



MAJOR ATTRACTION — The high waters of the St. Regis River were the main attraction in Parishville Saturday as residents of the small hamlet gathered at the bridge to watch Niagars Mohawk, fire, and rescue crews struggle to relieve the flood's pressure. A crane, far left in the background, was used to remove the stoplogs from the dam in Parishville. (Ron Robertson photo)

Reachout Helps North Country Residents

BY JIM MURPHY

It's holiday time again. A chance for families, communities and, the whole world to get together for one giant hug. It's a chance for opening expressions of love wrapped in red and green, an opportunity to rekindle friendships by the fire and of course a good excuse to have just one more piece of pumpkin pie.

It is, above all else, the time to be wonderfully happy.

But amid all the happiness, some people are finding it hard to cope. The mother who has lost a child or loved one sits alone in depression. People who know better drink too much. Some find it hard to measure up to the holiday buy, buy, buy hype; others find that even the spirit of the season can't solve all their problems. Some parents abuse their children. Some people will commit suicide.

But like the message of the nativity scene, there is always hope and some caring person willing to lend an ear and a hand to anyone who needs it. And that person in St. Lawrence County is just a phone call away.

The number is 265-2422. The person who answers the phone could be anywhere from a 15-year-old. They could be from Potsdam, Massena, Canton, or Ogdensburg.

or anywhere around the county. Each has been through about four months of rigorous training in everything from drug and alcohol abuse to rural living and poverty. And with that training, the person who answers the phone at Reachout of St. Lawrence County is someone who cares about people and the problems they might be having.

Problems Loom Larger
Those problems, according to Karen Easter, coordinator of the county's only 24-hour crisis line, seem to loom larger during the holidays.

Depression and the holidays seem to go together for some people. "Many people feel like they don't measure up" to the Christmas image, Easter noted.

Others feel the need to buy a lot of presents at Christmas, even if they can't afford it this year. The kids are home from school, you might be out of a job. It all adds up to stress, Easter said.

Christmas is a tough time for someone who has lost a loved one, Easter said, especially for someone who has lost a spouse or child. There's that unrealistic expectation of what the holiday season can accomplish. For others, trying to stay off the bottle or away from drugs, Christmas is a season of agonizing temptation.

"All these people are convinced that they are the only ones who didn't have a perfect Christmas," Easter said.

Patterns To Calls
There is no "typical" crisis call during the holiday season, Easter noted, although there has appeared to be a pattern to each North Country Christmas that Reachout has been helping people.

When the crisis intravenous line began operating on a 24-hour basis in 1978 they didn't get too many calls during the holidays, Easter noted. "People were just too busy and too tired to call and find out where they could get food stamps."

But when the phone did ring, there was usually someone who was caught in the middle of something they couldn't handle.

That first year, Easter noted, six young women called because they

were worried that the may have been pregnant. In 1979, Reachout received no less than 12 suicide calls between Christmas and New Year's Eve and very little else.

In 1980 the media "discovered" the holiday depression issue, but despite a national and local blitz on the problem Reachout received none of the expected holiday depression calls. The lines were quiet, Easter noted, until about 10 p.m. on New Year's Eve when "the phone lines just started going crazy" with calls from people worried about alcohol abuse.

This past year, with the new DWI laws and stepped-up enforcement locally, Easter thought that most of the calls would be because of alcohol-related problems. They received no such calls last year. Instead Reachout helped six parents who had each called because they were abusing their children and didn't know how to stop.

"We don't know what's going to happen this year," Easter said.

Someone To Listen
But whatever the problem, callers to the crisis intravenous line can expect someone who is trained to look at the problem from the caller's perspective and to listen.

Everyone has stress, Easter pointed out, and ways of dealing with that stress. Sometimes those methods of coping, like a person who tries to drink his problems away, can cause more harm than good. But when the ability to cope has been lost, Easter noted, is when they pick up the phone and call Reachout.

These people "think of the world as one large blob of badness," Easter noted. One of the jobs of the person manning the lines is to break down that badness into manageable pieces and deal with each one separately.

"Frequently listening is just enough," Easter said, noting that many callers just want to talk to sort out their problems.

"A lot of people think they're boxed into one solution," Easter added. One of the jobs of one of the 40 Reachout volunteers is to offer alternatives, while leaving the final decision up to the caller himself.

Resolutions That I Will Not Be Able To Keep

Editor's note: The following New Year's observations were written by Norwood resident Margaret Call. Mrs. Call is an occasional contributor to the Courier and Freeman.

