

McEwen Endorsed By Trade Unions

Rep. Robert C. McEwen, R-N.Y., has been endorsed for reelection by Local 117, United Association of Journeymen and Apprentices of the Plumbing and Pipe Fitting Industry.

The union of nearly 200 plumbers and steamfitters represents tradesmen in the Counties of Jefferson Lewis and St. Lawrence.

Announcement of the endorsement was made by the union's Business Agent, Carl Lee, in a letter to the Congressman. "We wish to thank you for your untiring efforts toward the promotion of Fort Drum," Lee said. He added his union "wanted to do on record in full support" of Rep. McEwen's campaign for an eighth term in the House of Representatives.

The Congressman has also been endorsed by the 525-member Local 278, United Brotherhood of Carpenters and Joiners. That local represents carpenters in a district from Northwestern Franklin County to Northern Oswego County, including the Counties of Jefferson, Lewis and St. Lawrence.

The 30th Congressional District encompasses the Counties of Clinton, Essex, Franklin, Jefferson, Lewis, Oswego, and St. Lawrence.

Assemblymen Plan Hearing On Roads

The Assembly Republican Task Force on Rural Transportation in New York State has announced the scheduling of an Aug. 22 public hearing to be held in Watertown. The public hearing will begin at 7:30 p.m. in the first floor conference room of the state office building.

The newly-formed task force is investigating the conditions of rural roads and the rural transportation network of New York State. The study comes as a result of the deteriorating state of rural transportation facilities and the adverse impact this could have on the economy.

Assemblymen Robert Nortz of Lowville, John R. Zagame of Oswego and David O'B. Martin of Canton are conducting the Watertown forum.

Nortz, Zagame and Martin identified five specific areas as the focus of the Assembly Republican study.

- the impact of changing agricultural technology on transportation systems, particularly the use of larger vehicles causing increased roadbed damage;
- the adequacy of present aid programs directed at road resurfacing, improvement and repair;
- the present condition, inspection procedure and the funding mechanism for repair and replacement of rural bridges;
- the adequacy of snow and ice removal on lowways;
- the specific needs of the rural elderly and handicapped in community transportation.

Vegetables With A Flourish

BY CINDY THEOBALD,
St. Lawrence County Dairy Princess

Glorious summer, the garden is flourishing. But what can you do when your freezer is full and the vine is still producing? Try these recipes to combine garden-fresh vegetables with dairy products for extra nutrition.

Sour Cream Spinach Salad

- 1/2 cup dairy sour cream
- 1/4 cup creamy French dressing
- 1/4 teaspoon salt
- Dash pepper
- 8 cups (10 ounces) fresh spinach, torn
- 1 1/2 ounce can mandarin orange sections, drained
- 1/2 medium cucumber, sliced
- 1 cup shredded sharp cheddar cheese (4 ounces)

Blend sour cream French dressing, salt and pepper together. Combine orange sections, cucumbers, and cheese. Pour sour cream mixture over greens. Toss lightly. Six servings.

Tomato Corn Bake

- 3 small tomatoes
- 1 cup corn
- 2 ounces shredded Swiss cheese (1/2 cup)
- 1 tablespoon sliced green onion

Cut tomatoes in half crosswise; remove seeds and most of pulp from each. Sprinkle cavities with salt. Combine corn, cheese, and onion. Pack two to three tablespoons corn mixture into each tomato half. Place in shallow pan. Bake in 350 degrees for 20 to 25 minutes. Six servings.



HEAD START—Mark Smith, of Potsdam, a Head Start veteran, shows off some of the dress-up possibilities available at Head Start. The St. Lawrence County Head Start program is starting a pre-school program for Parishville-Colton area residents. For more information call the Neighborhood Center at 265-3920 or write Brian Wilkins, Box 152, Canton, 13617.

