

How Is Your State of Physical Fitness?

How do you feel about the state of your physical fitness? Do you feel a need to improve your health and live a more vital, active life?

If so, you have a golden opportunity available to you. For the first time in the North Country, a unique physical fitness course is being offered in Adult Education Program at PCS.

The course will follow a medically approved program of jogging and walking as set up by W. E. Harris MD., a famous heart specialist and Wm. J. Bowman, renown track coach at the University of Oregon. It's prime objectives are to improve the vital organs, the heart and lungs, to help a person feel better, look better, live longer, and enjoy a more wholesome vital life.

The program has been some 20 years in the making and has been tried with adults between the ages of 25 to 66 in many areas throughout the U. S. before being given its approval. At present it is catching on in many communities throughout the country with both male and female participants. Some have called their groups, "The Community Joggers Club", while others have chosen a variety of names.

A Special Feature

A special feature of this unique program is its progressive developmental sequence for any level or state of physical fitness. There are separate programs for the above average, average, below average, and also a program for those who are advised not to jog by their physician. Another fine aspect is the easy transition from one program level to another if one completes the course or desires to change to a more advanced or less advanced program.

An organizational meeting for the course will take place at the Potsdam Junior High School gym at 7:30 Tuesday evening. A basic requirement

for starting a program is a physical from your family doctor. The various programs will be distributed at the organizational meeting once you have filled out a medical questionnaire and have your physician's approval, plans will be made for the right time for group workouts.

3 Workouts per Week

Three one-half hour workouts a week is all that is required for the group workouts. The other three workouts are done individually and consist of walking and light stretching exercises. It is hoped that a convenient time or times can be set up so that the ma-

jority interested can meet for group workouts. School facilities will be available and no particular outfit is required. So, if you have felt the need for an easy, relaxing, inexpensive, medically planned fitness program involving only a few minutes of each day to become better fit in our out-

mated, rushing society, check in at PCS on Tuesday at 7:30 p. m.

The program is open to both men and women at a cost of \$5. The fee will be for the text and mimeograph material. The instructor for the course will be Bill Lewis, Potsdam High School Track coach.



SHADES OF FRANKIE LANE — These days, when kids are brought up to the roar of cars and trucks racing around the streets of Potsdam, it is always refreshing to take a look at things as they were back in the old days. Jean DeHaven and his 20-mule team gave many youngsters, and a few of us oldsters, too, an idea of the way it was back in the old west, when 3½ miles an hour was considered good time for a mule train. DeHaven, his family, and a half dozen muleskinners came

through Potsdam Sunday on their way from Death Valley, Calif., to Montreal's Expo 67. The group has "hoofed" more than 4,900 miles in their year-and-a-half journey. Hundreds of people lined the streets to see him pass, and nearly as many traveled to the H. W. Gaines property on Market St. that night to hear DeHaven and his cowboys sing, and tell stories of their trip. A half dozen souls were even on hand at 6 a.m. Monday to see them off.

David Fountain Departing Pastor Dies in Hospital Tells of Services

Funeral services were held last Thursday at the family home for David Lyle Fountain, 71, Star Route, Potsdam, who died Sept. 11 in Potsdam Hospital. The Rev. Harold Beaudry, pastor of the Union Church in Parishville, officiated. Burial was in Hillcrest Cemetery.

Mr. Fountain was born March 21, 1896, in Parishville, a son of David and Nora Phippen Fountain. He was married to the former Eva Magill in Hopkinton March 7, 1928. He was a farmer in the Potsdam - Parishville area all of his life.

Besides his wife, he is survived by two daughters, Mrs. Warren (Emma) Remington of Parishville and Miss Lila Fountain, at home, a brother, Bert, Star Route, Potsdam, a sister, Mrs. Wesley (Matie) Decker of Parishville, and two grandchildren.

NEW LUMBER COMPLEX

Tupper Lake — The formation of a hardwood lumber manufacturing complex in the Tupper Lake area in the Adirondacks was announced earlier this week by Litchfield Corp. of New York City and Tupper Lake. The operation, expected to employ about 75, will be under the direction of Elliott Hardwood Co. of Potsdam, a subsidiary of Litchfield.

