

Massena Chrysler-Plymouth
 98 CENTER ST. MASSENA, N.Y.
 764-0283
 OPEN: MON. THRU FRI. 8-8 SATURDAY 8-3
USED CAR SALE
 THIS IS ONLY A PARTIAL LISTING
ALL PRICES POSTED ON THE WINDSHIELDS

75-1983 Dodge 600, 4 dr., auto, PS, PB, sunroof, stereo, sp. control. 13,000 mi.
 7265-1983 Plymouth Reliant, 4 dr., auto, PS, PB, stereo, AM FM. 12,000 mi.
 80-1982 Dodge Aries, 4 dr., std shift, AM FM radio. 46,000 mi.
 7313-1982 Plymouth Reliant 4 dr., gray/red interior, p.s., pb., am/fm radio. 25,000 mi.
 7220-1981 Plymouth Reliant, 4 dr., auto, PS, PB, cloth interior. 34,000 mi.
 7179-1980 Ford Thunderbird, auto, PS, PB, stereo, sp. control. 43,000 mi.
 7126-1980 Pontiac Firebird, auto, PS, PB, center console, AM FM. 41,000 mi.
 7113-1979 Ford Thunderbird, auto, air, speed control, AM FM tape. 40,000 mi.
 7203-1979 Plymouth Volare, 4 dr., auto, PS, PB, cloth int., AM FM tape. 43,000 mi.
 7302-1979 Chrysler Newport, 4 dr., auto, PS, PB, speed control, 2 tone. 45,000 mi.
 7311-1979 Chrysler Cordoba, 8 cyl., auto, PS, PB, air, cruise, AM FM radio. 62,000 mi.
 7251-1978 Dodge Aspen, 4 dr., auto, PS, AM radio, 6 cyl.

5 Month or 5000 Mile
Chrysler Used Vehicle Service Contract
ALL FOR ONLY \$95.00

COVERED COMPONENTS
 The following components are covered by the Plan. Components not listed below are not covered unless required as a direct result of the failure of a covered component. Seals and caskets are not covered unless required as a direct result of the failure of a covered component.

FRONT WHEEL DRIVE—Final drive housing and all internal lubricated parts, axle shafts, universal joints and housings.
 ENGINE—Cylinder block, head and all internal lubricated parts: timing gears, chain or belt, flywheel or flex plate, oil pump, water pump.
 REAR WHEEL DRIVE—Drive axle housing and all internal lubricated parts, axle shafts and bearings, drive shaft, universal joints.
 TRANSMISSION—Case and all internal lubricated parts; torque converter; bell housing.

CRADLEBOARD NURSERY
 Starting this month, the Cradleboard Nursery will pick up returnable bottles and cans on the third Saturday of the month. If you are interested in this means of fund raising, please call 358-9010 and we will go to your house and pick up the bottles and/or cans.

FATHER SKY 33

**** POSTERS ****

These posters were originally the centerfolds for past issues of *Akwesasne Notes*. We have printed them onto heavy paper for use as posters. Each poster measures 17 X 22 inches and are only \$2.00 each. Everyone is invited to come and view the entire series of posters that *Akwesasne Notes* carries. "Notes" is located on Ransom Road at Racquette Point.

#33 - Father Sky
 #7 - Three Sisters
 #30 - Painted Tipi
 #8 - Grandma Hunter
 #11 - Family Portrait
 #2 - Chief Joseph
 #32 - The Original Instructions
 AND MANY, MANY MORE.

THESE POSTERS MAKE EXCELLENT GIFTS

#32 - The Original Instructions
 The original instructions direct that we who walk about on the earth are to express a great respect, and affection, and a gratitude toward all the spirits which create and support life. We give a greetings and thanksgiving to the many supporters of our own lives... The corn, beans, squash, the winds, the sun, when people cease to respect and express gratitude for these many things, then all life will be destroyed, and human life on this planet will come to an end.
 (Poster available from *Akwesasne Notes* on heavy paper for \$2.00)

#20 - The Rush Gatherer
 "We must all see ourselves as part of this Earth, not as an enemy from the outside who tries to impose his will on it. We, who know the meaning of the pipe, also know that, being a living part of the Earth, we cannot harm any part of her without hurting ourselves. Lame Deer (Poster available from *Akwesasne Notes*)