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Carp Can Be Source Of Protein

BY PAUL M. KELSEY
New York State Division of Fish and Wildlife

In Europe and Asia carp is one of the most used food fish. In 1870, when the federal government imported and stocked carp in waters of the United States, it was assumed that it would be useful similarly in this country. Its use, unfortunately, falls far below its potential, for this fish meets the requirements of being an excellent source of protein. It is a large fish, grows fast, can live in water of such poor quality that it can survive almost anywhere and can be harvested with relative ease.

A limited number of people do fish for them, some even having learned how to increase their sport by taking them on wet flies and streamers. Particularly during the spawning season, archers spend many hours stalking them.

Instead of being the anticipated asset, in many waters they have become a prolific pest—a prime example of the hazards involved in importing and stocking wildlife not native to an area. Fishermen are quick to condemn carp, often accusing them of eating eggs of other fish and competing directly with them for food, and as a result, spoiling sport fishing. The basic assumption that carp are at the bottom of the trouble may be partially correct, though it isn't what they eat, so much as how they eat it, which causes the trouble.

Studies throughout the country have failed to produce any evidence of the popular theory that carp are great consumers of eggs of other fish. They are, however, very destructive of vegetation, through the amount which they consume is relatively small. The damage comes from the "vacuum cleaner" type of dredging operation that is their way of feeding.

Anyone wanting to see their method of feeding need only watch one of those little catfish so commonly used as scavengers in fish tanks. This little fish

moves across the bottom of the tank like a vacuum cleaner, picking up the mouthful of sand, sorting out the goodies, and spitting it out again.

It is this rooting around while feeding that causes so much destruction of plant material. Many are physically uprooted, while those that are not left in such muddy water that they may either be smothered in the mud, or die from lack of sunlight. Decomposing vegetation then releases nutrients which, in turn, may be utilized by less desirable free-floating algae.