BY MARGARET "PEG" CALL

With the New Year fast approaching, many of us will be thinking seriously of resolutions; new beginnings, in various areas of our daily living. I call them "promises" I make to myself, and am much to weak, and human to keep. In less than a week, many of them are forgotten and my good intentions have disappeared down the drain.

My first big one is to eat less. The question comes to mind, less than whom or what? Just what does "less" mean to us? Is it more than a canary, less than an aligator? Gives one quite a range for a determination! I'm not too successful with this "biggy."

Number two: To be more observing in public places, like stores and restaurants, of the small rooms labeled "Guys" or "Gals." A few months ago, I made that mistake in a department store in Ogdensburg. As I was hastily making an exit, I bumped into the manager on his way in! Got a very strange look as I hurried on.

Amber, my lovable granddaughter (poor girl, so much like me), had the same problem recently at McDonald's. Sorry about that, Hon. You will just have to be more careful!

Number three: To wear my hearing aid. I am usually so busy talking that I'm not always sure what the other person has said. I acquired one a couple of years ago after I thought I heard a proposal of marriage! I'll just say, even with the hearing aid, history has not repeated itself.

Number four: To be a better housekeeper in 1985. I will faithfully dust the flat iron at least every two weeks. And cobwebs, don't they have a way of appearing, just when you think you have them taken care of? Dog and cats love me, but so do the spiders. But it's not all bad, they are very decorative over the Christmas holidays for hanging tinsel from.

Number five: I vow to recheck my appearance always in a good, bright light, to make sure I look just right. Last spring, I attended some special services as a delegate

for my local church. To my horror, at the announcement of the first hymn I discovered I was wearing my favorite dress — wrong side out! Woe is me. I wished for a moment that the floor would open and swallow me up!

Number six: I'm careless about crossing the street. Those small foreign cars wouldn't stand a chance if they hit me. They would be splattered all over the road.

My imperfections, I know, are as obvious as peaches growing on an apple tree. On the serious side, I'll make a few that might give someone a better day, because of some communication with me. These remaining four, I shall try very hard to keep.

Number seven: To write to at least three shut-ins each week. Even if it's only a short note; it's a morale booster to know that someone is taking the time to drop a few lines.

Number eight: To keep the cookie jar full at all times. So that when I hear a knock at my door, there is a couple of fresh cookies for my tiny callers.

Number nine: To remember that we all have troubles, frustrations, and disappointments. Not to lay mine on someone else, they have their share and are dealing with them, no doubt, to the best of their ability.

Number 10: To thank God every morning for giving me another day

to live, love, and enjoy. To feel so blessed for my family, a host of friends, people I continually meet, and hope that they too will not just be an acquaintance for very long. And for the great and life sustaining gift of laughter, for without a good laugh now and then (at myself), I never would have made it these 71 years.

In bringing some of this nonsense to a close, I'd like to wish everyone a very Happy New Year! May you have an abundance all year long of love, happiness, good health, and last but not least, have one good belly laugh, or a quiet chuckle, each and every day of 1985.

Like Tiny Tim, God bless you, one and all!

NewChannels Announces Rate Hikes

NewChannels Cable TV has announced an adjustment in its basic monthly cable rate, effective Jan. 1. At that time there will also be adjustments in the rates of some of NewChannels' optional Pay channels and services.

As of Jan. 1, the basic cable TV monthly rate will increase 45 cents, the monthly rate for Home Box Office will increase 50 cents per month and the monthly charge for

Cinemax will increase \$1 per month. There will be no increases on either Cablextra or The Disney Channel.

NewChannels System Manager, Paul Blanchard, stated that the recently enacted Cable Communications Policy Act of 1984, recognizing that cable TV subscription is discretionary not mandatory, "allows cable TV com-

panies to adjust their monthly rates by five percent annually without local government approval.

Further, the act clarified the local municipality's regulatory authority over the cable company, especially in those matters of local concern, such as franchising.

This legislation earned the joint endorsement of both the National League of Cities and the National Cable Television Association.

Blanchard emphasized that significant increases in NewChannels' costs of operation also contributed to this rate increase for subscribers: "Our taxes, our costs for programming services and especially our copyright fees have increased dramatically. For example, due to a 1983 ruling by the Copyright Royalty Tribunal, a Washington, D.C. based agency, local cable TV operator's fees for carrying certain distant stations increased as much as 400 percent.

These past few weeks, NewChannels personnel have been busy notifying local government officials of the pending rate adjustments and briefing them on the effects of the new Congressional legislation.

