Mawtez
Anthony Proulx
Richard GALLEY

Steven Watson
Mark Johnson
James Hawkins

Aaron Saadah
Ray Hull
Will Hudley

Mark Under
Jason Evans
Jeff [unclear]

Rabbit Milkton
Jeff Young

Scott Birdsell
Greg Watson
LARRY Hodnett

Michael Hamner
Don Payton

Bob Kabeitz
Eddie Frushon

OILY GRAVES

[unclear]

Michelle

Michelle

Barbara Russel

Michelle

Louie

David Jorgensen

Enjane

Michelle

Curly Larry Mc

Curly Larry Mc

Curly Larry Mc

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7th Grade Girls
Gini Stapleton
Theresa Coker

Ann McDitz

Yvonne Clark
Ginny Cochran
Karen Hilton
Cindy Carlstead
Lois Huerta

JoAnne Proulx
Kathy Stone
Olwyio MARSHALL
Shelly Oelke
Myea Wilson
Rita Mastrou

Anga Zylka
Kristine Faria
Licki Sarker
Mary Schwartz

Kathy San Martino
John Muen

~~John Muen~~
~~John Muen~~
~~John Muen~~

Jim Calder
Mike Walker
Scotty Golden

Andy Waddy
KIPPI Blevins
JACARARA
Cindy Waddy

JAMMY
Richard Sanchez
Zylka
M. Mike

Mike Shelton
Eddy Peterson
Kent Stevens
Bobby Cook

Boys
Arthur R. Gillian
Douglas Straley

Jay Preston
Stephen Jerome
Larry Jeltzer

Randy Riegler
Peter Jaso

Kurt Whalen
Darryl ROSE
Val Wallmark
Pammy Fitzgerald

Steven Pressley
MIKE BIZZARRO
Kurt

PETER Whitmore
Larry Vougau

BONNIE MORAN
Jerry Brooks
Gerald Green

Robert Tombs
James Thompson
Larry Munn
Harold Nagars
Bill Housler

Jeff Stevens
Doreen

Doreen

Doreen

Doreen

White Out Above 5. Big name.

Williams 78

Shari Moran
 Yip die Mahan
 Eric Mathfeld
 Pat Fuentes
 Paul Camin
 Johnny Kohut
 Baby B
 Deborah Jarmek
 Sheila Canaday
 Pier Angelu Dawson
 Marica Lindsey
 Conrad Anderson
 Thomas Coughlin
 Cornell Bay
 Mike Fitzgerald
 Robin Marys
 Richard Kaminski
 Bad Bob Brackett
 Ken Brin
 Stacy Knapp
 Frank Mastronito
 Michelle Maherty
 Fred Mrow

Raege
 Mike
 Mary
 Debbie
 C DeBacco

Dorothy Casace

Mary Hays

Wendy Woodson
 Litsa Maravia
 May Maravia
 Dory Maravia
 Chris Cust
 Rogie Parry - n - Lucy
 Chris B. Astin
 Peggy Mauer
 Mike Ray
 Judy Martini
 Gary Hill
 Kelley Hiningsen
 Robert White
 Joe Offinac
 Mike Han
 Teri Dalmer
 Kim Wiest
 Joe Lopez
 Big Phalen
 Karen Orion
 Kendi Sperab
 Pam Dofky
 Various
 Alyson Thompson
 Paul Guoma
 Pimpin
 Pete
 Mach Handapp
 Fred Mrow

Rickey Holt

Cathy Kelly

Eugene Oyster

Cornell Smith

TIM MOORE

Dave Edwards

John Crickit Crew

Patricia

Ken Adams
Giovanni Pina

Natalie Stevenson
"17"

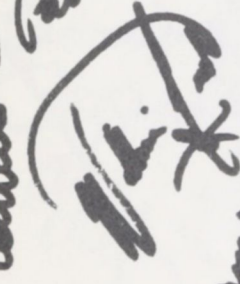
Laura Brooks
Mary Carcelli

Karla Colanabe

Shirley Fuller
Michele Adams
Tom

Tom O'Brien
"17"

Don Videncze
Cardi Rush
Eddie Lambert
C.A.
V.S.



