



LIONS EXPO — Members of the Potsdam Lions Club gathered recently to plan for their biennial Seaway Valley Expo to be held in Clarkson's Walker Arena later this spring. Shown above are Expo vice-chairman Geoff Rogers, Lions Club President Roger A. Spugnardi and Terry Mullen, Expo chairman. (Betsy Baker photo)

from the PAMPERED KITCHEN

By Elizabeth Isenberg, Home Economist

Marinated Vegetables

If we were to survey a sample of the population regarding the impressions of vegetables, the results are almost predictable. Vegetables are thought of as mushy, watery, tasteless or annoyingly strong-flavored, slimy, and something to swallow quickly without tasting. Children have been known to spend much time just playing with vegetables on their plates in order to delay the ordeal of eating them.

All of these feelings point to the need for merchandizing this important food group in order that the valuable nutrient content of vegetables be a part of daily dining. The rules of nutrition specify that at least 4 servings of the fruit and vegetable group be included daily in one's meals. The major nutrients in this category are vitamins A and C although other vitamins, minerals and fiber components are contributed.

How does one promote vegetables as something irresistible in a meal? A quick trip through any cookbook will offer countless suggestions, including salads, scalloped, creamed, baked with grated cheese or seasoned crumb toppings, mustard sauce, sweet and sour sauce, sautéed almonds or walnuts, wine sauce, in combinations with other vegetables or fruit, branded, bacon, seasonings, boiled, baked, stir-fried, and broiled. All of these suggestions can be further augmented with the recommendation that vegetables be cut into identifiable forms, and that no vegetable be overcooked. Ideally cooked vegetables are at their best when served crisp-tender.

Serving chilled vegetables in a well-

seasoned marinade is another way to demonstrate the goodness, visually and flavor-wise, of a vegetable mixture. The following recipe combines both cooked and partially cooked vegetables with a hint of oregano, pimiento, and olives. It is delicious. Good nutrition means trying something new in your weekly menus. Be a creative artist in your kitchen.

MARINATED VEGETABLES

Yield: 8-10 servings
2 packages frozen cauliflower (10 oz. each)
2 large carrots, thinly sliced
2 sticks celery, cut in slices
1 green pepper, cut in strips
1 jar (4 oz.) pimiento strips
1 jar (3 oz.) stuffed olives
three-quarters cup wine vinegar
half cup olive or salad oil
quarter cup water
2 tablespoons sugar
1 teaspoon salt
half teaspoon dried oregano, crushed
quarter teaspoon pepper

1. Cook both the cauliflower and carrots till just tender. Drain and reserve the vegetables.
2. Combine all the remaining ingredients in a large skillet and heat by boiling, stirring occasionally. Reduce heat and simmer, covered, for 5 minutes.
3. Pour mixture into a bowl and add the cauliflower and carrots. Cover and chill in the refrigerator for about 24 hours before serving. Lift vegetables from the marinade to serve.

Note: this mixture keeps for several days in the refrigerator.

Ice Capades Feb. 5-7

CORNWALL, ONTARIO — Ice Capades' newest, spectacular — spans centuries from the days of knights in shining armor to a colorful and lively generation that is decidedly today. This year, Ice Capades' 40th Anniversary Super Show opens at the Cornwall Civic Complex Feb. 5 through Feb. 7 for three big performances.

Outstanding talent this year includes U.S. Junior Men's Champion Richard Ewell, U.S. Gold Medalist Julie Johnson, Australian Ladies Champion Sharon Burley, British Paris Champions Colin and Erika, U.S. and British Medalist Teresa Foy, and Canadian International Team Member, Jim Szabo. Ice Capades also presents the adagio artistry of Randy and Debby, and the exciting skating soloist, Greg Welch.

British comics Biddy and Baddy add their own brand of mad humor. Ten-year-old juggling star David Lee, the dynamic Brad Doud, and funnyman John Thorne round out this stellar troupe.

Show time is 8 p.m. at the Cornwall Civic Complex. Prices are \$4.50, \$5.50 and \$7. All seats are reserved. For ticket information call 938-9400.

Two Cub Scouts Earn Top Awards

PARISHVILLE — Dale McIntosh and Rodger Currier received their Arrow of Light awards at the January pack meeting of Parishville Cub Scout Pack 18.

This, the highest award in cub scouting, is the only award that can be worn throughout their scouting lives. Dale and Rodger also graduated into Boy Scout Troop 18 of Parishville, which now boasts seven Arrow of Light Scouts in their ranks.