Explaining his company's reaction to the new legislation, Blanchard said, "In the past few years excessive governmental regulation has tied the hands of the local cable TV operator and prohibited us from operating in an open market situation. This law removes some of those regulations and allows us to compete with other forms of entertainment and communication on a much fairer basis. Plus, we sincerely believe that cable TV is still the greatest single entertainment value in town and that most people realize that fact.

Local Experts Support 21-Year Drinking Age

BY PAUL MITCHELL

The controversial issue of drinking in New York state will escalate in 1985 as Gov. Mario Cuomo pushes to raise the legal drinking age to 21.

But to two St. Lawrence County men familiar with problems associated with alcohol, raising the drinking age from 19 to 21 could curb alcohol abuse.

Frank Reynolds, head of the county's STOP-DWI program, said the new drinking age will reduce highway fatalities for years to come.

"There was a 20 percent drop when it was climbed to 19, so more lives should be saved on the highways," said Reynolds. "And it's a known fact that drunk driving is the highest killer of 16-24 year-olds in the nation."

Phil Dranger, director of the St. Lawrence Psychiatric Center's Farm Cottage, predicted raising the drinking age to 21 would drastically cut the number of car-related fatalities and DWI arrests on county roads.

Dranger said the law, if it is enacted, would affect drinking habits among teen-agers.

"The drinking problem as a whole among youths will be curbed," he said, "but the youth's drinking won't be curtailed all

together."

Reynolds said a more logical move would have been to originally lift the drinking age to 21 instead of 19, a move made by state officials in November 1983. If the legislature had made the decision then, they would not now have to enact new legislation.

"The new drinking age would be a band-aid cure as it would educate youths as well as the adults," he remarked.

When asked about the impact this proposal would have on the rate of alcoholism in the area, Dranger said he saw little change.

"Incidents of drinking around the county have been the same for 10 years, with minor fluctuation," he commented.

When each were asked if they felt the Cuomo drinking age would pass through the state legislature in 1985, Dranger said, "I wish it would be passed in Albany but who knows if it will."

Reynolds said Cuomo's persistent effort against drunk driving and other alcohol-related mishaps will be rewarded in 1985.

"The new drinking age will be passed because the state has too much to lose," said Reynolds, "especially in possible federal highway aid reductions."

Brass Band Ready For D.C. Trip

NORWOOD — Last year, when the Norwood Brass Firemen needed \$18,000 for their trip to the 1984 Winter Olympics in Sarajevo, Yugoslavia, North Country residents opened their hearts and their pocketbooks.

Now, the carefully banked surplus from that successful fund raising effort will take the band on a shorter trip — to Washington, D.C., where the musicians will play for the inauguration of President Ronald Reagan.

Band manager Bob Haggett said last week that the Washington trip will cost \$4,500 and "we have enough to cover it."

Because the inaugural parade is sponsored by private groups, no tax dollars are spent for it, Haggett explained, and groups chosen to participate must foot the bill for their own expenses.

Chosen New York State's official representative at the inaugural parade, the Brass Firemen will be one of the smallest bands there, at 27 musicians and an honor guard of four, Haggett said.

"We'll show them that we can do it," he continued, noting that the

band expects to play "America The Beautiful" as it has twice before: in 1981 and 1982, at the request of First Lady Nancy Reagan. "America The Beautiful" was also among the numbers the band played as it marched in the opening ceremonies of the Sarajevo Olympics.

Haggett applied to state Republican Chairman George Clark to be chosen the state's official representative; the band's application was one of five from New York groups sent to the inaugural committee for its final decision, Haggett said.

A total of 43 band members and spouses will be making the trip, Haggett said, leaving Norwood at 7 a.m. on Jan. 19. They will be staying at the Virginia Lodge Motel in Alexandria, Va.

An aide to Congressman David O'B. Martin indicated that tours might be arranged for the band before their appearance in the parade, and they will be attending an open house at the Congressman's office after the Jan. 21 inaugural.

School Menus

LAWRENCE AVENUE ELEMENTARY SCHOOL

Wednesday — Chicken Patty-Bun, Peas, Fruit, Milk.

Thursday — Hot Dog-Roll, Corn, Cookie or Fruit, Milk.

Friday — Pizza-Cheese, Tossed Salad, Cake or Fruit, Milk.

Monday — Beef Gravy-Potato, Bread and Butter, Brownie or Fruit, Milk.

Tuesday — Homemade Soup, Peanut Butter-Jelly Sand., Fruit, Milk.

MADRID-WASHINGTON GRADE SCHOOL

Wednesday — Hot Dog on Roll, Cheese Slice, Green Beans, Pineapple, Milk.

