

School Menus

NORWOOD NORFOLK CENTRAL
 Wednesday — Hammy Meatloaf, Upside-Down Sandwich, Potato Soup, Roll with Mozzarella Cheese or Peanut Butter and Jelly Sandwich, Golden Potato Stix, Hot Buttered Beans, Chilled Peaches, Fresh Cold Milk.

Thursday — Fresh Tom Turkey and Country Chops on Fritty Potatoes or Grilled Cheese Sandwich, Western Bread Dressing, Hot Buttered Green Beans, Western Fruit Mix, Fresh Cold Milk.
 Friday — Shrimpburger on Finger Roll with Mozarella Cheese or Super Bag Lunch, Golden French Fries, Hot Buttered Corn, Granny Style Cookies, Fresh Cold Milk.

Monday — Flying "N" Pizza Zinger on a Bun with Popovers and Cheese or Hot Dog on Roll, Golden Potato Chops, Hot Buttered Peas, Sauté Apples with Cinnamon Sugar, Dairy Fresh Milk.
 Tuesday — Western Style Cheeseburger on a Bun, Hot Dog on Roll, Golden French Fries, Hot Buttered Carrots, Pink Angel Fluff, Dairy Fresh Milk.

NORWOOD NORFOLK ELEMENTARIES ONLY BREAKFAST MENU

Wednesday — Sunshine Raisins, Assorted Cold Cereal, Hot Buttered Toast with Peanut Butter, Dairy Fresh Milk.

Thursday — Frosty Fruit Juice, Hot Buttered Pancakes with Maple Flavored Syrup, Dairy Fresh Milk.

Friday — Frosty Fruit Juice, Assorted Cold Cereal, Hot Buttered Toast with Grape Jelly, Dairy Fresh Milk.

Monday — Chilled Fruit Juice, Tasty and Hearty Pop Lard, Golden Cheese Fingers, Fresh Cold Milk.

Tuesday — Chilled Fruit Juice, Assorted Cold Cereal, Hot Buttered Cinnamon Toast, Fresh Cold Milk.

MADRID WASHINGTON GRADE SCHOOL

Wednesday — Grilled Ham and Cheese on Bun, Chickenburger, Wax Beans, Chilled Fruit, Minestrone Soup, Turkey and Cheese Sandwiches, Milk.

Thursday — Build your own Burger, Hamburger or Chickenburger on Roll, Green Beans, Applesauce, Homemade Veg. Soup, Chicken Salad Sandwich, Milk.

Friday — Juice, Cheese Pizza, Celery Sticks, Applesauce Raisin Bar, Bread and Butter, Chicken Noodle Soup, Bologna and Cheese Sandwich, Milk.

Monday — Meatball Sub, Grated Cheese, Lettuce and Dressing, Peas, Veg. or Bean and Bacon Soup, Tuna Sandwich, Milk.

Tuesday — Juice, Roast Beef Stee Veg., Celery Sticks, Spice Bars, Bread and Butter, Tomato-Macaroni Soup, Grilled Cheese Sandwich, Milk.

LAWRENCE AVENUE ELEMENTARY SCHOOL

Wednesday — Goulash, Peas, Homemade Roll, Fruit, Milk.

Thursday — Hog Dog Roll, Carrot Sticks, Jelly or Fruit, Milk.

Friday — Fishburger Bun, Tossed Salad, Fruit, Milk.

Monday — Sloppy Joe-Bun, Cole Slaw, Cookie or Fruit, Milk.

Tuesday — Bologna Sandwich, Cheese Slice, Carrot Sticks, Cake or Fruit, Milk.

POTSDAM TOWN BOARD

Jan. 8 — Potsdam Town Board meets at 7:30 p.m. Tuesday in the town offices, 35 Market St.

TOWN PLANNING BOARD

Jan. 8 — Potsdam Town Planning Board will meet at 7:30 p.m. Tuesday downstairs at the town offices, 35 Market St.

LA LECHE LEAGUE

Jan. 10 — (Please note new day and time.) "Advantages of Breast-feeding" will be the informal discussion topic at the regular monthly meeting of the Potsdam area La Leche League slated for 9:30 a.m. on Thursday at the home of Sonya Waits, 66 Lawrence Ave., Potsdam. Any woman wishing mother-to-mother breast-feeding help and information is welcome. For further details, please call Cathy Minnetyan at 265-6851.

CO-OP MEETING

Jan. 10 — There will be a Potsdam Consumer Co-op board meeting at 7:30 p.m. on Thursday at the Potsdam United Methodist Church. All members are welcome.

