

## ELECTRIC POWER: Debate On Hydro Power Continues

BY JEANNINE ANDERSON

CANTON — Is the state Power Authority's plan to redistribute cheap hydro power around the state a good idea that everybody in the state should support?

Or is it nothing more than a "paper power panacea" that will endanger public power systems like the one in Massena, and throw the state's economy into disarray to boot?

These questions were argued last Wednesday night by spokesmen for PASNY (Power Authority of the State of New York) and the Municipal Electric Utility Association (MEUA) at a public debate sponsored by the St. Lawrence County League of Women Voters.

Vincent Tobin, senior attorney for the Power Authority, defended PASNY Chairman John Dyson's proposal to create a Rural Residential Energy Authority (RREA) to "equalize" the distribution of hydro power, while Robert Vaisey and Gary Knapp, spokesmen for the MEUA, maintained that Dyson's proposal will lead to higher electric bills and threaten upstate jobs.

Moderator of the debate was Chuck Kelly, general manager of Park Newspapers of St. Lawrence.

Those who favor the Dyson plan say it's not fair for people downstate, especially in New York City, to have to pay much higher rates for electricity than upstaters, who currently receive a relatively large share of cheap hydro power from the Niagara Mohawk and St. Lawrence power projects. Its opponents, on the other hand, say it would benefit private utilities, which already make a profit, while placing a heavy burden on municipal utilities, which are not allowed to make a profit.

The controversy over the plan is also adding fuel to the old "upstate vs. downstate" battle.

According to PASNY, it costs \$2,640 to heat the average 1,890 square foot home supplied by electricity from Con Edison, while in Plattsburgh, it costs only \$400 to heat the same house with electricity supplied by the municipal power system there.

Dyson's plan, if approved by the State Legislature, will create a separate agency, the Rural and Residential Energy Authority, which would be the Power Authority's "preferential customer." The RREA would buy hydro power — the cheapest type of power available in the state — from PASNY and distribute it to both private and public utilities throughout the state.

Current System "Not Healthy"  
As PASNY Attorney Tobin put it, it's "not healthy for industry up here (in the North Country) to pay one-twentieth what others in the state pay" for their electricity.

At present, he explained, the public power utilities (or "municipals"), which serve 2 percent of the state's electrical customers, receive about 10 percent of the cheap hydro power. They get more expensive power, he said, because the Niagara Redevelopment Act, passed by Congress in 1957, required 50 percent of the hydro power from PASNY's plant at Niagara Falls to be made available "for the benefit of the people as consumers, particularly domestic and rural consumers."

But municipal systems (there are now 48 in the state) have grown "at a rapid and ever-increasing rate," Tobin maintained, and are "gobbling" more than their fair share of cheap power. "Some rationality has to be introduced into this situation," he declared; "otherwise we'll have 2 percent of our population monopolizing one of our greatest resources."

The MEUA recently sued the Power Authority, contending that municipal systems should be receiving more hydro power than they are presently allotted. The Federal Energy Regulatory Commission has not yet reached a deci-

sion in the case.

"What we're talking about," Tobin continued, "is \$300 million a year more they (the municipals) want per year at the expense of every other residential customer in the state."

"We just want what was entitled to us under the law — 50 percent," argued Vaisey. Municipal systems, he said, "are not as greedy" as PASNY would have it. "They (PASNY) came to us with power; now they want to jerk it out from under us," he exclaimed.

And Knapp, also speaking for the municipal systems, said competition between utilities "will be totally compromised" by the RREA, leading to soaring power bills and threatening jobs, especially upstate. He predicted the RREA will lead to "severe economic trauma" for the public power systems.

In remarks prepared for the debate, Knapp says RREA "threatens to eliminate the formation of new public power systems... It is critical that we overlook the superficial issues of upstate versus downstate, and expose this plan for what it is. At best, a drop in the bucket for downstate utility customers, slightly higher bills for upstate investor-owned utilities, and economic disaster for the municipal systems and the industries which they've attracted."

He pointed out that "public power is historically less expensive than privately owned utilities can provide," and maintained that RREA would just add another layer of bureaucracy — a "paper agency" — "which New York State residents neither want or need."

Knapp said PASNY's reallocation plan would turn "economic oases" like Massena "to pockets of poverty," and also predicted that public power systems will be dependent on oil as their major source of energy by 1991 if the Dyson proposal is approved.

