



RECEIVES BARS — 2nd Lt. James P. Hassett, who recently completed requirements for a bachelor of science degree in civil engineering at Clarkson College of Technology, Potsdam, N. Y., has his lieutenant's bars pinned on by his wife, the former Donna Clary of Norwood. Looking on is Col. V. Doss Wood, Jr., professor of military science at Clarkson,

who administered Hassett's oath in the Regular Army. Hassett has begun a three-year tour with the Army, starting with a nine-week orientation course at the Engineers Center, Fort Belvoir, Va. He is a son of Mr. and Mrs. James Hassett of (682 Garth Ct.) Yorktown Heights.

Teenagers convene at Skidmore for Young GOP Summer School

More than 200 teenagers from throughout New York State were taught the intricate workings of practical politics at Skidmore College, Saratoga Springs.

The New York State Young Republicans in co-operation with the Republican State Committee, conducted the school Aug. 8-12.

Guest speakers included Governor Nelson A. Rockefeller; New York Republican State Chairman Carl Spad; State Commissioner of Tax-

Weekend Athlete can cause Harm by Overstraining

Summer vacationers were warned today that over indulgence in violent summer exercises after months of sedentary living can be a threat to health by overtaxing muscles which are not accustomed to the strain.

Dr. Robert Stesen, President of the Chiropractic Association of New York, admonished the summer or weekend athlete that he may cause himself severe harm by not following a few simple rules of good health.

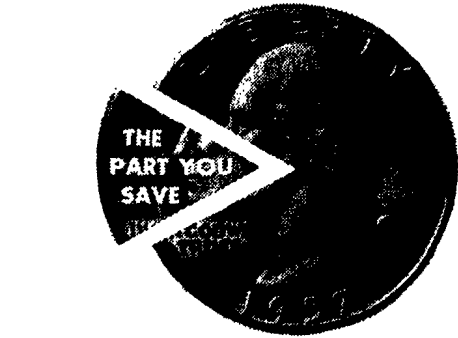
The public was warned that muscles which have grown soft from a lack of physical activity should not be called upon for sudden spurts of intense physical effort. The summer vacationer who goes into the country for a brief vacation but once a year should not indulge in such prolonged physical activity as handball, tennis, swimming or baseball without a period of pre-conditioning to put himself in shape.

The wisest course, Dr. Stesen said, is to maintain a program of moderate physical activity the year round to keep the body in peak condition. Exercises should be undertaken gradually to build the body up to the strain that will be placed on it otherwise the result may be painful muscle fatigue, nerve irritation and possible damage to the spine.

Topics included in the curriculum are: political organization, election procedure, current issues, the New York Republican Record, State and local government, and the upcoming Constitutional Convention.

General sessions will be followed by small discussion seminars.

Time will be set aside for swimming and other activities. Each evening there will be a social event, such as a "Republican — Hootenanny" which will star Miss Ginni Eastwood, teenage recording artist, whose record "The World at My Feet" is now one of the nation's top twenty hits.



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Sunday's Field Day a Success

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Sunday, Aug. 7, was a grand success for the Hannawa Falls Firemen's Field Day. The weather man co-operated with a warm sunny day. About 30 units participated in the noonday parade with 4 different bands adding much. Friends, neighbors and visitors from far and near lined both sides of the road of the mile long march. The Smorgasbord dinner of home cooked food, the horse show, motorcycle races, games for all, slides, kiddie land and all the other attractions all helped to make it a successful affair with the help of the large crowd and co-operation of the participating communities.

Mr. and Mrs. Myron Davis and sons, Glenn and Ricky, arrived Wednesday, Aug. 3 for a few days visit with Alma's parents, Mr. and Mrs. Clyde LaBarge.

Mrs. Henry McNeal entertained her sister, Mrs. Mary Holling, and Mr. and Mrs. Arnold Holling of Toronto, Can. Sunday, July 31.

Mr. and Mrs. Clayton Graham of Cranberry Lake spent Sunday, Aug. 7, at the home of Mr. and Mrs. Darrell Middlemiss.

Mr. and Mrs. Ed Stever and two sons of Washington, D. C. who have spent the past 7 years in Japan where Ed was a government official, visited their aunt, Mrs. George Jenner on Monday, Aug. 1. The Stevers have been transferred to Germany with an Aug. 12 arrival planned. Mrs. Stever is the former Madge Jenner of Norwood.

The sympathy of the community is extended to Mr. and Mrs. Ed Hatch on the death of a niece, Mrs. Donald Bonne, 32, who died suddenly Aug. 3 and the death of Mrs. Hatch's brother, Harvey Robert, who died Thursday, Aug. 4. Robert, injured in a July 17 accident, had never regained consciousness.

Soft-shelled crabs are not a distinct species, but are a molting crab taken just after the hard blue shell has been shed and before the new shell is formed.

August 7-13 proclaimed 'Disabled Vets' Week'

The period of August 7-13 has been proclaimed by Governor Rockefeller as "Disabled American Veterans Week" in "grateful recognition" of this organization's accomplishments for disabled veterans.

Citing its founding more than forty-seven years ago by a group of wounded and disabled veterans gathered for a Christmas dinner, the Governor said the DAV organization, with almost 3,000 chapters, "is largely responsible for much of the beneficial legislation affecting the welfare of all disabled veterans."

"Thanks to its untiring efforts," he declared, "the disabled veterans of our State and Nation have been able to assume their places in our society and economy, doing jobs as thoroughly and as well as anyone."

"During the month of August we will be privileged to welcome the members of the Disabled American Veterans when they will hold their national convention in the City of New York."

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