

Keeping Cool Costs Less For Niagara Mohawk Customers

SYRACUSE — Consider the "long-awaited joys" of summer living in upstate New York, especially the recent heat and humidity. But as a Niagara Mohawk customer, take comfort that you're paying a lot less for electricity to "keep your cool" than consumers in most other parts of the state.

Niagara Mohawk says its residential users paid about 25 cents a day to power a typical window air conditioner, 41 cents daily for electric energy needed to operate an average 16-cubic-foot, frost free refrigerator and eight cents to watch a color TV set in May. That's a total of 74 cents a hot summer's day to watch TV in an air-conditioned room while sipping cold soda.

Consumers did not fare as well elsewhere in the state for these heat-escaping activities, Niagara Mohawk said. Sweltering downstaters in the Big Apple paid \$1.13 daily for the same amount of electric energy, Niagara Mohawk explained, while residents in the Southern Tier paid about \$1.

Niagara Mohawk also pointed out that for May an average residential user paid \$41.91 for 500 kilowatt-hours (typical monthly residential use), while consolidated Edison users in the New York area paid \$63.95. The utility said its residential consumers paid 11 percent less for 500 kilowatt-hours than those of the next lowest utility, Rochester Gas and Electric at \$47.08.

Thanks to lower fuel costs, Niagara Mohawk's typical residential customer paid \$1.87 less in May than in April. The reduction marks a break in a five-month, slight but steady increase in electricity charges that had risen from the \$37.35 charged in December for 500 kilowatt-hours. MAY CHARGES FOR 500 KILOWATT-HOURS OF ELECTRICITY

Consolidated Edison — \$63.95
Long Island Lighting — 62.32
Orange and Rockland — 59.33
New York State Electric & Gas — 55.58
Central Hudson — 53.90
Rochester Gas & Electric — 47.08
Niagara Mohawk Power Corp. — 41.91

Problem: Did You Know That 28% Of Our Children In the Community Have This Serious Dental Disease?

BABY BOTTLE TOOTH DECAY (BBTD)

What is Baby Bottle Tooth Decay?
A serious dental disease that causes the fragile baby teeth to decay rapidly.

What causes Baby Bottle Tooth Decay?
1. Putting a child to bed with a bottle containing anything but plain water.
2. Letting a child walk around with a bottle during the day.

How can we stop Baby Bottle Tooth Decay?
1. Do not put a child to bed with a bottle.
2. Do not let a child walk around with a bottle during the day.
3. Start children drinking from a cup no later than one year of age.

WEANING TIPS

1. Dilute the liquid you usually put in the bottle until there is only water.
2. If your child must have a bottle for nap or bedtime, put only plain, cool water in the bottle.
3. You may want to try using a pacifier. DO NOT dip the pacifier in honey or syrup, or anything sweet.

SIX WAYS TO PUT A BABY TO BED WITHOUT A BOTTLE
1. Offer a security blanket or teddy bear.
2. Sing or play music.
3. Hold or rock your child.
4. Rub a child's head or back.
5. Use infant swing or musical mobile.
6. Read or tell a story.

NEXT BBTD MEETING is June 24 (11 a.m.) at the Head Start Building, Hogansburg, NY. For more information contact Mrs. Herne or Teresa David (358-9535). More information on this dental issue will be seen in this paper at later dates.



Available now from the CKON radio station and staff members, an attractive flashy sticker promoting the radio station. The sticker is red and silver in color. Prices are \$2.00 Canadian and \$1.50 American. Make the radio station more visible by placing them on your car windows. Get your sticker from Barbara, Crystal, Louis "Ten Toes", "Free Wheelin Dave", Randy, Alex, "Bones" and Wesley.



Avoid Being Stung



To avoid being stung by stinging insects, follow these simple rules:

- Cover the body and head as much as possible and reasonable.
- Avoid flower gardens and fields where wildflowers are common.
- Check your yard for new nests.
- If you are attacked by several stinging insects, run indoors or jump into water. If this is impossible, run through a shaded area rather than an open, sunny area.
- Stop a car slowly if an offensive insect flies in through a window. Remain as still as possible while slowing the car and moving to the road shoulder. Then open all the windows, and the insect will soon escape.