Chordie Norton

Randy Cox

Richard Stone
Allison Caldwell

Angelina Leon

Lois Waitt

Joe Napoli

Pat Peterson

Robert Swanson
Lisa Jackson

Robert Tompkins
Jury Rawmers

Suzanne Anderson
"Hi"

Mike Howell

Larry Rockwell

Arita Sulawski

Achimme Hooper
Robert Swanson

Brian Johnston

Kirk Ogle

Mark Schow
"HOT DOGER
OF THE
YEAR"

Kim Davis
Bill Biam

Diana
Biam

Donna
"Hi"

Peter Duff

Steve
Boyer

"SLB CLASS"

Susan Walker

W. Norman Fardoe

CHRIS DOWDELL

Pulsomson

Chris

Bruce

Bruce

Greg Roman GRALM

Gandy Miller Boyd

McKee

Dana

Hilbert B. Fitcher IV.

Joseph

George Fichty

Robert H. Jr.

William England

Mark Joseph Grzeszczuk

Edwin D.

Paula Ramsey

Terry

John

Veresa Banks (S.S.)

Robert L. Hill Jr.

GARY BOYER

James F.

Margaret Davis Jones

Denise Lindsey

Sharon Miller *LH

Robert

Dennis

Angie Ramsey

Gwen Howell

Tom - from Sam Martin

John

Gary Gibson

Chris

William

Mary Vinson

Rick Stewart

NON INSTRUCTIONAL PERSONNEL



Mrs. Carta, Host Nation Program Coordinator

Mrs. Iva Bean, volunteer tutor

Giorgio Giacomini, Instructional Materials Center

Specialist Gumbert, mail clerk

Custodians

Sargent Russ, Schools Officer



Enzo Guarda, Food Service Manager

Mário Makale, Supply Assistant

Loris Picco, Supply Manager

Specialist Ann Mullins, Clerk-typist



Cafeteria Staff, Pietro Piametto, Guerrino Fabbio, Luigi Pavin, Nelda Martini



V I C E N Z A G A S T R O N O M Y

The art of good cooking has distant, glorious traditions here at Vicenza. In ancient times, the nobility of Vicenza were exceedingly famous for the splendour of the convivial hospitality which they were capable of offering during memorable receptions. The success of a banquet was a matter of honour and mine host's resources were the good, genuine characteristic products of the Vicenza region, grown and gathered on his own land, and the consummate skill of carefully selected cooks.

A battle without quarter was therefore waged between these authentic artists, a battle in which the weapons were the cook's imagination, his skill in judging cooking time and the right amount of salt and his ability in perfecting and "personalizing" secret or already famous recipes with refined good taste.

Inequivocable evidence of those happy times may be found almost everywhere, both in the town of Vicenza and in the sumptuous dwellings of the nobility in the country. It may be found in the cult for old, beaten copper ware, for fireplaces, for the ancient kitchens which still have the atmosphere of authentic temples of gastronomy. It is found in the keenness with which, following the example of their illustrious ancestors, the young people of today rebuild the ancient fireplaces in their homes, not merely for

decorative purposes, but for then truly functional value.

No less significant is the testimony of the survival of ancient cookery books which constitute the manuals of cooks and gourmets and describe innumerable, famous, characteristic dishes, succulent foods and rich local wines, in a typically local setting, now revived in restaurants and scattered taverns and exalted and summarized in a well known gastronomic calendar of the Vicenza province.

The choice dishes and the savoury, fragrant wines, once restricted to the most famous "tables", have now passed on to local inns and taverns, retaining their originality and appetizing genuineness. While other "masters" follow in the footsteps of the famous cooks of long ago, the once limited throng of guests has now grown to include each of us.

Anyone may now eat once forbidden dishes and foods such as the delicious asparagus of Bassano del Grappa, the peas of Lumignano, the potatoes and beans of Posina, the truffles of Nanto, the mushrooms of the plateau, the trout of the lower Alpine valleys, the "marsoni" (small fish) of Val d'Astico, the cheeses of Asiago, the "soppressa" (pork sausage) of the Pasubio and Recoaro valleys, the hams of Sossano, the pigeons of Breganze, the capons of Arzignano, the "baccalà (dried cod) alla Vicen-

tina", the "bigoli" (a kind of noodle) with duck and innumerable other delicacies which the expert cooks of restaurants and inns prepare and serve according to the season and to their personal ability.