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The Church Directory

POTSDAM	UNITED CHURCH OF CHRIST, NORWOOD	BRASHER-WINTHROP	SOUTH COLTON
BETHEL CONGREGATION 41 Market Street Friday Evening 7:30 P.M.	Rev. Carlton Goodke Sunday Services 9:45 A.M. Morning Church School 11:00 A.M.	UNITED METHODIST CHURCH BRASHER FALLS Rev. Leon F. Sillman Morning Worship 10:30 A.M. Sunday School 9:45 A.M.	ST. PAUL'S CHURCH Rev. John Kennahan Sunday Mass 9:30 A.M.
CHURCH OF THE NAZARENE Rev. Richard Wood 265-745 Market & Cottage Sts. Sunday Services 11 A.M. & 7:30 P.M. Sunday School 10 A.M. Mid-Week Service Wednesday 7:30 P.M.	NORWOOD FREE METHODIST CHURCH Rev. Robert L. Billings Sunday Services 11 A.M. & 7:30 P.M. Sunday School 10 A.M.	BRASHER FALLS BAPTIST CHURCH Rev. Patrick Ramer Jr. Sunday School 9:45 A.M. Morning Worship 11:00 Evening Worship 7:30 P.M. Wed. Service 7:30 P.M.	South Colton Community Church has services at 9:30 a.m. conducted by Rev. Wm. Culbert Sunday School follows at 10:00 a.m.
EMMANUEL BAPTIST CHURCH (S.R.C.) Rev. Michael Cloer, 265-778 Sunday Services 11 A.M. & 7:30 P.M. Sunday School 9:45 A.M. Wednesday evening 7:30 P.M.	NORFOLK CHURCH OF THE VISITATION Rev. George Lemieux Anticipated Sunday Mass Sat. 7 P.M. Sunday Masses, 8 A.M. & 10 A.M. Holy Day Masses, 9 A.M., 5:15 P.M., 8:30 P.M. Confessions before all Daily Masses and Saturdays 4 & 7:30 P.M.	ST. PATRICK'S CHURCH BRASHER FALLS Father Louis C. Gardner Anticipated evening Mass, Sat. 8 P.M. Sunday Masses 8:00 A.M. and 10 A.M.	PARISHVILLE UNITED METHODIST CHURCH PARISHVILLE Rev. R. Cary Rochester Sunday School 9:30 a.m. Morning Worship 11:00 a.m. Youth Group 7:00 p.m.
ST. MARY'S CATHOLIC CHURCH Magr. William J. Argy, 265-9880 20 Lawrence Ave. 5:30 P.M. (Saturday) Anticipated Mass Sunday 7:30 A.M., 9:30 A.M., 11:30 A.M. and 5:30 P.M.	THE UNITED METHODIST CHURCH NORFOLK AND RAYMONDVILLE Rev. Robert DeWalt Norfolk Sunday School 9:45 a.m. Norfolk Worship Service 11:00 a.m. Raymondville Worship Service 9:30 a.m. Raymondville Sunday School 10:30 a.m.	MADRID-WADDINGTON ST. JOHN'S CATHOLIC CHURCH MADRID Magr. Joseph G. Bailly Anticipated Mass: Sat. 7:30 P.M. Sunday Masses 8:00 & 10:30 A.M.	BAPTIST CHURCH PARISHVILLE Rev. Charles Metzger Sunday Service 11 a.m. Sunday evening service 7:00 Wednesday prayer meeting 7:00 P.M.
FIRST CHURCH OF CHRIST, SCIENTIST 265-9711, 28 Elm St. Sunday Service 10 A.M. Sunday School 10 A.M. Wednesday evening 8 P.M.	SAINT RAYMOND'S CHURCH RAYMONDVILLE Rev. Thomas Votaw, Pastor Sunday Masses Sat. at 7 P.M. & Sunday at 9 & 11 A.M.	WESTVILLE FIRST PRESBYTERIAN CHURCH Rev. Robert Simmonds Sunday Services 9:15 A.M.	ST. MICHAEL'S CATHOLIC CHURCH NORTH LAWRENCE Pastor, Rev. Anthony Pease Sunday Mass at 9 A.M. Anticipated Evening Mass Sat., 4:30
KOINONIA CHURCH Office: Hamilton St., 265-7004 Worship Services Sundays at Hamilton St. 10 A.M. and 6:30 P.M.	ST. PHILIP'S EPISCOPAL CHURCH Rev. Lawrence B. Jones, rector Sundays-Holy Eucharist & Communion-9:30 a.m. Thursdays-Holy Eucharist-9:30 a.m.	UNITED METHODIST CHURCH WADDINGTON Rev. Barbara A. Beaudry, Pastor Morning Worship 10:30 A.M.	LAWRENCEVILLE LAWRENCEVILLE BAPTIST CHAPEL Pastor John Sullivan Sunday School 10 A.M. Sunday morning services 11 A.M. Sunday night services 7:30 P.M. Thurs. night Bible Study 7 P.M.
