

Ni-Mo Employee Chooses Running For Relaxation

She's over 40, the mother of three children, and works as a Customer Service Representative for Niagara Mohawk Power Corp. in its Potsdam commercial office. Yet, Virginia Myers still finds time to run about 10 miles a day, keeping in top shape in order to compete in the many marathons held in the upstate area.

"Ginny", as she likes to be called, has been running for three years and has been able to be among the top finishers in just about every race she has entered. She does most of her practice running in the early mornings or when her duties as a housewife allow. During the time of the year when the sun is up late, she can be found still running in the evening. She likes to run along the less traveled roadways putting the miles behind her as she watches the daylight turn to dusk.

"This is really the best time of day. I am alone on the road and while I jog along I can get my thoughts together. It's really a good way to relax," she continued. "Running is a teacher of discipline. I trained for one year before I was able to run three miles without stopping even though I felt like quitting many times."

Ginny has competed in 16 races this year. The shortest was 3.2 miles, and the longest, the 26 mile Skyton Marathon in Buffalo. She completed the 26 miles in slightly over four hours. "Just being able to finish was the proudest moment of my running career," Ginny claimed.

Asked what she thought was the hardest run of her life, Ginny stated: "Twice I've completed the eight-mile

run up the Whiteface Mountain Highway. Without a doubt, this is the toughest run in the state of New York. If you don't believe me, try it."



MARATHON RUNNER — She is alone on the road in this photograph, but recently, Ginny Myers competed in the 26 mile, 375 yard, Skyton Marathon, held in Buffalo. There she ran against more than 1,200 competitors, finishing the grueling race in just over four hours.

More Testing Needed On Kerosene Heaters

BY JIM MURPHY

William Shatner, the man from outer space, calls kerosene heaters the best way to heat "inner space." Other T.V. ads which have fallen on the public like a heavy snowstorm this season have called the heaters a safe, convenient and most of all cheap way to keep comfortable against the impending bitter winter cold. One thing these ads don't say though, is that in most places in New York State the use of kerosene heaters is against the law.

According to Patrick VerSchneider, St. Lawrence County fire coordinator, the use of kerosene heaters is currently banned by the new state fire prevention code in multiple family dwellings. Residential use of kerosene heaters in single family dwellings is also prohibited in those communities in which the state code is enforced or which have banned the heaters by local law. Potsdam and Canton are two areas in communities which have prohibited the use of the kerosene heaters.

VerSchneider added that any community which did not have its own fire code by February 1982 had the New York State fire code imposed upon it.

VerSchneider stated that intense lobbying by the manufacturers of the heaters in an effort to prove their safety will probably result in the amending of the statewide code, which will be adopted in 1984 and go into effect in 1985, to allow the use of kerosene heaters in single family dwellings. He said that he doesn't expect the ban on the use of the heaters in multiple family dwellings to change.

"Our knowledge right now is limited because the state and federal govern-

ment have not performed adequate tests," VerSchneider said.

VerSchneider stated that because of this, there is no clear evidence to indicate that the heaters are dangerous. However, he added, "It stands to reason that any combustion taking place in an unventilated area is hazardous to health and safety. The big question is to what degree."

According to Consumer Product Safety Commission 1980 data, the relative risk from kerosene heaters is higher than for other types of portable heaters, and if a fire occurs there is a higher risk of death or injury.

The following precautions are urged:

- Don't use kerosene heaters in rooms which are inadequately ventilated because of the risk of asphyxiation or carbon monoxide poisoning.
- Never use an unventilated heater overnight in the room in which you sleep, since carbon monoxide can accumulate.
- Never use improper fuels such as white gas, gasoline, campstove fuel, or non-water clear kerosene. These can be extremely dangerous.
- Store kerosene outside the residence to prevent a fire hazard.
- Never refill the heater indoors. The kerosene can drip and create a fire hazard.
- Read and follow instruction booklets on proper operation and maintenance of the heaters.
- Contact local fire authorities to check legality.
- Call your insurance company to check on coverage. If you are told that your home or fire insurance will not cover kerosene heaters, have this written into your policy.

Dickinson Shows Improvement

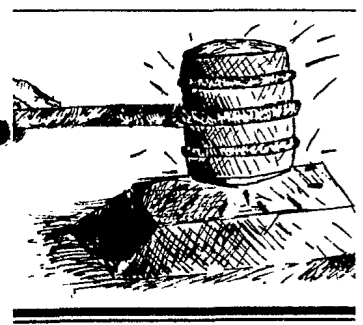
BY JARED THAYER

Charles G. Dickinson, hired last summer as principal of Potsdam High School, has improved dramatically in recent weeks, school officials heard last Tuesday night.