Similarly, anyone of us may now drink the wines of Gambellara, Montebello, Breganze, Montegalda, Barbarano and Riviera Berica, the "grappa" of Bassano, Basso Vicentino, Castellari and Zugliano, and the fragrant aromatic liqueurs of the highlands which once were the privilege of few.

There is more to the gastronomy of Vicenza, however, than a famous collection of recipes and the skill of cooks. The "civilization" of our good cooking lies in an almost scientific selection of our typical dishes, in a particular order and season. In other words, tradition has been translated into precise rules which dictate the dish of the moment or the food that is more appropriate in a certain season, in order that it may be served and enjoyed at the peak of its seasonal and "technical" maturity.

Thus "baccalà" must be eaten at the beginning of the year, "capon alla canevera" in February, kid in March, asparagus in April, "castrato" (mutton) and "risi e bisi" (rice with peas) in May, "soppressa" in June, "marsoni" in July, "torresani" pigeons in August, "polenta e osei" (polenta with small birds) in September, "bigoli" in October, turkey with pomegranate in

November and "bovoloni" (snails) with mushrooms in December.

To remember all this and to pass it on is as important as it is to produce a plan of a town for those whom we wish to encourage to visit it, and not by mere chance. It is as important as pointing out the salient natural and artistic features of a certain place to those whom we wish to urge to understand and see its peculiar, distinctive aspects.

We live in times when tourist movements are easy and travel is extensive and universal. The business man, the scholar and the connoisseur in search of art, beautiful landscapes and "atmosphere" would certainly not disdain, in visiting Vicenza and its neighbourhood, a means of becoming familiar with the healthiest, most genuine and characteristic local foods which we have to offer. Conversely, the gourmet, the fine palate, the epicure, or the "chef de cuisine" who has come here for the express purpose of tasting a famous dish, a delicacy or a wine second to none, may well find at the table a wider interest in the culture, art and beauty of our land, a land where the visitor is attracted and fascinated by the perfection of its works of art and architecture and the unique beauty of its natural features and, at the same time, captivated and drawn into the simple, delicate human atmosphere created by a choice local delicacy washed down by a fragrant, rich wine.

