

### School Menus

**POTSDAM SENIOR HIGH SCHOOL**  
 Wednesday — Hot Dog with Bun, Vegetarian Beans, Cheese Cubes, Fruit Milk.  
 Thursday — Roast Turkey, Dressing, Mashed Potatoes, Gravy, Cranberry Sauce, Green Beans, Dinner Rolls with Butter, Ice Cream Cups, Milk.  
 Friday — Fishburger with Bun, Tartar Sauce, Cole Slaw, Cheese Cubes, Fruit Cup, Milk.  
 Monday — Chicken with Biscuits and Gravy, Carrots, Mixed Fruit, Milk.  
 Tuesday — Ham Patty and Sliced Cheese with Bun, Peas, Pudding, Fruit, Milk.

**NORWOOD-NORFOLK CENTRAL**  
 Wednesday — Southern Baked Breaded Chicken or Hamburger on Bun, Creamy Whipped Potatoes, Hot Buttered Peas, Fresh Bread and Butter, Assorted Chilled Fruit, Dairy Fresh Milk.  
 Thursday — Super Dog on Roll with Relish and Cheese or Hamburger on Bun, Vegetarian Beans, Hot Buttered Corn, Bakery Bread and Butter, Fruit Delight, Dairy Fresh Milk.  
 Friday — Zesty Meat Loaf with Country Gravy or Hot Dog on Finger Roll, Creamy Whipped Potatoes, Hot Buttered Carrots, Bakery Bread and Butter, Old Fashion Cookies, Dairy Fresh Milk.  
 Monday — Flying "N" Pizza Sauces with Extra Cheese or Hot Dog Roll, Hot Buttered Beans, Saucy Apples with Cinnamon Sugar, Farm Fresh Milk.  
 Tuesday — Fresh Roast Turkey with Turkey Gravy, Zesty Bread Dressing or Hamburger on Roll, Creamy Whipped Potatoes, Pilgrim Style Corn, Fresh Bread and Butter, Harvest Time Cookies, Farm Fresh Milk.

**NORWOOD-NORFOLK CENTRAL**  
 Breakfast Menu  
 Wednesday — Chilled Fruit Juice, Assorted Cold Cereal, Hot Buttered Toast with Jelly, Dairy Fresh Milk.  
 Thursday — Chilled Fruit Juice, Assorted Cold Cereal, Hot Buttered Toast with Peanut Butter, Dairy Fresh Milk.  
 Friday — Chilled Fruit Juice, Assorted Cold Cereal, Hot Buttered Toast with Peanut Butter, Dairy Fresh Milk.  
 Monday — Chilled Fruit Juice, Delicious and Tasty Pop Tarts, Fresh Farm Milk.  
 Tuesday — Chilled Fruit Juice, Assorted Cold Cereal, Hot Buttered Toast with Peanut Butter, Dairy Fresh Milk.

**LAWRENCE AVENUE**  
 Wednesday — Goulash, Meat, Roll, Celery Sticks, Peanut Butter Cookie, Milk.  
 Thursday — Chicken Gravy-Biscuits, Green Beans, Fruit, Ice Cream, Milk.  
 Friday — Fish Burger-Bun, Tartar Sauce, Tossed Salad, Fruit, Milk.  
 Monday — Hot Dog Roll, Baked Beans, Fruit, Milk.  
 Tuesday — Roast Turkey Dinner, Potato-Gravy, Cranberry Sauce, Roll, Fried Jelly, Milk.  
 Wednesday — Fishburger on Bun with Tartar Sauce, Sliced Cheese, Potato Patties, Peas, Whole or Skim Milk.

**ST. LAWRENCE CENTRAL**  
 Wednesday — Juice, Spaghetti with Italian Sauce, Creamy Cabbage and Carrot Slaw, School Baked Italian Bread, Peanut Butter, Birthday Cake of the Month with Frosting, Whole or Skim Milk.  
 Thursday — Juice, Hamburger in Bun with Catsup, Buttered Green Beans, Potato Chips, Peach Crisp, Whole or Skim Milk.  
 Friday — Pizza with Cheese, Buttered Corn, Multigrain with Butter, Peas, Whole or Skim Milk.  
 Monday — Thanksgiving Dinner — Roast Turkey, Dressing, Whipped Potatoes with Gravy, Candied Sweet Potatoes, Hot Home Made Rolls with Butter, Pumpkin Cup Cake with Frosting, Whole or Skim Milk.