Superintendent of Schools Kenneth Daniels told school board officials that Dickinson's wife said he remembers Potsdam and the motorcycle accident in which he was seriously injured last August.

Still hospitalized in Rochester, he is undergoing speech therapy and physical therapy has been scheduled.

The school board approved spending up to \$2,000 on a security system for the school bus garage at last week's meeting. North Country Security Systems, the firm which installed the security systems for the rest of the school buildings received the contract. The bus garage had a recent break-in. Heat detectors will also be installed in selected areas.



Area Meetings At A Glance

- MONDAY**
- Potsdam Town Planning Board, 7:30 p.m. Dec. 6, town offices, 35 Market St.
 - Potsdam Village Board of Trustees, 7:30 p.m. Dec. 6, Civic Center.
- TUESDAY**
- Potsdam Central School Board of Education, 7:30 p.m., high school cafeteria.
- THURSDAY**
- Potsdam Village Planning Board, 7 p.m. Dec. 9, Civic Center.
 - Potsdam Village Zoning Board of Appeals, 7:30 p.m. Dec. 9, Civic Center.

Pat McKeown Awarded Training Grant

North Country Public Radio/WSLU-FM has received word from National Public Radio that news director Pat McKeown has been awarded a year-long training grant under NPR's Women's and Minorities Training Program.

The grant period begins today (Tuesday) and runs through Nov. 30, 1983. During the course of the year Ms. McKeown will be trained to use sophisticated broadcast equipment and develop skills designed to enable her to make submissions to National Public Radio's regular news programs.

Ms. McKeown is currently responsible for daily newscasts on WSLU. During the coming year, her responsibilities will be expanded to include the production of a news wrap-up program at 6:30 p.m. each evening and a weekly North Country newsmagazine. Part of her training will include a

trip to another NPR-affiliated station, WBUR in Boston, which has one of the most advanced news departments within the public radio system. In addition, Ms. McKeown will be sent to National Public Radio headquarters in Washington, D.C. to work with the staff of "Morning Edition," the morning newsmagazine aired on WSLU at 6 and 9 a.m. every weekday.

Ms. McKeown joined the WSLU staff this past September, after serving for five years as the editor of the award-winning Massena Observer. It is expected that the training provided by this grant will complement her extensive journalism background with comparable technical expertise.

When asked how she felt about receiving this award, Ms. McKeown said she believes "everyone at the station and in the North Country will benefit from the confidence National Public Radio is demonstrating toward us."

Potsdam Elks Plan Memorial Service

The Potsdam Elks Lodge No. 2074 will hold a memorial service at 3 p.m. Dec. 5 in the lodge rooms on Elm Street, for all Elks members who have passed away since the last memorial service.

The service will honor the following: Francis C. Lamora, Richard Fredricks, Peter Tardelli, Thomas L. Pryme and Hugh A. Shinnick.

The memorial service is an annual observance on the first Sunday in December by all Elks lodges under the direction of the Grand Lodge of Elks.

Exalted Ruler Ron Buddenhagen will be in charge of the memorial program, assisted by the officers of the lodge. The altar ritual, as prescribed by the Grand Lodge of Elks, will be rendered by the lodge officers. Refreshments will be served.

Rev. James Shurtleff, pastor of St. Paul's and St. Patrick's of Colton and South Colton, will be guest speaker.

Village Board Okays Fire Truck Purchase

NORWOOD — The long stalemate in Norwood over the purchase of a fire truck may be over.

In a special meeting Monday night the Norwood Village Board agreed unanimously to buy a Grumman fire pumper truck if the Norwood Volunteer Fire Department approves the vehicle for purchase.

A member of the fire department was present at the meeting to pick up a copy of the specifications for the truck for the firemen to study. He stated that he thought the fire department would approve the vehicle. "It's what we wanted," he said.

The cost of the truck will be \$59,190. No decision was made on financing. The possibility of financing locally by bonds or through the Grumman Company was discussed.

From the date the contract for the truck is signed, pending the fire department's approval, it would be from six to eight months until the truck is delivered, village officials said.

The truck is equipped with a 750-gallon tank with a two stage pump capable of pumping 1,000 gallons per minute.