| No ord. | TYPE AND DENOMINATION | ADDRESS LOCATION | No Tel. | P | D | M | SC ACI | SPECIALITIES | WINES |
|---------|------------------------------------|---|---------|---|---|---|--------|--|--|
| 1 | ristorante «ALPI» | ASIAGO corso IV Novembre, 4 | 22 | A | V | V | 10% | risotto con funghi, pasticcio alla bolognese, bracirole di malale, selvaggina | locali e nazionali |
| 2 | trattoria «EUROPA» | ASIAGO via IV Novembre, 29 | 19 | V | V | V | 10% | pasta e fagioli, pasticcio, misto spiedo-griglia, cacciagione, formaggio Asiago | Cabernet, Merlot, Tocai, Verduzzo |
| 3 | trattoria «DA VEITORI» | CARPANE' via Trento, 3 | 99865 | A | A | A | — | zuppa alla montanara, trote del Brenta | Tipici delle Tre Venezie |
| 4 | trattoria «ALL'AMICIZIA» | ROANA | 504 | A | V | V | 5% | pasticcio di lasagne, polenta e uccelli | Cabernet, Angarano, S. Giorgio |
| 5 | ristorante «COLONNA D'ORO» | ARSIERO piazza Martiri Libertà | 171 | A | A | V | — | marsoni dell'Astico, trote del Posina, selvaggina spiedo | vicentini e nazionali |
| 6 | ristorante «TRIPOLI» | ARSIERO piazza A. Rossi | 35 | V | V | V | — | selvaggina, risotto con quaglie, risotto con funghi | tipici del vicentino |
| 7 | trattoria «CAVIGI» | COGOLLO DEL CENGIO | 80006 | A | V | V | — | pollo alla diavoia, bracirole ai ferri, costate alla fiorentina | Toscani, veronesi e tipici del Piave |
| 8 | ristorante «VALSUGANA» | FOVE DEL GRAPPA | 80014 | A | V | V | — | pappardelle «Valsugana», tortellini «Petroniana», trote del Brenta, faraona «Valsugana» | regionali, di Breganze e dei colli bassanesi |
| 9 | trattoria «CENTRALE» | POSINA piazza G. Marconi | 24 | A | V | L | 10% | trote del Posina, funghi, fagiolini di Posina, sopressa | Chianti, Visuà, Piave |
| 10 | trattoria «AL GIARDINETTO» | LAVERDA di LUSIANA | 79135 | A | V | L | — | pollo alla diavoia, bracirole di vitello ai ferri, fagioli in salsa | locali, veneti, italiani |
| 11 | ristorante «SELF-SERVICE» Birreria | FONTE STARO valli Pasubio | 53066 | A | V | V | — | sopressa di Valli, trote di Leogra, polli-tacchine spiedo, cosciotto, selvaggina | del Garda, veronesi, friulani |
| 12 | ristorante «MIRAMONTI» | SCHIO via Marconi, 3 | 20692/3 | A | V | A | — | pasticcio verde, bigoli ragutati, baccalà vicentina, ossobuco cremolato, capretto | locali |
| 13 | ristorante «STADIO» | SCHIO via P. Maraschin | 20677 | A | V | V | — | tonnarelli alla chitarra, scaloppe «stadio», petti tacchina al vin bianco | Cabernet, Pinot di Breganze, Vespaiolo |
| 14 | albergo ristorante «LUNA» | THIENE corso Garibaldi, 89 | 31731 | A | V | V | 10% | faraona cartoccio, trote mugnala, risotti crostata frutta | locali, nazionali |
| 15 | ristorante «CA' 7» | BASSANO DEL GRAPPA località 7 | 25005 | A | V | L | 10% | pasta e fagioli, tortellini «Ca'7», pollo alla boscaiola, quaglie di vitello ai ferri, trote | colli bassanesi e italiani tipici |
| 16 | albergo ristorante «BELVEDERE» | BASSANO DEL GRAPPA p.le gen. Giardino, 14 | 24200/4 | V | V | V | — | risotto di asparagi, trote del Brenta, baccalà alla vicentina, suprême di pollo, uccelli allo spiedo | Sangioorgio, Rocolo, Cabernet, Gambellara |
| 17 | trattoria «SOLE» DA TIZIANO» | BASSANO DEL GRAPPA via Vittorelli, 40 | 23206 | V | V | V | 10% | cacciag. spiedo, anitra-faraona spiedo, filetto - costate griglia | vini rossi e bianchi collina |
| 18 | Taverna «DE MAROSTEGA» | MAROSTICA | 72110 | A | V | V | 10% | bigoli con l'anara, lasagnotti rusteghi, paeta al maigaragno | Cabernet, Vespaiolo, rosso e bianco proprio |
| 19 | ristorante «ALLA SCACCHERA» | MAROSTICA piazza Castello, 40 | 72346 | V | V | V | 10% | «pasticcio bolognese», «pasticcio alla condottiera», bracirole alla vicentina, «pasticcio» | Merlot, bianco, rosso, pinot |

VILLAS and CASTLES

- VILLA CALDOGNO-NORDERA
- VILLA VERLATO ORA PUTIN
- VILLA GHELLINI ORA DALL'OLMO
- CASTELLO PORTO-COLLEONI-THIENE
- VILLA GODI-VALMARANA
- VILLA PIOVENE-PORTO-GODI
- VILLA CAPRA-BASSANI
- VILLINO CERATO
- VILLA MONZA ORA MUNICIPIO
- VILLA DA PORTO-PERAZZOLO
- VILLA DA PORTO-CASAROTTO
- VILLA TRISSINO ORA RIGO
- VILLA SESSO ORA SCHIAVO
- VILLA CHIERICATI
- CASTELLO INFERIORE
- VILLA MACHIAVELLO-CARLESSO
- VILLA BIANCHI-MICHIEL
- VILLA CORNARO
- VILLA NEGRI-PIOVENE
- VILLA REZZONICO-GASPARINI
- VILLA COMELIO
- VILLA DOLFIN-BOLDÙ