PLANNED PARENTHOOD MONDAY-THURSDAY

Hours for Planned Parenthood of Northern New York, 80 East Main St., Canton, are 8 a.m. to 4 p.m. Monday through Thursday and some additional evening hours. Services include medical examinations, contraception, pregnancy testing and education. Confidentiality is guaranteed and no insurance is required. For more information or to make an appointment, call 386-2441 or 386-8821.

BRIDGE LESSONS

EVERY WEDNESDAY — Everett Wells of Ogdensburg will give bridge lessons from 7-9 p.m. every Wednesday in the Canton Savings and Loan Association, Main Street. For more information call 386-2726 or 386-3456.

BIRTHRIGHT MONDAY-SATURDAY

Birthright volunteers are available to assist with problem pregnancy cases in the area. They may be contacted by calling 265-4510 Monday through Saturday evenings between 7:30 and 10 p.m. All services are confidential and free of charge.

LUPUS SUPPORT GROUP

SECOND TUESDAY — Lupus Support Group, for patients and their families, meets the second Tuesday of the month at 7:30 p.m. in Gloria Dei Lutheran Church, 97 Elm St., Potsdam. For more information call 265-5689 or 322-5579.

TRAPPERS MEETING

Jan. 10 — St. Lawrence County Trappers Association will meet at 7:30 p.m. Thursday at the Evergreens Restaurant, Canton. DEC summer camp applications are on hand and must be submitted by Feb. 1 for youths 12-17 who are interested in conservation. April 27 dinner tickets limited to 125 are available at this meeting only at \$10 per person. Program will be DEC's Dave Hamlin with a slide presentation on beaver control within the county.

PLANNING BOARD

Jan. 10 — St. Lawrence County Planning Board meets at 7:30 p.m. Thursday in the county courtroom, Court Street, Canton.

POTSDAM ZONTA

Jan. 10 — The Potsdam Zonta Club will hold its first meeting of 1985 at 6 p.m. Thursday in the Town House restaurant. Program by Elizabeth Isenberg on "Calcium — What's New." at 7 p.m., followed by business meeting.

NORFOLK JOLLYAGERS

Jan. 10 — Norfolk Jollyagers senior citizens club will hold a covered dish supper at 5 p.m. Thursday in the Raymondville Community Hall Meeting and entertainment will follow the supper.

SENIOR CITIZENS

Jan. 10 — The regular meeting of the Senior Citizens Club will be held at 7 p.m. Thursday in the Raymondville Community Hall Meeting and entertainment will follow the supper.

BP SCREENING

Jan. 11 — Free blood pressure screening, sponsored by C.A.T.C.H., will be held Friday from 10 a.m. to noon at Kinney Drugs downtown Potsdam store and from 1-3 p.m. at Kinney's shopping center location in Potsdam.

PARISH CHAPTER MEETING

Jan. 11 — The installation of officers for the Parish Chapter 91 of the Order of the Eastern Star will be held at 8 p.m. Friday at the Parishville Masonic Temple. All members are asked to attend and

REGIONAL DEVELOPMENT

Jan. 16 — There will be a meeting of the North Country Regional Economic Development Council at 1 p.m. Wednesday in Raymond Hall, Potsdam College campus.

CHILD BIRTH CLASSES

Jan. 21 — Registration is now being

PHCS MEETING

Jan. 14 — The regular meeting of the Parishville-Hopkinton Central School District Board of Education will be held at 7:30 p.m. Monday in the high school library.

LEGION MEETINGS

Jan. 14 — The Potsdam American Legion Post 74 and auxiliary will hold their regular monthly meeting at 7:30 p.m. Monday at the Legion Post on the Madrid Road. The auxiliary will hold a covered dish supper at 6:30 p.m. Those attending are asked to bring a dish to pass.

LITERARY DISCUSSION

Jan. 15 — Literary Discussion Group will meet at 7 p.m. Tuesday in the Potsdam Public Library. The book to be discussed is Henry James' "The Bostonians." For more information phone Jean Kirooy at 265-2925.

PRELICENSING COURSE

Jan. 16 — The three hour driving prelicensing course will be held at Potsdam High School on Wednesday, with registration from 5:30-6 p.m., followed by class from 6-9 p.m. There is a \$10 registration fee; the class is limited to 25. Be sure to bring your permit with you.

WADDINGTON LODGE

Jan. 16 — Waddington Lodge No. 242 F. and A.M. will confer the 25th degree degrees at 7 p.m. Wednesday in the Waddington Masonic Temple. Refreshments will be served after the meeting, and all area Masons are welcome.