Free Barn Dance

Blanchard's Sundown Ranch
 Madrid, N. Y.
 Sept. 22
 9 'till morning
 2600 sq. ft. dance floor
 music by Uncle Otis and Sundowners
 Open every Fri. nite
 9 'till 1.

Assistant Griswold

(Continued from Page 18)

New York, and to the Utica Mutual Insurance Co., Utica.

At Clarkson, Misiaszek is director of the college's civil engineering graduate program. He also directs Clarkson's civil engineering National Science Foundation undergraduate research program. He has published or presented more than a dozen scholarly works.

Misiaszek is a member of many technical and professional organizations, including both the New York State and Illinois State Professional Engineering societies; the American Society for Engineering Education; the American Society of Civil Engineers; and the American Association of University Professors. He is the president of the St. Lawrence and Franklin County Chapter of the New York State Professional Engineers Society.

He and his wife, the former Rosemary Zick of 1212 Ash St., Utica, and the couple's two children, reside at 45 May Road.

Games Board

(Continued from Page 11)

ings. The school is still awaiting the hot water storage tank. Delays have been blamed on the general contractor who has not been able to maintain the schedule.

Also, a parents' night is being organized as a part of American Education Week, Nov. 5-11. Details are incomplete as of the present time.

MOONLIGHT DRIVE-IN THEATRE

POTSDAM NORWOOD RD.

Friday and Saturday Sept. 22-23
 3 Big Hits

"A Fistful of Dollars"
 Starring: Clint Eastwood
 -ALSO-
"Rentro Valley Barn Dance"
 -AND-
"Gunfight in Abilene"
 Starring: Bobby Darin

Sunday, Monday and Tuesday, Sept. 24-25-26

"The Trip"
 in Psychedelic Color
 Starring: Peter Fonda
 Susan Strasberg

STRICTLY ADULT ENTERTAINMENT. NO ONE UNDER 18 ADMITTED. PROOF OF AGE REQUESTED AT THE BOX OFFICE.

-Plus-
"Ghost In The Invisible Bikini!"
 Starring: Nancy Sinatra
 Tommy Kirk

What's Doing

Potsdam artists exhibiting at the Arts and Crafts Show at Canton over the weekend were Fran Cornish and Theo Dunn. Marge Cryderman of Madrid and Leonard Mackey of Colton also exhibited.

Jack Wells tells me that Grandma Moses was one of his parishioners in the early days of his ministry. She worked in a room with no windows and her colors came only from her imagination. When asked how she obtained such color for snow, she explained that anyone could buy it at the local hardware store.

The Great Books Discussion Group will meet at 7:30 p.m. Tuesday, Oct. 3, at the Public Library. Sanctioned by the Great Books Foundation, new members are welcome.

Prof. and Mrs. E.T. Harper and family are back in town after spending a year in Holland where Ed was with the chemistry department at Groningen University.

Marsh Woman's Relief Corps will meet at 12:30 p.m. Tuesday at the Civic Center for a dinner meeting. The group recently presented American flags to the Newman Center and a Potsdam Boy Scout Troop.

The Relief Corps has scheduled a Rummage Sale for Oct. 6 at the Masonic Temple from 9 a.m. - 9 p.m. Mrs. Margaret Cuthbert will serve as chairman, and rummage may be left at her home, 26 Larnard St. If you can't bring items for the sale to Mrs. Cuthbert, pick-up service may be arranged by phoning 265-8394.

Nihanawate Chapter, DAR, will hold its annual Fall card party Saturday, Sept. 30, in

Notice have

15 Tourist Jet Seats
 Northeast Airlines
 Dec. 18 - Montreal - Miami
 Jan. 2 Miami - Montreal
 Final sales date Oct. 27
 Space scarce -- order now

Call
Stowell Travel Bureau
 15 Market 265-4340

Complete Travel Service
 All Domestic & Foreign Airlines.

Complete Tests

Two area residents have successfully completed the latest examination in practical nursing, and four others the test for registered nurses, according to the State Education Department.

Newly licensed practical nurses are Constance Ann Brothers, Norfolk, and Sharon Kay Frary, Lawrenceville.