## COMMUNITY SERVICE: Questions On Alcoholism

Editor's Note: Following is another in a series of question and answer columns that will be periodically answered in this newspaper by professionals from the staff of the St. Lawrence County Community Services, P.O. Box 229, Potsdam.

Question: My sister's husband is an alcoholic. He beats her and the children whenever he is drunk and that's every weekend at least. My sister is afraid of him and so are the kids. Can anybody help them?

Answer: Alcoholism is a family illness and treatment is available through a variety of sources. A source readily available, and free of cost is Al-Anon, a support self-help group that patterns its structure along the lines of the program of Alcoholics Anonymous. Al-Anon is available to friends and families of alcoholics and meeting times and places are usually listed in local newspapers.

Wife and child abuse is a serious problem and is not an uncommon occurrence when alcoholism is present. Your sister can ask for an order of protection for herself and the children by calling the county family services at the office of Probation. This would initiate a process by which her husband could be evaluated and treated for his alcoholism, while insuring the safety of the family. She should contact Al-Anon for help for herself and the children. Many women fear to take any sort of action because they believe the threats given them by

their drinking spouses. However, there are many people who were able to recover from the disease of alcoholism simply because their non-drinking spouses first said to themselves, "I can't go on like this anymore, and then proceeded to contact helping resources. If no action is taken the abuse will continue and could result in serious injury or death."

Question: My husband has been acting strangely for the past six months since his brother was killed in a car accident. He was not that close to his brother, but has been drinking heavily since the funeral and when he drinks he gets crying about his brother. Lately he started drinking whiskey in addition to beer and I am really worried about him. What can I do?

Answer: Alcohol in any form, beer, whiskey, or wine, is a depressant drug and affects the central nervous system. This depressant effect of alcohol could be the reason your husband has crying jags when drinking. Obviously, his brother's death has left him with some unresolved problems, perhaps guilt or remorse which in turn cause him to feel depressed. Adding a depressant chemical such as alcohol would lead him to feel even deeper depression. The change from beer to whiskey could indicate a dependency upon alcohol. One of the early signs of alcoholism is drinking for relief and switching drinks. You should seek out information and support from Al-Anon or contact your county Alcohol Services for advice.

## Thanksgiving Start For Ski Areas?

In case you do not know it, the ski season has begun. It is not mid-winter skiing at this point, but it rarely is at this time of year anyway. It is a lot of fun, not because the skiing is good, but because there is a novelty to the idea of skiing for the first time.

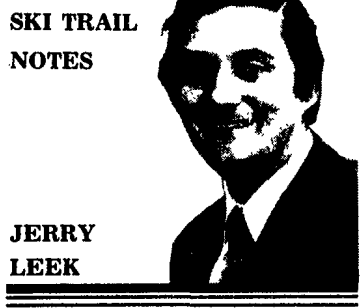
On the local scene, I could not get any information from Tupper, but I understand that they are going to try to open for Thanksgiving. In case you have not heard, Big Tupper will have five trails covered this year with snowmaking. Since Whiteface is also going to try to open for Thanksgiving and the snow guns are running, I am sure that Tupper will try to open on

Thanksgiving at Stowe, Vermont. Many lodge owners are offering special rates for those who want to spend the holidays skiing at Stowe. That ski area has poured another \$1.5 million into its snowmaking system, which now covers fifty-one percent of the area and seven out of nine lifts. This construction means that Stowe has thirteen miles of trails covered with man-made snow.

The most important attraction this weekend at Stowe is that the ski area and some thirty manufacturers will let you ski free of charge on equipment rental. The free skiing is limited to just the equipment, which is quite a deal, and includes boots, skis, poles, and bindings. It is a real good chance to try all of that equipment that you could not otherwise ever afford to buy.

All ski areas in the Northeast have been hampered by above freezing temperatures. Killington, for example, has only nine trails open so far, which is less than twenty-five percent of its snowmaking capacity of 31 miles. In spite of the "bad weather," Killington will still have its five days of instruction for those advanced skiers who want to become ski school instructors. The skiers who complete the School for Instructors from Nov. 30 to Dec. 4 will be awarded certificates. Graduates from the school have been successful in getting positions with a number of different ski areas. This is the eleventh-annual course in which they teach the teachers.

The big news about skiing this year will be the cost. The gas to get there is something that we are all familiar with now. Tupper's lift ticket will be up to \$12 and Whiteface will go to \$17 for weekends. Most of the Vermont areas have already gone to \$20 for the weekend, and the price runs about \$17 to \$19 during the week. Meals and lodging are also proportionately higher. The prices are the main reason why this year should be the first year that cross country skiing should exceed downhill in popularity for the first time in history of the sport.