Potsdam Lions Plan Exposition

The Potsdam Lions Club is now making preparations for the 1980 Racquette Valley Exposition. At a recent meeting, chairman Terry Mullen and vice chairman Geoff Rogers outlined the goals for this biennial event. Following a similar format to that of the very successful 1978 Exposition, it is expected that nearly 50 exhibitors will

participate. In addition to area business displays, there will be a number of demonstrations of general interest as well as numerous games and activities. As in the past, there will be a main door prize and hourly door prizes in addition to those given out by many of the exhibitors. The club sponsored Boy Scout troop will be in charge of the concessions. It is expected that the AFS will return with their very popular "dunking booth."

Vacancies Exist

CANTON—The St. Lawrence County Personnel Office is announcing that there are three vacancies in the St. Lawrence County Planning Department and has set civil service exam dates for the jobs of planner, associate planner, and principal planner.

Testing for all three openings will be at 9 a.m. March 15. Location of the tests will be announced later. The deadline for submitting applications is Feb. 13. The principal planner's job starts at \$17,000 per year. The job is basically second in command to the planning director.

Starting salary for the associate planner's job is between \$12,781 and \$15,814.

Starting salary for the entry-level planner's spot is between \$10,022 and \$12,254.

Applications and further information are available from the St. Lawrence County Personnel Office, Canton, N.Y., 13617.

A letter was recently sent to past exhibitors inviting them to participate again this year. Dates for the event are April 18, 19, and 20 at Clarkson's Walker Arena. Any local or area business that might like to participate should contact Lion Geoffrey Rogers or a member of

the Potsdam Lions Club. Spaces are purchased, and exhibitors are responsible for setting up their own displays.

The Potsdam Lions Club is a local service organization. Money raised from the event goes to many needed causes. In the past the Lions have, through contributions to the Sandstone Arena, the local hospital, the Boy Scouts and Girl Scouts. They were also responsible for the purchase of most of the newly planted trees in downtown Potsdam. One of the major projects of recent years was the establishment of the Lions Fall Island Park. Perhaps the most noted contributions have been in the form of help for the visually handicapped, particularly through eyeglass exams and purchases.