Newly licensed registered nurses are Christine Colburn, Potsdam, Barbara Hall, Brasher Falls, Nancy Harrington, Potsdam and Judith Tucker, Colton.

The theme "Obligations and Opportunities" will be explored at the Central New York area Conference of the American Association of University Women, to be held Sept. 30 in Dewitt, near Syracuse, and Seminars will include "Feminine Fulfillment," "Levers for Learning," and "I am Not a Stranger." A luncheon panel will discuss "Opportunities Offered in Collegiate Involvement." Mrs. Robert Morrison, State Division president,

will keynote the conference. Members of St. Lawrence County Branch, AAUW, who wish to attend the conference should contact Helen Tedford, 2658775, as soon as possible.

Happy birthday to Sarah Brown, 31 Hillcrest Drive, who is 5-years-old today.

AUDUBON FILM LECTURE SERIES

Canton, New York
 St. Lawrence University Center

Oct. 3-William A. Anderson
 "Designs For Survival"

Oct. 23-Robert Hermes
 "Delta Of The Orinoco"

Dec. 4-John Bulger
 "Wild Rivers of North America"

Feb. 4-Harry Pederson
 "Village Beneath The Sea"

April 18-William Jahoda
 "Nature's Way"

All Showings at 7:30 P.M.
 Season Student Tickets-\$2.50
 Family-\$8.00
 Adults-\$5.00

Tickets on sale at Kinney Drugs, Downtown, Potsdam, starting Monday, Sept. 25.

Sponsored by the St. Lawrence University Outing Club

ROXY
 AIR CONDITIONED

THE FINEST THEATRE IN THE NORTH COUNTRY

TO-NIGHT THRU TUESDAY
 SHOWING EACH EVENING AT 7 & 9 P.M.
 SUNDAY AT 2 - 7 & 9 P.M.
 Direct From Its Road Show Engagement At - POPULAR PRICES

ADULTS \$1.00 CHILD 50c

THE TOWN OF THE GREEN

SATURDAY - SEPT 23 - MATINEE ONLY

DO NOT MISS THE GHOST AND THE CHICKEN

PLUS KARTOON KARNIVAL

COMMENCING WED. SEPT. 27
 WINNER OF 5 ACADEMY AWARDS
 "A Man For All Seasons"

With Paul Scofield
 2 SHOWINGS EACH EVENING AT 7 & 9 P.M.
 SUNDAY AT 2 - 7 & 9 P.M.

Games
 (Continued from Page 17)

from Steve Pierce to Henry who scored. The score remained 2-1 until the 13 minute mark of the fourth quarter when Colton scored again sending the game into overtime.

In Monday's game, Kevin Dalton opened the scoring at 3:18 of the first period on a pass from Andy Henry. In the third period, Steve Pierce dented the nets with the assist going to Andy Henry.

At 11:25 of the fourth period, Larry Christie scored the third tally on a pass from Alessandro Cenciarelli, and at 13:35 of the fourth period Sandro set up Dale Hosmer for the fourth and final goal. The goalkeeping duties were shared by Terry Spicer and Bob Daley. Randy Hill, Todd LePage and John Provencher all played an excellent game.

Tomorrow the Yellowjackets travel to Canton for their first league game. Game time will be 4 p.m.

MAKE YOUR PLANS NOW TO VISIT

The CHALET COCKTAIL LOUNGE
 ROUTE 11, CANTON RD.
 OPEN TO THE PUBLIC DAILY FROM 4 P.M. TO 1 A.M.

ENJOY THE FINEST IN BEVERAGES SERVED AS YOU LIKE THEM IN A PLEASANT ATMOSPHERE

NEW MODERNS... THINK OIL HEAT to be sure!

to be sure of Dependability

to be sure of Savings

to be sure of Safety

Dependable oil heating is "Independent" heat! You have a reserve supply right in your oil-heated home good for two or three weeks heating no matter what your neighbors or the utilities do! A peak heating demand in freezing weather doesn't cut supplies to your home... you're warm! Trouble next door or in your area is kept away from your door... your oil-heated home has everything right there. You're warm when others may not be. And modern oil heat is clean and low in cost. Why use the high-priced heat?

to be sure of all the HOT WATER your home will ever need

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