**A.A. KINGSTON MIDDLE SCHOOL**  
 Wednesday — Fishburger-Roll, Vegetable Beans, Cheese Cubes, Milk.  
 Thursday — Roast Turkey with Dressing, Mashed Potatoes, Cranberry Sauce, Bread-Butter, Pumpkin Pie, Milk.  
 Friday — Tomato Soup with Crackers, PB Jelly Sandwich, Fruit, Ice Cream, Milk.  
 Monday — Chicken Gravy on Corn Bread, Green Beans, Fruit, Milk.  
 Tuesday — Hamburger Patty-Roll, Pickles, Potato Chips, Fruit, Chocolate Cake, Milk.

**MADRID-WADDINGTON**  
 Wednesday — Hamburg and Roll, Potato Chips, Buttered Green Beans, Pineapple Chunks, Milk.  
 Thursday — Roast Turkey and Gravy, Mashed Potatoes, Buttered Peas, Bread and Butter, Dixie Pie, Milk.  
 Friday — Cheese Pizza, Lettuce Salad, Assorted Chilled Fruit, Milk.  
 Monday — Chicken Gravy, Mashed Potatoes, Buttered Green Beans, Bread and Butter, Applesauce, Milk.  
 Tuesday — Two Tacos with All Trimmings, Buttered Corn, Peas, Milk.

**CAMPUS LEARNING CENTE**  
 Wednesday — Beef Barley Soup, Grilled Beef and Cheese, Mashed Potatoes, Mixed Vegetables, Beverage, Dessert, Fruit.  
 Thursday — Bean Soup, Hash, Noodles, Carrots, Beverage, Dessert, Fruit.  
 Friday — Soup, Dressing, Subs, Salad with Dressing, Beverage, Dessert, Fruit.  
 Monday — Beef Noodle Soup, Pizza, Salad, Beverage, Dessert, Fruit.  
 Tuesday — Chicken Rice Soup, Goulash, Peas, French Fries, Beverage, Dessert, Fruit.

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 Quality foods, Home deliveries at a price you can appreciate.  
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 See Our Display of Unique Nautical Gift Items Sat., Nov. 20 at the Gran-View Restaurant 6 PM-10:30 PM  
 Brass Ship Clocks  
 Brass Oil Lamps  
 Nautical Prints, Books & Gift Items.

**THE WOOL HOUSE**  
 On Park Street  
 FIRST YEAR ANNIVERSARY SALE  
 Thursday, Friday, Saturday \* Nov. 18-20  
 \*10% OFF ALL PURCHASES including Icelandic and Candide yarns and all counted cross stitch items from books to floss to frames!  
 \*Up to 75% OFF ON SELECTED ITEMS: Cotton Yarns, Needlework Kits, Persian Yarn, Needlepoint Canvas, Specialty Yarns, and more!  
 SEE OUR SUDBERRY HOUSE ACCESSORIES, A FINE LINE OF WOODEN TRAYS, MIRRORS, AND BOXES TO COMPLEMENT YOUR NEEDLEWORK.  
 38 Park St., Canton, N.Y. 379-9666 10-5 Mon-Sat

**HAIR HUT**  
 Is happy to announce our new line of DAWN make up products have arrived!  
 Call DAWN now for an appointment to bring out the new you!  
 12 Main Street Potsdam, N.Y. 265-9010

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## Town Of Hopkinton To Have Increased Flood Insurance

State Environmental Conservation Commissioner Robert F. Flacke has announced that increased coverage limits on flood insurance, under the National Flood Insurance Program, has been authorized within the Town of Hopkinton, St. Lawrence County, effective on Nov. 12. Increases in the maximum amounts of flood insurance available were granted by the Federal Emergency Management Agency in response to an application submitted by the Department of Environmental Conservation requesting conversion of the Town of Hopkinton from the emergency phase to the regular phase of the program.

State administered flood hazard area regulations, authorized under Article 36 of the Environmental Conservation Law, were placed in effect on April 28, 1981, as a prerequisite for the community's eligibility for flood insurance. These regulations require that all development started on and after April 28, 1981, within the Town of Hopkinton's identified flood hazard areas, come under state permit and conform to the standards published in Part 500 (6NYCRR) "Flood Plain Management Regulation—Development Permits."