Thursday — Roast Beef Gravy, Mashed Potato, Diced Carrots, Peaches, Bread and Butter, Milk.

Friday — Cheese Pizza, Lettuce and Dressing, Peas, Milk.

Monday — Juice, Turkey and Cheese, Sub with Lettuce and Tomato, Peas, Cookies, Milk.

Tuesday — Two Tasty Tacos with Lettuce, Tomato and Cheese, Corn, Jello-Topping, Milk.

MADRID-WASHINGTON HIGH SCHOOL

Wednesday — Hot Dog or Chili Dog on Roll, Cheese Slice, Beans, Pineapple, Chicken Noodle Soup, Tuna Sandwich, Milk.

Thursday — Roast Beef Gravy, Mashed Potato, Diced Carrots, Pumpkin Custard-Topping, Cream of Mushroom or Tomato Soup, Bologna and Cheese Sandwich, Milk.

Friday — Cheese Pizza, Lettuce and Dressing, Peas, Bread and Butter, Bean and Bacon Soup, Ham and Cheese Sandwich, Milk.

Monday — Juice, Turkey and Cheese or Ham and Cheese Sub with Lettuce and Tomato, Peas, Peaches, Vegetable Soup, Beef Sandwich, Milk.

Tuesday — Two Tasty Tacos with Lettuce, Tomato, Cheese, Corn, Jello with Topping, Bread and Butter, Tomato Soup, Grilled Cheese Sandwich, Milk.

NORWOOD-NORFOLK CENTRAL

Wednesday — Pizza Boat with Pepperoni and Cheese or Hot Dog on Roll, Golden Potato Chips, Italian Chef Salad with Zesty Italian Dressing, Fruit Fluff Italiano, Dairy Fresh Milk.

Thursday — Tomato Macaroni Soup, Golden Grilled Cheese Sandwiches with Pickles or Hot Dog on Roll with Mustard, Hot Buttered Peas, Saucy Apples with Cinnamon Sugar, Dairy Fresh Milk.

Friday — Chuckwagon Chili with Crisp Saltnites, Savory Cheese Fingers or Special Bag Lunch, Hot Buttered Beans, Country Style Bread and Butter, Chilled Assorted Fruit, Dairy Fresh Milk.

Monday — Old World Pepperoni and Cheese Pizza or Hamburger on Roll, Extra Cheese Fingers, Hot Buttered Carrots, Fresh Bread and Butter, Saucy Apples with Cinnamon Sugar, Fresh Cold Milk.

Tuesday — Bacon and Cheese Burger on a Sandwich Bun or Bologna Sandwich, Golden Tater Tots, Hot Buttered Peas, Home Baked Surprise Cake with Fluffy Icing, Fresh Cold Milk.

NORWOOD-NORFOLK CENTRAL BREAKFAST MENU

ELEMENTARIES ONLY

Wednesday — Frosted Chilled Fruit Juice, Toasted Hot Waffles with Butter and Hot Syrup, Dairy Fresh Milk.

Thursday — Frosted Chilled Fruit Juice, Assorted Cold Cereal, Hot Golden Brown Toast with Peanut Butter, Dairy Fresh Milk.

Friday — Frosted Chilled Fruit Juice, Tasty and Toasted Pop Tarts, Cheese Fingers, Dairy Fresh Milk.

Monday — Frosty Fruit Juice, Assorted Cold Cereal, Hot Honey Buttered Toast, Dairy Fresh Milk.

Tuesday — Frosty Fruit Juice, Bakery Fresh Ice Honey Bun, Dairy Fresh Milk.

Rabies Count Hits 38

BRASHER — The rabies count in St. Lawrence County has jumped to 38 as the year comes to a close. Rabies has also become a major problem in Franklin County, as the neighboring towns of Brasher in St. Lawrence County and the town of Bombay in Franklin County lead their respective counties in rabies cases.

George McConville, a spokesman for the district office of the New York State Health Department, said a rabid skunk was found dead on the property of Steven Deshane in the town of Brasher.

Deshane lives near the Franklin County line.

FOR SALE

Century 21

NORCO SERVICES

65-4799

CENTURY 21 — John Alan Phillips, president of the North Country Savings Bank and NorCo Services Inc., above right, cuts ribbon Thursday officially putting NorCo Services Inc. into the real estate business. Enid Ablowitz, president and owner of Century 21 Ablowitz Realty, Potsdam, above left, has

sold her business to NorCo Services and has joined the new firm as vice president and manager. NorCo is a wholly-owned subsidiary of the North Country Savings Bank. The ceremony was held at the Century 21-NorCo offices in Potsdam. (Ron Robertson Photo)