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Friday Night Mixed League Standing
— AKWESASNE ROLLERS —
 (Week of 11/04/83)

TEAM STANDINGS	WON	LOST	TOTAL PINS SCRATCH
Akwesasne Notes	24	8	17211
Gardners	23	9	17041
Mohawk Video	23	9	16812
Akwesasne Sportsmens Club	19 1/2	12 1/2	16860
Dennis White & Co.	19	13	16737
Cooks	17	15	16516
Akwesasne Mobil	17	15	16405
Lupeholes	14	17	16500
Pat & Rays	13	18	16575
Shafts	13	18	16300
Jocks Electric	11 1/2	20 1/2	15968
Janes Gang	11	21	16214
Bowlmor	10	22	16394
Truckstop #9	10	22	16103

HIGH SERIES		HIGH GAME		HIGH AVERAGE	
Women	Score	Women	Score	Women	Score
Shirley Pitts	548	Shirley Pitts	232	Lilly Swamp	159
Rose Riley	622	Shirley Pitts	252	Men	Score
Men	Score	Lilly Swamp	159	Jim Ransom	169
Tim Jock Sr.	594	Men	Score		
Jim Ransom	677	Jerry Cook	237		
		Jerry Cook	257		
		Jim Ransom	168		

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 Massena, New York 13662 (315) 769-2481

"HILLTOP CATERERS"
 2-DAY NOTICE REQUIRED
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 "SAVE TIME AND WORK - ONE CALL PLANS ALL"
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Ononkwasonha WINTERGREEN
 Gaultheria procumbens

COMMON NAMES: Teaberry, Boxberry and Chickberry.
FEATURES: Wintergreen is a name that applies to several plants of the family Ericaceae which retain their foliage in the winter months. In the eastern United States the aromatic little Wintergreen plant is the one most often referred to. This low-growing plant grows to approximately 6 inches in height and has glossy, leathery, broad leaves with creeping stems from which arise erect reddish branches. They bear solitary white flowers, usually below the leaves, followed by the rather generous fruit, considering the size of the plant, which has enclosed the seed capsules and assumed the form of a bright scarlet, edible, mealy and spicy berry. The whole plant is pungent in taste, the spiciness being due to the volatile oil. Collecting the plant is somewhat difficult in its scattered wild state. The recommended time for picking is usually at the end of the growing season in October.
MEDICINAL PART: The whole plant.
SOLVENT: Water.
BODILY INFLUENCE: Astringent, stimulant and Anodyne.
USES: Distilled Wintergreen oil is chiefly used for flavoring confectionery or pharmaceutical preparations. The Native people employed the plant for rheumatic conditions, internally and externally. Compared to the size of the Willow or Birch, Wintergreen is a very small plant, but they all have a common agent, salicylate, which is most useful in relieving pains of rheumatism and as a stimulating nerve. Wintergreen may be employed in diarrhea and as an infant's carminative. (Adjust dosage according to age.)
DOSE: 1 teaspoon of the plant, cut small or granulated, to 1 cupful of boiling water, drink 1 cupful, cold or hot, during the day, a large amount at a time. Of the tincture, 5-29 min. too large a dose can cause vomiting.

EXTERNALLY: Oil of Wintergreen may be added to the bath or steam cabinet. The fresh or dried herb put into a white cotton bag and simmered in a large pot, adding liquid and container bag to the bath water, is effective for joint pains and swellings. Do not immerse the whole body, just waist high; if the shoulders and neck have the same condition, squeeze the simmered bag over this area. If you feel drowsy, too relaxed or have heart palpitations, get out. Continue one or twice a week for thirty times consecutively. It is also wise to drink a herbal diuretic tea mixture during this period so that the Uric acid, or deposits, will not re-locate.
CLINICAL USES: Tincture of fresh leaves - Gastritis, Neuralgia, Pleurodynia, Rheumatism, Sciatica.

(from INDIAN HERBOLOGY OF NORTH AMERICA, by Alma R. Hutchens, available at Akwesasne Notes/Indian Times book store for \$14.95)