Under the regular program, flood insurance coverage may be obtained for nearly all buildings and their contents. This table shows the maximum amounts of insurance available, and the comparison with the maximums that applied under the emergency program:

Structure	Emergency	Regular
Single family residential	\$ 35,000	\$185,000
Other residential and small business	\$100,000	\$250,000
Other non-residential	\$100,000	\$200,000
Contents residential	\$ 10,000	\$ 60,000
Contents small business	\$100,000	\$300,000
Contents other non-residential	\$100,000	\$200,000

Insurance under the program provides for coverage at replacement costs for single family dwellings which are insured to 80 percent of the structure's replacement value at the time of loss. Annual premium rates are based upon zone designations and in most cases will be less than the previous federally subsidized rates. Policies can be purchased from any licensed local property insurance agent or broker. Agents and brokers may obtain policy forms, rates, flood insurance manuals and any other necessary information by contacting: The National Flood Insurance Program, P.O. Box 34294, Bethesda, MD, 20834. Toll Free: (800) 638-6620.

Information on the State's Flood Hazard Area Regulations and other aspects of the National Flood Insurance Program may be obtained from the Regional Office of the NYS Department of Environmental Conservation at 317 Washington St., Watertown, 13601.

**Three Gifts Boost Hospital Challenge Total To \$12,000**  
 Three additional \$1,000 challenge gifts have been received by the Canton-Potsdam Hospital Improvement Fund, 50 Leroy St., Potsdam, 13676.  
 The improvement fund supports the purchase of needed medical equipment and special services. It is not used for day to day operating expenses.  
 Gifts will be directly applied to one or more of the projects planned for the upcoming year. These include: a second crib death monitor, laboratory microscope, air conditioning of two rooms for coronary patients on telemetry, a bilirubinometer, and several other projects.

To recognize major contributors, three gift club levels have been established: Benefactor (\$1,000), Patron (\$500), and Special Friend (\$100). All donors at these levels are recognized on a plaque at the hospital, outside the meditation room.  
 Contributions can be made immediately, or paid in part with the remainder spread over several payments between now and June 30, 1983.

**'Healing Woods' Will Air On WSLU**  
 "The Healing Woods," a true story of sickness, nature, friendship, and health, set on the shores of Weller Pond near Saranac Lake, has been adapted for radio by WSLU.  
 "The Healing Woods" is an autobiographical tale written by Martha Reben, Ms. Reben's (pen name, Martha Reben) came to the North Country in the late 1920s, as a teenager, with an advanced case of tuberculosis. She sought the unconventional care of Adirondack carpenter and boatbuilder, Fred Rice, sited by the medical profession as a "crackpot," claimed that supervised outdoor living was better than bedrest in the treatment of this dreaded disease.  
 Martha was the first customer. She lived another 30 years, camping out almost every summer for the rest of her life and writing three books about

her wilderness experiences. "The Healing Woods," her account of that first summer on Weller Pond, of her blossoming friendship with Fred, 30 years her senior, and of her return to health is one of the most treasured stories of the North Country. Their campsite can still be visited. It's located on the north shore of Weller Pond, just off Middle Saranac Lake. A plaque marks the spot where they made their camp.  
 This three part story, read by Adirondack storyteller John Vinton will begin on Nov. 17 at 6:30 p.m., continuing on the following Wednesdays. It is part of WSLU's local production "The Magic Carpet," heard every Wednesday at 6:30 p.m. is funded and by Weston's Bookstore in Potsdam, First National Bank of Lisbon, and the Remington Art Museum in Ogdensburg.

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## Sunday Rock North 'n' South: Colton And South Colton News

**BY DOROTHY AYERS**  
 Mark Patterson, Room 309, Potsdam Hospital, was operated on Oct. 26 by Dr. Howe, assisted by Dr. John Austin, and was making good progress when he ran into a little bad luck and was scheduled for surgery on Nov. 12 by Dr. Avila. We're all pulling for you, Mark.

The Rev. and Mrs. William Cuthbert made a flying trip to Colorado to welcome their first grandchild, Elinor Grace Christoffer.

Mr. and Mrs. James Shea will celebrate their 50th wedding anniversary on Nov. 16.

Helen F. Campbell is visiting her grandson, David Robert, in Mexico, where she is helping care for her great-granddaughter, Stacie Lynn Robert.

Colton Neighborhood Center still needs good, used clothing for children, for the annual Christmas party. Call Arlene Gotham after 6 p.m. at 262-2955.

**Dr. Barber To Chair Department**  
 Dr. Peter W. Barber, a nationally recognized authority on electromagnetic research, was recently named chairman of Clarkson College's electrical and computer engineering department. The announcement was made by Dr. Herman Shulman, provost and dean of engineering.

Before arriving at Clarkson, Barber was the chairman of the bioengineering department at the University of Utah and a consultant to the Los Alamos National Laboratory in Los Alamos, N.M. He had also worked at Yale University's department of engineering and applied science as a visiting associate professor.