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The Church Directory

<p>POTSDAM BETHEL CONGREGATION 81 Market Street Friday Evening 7:30 P.M.</p> <p>CHURCH OF THE NAZARENE Rev. Richard Wood 265-7442</p> <p>St. 72 at 66 South Sunday School 9:45 A.M. Morning Worship 10:30 A.M. Evening Worship 7:30 P.M.</p> <p>EMMANUEL BAPTIST CHURCH (S.B.C.) Rev. Michael Clear 265-2728 Sunday School 9:45 A.M. Morning Worship 11:00 A.M. Christian Training 6:30 P.M. Evening Worship 7:30 P.M. Wednesday Bible Study 7:30 P.M.</p> <p>ST. MARY'S CATHOLIC CHURCH Msgr. William J. Argy 265-9680 28 Lawrence Ave. Sunday 7:30 A.M. (Saturday) Anticipated Mass Sunday 7:30 A.M., 9:30 A.M., 11:30 A.M. and 5:30 P.M.</p> <p>FIRST CHURCH OF CHRIST, SCIENTIST 265-6711, 28 Elm St. Sunday Services 10 A.M. Sunday School 10 A.M. Wednesday evening 8 P.M.</p> <p>ROBINSON CHURCH Office: 5 Hamilton St., 265-7094 Sun. School 9:30 A.M. Rxy Worship 10:30-12 noon Rxy Sun. Eve. 6:30-8 Hamilton St.</p> <p>GLORIA DEI LUTHERAN CHURCH Rev. Theodore A. Schulze 265-9220 or 265-9283 27 Elm Street Worship 10:45 a.m. Sunday School 9:30 A.M.</p> <p>ST. FRANCIS OF ASSISI NEWMAN CENTER For all affiliated with CCT or SUCP 41 Main St. 265-8230 Mass Schedule: Saturday 4 P.M. & 8:30 P.M. Sunday 9 A.M. & 10:00 P.M. Daily varies-call 265-8230 Confessions-before all Masses, or at your convenience Pastor: Father Kelllogg</p> <p>TRINITY CHURCH Fall Island, Potsdam Sunday 10:00 A.M. Parish Eucharist Wednesday 9:00 A.M. Holy Eucharist 2:00 P.M. Church School 4:15 P.M. Choir Rehearsal 5:30 P.M. E.Y.C. Saturday 5:15 P.M. Anticipated Eucharist Rev. Canon James W. Pennock, Rector</p> <p>JEROME'S WITNESS Kingdom Hall Route 1, 2 miles North of Potsdam Sunday Lecture 10 A.M. Watchtower Study 11 A.M. Mid-Week Services Tuesday 8 P.M. & Thursday 7:30 P.M.</p> <p>SOCIETY OF FRIENDS (QUAKERS) 5 P.M. Sunday, Potsdam, 265-5749</p> <p>UNITARIAN UNIVERSALIST CHURCH 6 Main St., Canton, 366-2498, 8478 Rev. Max Coats, Minister Sunday Service 10:45 A.M. Church School 10:30 A.M.</p> <p>FIRST PRESBYTERIAN CHURCH Elm Street & Lawrence Ave. SUNDAY'S Minister 265-9484 Sunday 9:45 a.m. Westminster Choir 11:00 a.m. Sunday School to grade 8. Crib nursery provided. 11:00 a.m. Worship Service in Church Center 6:00 p.m. Chapel Choir For information, call Church Office weekdays, 9-4; 265-9434.</p> <p>AMERICAN BAPTIST MEETING HOUSE (First Baptist) 24 Leroy Street Rev. Wm. R. Cuthbert 265-3643 Sunday Worship 10:30 A.M. Fellowship Period 11:30 A.M.</p> <p>UNITED METHODIST CHURCH 26 Main Street Rev. Paul D. Mills-Minister 265-7474 or 265-2143 Sunday 9:30 a.m. Adult & College Church School 9:45 a.m. Church School for ages 3-11 10:00 a.m. Choir Rehearsal 11:00 a.m. Morning Worship Service 1:00 p.m. U.M.V.P. meets grades 6-12 Monday 2:00-2:45. Released Time for grades 1-3 Wednesday 2:00-3:00 p.m. Released Time for 4th & 5th graders 7:30 p.m. - S.P.S. Group</p> <p>Friday 6:45 p.m. Adult Choir Rehearsal</p> <p>CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS Potsdam Ward-21 Castle Drive Sunday School 10:00 A.M.</p>	<p>Sacrament Service 11:30 A.M. Bishop K. Wright Dunkley Chapel Office 265-6223 Home Phone 322-4286</p> <p>CHURCH OF THE NAZARENE Rev. Richard Wood 265-7442</p> <p>NORWOOD-NORFOLK FIRST UNITED METHODIST CHURCH OF NORWOOD Rev. Garrie Stevens 10 A.M. Sunday morning Sunday School after 10:30 A.M.</p> <p>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.</p> <p>UNITED CHURCH OF CHRIST, NORWOOD Phone: 353-2800 Worship Services 11 o'clock Sunday School 9:45</p> <p>DAILEY RIDGE PRESBYTERIAN CHURCH Dailley Ridge Rd. Rev. William Mundell Worship Service 11:00 A.M.</p> <p>NORWOOD FREE METHODIST CHURCH Rev. Robert L. Billings Sunday Services 11 A.M. & 7 P.M. Sunday School 10 A.M.</p> <p>NORFOLK CHURCH OF THE VISITATION Rev. George Lemieux Anticipated Sunday Mass 7 P.M. Sunday Masses, 8 A.M. & 10 A.M. Holy Day Masses, 9 A.M., 5:15 P.M. & 7:30 P.M. Confessions before all Daily Masses and Saturdays 4 & 7:30 P.M.</p> <p>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 8:30 a.m. Raymondville Sunday School 10:30 a.m.