| | | | | | | | | | |
|----|----------------------------------|--|-------|---|---|---|-----|---|--|
| 19 | ristorante «ALLA SCACCHIERA» | BREGANZE piazza Castello, 49 | 72346 | V | V | V | 10% | «piccola farinata», prosciutto alla bolognese, lasagna alla vicentina, seppioline, pollo, dolci | Merlot, bianco secco, piemontesi |
| 20 | trattoria «AL PONTE» | BREGANZE via Riva, 1 | 83115 | A | V | A | — | torresani, costate all. «Bonato», costoletta parmigiana e funghi | Cabernet, Pinot, Vespaiole, Torcolato |
| 21 | trattoria «CAPPELLO» | BREGANZE | 83147 | A | V | V | 5% | torresani con polenta | torcolato Breganze, Cabernet, Vespaiole |
| 22 | albergo-ristorante «ALLA TORRE» | TORREBELVICINO piazza A. Rossi | 23144 | V | V | V | 5% | tortellini, pasticcio verde, faraone, porchetta, cacciagione spiedo, braciolo e costate ai ferri | Barolo, Tocal, Cabernet, Valpolicella, Riesling |
| 23 | ristorante-bar «VILLA VERLATO» | VILLAVERLA piazza popolo, 6 | 85021 | A | V | V | — | papparelle «Villa Verato», canelloni, piatti spiedo e griglia | locali genuini (di produzione propria) |
| 24 | ristorante «VILLA PATRIZIA» | POVOLARO DUE VILLE via Marosticana, 51 | 191 | A | V | V | 15% | risotti, lasagnoni, ravioli, canelloni, grigliate, spiedo, tacchina, baccalà | di prod. propria, Cabernet, Merlot, Tocal |
| 25 | locanda «ALLA PESA» | BOLZANO VICENTINO | 8 | V | V | V | 20% | bigoli ai torchio, tagliatelle, braciolo, pollo, griglia, uccelli spiedo, marsoni | dei colli vicentini e veronesi |
| 26 | ristorante «JOLLY PASUBIO» | VALDAGNO piazza Cavour, 7 | 41054 | V | L | V | 5% | ravioli alla ricotta, polenta e baccalà, pollo allo spiedo | Tocal, Riesling |
| 27 | trattoria «DA MARIETTO» | VALDAGNO via 7 Martiri, 1 | 41295 | A | V | A | — | pasticcio alla bolognese, canelloni ripieni, ravioli alla panna | veronesi in genere |
| 28 | trattoria «AL CENGIO» | MOLINO ALTISSIMO | 63605 | A | V | V | — | trota ai ferri, pasta casalinga, braciolo, pollo ai ferri | tipici vicentini |
| 29 | trattoria «AL CACCIATORE» | CASTELGOMBERTO | 90006 | A | V | V | 5% | bigoli con l'arna, arrosto spiedo, uccelli, capretto, agnello | bianco di Montecchio, rosso Castelgomberto |
| 30 | trattoria «DE GOBBI» | OLMO (CREAZZO) | 24630 | A | V | V | 10% | spiedo, griglia, forno, creta | Merlot, Cabernet, Tocal, nostrano |
| 31 | trattoria «ALLA ROSA» | ARZIGNANO via Cavour, 9 | 60111 | A | V | V | — | carne e selvaggina alla griglia e allo spiedo | Tipici vicentini e veronesi |
| 32 | trattoria «AL LEONCINO» | TAVERNELLE di Altavilla Vic.na | 32 | A | V | V | 5% | zuppa di pollo, pasta e fagioli, bolliti, baccalà, carne ferri, cacciagione | Cabernet di Breganze e Fragolo di Monteviale |
| 33 | trattoria «AI CACCIATORI» | SARMEGO | 65 | A | V | V | 5% | bigoli al sugo, bolliti: misti, cacciagione allo spiedo | tipici del luogo |
| 34 | trattoria «NOGARAZZA» da BARI | ARCUGNANO via Nogarazza | 23650 | A | V | V | 5% | tagliatelle casalinghe, braciolo e pollo ai ferri | Cabernet, Barbera, Colli berici |
| 35 | trattoria «ALLA MOREJETA» | ARCUGNANO | 38 | A | V | V | — | capretto, pollo novello, braciolo - costate ai ferri | vicentini in genere |
| 36 | ristorante «DEL ZOCCO» | GRISIGNANO di ZOCCO | 96 | A | A | A | 10% | lasagne, tacchino e ripieno, pollo allo spiedo | Cabernet, Tocal e delle cantine locali |
| 37 | taverna «GIULIETTA E ROMEO» | MONTECCHIO MAGGIORE | 76021 | A | L | L | 10% | involtini «giulietta», petti tacchina sulle brace, misto «taverna» | bianco e rosso dei colli di Montorso |
| 38 | taverna «EOLIA» | COSTOZZA di LONGARE piazza G. da Schio, 1 | 36 | A | L | L | 10% | cucina tipica vicentina (brace e spiedo) | Pinot, Traminer, Tocal, Barbera, Merlot |