The manufacturer of the truck is the Virginia-based company Grumman Emergency Products, a subsidiary of Grumman Allied Industries Inc.

Citrus Fruit For Sale

Potsdam chapter of Future Farmers of America still has some citrus fruit (oranges and grapefruit) available for sale. Fruit will be delivered Dec. 7 at Potsdam High School.

Interested persons may call 265-2000 or 265-9155, evenings.

County's History Told In 1983 Calendar

BY BETSY BAKER

Did you know that Nicholville was once called Sodom? Or that the first wedding in Norfolk was July 21, 1812? Or that Thomas S. Clarkson, for whom Clarkson College was named, was born Nov. 30, 1837?

Those bits of St. Lawrence County history, and many more, are tucked into the 1983 St. Lawrence County Historical Calendar, the work of Bob LaRue and Ron Quicke.

LaRue is news director at WPDM-WSNN FM radio; Quicke, 15, is a student at Knox Memorial Central School.

Also part of the calendar are many photos, gleaned from the archives of the county historical office, and showing past and present views of communities in the county.

LaRue and Quicke have copyrighted the 1983 calendar, their second, and they did the research for the printed material beneath each date and selected the photos used.

Ryan Press of Ogdensburg has printed 5,000 of the calendars, which the two plan to sell throughout the county.

The 1983 calendar features photos of one community per month, with the exception of August, which offers views of Presidents William Taft and Franklin Roosevelt on their visits to St. Lawrence County.

LaRue said Monday that this year's calendar also offers photos in a blue tone, different from 1982's brown tone, and he noted that the price has risen to \$2.99 from last year's \$2.

Costs of producing the calendar have risen, he continued, adding that he and Quicke hope the sale of the calendars will be profitable.

Some of the proceeds will benefit the Norwood Junior Jaycees, LaRue said.

The 1983 historical calendar is available in this area at Weston's, Kinney's (Ames Plaza), Homestead Dairies, Augsbury Mini-Marts and the Potsdam College bookstore in Potsdam; Augsbury Mini-Mart and the Norwood Red and White in Norwood; Porter's General Store in South Colton and Tom Frank's store in Colton; the Hannawa Falls Country Store and LaFave's in Brasher Falls.



NEW CALENDAR — Ron Quicke, left and Bob LaRue, are shown above with the 1983 St. Lawrence County Historical Calendar. Each month of the calendar, which is the result of their efforts, shows a different county community. (Betsy Baker photo)

Cancer Society Offers Holiday Cookbook

Spice up your holiday with a recipe from the American Cancer Society's "I Love New York Cooking For The Holidays" cookbook now available for a minimum \$5 donation from the American Cancer Society's St. Lawrence County Unit Office.

The third in a series published by the American Cancer Society, the spiral bound book features 235 recipes for holidays throughout the year from New Year's Day to Christmas. Sections include everything from appetizers to desserts and offer easy to read recipes for such holiday specials as Cherry Nut Christmas Wreath, Passover Rolls, St. Patrick's Day O'Hara's Lamb Stew, and Thanks for Giving Ball Cake.

Proceeds from the "I Love New York Cooking For The Holidays" cookbook will benefit the American Cancer Society's research, education and service programs. A goal of \$1000 has been set for this fund raising project according to Charles Cameron, President.

Books are available at Peggs-Molnar Insurance and Key Bank of Northern New York, N.A. in Canton; Nates in Ogdensburg; all area Kinney Drug Stores throughout the county; from Mabel Pistolesi in Gouverneur; from Muriel VanGelder or Ruth Durham in Star Lake, and from Warren Dyke in Brasher Falls. For further information, call 386-8249.

Hearing Planned

CANTON — Social Services Committee Chairman Lloyd Moore said he plans to hold a public hearing on the charges made by the Social Services Department against the Community Development Program.

Moore said no date for the meeting has been announced yet, but he said he would be "glad" to allow CDP officials publicly respond to allegations made by the Social Services Department that they mishandled applications when they were administering the Home Energy Assistance Program's applications.



THANKSGIVING FEAST — Derek and Jesse Chilton help carve the turkey under the watchful eye of Casey Kelly (left), as the children of the Potsdam Day Care Center celebrated the Thanksgiving holiday with traditional food and traditional garb. The non-profit United Way agency has an enrollment of over 40 children on a staggered basis. The children made their own Thanksgiving costumes and helped prepare the traditional feast. (Jim Murphy photo)