

Personal Touch: Hannawa Falls Area News

BY BETTY B. NEWTON
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It seems that each year when Charlie Cameron calls to tell me about the Wolfpack Snowmobile Club's "Snowmobilers against Cancer" event, we get nostalgic about all our friends and neighbors in this small community that have fallen victim to this dread disease. This year the event will be held on Feb. 2 and 3 at Hound's Haven. The firemen donate their building for the weekend. Saturday night will start the weekend off with the Snowflake Dance. Otis Blanchard and his band also donate their efforts and provide some good "old time" music for round and square dancing. Hopefully there will be snow for the snowmobile-a-thon on Sunday. Registration for that event will be from 10 a.m. to 1 p.m. Anyone collecting pledges of more than \$20 by Feb. 3 is eligible for a free dinner at Hound's Haven on that day. There will also be a poker run. Participants in your event pay

a registration fee of \$1.50. If you aren't interested in these activities, you can go to the spaghetti dinner and dance you heart away to the music of local bands the rest of the day. What better way is there to contribute a good cause and, in a sense, remember those who suffered so much and so long because research has not come up with a cure for cancer?

The Wolf Pack is also having its own personal poker run on Jan. 26. Registration is from 10 a.m. to 1 p.m. This event is based at the Birches.

Lois Aldous called and asked me to remind folks that February is "Heart Month." In talking with people, I understand that Mrs. Robert Plumb and Mrs. Ray Bonner are doing some of the canvassing in the area. If you live on a back road, in the interest of gas conservation, will you please mail your contribution to one of these three ladies before the end of the month?

Robin James underwent surgery in Hepburn Hospital on Monday. She is recovering nicely, but will be confined to the hospital for a total of about 10 days and then have to recuperate at home for several weeks more.

Some of the girls in the Sand Hill Rollers 4-H Club are busy making items to enter in the county dress review. Mrs. Kay Scott is leading this project.

Bonnie Ward, Sally Newton and Betty Newton attended the St. Lawrence County Co-operative Extension lesson in Canton on Thursday evening, Jan. 17. The subject was "Cutting grocery costs with coupons." A sizeable amount can be saved each week just by using the coupons for articles your family consumes. If you are lucky enough to be able to trade off your unwanted coupons for ones you can use, you are really putting money in your pocket for almost no effort at all.

On Jan. 17, the Carl Newtons swung over through Pierrepont and picked up the Town Historian's records. While in the area, they called on Hazle Tupper, Mrs. Ruth Clarke and the Glenn Thomases. Glenn has been ill and in the hospital lately. He is now at home, but unable to go out and do chores. His son, Lloyd, was also laid up for a while as the result of a farm accident. Ruth was busy planning for the covered dish luncheon she will hostess Feb. 6 for the Pierrepont Community Club. Hazle is dreaming of the day when she will soon take off for Florida with Mr. and Mrs. Everette Howard. They will visit relatives there.

The Hannawa Falls Fire Department has responded to several alarms recently. On Jan. 7, the volunteers were called to stand by at Parishville's fire station while Parishville was at a fire. The second alarm of Jan. 7 came when a call sent the fire department to Ted Walrich's on the Sturtevant Road. Firemen found the building engulfed in flames. Hannawa Falls assisted Pierrepont, Colton, and South Colton fire departments. Potsdam Fire Department was on standby at Hannawa Falls Fire Station; Potsdam Rescue Squad and Colton Rescue Squad were at the fire scene. Hannawa Falls firemen answered a call from Parishville Fire Department

on Jan. 8. Hannawa Falls was again called at 6 a.m. Jan. 9, to stand by at Parishville. Hannawa Falls had just arrived at Parishville's Station when their assistance was requested at the scene of the house fire at the Frederick Dashnow home in Nicholville. A second truck from Hannawa then responded to stand by at Parishville. Colton Fire Department was called to stand by at Hannawa Falls Fire Station. Hannawa Falls responded to stand by at Potsdam on Jan. 12. Later the same day firemen responded to a call for help from the Ray Bond home on Grove St. On Jan. 14, firemen responded to stand by at Potsdam's Fire Station.



Douglas E. P. Memorial REACT, charter 3609—a group that monitors Channel nine on citizens' band radios to help motorists in trouble—recently named officers for the new year. They are, from left, front row: Ken Reasoner, Canton, secretary; Rolland Gilbo, Potsdam, vice president; Martha and Jim Bouchard, Potsdam, treasurer and publicity chairman, respectively. Back row: Jim Winterbottom, Canton, secretary of the board; and Bernard Weaver,

Potsdam, director. Last year the squad of 25 answered roughly 550 calls for assistance. A fund drive for the group will be held Feb. 9 at the Super Duper in Potsdam. New members are welcome to join the team. Absent from photo are John Patrick, president; Bob Taylor, director; and Warren La Valley, alternate delegate to the Adirondack REACT Council.

St. Mary's Offers Program In Human, Spiritual Development

St. Mary's Parish is offering a comprehensive, multi-media program in human and spiritual development. The program, called Genesis 2, brings together the insights of the traditional Christian spiritual masters with the findings of modern developmental psychology in a simple, clear, understandable way.

All adults who are interested in this program of Christian spiritual development are invited to an introductory session for those who might be interested in joining a group which will meet regularly and follow the program.

The introductory session will be held on Jan. 31, at 7:30 p.m. in St. Mary's Religious Education Center, located beneath St. Mary's Church, Potsdam.

The program consists of six units, each of which is subdivided into two, two hour sessions. The units are entitled: The Spiritual Journey, Spiritual Growth and Self-Concept, The Risk of Being Myself, The Adventures of Self-Discovery, The Many Paths of Prayer, and Spiritual Maturity and Play.

Genesis 2 is built around the work of Father Vincent Dwyer, a Trappist monk who has been successful in programs of spiritual development for priests and religious. This program extends and applies the ideas and insights of Dwyer together with the results of his studies in theology and psychology. It is designed to be used by groups of adult Christians seeking to grow both in awareness of themselves and in spiritual maturity.

The program is based on the conviction that people are capable of development and that, far from being limited to childhood, this development is a life-long event. Authors and directors of the program believe that through reflection and meditation an individual can become increasingly aware of and assume responsibility for his or her own development. They think that this

process best facilitated in the context of "dialogue," i.e., in a situation where persons are open to the give and take of their environment, especially other people and life itself. They are convinced that physical, emotional, intellectual and spiritual development are related elements of human growth. Spirituality is not a separate discipline but rather one which seeks to integrate all the other aspects of human growth under itself. The program seeks, therefore, to provide a way for people to fulfill their highest potential and aspirations in relation to themselves, to each other, and to God.

The authors of the program have noted a remarkable convergence in some recent research in psychology and the best "traditional" Christian approaches to spirituality. They have seen, for example, that both view human growth as a process which involves stages. They believe that each can complement the other in the evolution of a modern spirituality.

Nutrition Program Menu For Elderly

This week's menu of the nutrition program for the elderly is:

- Wednesday—Liver and onions, scalloped corn, peas, bread and butter, apple pie, milk.
- Thursday—Turkey divan, broccoli, tossed salad, johnycake and butter, cheesecake, milk.
- Friday—Tuna casserole, tossed salad, spinach, homemade bread and butter, peach cobbler, milk.
- Monday—Salisbury steak with gravy, buttered noodles, carrots, tossed salad, chocolate chip pudding, milk.
- Tuesday—Chicken chop suey, buttered rice, mixed vegetables, wheat bread and butter, tangerines, milk.

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