JERRY LEEK

Turkey Day as well. The snowmaking at Whiteface has caused a number of skiers to start skiing at Whiteface who used to ski at Tupper. With the additional skiing and snowmaking at Tupper, it is hoped by the management of Big Tupper that the area will be more competitive with Whiteface. It was not the best publicity in the world for Whiteface to be skiable with man-made snow while Tupper was not. Such was the case last February, and it cannot be good for season-pass sales. Tupper will be in much better shape this year, and that should not happen again.

There is a lot going on this

## 'Drastic' Cuts May Face CDP Program

CANTON — The St. Lawrence County Community Development Program (CDP) may be forced to undertake "drastic staff and program cutbacks" on Jan. 1, according to David Wilson,

executive director, unless Congress moves quickly on a Community Services Block Grant proposal.

Any decision on the possible reductions will come next month, according to Wilson.

Wilson, in a recent letter to members of the CDP Board of Directors, said that "Congress has not yet passed either a continuing resolution or an appropriation for the Community Services Block Grant."

"If funds are not made available by mid-December," Wilson wrote, "I will present to the Board of Directors at its December meeting, recommendations for drastic staff and program cutbacks to take effect Jan. 1, 1982."

## NEWSBRIEF

Potsdam Mayor James Pennock has proclaimed Nov. 22-28 as "Potsdam Volunteer Rescue Squad Week."



DANCE THE NIGHT AWAY — A group of Clarkson College students ignored fatigue aching feet during a 25-hour dance marathon to help raise a record \$4,000 for the Multiple Sclerosis Society. All proceeds will be given to the North

ern New York M.S. Chapter in Plattsburgh. The fifth annual marathon was sponsored by the college's Interfraternity Council with the cooperation from the Clarkson Union Board and the Intersorority Council.

## from the PAMPERED KITCHEN

By Elizabeth Isenberg, Home Economist

### Pepperoni Kuchen

The fashions in food, as in clothing, are continually changing. Riding the wave of popularity these days at fine restaurants is the quiche. And when one looks at the array of first-hand restaurants, one must also say that pizza, is a very big item.

Both the pizza and the quiche are basically a crust with a topping or filling. Another such combination exists with the kuchen, which is essentially a quiche filling on a pizza crust. The result is a particularly distinctive main dish item for both lunch or supper.

The following pepperoni kuchen features a rye crust flavored with caraway seeds. The topping is a mixture of pepperoni, bacon, onions, and green pepper in a thickened base of eggs and sour cream. The eggs set in the oven giving structure to the filling, much like the principle behind cooking a quiche.

The variations possible on the kuchen theme are numerous. The yeast dough can be a white bread variety as is traditional with pizza or it can be whole wheat. The filling might feature sauteed onions and cooked bacon with caraway seeds, thickened again by the combination of eggs with sour cream. Cooked ham, some grated cheese, or sauteed mushrooms may also find their way into a kuchen topping.

The Dietary Guidelines for Americans recommend placing more emphasis on carbohydrates, especially grains, with less indulgence in fat. One way to do this is to make bread the "core" of the meal instead of the "extra." All too often, bread is avoided at mealtime because it is believed to be fattening. Protein foods, particularly meat, are thought of as slimming. The truth of the matter is that both protein and carbohydrate contribute the same calorie value per gram. It is the total calories from all sources which should concern the weight-conscious diner, not just the amount of bread.

Kuchen goes very well with a green salad and a glass of wine. It is a delicious example of a main dish featuring a breadstuff.

### PEPPERONI KUCHEN

Yield: 6 Servings

Dough

- 1 package yeast
- ¼ tablespoon molasses
- ¾ cup rye flour
- two-thirds cup lukewarm water
- 1 tablespoon oil
- 1 teaspoon caraway seeds
- ½ teaspoon salt
- ½ cups all-purpose flour

Filling

- ¼ pound bacon
- 3 tablespoons margarine
- 2 pounds onions, sliced thin
- ¼ pound pepperoni, sliced thin
- 1 green pepper, sliced thin
- ½ cup sour cream
- 2 large eggs (or 3 medium)
- Salt and pepper