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SPORTS NEWS

General Vanier Athletic Awards 1986-87

1. MVP Midget Girls Basketball — Tricia Fetterly, SD & G AA Championship Trophy to Captains, Fetterly, Laurie Labelle, and Jodi Sunday.
2. MVP Midget Boys Basketball — Gary Senecal.
3. MVP Junior Girls Basketball — Cindy Flaro, SD & G AA Championship Trophy to Captains, Lori Lamer, Melissa Morgan.
4. MVP Junior Boys Basketball — Rodney Eamon.
5. MVP Senior Girls Basketball — Trudy Bedard.
6. Best Defence Player Sr. Boys Basketball — Kevin Cameron.
7. MVP Senior Boys Basketball — Steve Maloney.
8. MVP Girls Cross Country — Jill Blasko.
9. MVP Boys Cross Country — John King.
10. MVP Girls Golf — Priscilla Thompson.
11. MVP Boys Golf — Paul Morgan.
12. MVP Junior Girls Soccer — Nancy Ferras.
13. MVP Senior Girls Soccer — Sheri Thomas.
14. MVP Junior Boys Soccer — Steve Albert.
15. MVP Midget Girls Volleyball — Patti Mitchell, SD & G AA Championship Trophy to Captains, Wanda Thompson, Lori Dupuis & Joanne Marlon.
16. MVP Midget Boys Volleyball — John King.
17. MVP Junior Girls Volleyball — Lori Lamer, SD & G AA Championship Trophy to Captains, Lori Lamer, Charlene LaFrance.
18. MVP Junior Boys Volleyball — Greg Wylie.
19. MVP Senior Girls Volleyball — Sheri Thomas.
20. MVP Senior Boys Volleyball — Tom Northardt.
21. Junior Girls Tennis — Shannon Sturgess.
22. Junior Boys Tennis — Marc Mainville.
23. MVP Senior Girls Tennis — Trudy Bedard.
24. MVP Senior Boys Tennis — Scott Anderson.
25. MVP Midget Girls Track & Field — Lori Dupuis.
26. MVP Midget Boys Track & Field — Kris Podajel.
27. MVP Junior Girls Track & Field — Melissa Morgan.
28. MVP Junior Boys Track & Field — Kevin Godard.
29. MVP Senior Boys Track & Field — Robbie Gillis.
30. Robbie Robertson Trophy — Outstanding Contribution & dedication to Track & Field — Robbie Gillis & Lori Lamer.
31. MVP Boys Lacrosse — Fred Thompson.
32. Outstanding Contribution to the Girls Athletic Association — Melissa Morgan.
33. Outstanding Contribution to the Boys Athletic Association — Dave McDonald.
34. Outstanding Native Female Athlete — Allison Buckshot.
35. Outstanding Native Male Athlete — Tom Northardt.
36. The GAA Award For Junior Athlete Achievement — Academic Excellence — Melissa Morgan.
37. The Girls Sportsmanship Winner — Lori Lamer.
38. The Coaches Trophy for Boys Sportsmanship — David Rodger.
39. The Frasers Jewelry Trophy for Female Athlete of the Year — Trudy Bedard.
40. The Romeo Vandette Trophy for Male Athlete of the year — Steve Maloney.

Bears Upset Senators 10-6

The Akwesasne Bears upset first-place Laval Senators 10-6 to raise their Quebec Midget Lacrosse League win-loss record to 4-6. Mikey Benedict led the Bears scoring with three goals on an assist. Joey Phillips and Troy Mitchell had two goals apiece with singles going to Perry Francis, Anthony Gray and Eric Laughing. Bears next home game is Thursday, June 18th against the Laval Senators. Game time is at 8 p.m. at the Water Street Arena.

Everyone is welcome to come out and support our future lacrosse team.

North Country Borderline Women's Semi-Fast Softball League 1987 Schedule

TEAM	HOMEFIELD
1. Sandy's	Pat & Rays
2. Vinney's	Fort Covington
3. St. Regis Angel's	St. Regis Road
4. Market No. 9	Pat & Rays
5. Legion	Legion
6. Snye	Snye Rec. Hall
7. Cornwall Island Angels	New Island Sch.
8. Bear's Den	Hogansburg Sch.
DATE	TIME 6.15 & 6.30 second team listed is home team
Thurs. June 18	June 23
1-7	6-1
6-2	2-5
3-5	3-8
8-4	7-4
Thurs. June 25	Tues. June 30
1-5	4-1
8-2	2-3
3-7	5-8
6-4	7-6
Thurs. July 2	Tues. July 7
1-3	2-1
4-2	4-3
8-6	6-5
5-7	7-8
Thurs. July 9	Tues. 14
1-8	7-1
7-2	2-6
6-3	3-5
4-5	4-8
Thurs. July 16	Tues. July 21
1-6	5-1
5-2	2-8
8-3	7-3
4-7	4-6
Thurs. July 23	Tues. July 28
1-4	3-1
3-2	2-4
8-5	6-8
6-7	7-5
Thurs. July 30	
1-2	
3-4	
5-6	
8-7	

Sports Editor C. Jacobs



1st Place A-Division winners in this past weekend volleyball tournament.