PET OF THE WEEK...

MY NAME IS SNOWBALL. I'm a very lovable, long-haired white female with one green eye and one blue eye. I'm about a year old, have my shots and I'm litter trained. I love children and other cats. Please take me home soon.



Sponsored By:
Weston's Book Store
 For the
POTSDAM HUMANE SOCIETY
 ADOPT A PET... "YOU'LL LOVE THE LIFE YOU SAVE!"
 MADRID ROAD
 265-3199

<p>Complete Treat! Chopped Steak Value Meals 2 for \$6.99</p>	<p>Complete Treat! Chopped Steak Value Meals 2 for \$6.99</p>	<p>Lunch Special! Sandwich with French Fries and Beverage \$1.99</p>
<p>Ribeye Steak Value Meals 2 for \$7.99</p>	<p>Ribeye Steak Value Meals 2 for \$7.99</p>	<p>The World's Biggest, Best Salad Buffet and Two Hot Soups \$2.49</p>

ALL SPECIALS INCLUDE BEVERAGE AND DESSERT. Includes the World's Biggest, Best Salad Buffet...
 Valid until 2-10-85. © 1985 Ponderosa, Inc. Chopped Steak is USDA inspected 100% chopped beef steak.
PONDEROSA
 Massena-St. Regis Boulevard (Route 37 and Main St.) Watertown-Arnesel St. (across from Weston Shopping Center)

Public Record

Scott R. Davis, 21, Potsdam, was charged Monday with harassment.

Michael D. Murcray, 26, Norwood, was charged Friday with trespass.

Wilber A. Brossoit, 50, Rensselaer Falls, was charged Friday with no seat belt.

Nelson W. Gilbert, 25, Potsdam, was charged Thursday with speeding driving while intoxicated and criminal mischief, fourth degree.

Driving Course Set

The three hour driving prelicensing course will be held at Potsdam High School on Jan. 16, with registration from 5:30-6 p.m., followed by class from 6-9 p.m. There is a \$10 registration fee; the class is limited to 25.

Participants must bring their permit on the 16th.

Local Eatery Joins

Food Stamp Program

McNamara's Restaurant, 4 Clarkson Ave., Potsdam, and the Calico Kitchen in Gouverneur have been added to the list of county restaurants that have been certified by the U.S. Department of Agriculture to accept food stamps from elderly and disabled customers.

St. Lawrence County Social Services Commissioner Donald E. Kithin announced that the two restaurants have joined the Ponderosa Steakhouse in Massena and the Cascade in Canton in participating. In order to use food stamps in a restaurant, a recipient must be 60 years of age or older; a recipient of Supplemental Security Income (SSI) benefits; or a spouse of a person 60 years of age or older or the spouse of an SSI recipient.

PET OF THE WEEK...

This is Mokey. She's a 1 1/2 year old, spayed Sheltie — Shepherd mix. She's brown and black, has all of her shots, and loves children. She is very affectionate and energetic. She would love to share her life with you.



Sponsored By:
Robinson's Market
 32 Market St., Potsdam
 For the
POTSDAM HUMANE SOCIETY
 ADOPT A PET... "YOU'LL LOVE THE LIFE YOU SAVE!"
 MADRID ROAD
 265-3199

\$450,000 STOREWIDE REDUCTION

20% to 50% Off

Now Until 5 P.M., SAT., JAN. 12

\$170,000 of above

1/3 & 1/2 OFF

Ladies' Blazers, Sweaters, Coats, Jackets, Parkas, Boots & Shoes, Skirts, Pants, Jacket and Skirt-Pant Groups, Dresses, Gloves, Mittens, Hats, Nightgowns, Robes, Blouses, Handbags.

Men's Sportcoats, Suits, Shirts, Sweaters, Sweater Vests, Outerwear, Skiwear, Dress Pants, Casual Pants, Boots.

QUALITY BRAND NAMES THAT WON'T LAST LONG AT THESE PRICES
 PENDLETON WOOLRICH SERO LANZ GEIGER LOTS MORE

Barbour's
 downtown
 Canton

25% off

All novelty curtains, panels, draperies, mini blinds and shades.

New views for your windows.

Sale prices effective through Jan. 12th.

JCPenney
POTSDAM PLAZA
 Shop Monday through Saturday 9:30 to 9:00
 Store Phone 265-4900
 Sunday 12 (noon) to 5:00 P.M.
 Catalog 265-4800