| 39 | trattoria «MONTE ROSSO» | ALTAVILLA VICENTINA via Roma | 13 | A | V | V | — | carrè di malale, cacciagione, carne ai ferri e graticola | tipici del vicentino |
| 40 | trattoria «CULATA» | MONTEGALDELLA via G. Roi | 33 | A | V | V | 15% | soppressa, risotti, lasagne, tagliatelle, braciolo ferri, spiedo | Sauvignon, Riesling, Cabernet, Tocal |
| 41 | ristorante «RIVIERA» | PONTE CASTEGNERO via Centro, 28 | 55 | A | A | V | — | bigoli fatti in casa, risotto ai funghi e al carciofo | nostrani |
| 42 | trattoria «TRE SCALINI» | VILLAGANZERLA | — | A | V | V | — | risotto con fegatini, selvaggina allo spiedo, insaccati misti | locali |
| 43 | trattoria «MONTEBELLO» | MONTEBELLO VIC. viale stazione, 4/8 | 74055 | A | V | V | 5% | bollito misto, vitello e pollo arrosto | Bardolino, Soave |
| 44 | trattoria «CAMPESTATO» | PONTE DI NANTO | 42 | A | V | V | 15% | risotto con quaglie, selvaggina allo spiedo, tagliatelle, faraone, porchetta spiedo | tocal di produzione propria, cabernet dei colli. |
| 45 | trattoria «DA CIRILLO» | MONTEGALDELLA via F. Lampertico, 241 | 25 | A | V | L | — | tagliatelle ai fegatini o fagioli, risotto veneta, baccalà alla vicentina, faraone al forno con ripieno | Roccolo, Riesling, Cabernet |
| 46 | ristorante «LA PERLA DEI BERICI» | BARBARANO via IV Novembre | 20 | A | V | V | — | cannelloni, manzo biasato, torta di mele casalinghe | locali, Tocal, Cabernet, Merlot |
| 47 | albergo «CENTRALE» | LONIGO piazza Garibaldi, 37 | 80355 | V | V | V | 10% | lasagne al forno, cannelloni siciliani, risotto funghi, bistecche alla pizzaiola | Lambrusco, Valpolicella, Soave |
| 48 | trattoria «ARENA» | LONIGO piazza Battisti, 10 | 80166 | A | V | V | 10% | uccelli spiedo, baccalà vicentina, assortimento arrosti | bianco Soave, casalingo rosso Veronese |
| 49 | trattoria «PRIMON» | NOVENTA VICENTINA | 149 | A | V | V | 10% | fritto quaglie, uccelli allo spiedo, specialità gastronomiche venete | veronesi |
| 50 | ristorante «DUE MORI» | via Due Ruote, 24 | 21886 | A | V | V | 10% | lasagne casalinga. «risi e bisi», polenta e baccalà, selvaggina allo spiedo | Valpolicella, Pinot, Sauvignon |
| 51 | ristorante «AGLI SCHIOPPI» | piazza Castello, 26 | 22840 | A | A | V | — | baccalà vicentina, carne ai ferri e al forno | Cabernet, Riesling, bianco superiore |
| 52 | trattoria «DA ALDO» | piazza Erbe, 9 | 23115 | A | V | V | 10% | pasticcio lasagne, coniglio al rosmarino, fettuccine, grigliata pesce, crostata | locali e nazionali |
| 53 | ristorante «TRE VISI» | via Porti, 6 | 23964 | V | V | V | — | pasta e fagioli, fettuccine, taglioline, selvaggina, braciolo, pollo | del Piave, e locali di collina |
| 54 | ristorante «DA PASQUALE» | Ponte Alto | 23830 | A | V | V | — | pasta e fagioli, risotto alla «Pasquale», baccalà alla vicentina, bolliti misti | Merlot e Sauvignon, Tocal, Cabernet |
| 55 | trattoria «POLENTA BACCALÀ» | viale della Pace, 166 | 22615 | V | V | V | — | polenta e baccalà, costate ai ferri, braciolo ferri | vicentini tipici e veronesi |
| 56 | ristorante «QUO VADIS» | Ponte Alto | 32199 | A | V | V | 10% | tagliatelle e misto griglia «Quo vadis», baccalà (venerdì solo pesce) + 1 piatto tipico regionale | Vini dei Berici, di Breganze e di Gambellara |
| 57 | ristorante «PEDAVENA» | viale Verona | 24340 | A | V | L | — | cucina assortita | Gambellara e Cabernet di Breganze |
| 58 | ristorante «ASTORIA» | viale Roma | 21389 | A | V | V | 10% | lasagnette «Astoria», cannelloni «Principe», scaloppe reali, brodetto pesce, lombatine cremolate | locali, Chianti, Verdicchio, veronesi |