</p> <p>SAINT RAYMOND'S CHURCH RAYMONDVILLE Rev. Thomas Votaw, Pastor Sunday Masses Sat. at 7 P.M. & Sunday at 9 & 11 A.M.</p> <p>ST. PHILIP'S CHURCH NORWOOD, N.Y. Rev. Lawrence B. Jones 333-8833 Sunday: 9:00 Mass, Holy Eucharist & Church School; coffee hour. Wed.: 6:45 a.m.-Early Eucharist Th.: 9:30 a.m.-Eucharist and Healing Service</p> <p>ZION EPISCOPAL CHURCH Main Street Rev. Lawrence B. Jones 333-8833 SUNDAY EUCHARIST: 8:00 a.m.</p> <p>ST. ANDREW'S CATHOLIC CHURCH NORWOOD Rev. John Wiley Masses: Saturday, 6:30 P.M. Sunday 8 A.M.-10 A.M. Daily 8:30 A.M. Confessions before all Masses & Saturday 4:30 to 5 P.M.</p> <p>BROOKDALE Brookdale Wesleyan Church Brookdale Road Rev. Kenneth Taber 364-4551 Sunday School 10 A.M. Sunday Services 11 A.M. & 7 P.M. Midweek Wed. 7 P.M.</p> <p>BUCKTON BUCKTON UNITED METHODIST CHURCH Rev. Smallman</p> <p>These Church Listings Are Being Sponsored By The Following Firms Who Urge You To Attend A Church Of Worship This Week.</p> <p>POTSDAM INSURANCE AGENCY 3 Pleasant St. Potsdam, N.Y.</p> <p>D.L. THOMAS Kitchen & Bathroom Outer Market Street Potsdam, N.Y.</p> <p>THE DREW AGENCY CORP. Insurance of All Kinds 4 Main Street Norwood, N.Y.</p> <p>ROBAR'S TIRE SERVICE B.F. Goodrich and Delta Tires Complete muffler and Exhaust system 140 Maple St. Potsdam, N.Y. 265-8170</p> <p>THE ST. LAWRENCE NATIONAL BANK</p> <p>WESTON'S BOOK STORE 39 Market St. Potsdam, N.Y.</p> <p>P&C MARKETS, INC. Potsdam Plaza Potsdam, N.Y.</p> <p>BERG'S Specializes in Pizza and Italian Food 10 Market Street Potsdam, N.Y.</p>	<p>HANNAWA FALLS HANNAWA FALLS METHODIST CHURCH Rev. Calvin Zimmer Sunday School 10 A.M. Church 11 A.M.</p> <p>SOUTH COLTON ST. PAUL'S CHURCH Rev. John Grutheban Sunday Mass 9:30 A.M.</p> <p>South Colton Community Church has services at 9:00 a.m. conducted by Rev. Wm. Cuthbert. Sunday School follows at 10:00 a.m.</p> <p>PARISHVILLE PARISHVILLE UNITED METHODIST CHURCH Pastor: Rev. Janet R. Gibbs Morning Worship 11 A.M. Sunday School 9:30 a.m.</p> <p>BAPTIST CHURCH PARISHVILLE Rev. Charles Metzger Sunday School 10 A.M. Sunday Service 9:45 A.M. Sunday evening service 7:00 Wednesday prayer meeting 7:30 P.M.</p> <p>ST. MICHAEL'S CATHOLIC CHURCH PARISHVILLE Pastor, Rev. Anthony Pease Sunday Mass at 9 A.M. Anticipated Sunday Mass, Sat. 4:30 P.M.</p> <p>NORTH LAWRENCE UNITED METHODIST CHURCH NORTH LAWRENCE Rev. Robert F. Smallman Morning Worship 11 A.M. Sunday School 10 A.M.</p> <p>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.</p> <p>COLTON ST. PATRICK'S CHURCH COLTON Rev. John Kenehan Sunday Mass 10 A.M. Saturday 7 P.M. Anticipated Mass</p> <p>WESLEYAN CHURCH COLTON Pastor Richard Genaway Sun. Services Sunday School 10:00 Worship 11:00 Youth Service 6:30, Evening 7:15 Wed. Prayer Time 7:30</p> <p>ZION EPISCOPAL CHURCH Rev. Lawrence Jones 8 a.m. during summer months 11 a.m. rest of the year UNITED METHODIST CHURCH Rev. Calvin Zimmer Sunday Service So. Colton 9:00 A.M. Colton 10:00 A.M., Hannawa Falls, 11:00 A.M.</p> <p>STOCKHOLM NORTH STOCKHOLM METHODIST CHURCH Rev. John Wiberg Sunday Service 9:30 A.M.</p> <p>WEST STOCKHOLM METHODIST CHURCH Rev. Janet R. Gibbs Sun. Services 10 A.M. Sunday School 10:30 to 11:30</p> <p>HOPKINTON FIRST CONGREGATIONAL CHURCH OF HOPKINTON Paul Tolles, Lay Speaker Sunday School at 9:15 A.M. Morning Worship Service at 10:30 A.M.</p> <p>THE CHURCH OF THE HOLY CROSS Pastor, Rev. Euclid A. Marler Sunday Mass 11:00 A.M. Anticipated Sunday Mass Sat. 7:00 P.M.</p> <p>The listing of church services has been compiled by the staff of The Courier and Freeman from a number of sources. It is possible that the times of some services may have been changed since the information was first compiled, or that services at some churches have been omitted entirely.</p> <p>Therefore, we ask that readers check carefully the times listed for services in their churches and, if necessary, make use of the correct information by calling, 265-6000.</p> <p>In addition, ministers in The Courier and Freeman circulation area whose churches are not listed at all may call 265-6000, and the information will be listed in future pages.</p>
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