Photo: Seal King



First place winners in B-Division in this past weekend volleyball tournament.

Photo: Seal King

Volleyball Results

The Harry Biker and the Kickstands Volleyball team would like to thank all the teams that entered their tournament. We would also like to tell the people who volunteered their time to be refs, and line judges that we really appreciated your help. We had an enjoyable time and would again like to thank you!

- | | |
|--------|-------|
| Harry | Linda |
| Ronnie | Sesi |
| Kathy | Randy |
| Missy | Aaron |
| Shiela | |

The results of the tournament were:
1st place. A division — won by "Cooks" — \$125.00 and a trophy.
2nd place. \$75.00 won by "Gravy Train"
1st place B division — won by "Swamp Thing" \$80.00 and trophy.
2nd place — won by Gilnets — \$55.00

Eagles Lose Again

The Akwesasne Eagles lost again, this time to a team from Sherbrooke, Quebec, by a score of 18-11 before a frustrated crowd of 200 at the Water Street Arena in Tsiskanataien (Cornwall).

The Eagles were scored upon early in the game and, as seems to be characteristic of the team, dug themselves a deep hole before the first period was over. The Eagles were hurt by inconsistent goaltending throughout the game as their netminders made great saves before letting fairly easy shots from Sherbrooke get by.

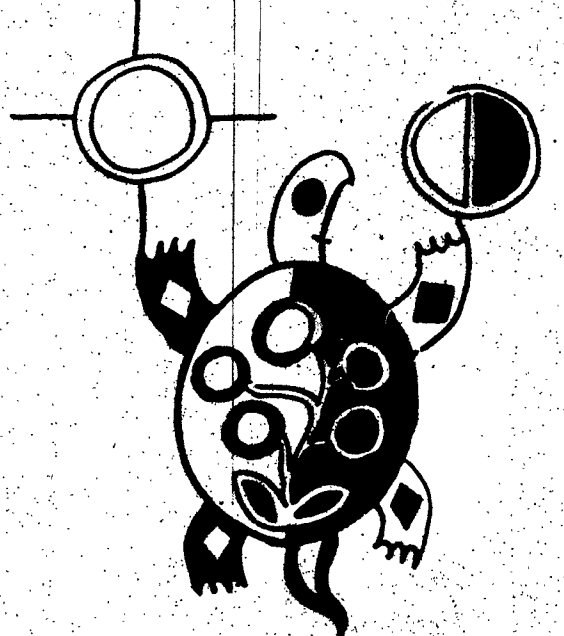
The Sherbrooke team had only 17 players to the Eagles 21 but played with a consistency the Eagles lacked. The Eagles were a better stick handling team, were far better checkers and had the harder shots but all too often were caught with all their players deep in the Sherbrooke zone with the result that the Quebec team had many break-aways, one-on-ones and two-on-ones.

A few of the Eagles played well, such as Leroy Swamp, Francis Mitchell and Kevin LaFrance, but on the whole the team was inconsistent. The Sherbrooke squad also outsmarted the Eagles by backing away from any fights. All too often the Eagles were penalized for roughing, sloppy checks or high sticking with the result that they played for long stretches of the game a man or two down.

It was clear from the stands that the Eagles needed the leadership of Robert Leb' Thomas to anchor their powerplays and to provide the team with much needed box lacrosse experience as most of the players are coming off of a couple of months of field lacrosse. Leb was forced to sit out the game because of a leg injury but is expected to be back in uniform for the next home game.

Scoring for the Eagles were Kevin LaFrance with 3, Bret Bradley with 3, Francis Mitchell and Chris Thomas with pairs and Glenn Swamp with a single.

The Eagles will play again at the Water Street on June 27 against Longueuil, a team they have also been beaten by.



ANSWERS TO KIDS PAGE

JUMBLE #10
MEALY TULLY EASLY POORLY
Answer: What one might think of when a horse has no "future" — "PAST-URE"

- ANS. 1. TURTLE, 2-STAR, 3-GIRAFFE, 4-CLIFF, 5-BUTTERFLY, 6-FIFTY
ANS. 1-IRON, 2-FEET, 3-BATTLE, 4-TOUCAN, 5-TWO, 6-MASK

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