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|----|--------------------------------|
| 23 | VILLA CAPPELLO |
| 24 | VILLA MEZZALIRA |
| 25 | VILLA VALMARANA-ROSSI |
| 26 | VILLA TREVISAN-LAMPERTICO |
| 27 | VILLA CORDELLINA-LOMBARDI |
| 28 | VILLA DA PORTO «LA FAVORITA» |
| 29 | VILLA «LA ROCCA PISANA» |
| 30 | VILLA PIOVENE-PORTO-GODI |
| 31 | VILLA POJANA-CHIARELLO |
| 32 | VILLA BARBARICO ora MUNICIPIO |
| 33 | VILLA SARACENO |
| 34 | VILLA TRENTO-CARLI |
| 35 | VILLA GARZADORI-DA SCHIO |
| 36 | VILLA CARLI «EOLIA» |
| 37 | VILLA CAPRA «LA ROTONDA» |
| 38 | VILLA VALMARANA «AI NANI» |
| 39 | VILLA LAMPERTICO «LA DELIZOSA» |
| 40 | VILLA GRIMANI-MARCELLO |
| 41 | VILLA FERRAMOSCA-BEGGIATO |
| 42 | VILLA DA PORTO-RIGO |
| 43 | VILLA MUTTONI |
| 44 | VILLA GHISLANZONI-CURTI |
| 45 | VILLA MARCELLO-CURTI |
| 46 | VILLA LOSCHI-ZILIERI DAL VERME |
| 47 | VILLA BISSARI-CURTI |
| 48 | VILLA PIOVENE-DA SCHIO |
| 49 | VILLA TRISSINO-MARZOTTO |
| 50 | CASTELLI di GIULIETTA E ROMEO |
| 51 | VILLA VALMARANA ora MUNICIPIO |
| 52 | VILLA PASINI-CANERA di SALASCO |
| 53 | VILLA GUICCIOLI |
| 54 | BADIA di S. AGOSTINO |
| 55 | VILLA RINALDI «LA COMMENDA» |

LEGEND

- P = Parking area
- D = Service station
- M = Workshop
- A = Attached
- V = Nearby
- L = Distant

Please note that most hotels are closed one day a week.

INGLESE