Barber has been involved with industry in various capacities, including a ten year period as an electronics and antenna design engineer from McDonnell Douglas Corporation.

After graduating from Washington State University with a bachelor's degree in electrical engineering, Barber went to UCLA for his master's degree and Ph.D. in engineering.

The new Clarkson chairman has written a wide variety of technical articles which have appeared in numerous journals and papers. Some of his memberships include the American Association for the Advancement of Science, the Institute of

**People**  
**TWO RECEIVE AWARDS**  
 Leona Rockefeller of Potsdam and Pat Clark of North Lawrence received Key Awards at the closing ceremonies of the Thousand Islands Girl Scout Council's fall leadership conference held recently in Gouverneur.

The two were among 11 women honored for providing services to other Girl Scout leaders and troops for at least a two-year period.

**Beth El Food Festival Set**  
 The annual food festival of the Congregation Beth El Sisterhood will be held on Dec. 5, from noon until 5 p.m. at the synagogue, 81 Market St.

There will be traditional foods and family favorites for sale, as well as kosher-style bakery products from Montreal. In addition to a large assortment of holiday gift items, there will be a large supply of paperback books for sale. The snack bar this year features New York-style bagels from "The Bagelry," as well as chicken soup, kugel, latke, and other typical treats for sampling.

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Guest speakers at the November meeting of the St. Lawrence County Council of Senior Citizen Clubs were Cliff Westerling, communications liaison for Canton-Potsdam Hospital, and Patrick Verschneider, emergency services coordinator.

Mr. Verschneider's main concern was the use of the kerosene room heaters; due to the fact that they are not vented, he strongly urges that they not be run for too many consecutive hours in a closed room.

Mr. Westerling spoke on the role of the small community hospital in the local area, answered questions and asked for input to take back to the hospital administration.

The South Colton Community Church Memory Tree will again be sponsored by Sarah Sevey and, while we have not yet been given the lighting date, it is not at all too soon to start making out your list of people to be remembered, and getting the list and money to her. As always, the

donation is \$1 for each name. Checks should be made out to the church to save Sarah the bother of remembering to endorse them.

Colton's Wesleyan Church will hold a Rally Day on Nov. 21 with special speakers and a singing group called "The Perfect Peace." This service will be 10:30 a.m. to 12 and speaking will be their former pastor, the Rev. Dick Genaway. See you there.

**Norwood Library News**  
 Nov. 15 through 21 is National Children's Book Week. The theme for this special time is "Get lost in a book." Special bookmarks featuring a friendly dragon with polka dots. I hope many of your children come to visit us and make friends with him.

The library will be open for tours during Children's Book Week. If you are interested, please contact Mrs. Murray at 353-2334 or call the library at 353-6692 to make an appointment.

The following new adult fiction books are available for your reading pleasure: "Shadow of Shadows," Albery; "Foundation's Edge," Asimov; "The Golden Saber," Cleary; "Firebrand," DiDonato; "Promises," Gaskin; "Jane and Prudence," Fynn; "The Cannaway Concern," Shelby; "Trenhawk," Williams; "Honkytonk Man," Carlisle; "Love's Masquerade," Courtney; "Small town Summer," Ellis; "No Time for Tears," Freeman; "MASH Goes to Maine," Hooker; "The Lion's Share," Man; "Black Rainbow," Michaels; "Space," Michener; "The Temptation of Eileen Houghs," Moore; "Imperial Winds," Napier; "The Leo Conversion," Smith; and "Where Mountains Wait," Wilson.

New adult nonfiction titles include "Discovering Historic America," Chambers; "Deadly Intentions," Stevens; "Five Seasons," Angell; "Glamour's Success Book," Coffey; "Craig Claiborne's The New York Times Cookbook," Claiborne; "Polly's Pointers," Fisher; "Your Career in Sales and Selling," Golmarcher; "Secret go the Wolves," Lawrence; "Straight Shooting," Stack and "Bittersweet," Strasberg.

Our junior readers may select from the following items: "The Haunting of Cassie Palmer," Alcock; "Ramona Quimby, Age 8," Cleary; "Once Upon a Pigpen," Brown; "The Duck With Squeaky Feet," Cazet; "Spooky Night," Carlson; "A Boy Named Charlie Brown," Schulz; "Shirlock Holmes And Case of the Wandering Wardrobe," Yolen; "The Active Earth," Lambert; "Island of Wind Horses," Scott.

Lose yourself in a book at the Norwood Library between the hours of 2 and 5 and 7 and 9 p.m. on Monday, Tuesday, Thursday, and Saturday.

**RETIRED Zone Retiree Officers**  
 Smithers, M.

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