GLORIA DEI LUTHERAN CHURCH Rev. Theodore A. Schulte 265-9230 or 265-9263 97 Elm Street Worship 10:30 A.M. Sunday School 9:30 A.M.	ST. ANDREW'S CATHOLIC CHURCH NORWOOD Rev. John Wiley Masses: Saturday, 8:30 P.M. Sundays 8 A.M. & 10 A.M. Daily 8:30 A.M. Confessions before all Masses & Saturday 4:30 to 7 P.M.	ST. PAUL'S EPISCOPAL CHURCH WADDINGTON Nelson Skinner Priest in charge Family Service 9 A.M. Fellowship hours 11 A.M.	COLTON ST. PATRICK'S CHURCH COLTON Rev. John Kennahan Sunday Mass 11 A.M. Saturday 7 P.M. Anticipated Mass
ST. FRANCIS OF ASSISI NEWMAN CENTER For all affiliated with OCT or SUCP 41 Main St., 265-9226 Mass Schedule: Saturday 8:30 P.M. Sunday 9 A.M. & 10:00 P.M. 9 A.M., 4:00 P.M. Daily varies-call 265-9230 Confessions-before all Masses, or at your convenience Pastor: Father Kellogg	BUCKTON BUCKTON UNITED METHODIST CHURCH Rev. Leon F. Sillman Sunday Service 10:30 A.M. Sunday School 9:30 A.M.	UNITED CHURCH OF MADRID MADRID, N.Y. Pastor, Rev. Betsey Mowry Church School 9:45 A.M. Worship 11:00 A.M.	WESLEYAN CHURCH COLTON Pastor Richard Genaway Sun. Services Sunday School 10:00 Worship 11:00 (Choir practice Wed, evens, 7:15 Youth Services Sat., Evening 7:15 Wed. Prayer Time 7:30
TRINITY CHURCH Fall Island, Potsdam, Reverend The Eucharist: Sunday 10 A.M.	NICHOLVILLE UNITED METHODIST CHURCH NICHOLVILLE Rev. Kathleen M. Rochester St. Jacques 9 A.M. Nicholville 9 A.M. St. Regis Falls 11 A.M.	HANNAWA FALLS HANNAWA FALLS METHODIST CHURCH Rev. Calvin Zimmer Sunday School 10 A.M. Church 11 A.M.	STOCKHOLM NORTH STOCKHOLM METHODIST CHURCH Rev. John Wilberg Sunday Service 9:30 A.M.
JEHOVAH'S WITNESSES Kingdom Hall Route 1.2 miles North of Potsdam Sunday Lecture 10 A.M. Watchtower Study 11 A.M. Mid-Week Services 7:00 P.M. & Thursday 7:30 P.M.	SOCIETY OF FRIENDS (QUAKERS) 9:30 A.M. Sunday, Potsdam, 265-5748	THESE CHURCH MEMBERS ARE BEING SPONSORED BY THE FOLLOWING FIRMS WHO URGE YOU TO ATTEND A CHURCH OF WORSHIP THIS WEEK.	WEST STOCKHOLM METHODIST CHURCH Rev. Cary Rochester Pastor Sunday School 10:30 to 11:30
UNITARIAN UNIVERSALIST CHURCH E. Main St., Canton, 265-2488, 9478 Rev. Max Coots, Minister Services will resume Sept. 10 at 10:45	FIRST PRESBYTERIAN CHURCH Elm Street & Lawrence Ave. The Rev. Robert F. Langewis, Minister 265-9434 UNION WORSHIP SERVICES With American Baptist and United Methodist Churches 9:30 a.m. June 25-July 1 First United Methodist Church July 16-August 30 at First Presbyterian Church 11:00 a.m. services resume On August 27	POTSDAM INSURANCE AGENCY 3 Pleasant St. Potsdam, N.Y.	P&C MARKETS, INC. Potsdam Plaza Potsdam, N.Y.
DAILY RIDGE PRES. CHURCH Summer schedule, June, July, August Sunday Worship 9:30 A.M. Rev. William Mundell	NORWOOD-NORFOLK CHURCH OF NORWOOD Rev. Garrie Stevens 10 A.M. Sunday morning Sunday School after 10:30 A.M.	THE DREW AGENCY CORP. Insurance of All Kinds 4 Main Street Norwood, N.Y.	WESTON'S BOOK STORE 39 Market St. Potsdam, N.Y.
NORFOLK WESLEYAN CHURCH Rev. Charles A. Dayton Sunday School 10 A.M. Sunday Service 11 A.M. and 7 P.M. Wednesday Prayer 7 P.M.	ROBAR'S TIRE SERVICE B.F. Goodrich and Delta Tires Complete muffler and Exhaust system 140 Maple St. Potsdam, N.Y. 265-8170	NEW CAR DEALERS ASSOCIATION POTSDAM, N.Y. Adirondack Auto Barstow Motors Blevins Motors Curtis Chrysler Scott Ford	HOPKINTON CONGREGATIONAL CHURCH HOPKINTON Church School 9:30 Sunday Sunday Service 10:30 HOLY CROSS CHURCH Pastor, Rev. Anthony Pease Anticipated Evening Mass Sat., 7:00 p.m. Sunday Mass 11 A.M.

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