1. Make the dough by dissolving the yeast in the water with the molasses and let sit for 15 minutes. Add the rye flour, the remaining water, the oil, seeds, and salt, and combine well. Add enough of the all-purpose flour to make a dough which can be kneaded until smooth and elastic. Oil the surface, cover, and let dough rise until doubled in volume.
2. Cook the bacon until crisp and chop it.
3. Melt the margarine in the same skillet and saute onions until golden. Transfer onions and bacon to a large bowl.
4. Saute the pepperoni and green pepper in remaining fat adding more fat if necessary until the pepper is softened. Transfer with a slotted spoon to the onion mixture.
5. In a bowl, combine the sour cream and eggs and beat well. Add the onion mixture and season with salt and pepper.
6. Roll the dough out to fit a jelly-roll pan (15½ x 10½ inches). Crimp the edges and let the dough rise for 20 minutes or until slightly puffed. Spread the onion mixture evenly over the dough.
7. Bake in lower third of preheated oven at 425 degrees for 30 minutes or until the crust is golden brown and the filling is bubbly. Cool for 10 minutes and then serve.

## EARLY CHILDHOOD: Motor Skills, Part III

Human beings develop from the inside to the outside. We have been discussing the development of walking skills which begin with trunk control (learning to sit and hold head up), then strengthening legs and finally fancy footwork. At the same time arms are developing toward the full range of movement outward to the use of the fingers.

At birth the baby normally is seen with hands clenched. If you place something on the palm of the baby's hand the hand will close but this is a reflex which is not very useful to a growing baby. First the shoulders get used as when a baby on its tummy lifts its head by propping up on its elbows. Around three months a baby will grasp and hold a rattle. By four months the baby brings both together. At five months a baby can hold one small object. By six months babies begin to grab things by the raking method. This is as though the child were wearing a thumbless mitten. At this time the baby is reaching for everything. Make sure no dangerous objects are lying around.

By seven months a baby can hold two items, one in each hand, and pass items back and forth between hands. From eight to 14 months the baby will be working hard at improving the use of the hand and fingers. The baby will begin to use the thumb and eventually use the thumb and first finger in picking up small objects. The baby will begin banging small toys together and dropping small things in a large container. More and more the baby stops learning about objects by putting them in his mouth. Now his eyes and his hands are giving him better information. From this time on, babies begin to feed themselves, learn to construct things, handle smaller and smaller items, use the index finger to poke (watch out for electrical sockets), use a pencil, and by two years to complete simple three piece puzzles. Soon after two, a child learns to turn pages, throw balls overhand and build block towers. After three years of age a child should be able to handle a pair of blunt nosed scissors and button up large easy to reach buttons.

To encourage your child in developing good use of its hands and arms some activities could be: attach a bar across the crib or play pen and dangle a rattle from it; show the baby how to shake a rattle; bang two blocks together and praise the baby for im-

itating; put some dried beans in one yogurt container and rice in another container with a tight cover (shakes like rattle); give the baby toys which will roll or move such as a covered coffee can or oatmeal box with a tight cover (you could put beans in this); a long handled push toy will interest your baby and exercise shoulders and grasp; make a variation of the clothespins in a bottle game. Babies can drop any objects in a pot. Keep objects large with no sharp edges in case of swallowing. Provide blocks, balls and simple wooden toys with simple wheels.

If you have any questions, consult your family doctor, Well-Child Clinic or call the BOCES Direction Center at 518-483-6523.

## Central Foundry Workers Top \$60,000 For UW

MASSENA — Central Foundry Management and Local 465, U.A.W., conducted a Joint United Way Drive at the Central Foundry Massena Plant on Oct. 20-23. A \$60,000 goal was established by the solicitation committee, and the fund drive resulted in an outstanding giving increase on the part of the employees in the plant.

Douglas Premo, general supervisor-maintenance, and Bernard Lashomb, acting chairman of the shop committee, conducted routes and clock meeting with all hourly and salary employees presenting the "If You Care - Share" slides, explaining the needs of the United Way and answering questions.

Prior to the drive, 91 percent of the salaried employees and 63 percent of the hourly employees were giving \$37,000 or an average of \$52. per cent. tributing Central Foundry Massena employee. After the drive, 99 percent of the salaried employees and 74 percent of the hourly employees were participating and they had pledged by payroll deduction a total of \$63,000, an average of \$76 per contributing Central Foundry Massena employee for an unprecedented 68 percent increase in total employee contributions.

In a joint statement, Robert P. Hendricks, plant manager, and Stephen R. Matzan, president, Local 465, U.A.W. said, "We are deeply gratified by the unprecedented United Way contribution increase on the part of Central Foundry Massena employees.