

## Parishville And Hopkinton News And Notes

BY HELEN CONDON  
265-2482

Greetings readers! The bitter cold hasn't let up for a couple of days and the words cabin fever are starting to crop up everywhere.

Last week three panes of glass broke out of the storm door on the front of our house and Fran, while trying to scare off a peaky dog, broke one on the back door.

After measuring the glass I set out to repair these damages. The pane for the back door was perfect, but alas, when I tried the panes in the front door they were one quarter of an inch too short on the sides.

Naturally where I needed three, the panes would be too small! So back to the hardware store to get more. Too bad glass couldn't be glued on!

The afternoon was spent with a propane torch, putty knife, glazier points, paint and glazing compound. It's not a hard job to replace glass, it can even be rewarding, the hard job is getting all the tools needed in one spot.

Now they are all finished and the wind isn't creeping under the doors with as much force. I don't know how I measured the glass wrong, I used a ruler!

Once, I measured wall to wall carpeting for a house I wasn't living in. There were no measuring tools available so I used an old picture that was lying around and old the carpet man at the store that I needed 15 by 14 ties long. I brought the tie with me and although the expert gave me some weird side glances, the rug was perfect!

Homemade dark breads and winter vegetable soup are great for these cold days. They warm you twice, once when the oven is on and

the bread is cooking and once when they are eaten. Here's a recipe for one of each.

**Winter Bread**  
1 envelope yeast  
¾ cup lukewarm water  
¼ cup hot water  
¼ cup butter  
3 tbsps. honey  
1 cup wheat germ  
1 cup whole wheat flour  
2½ cups white flour  
1 tbsps. salt  
Dissolve the yeast in the lukewarm water. Melt the butter in the hot water and when it is lukewarm add the yeast mixture and the honey. Mix the wheat germ, flours and salt. Stir together and set in a covered greased bowl to rise. Punch down and let rise again. Knead on a floured board and put on a large cookie sheet in one round form or in two bread pans to rise. Bake in a 325 degree oven for 40 minutes. If you bluish the tops with oil before baking and sprinkle with poppy or sesame seeds it adds to the bread. Great with butter for a cold day along with a rich soup!

**Mulligatani Soup**  
From Australia  
½ stewing chicken  
Salt  
1 bay leaf  
1 onion chopped  
1 carrot chopped  
parsnips chopped  
1 cup water  
3 tbsps. butter  
6 to 8 bacon slices, diced  
4 medium tomatoes, chopped  
1 clove garlic  
½ cup flour  
Pinch of red pepper  
Pinch of ground nutmeg  
2 slices of bread  
In a large pot, combine chicken, two teaspoons salt, bay leaf, onion,

carrot, parsnip and water. Bring to a boil; reduce heat, cover and simmer 1½ to 2 hours. Melt a tablespoon of butter in a medium skillet. Add bacon; saute one to two minutes, add tomatoes and garlic, simmer two minutes. Sprinkle flour over the tomato mixture and stir making a sort of gravy. Strain chicken, reserving ¾ cup of the broth. Stir a little of the liquid into the tomato mixture, stirring. Then add the rest of the broth. Season with salt, red pepper and nutmeg. Add carrots, onions and parsnip. Take bones out of chicken and cut up the meat. Add the meat to the soup. Remove the bay leaf. (It's hard to chew!) Melt two tablespoons of butter in heavy skillet and add the bread, cubed up, saute until crisp. Top soup with sauteed bread cubes after it's placed in bowls.  
This recipe was taken from "The Best of International Cooking" by Annette Wolter and Christian Teubner.

The Hopkinton Historical Group will meet Jan. 24 at 1 p.m. at the town hall. Election of officers will be held and plans for the upcoming Maple Festival will be discussed. The public is invited to attend this meeting.

The Maple Festival is one of the biggest events of the year in Hopkinton, an annual event where children as well as adults learn about maple syrup making and get a taste for various products made from the sap of these maple trees we have grown to depend on for wood, shade, and food.



**BUSY CUBS** — Members of Cub Scout Pack 18 at Parishville-Hopkinton Central School were busy in December making gifts for the handicapped serviced by the United Cerebral Palsy Association. From left, front row, are Jonathon Sarielaki, Benjamin List, and Donald Moffitt. In the back row are Keith Rush of PHCS, Linda Chase of the Cerebral Palsy Association, and Margaret Roach, a pack leader.

### O'Neil Named To Committees

ALBANY — Assemblyman John G.A. O'Neil (R-St. Lawrence County) announced the committee assignments he has received for the 1985 legislative session from Assembly Republican Leader C.D. "Rapp" Rappleyea.  
Along with O'Neil's new position as the ranking Republican on the Assembly Small Business Committee, he will be serving on the Assembly Standing Committees on Agriculture, Commerce and Industry, and Labor.  
O'Neil, who is beginning his third term as a state legislator, said he is pleased with his assignments.  
"Although, I regret giving up my position of the ranking Republican on the Agriculture Committee, my continued membership on that committee will allow me to have input into critical policy decisions af-

The Sunoco station on Main Street in Parishville will soon open its doors and will be selling regular and unleaded fuel. For many years the garage was run by Herb Champney.

Roger Parker will be running it starting next week. Services offered will be tire changing, gas and mechanical work. It will seem great to have a garage in town again.

Mrs. Nina Daniels, once town historian for Parishville and correspondent for the Herald-Recorder for many years, wrote the following article about the roads in town in 1939. The data was furnished by Frank Daniels, who was road superintendent at the time and a relative of Mrs. Daniels' husband, James Garlough, who now lives on the Southville Road, is the great-grandson of the article's main character.

"James Garlough was elected the first town superintendent of highways and took over his duties on the first day of January 1902. The equipment which he had was a small horse-drawn grader, two or three teams and several men, the road work beginning about May first and ending early in the fall. At first gravel over field stone was used. The expense of hauling gravel proved costly so within a year or two a small but powerful gas engine for power. Soon the old stone walls, which had been made with so much labor by the pioneers,

began to disappear, made into food for the maw of a monster never dreamed of by those men who so laboriously gathered and piled their crops of stone into those long, picturesque walls dividing their fields. These crushed stone roads enabled folks on heavy soil to get out of the spring and fall mud for the first time. They did very well until the advent of the automobile, when trouble began. The heavy traffic threw off the top dressing, leaving only a bed of small stones. The state highway department saw that heavier and coarser bases must be used also, a binder of some sort. Result, in the course of time — a combination of the highway department of the state and the large oil companies evolved macadam roads such as we now know them, also the more permanent concrete forms.

A town superintendent of today has in his employ besides a fleet of trucks, a full fledged outfit for the construction of all types of highway construction. In winter this department resembles a fire department. The trucks are then transformed into as many snow-fighters and manned by a force of drivers who do not hesitate to tackle the job of keeping open the roads when the blizzards sweep the North Country. It is something of a comfort to hear, in the middle of the night, the big snowplows zooming by sending

the great enemy of winter traffic in all directions, piling "the beautiful" in great heaps and leaving a wide, smooth roadway for the traveler. Sand is freely used in icy weather."

Next week we will look at roads in Parishville today!  
Jan. 23, at the Parishville Town Hall there will be food distributed to those with blue cards. Cards will also be issued on that day. The food will be distributed on a first come, first served basis and will start promptly at 9:30 a.m.

On Jan. 23 there will be a free will offering supper at the Parishville Town Hall, sponsored by the United Methodist Church. These women are great cooks, so come out and enjoy a good meal. Remember, you don't have to do the dishes if you eat out!

On Feb. 5, the Ladies Aid Society of the Methodist church will hold its monthly meeting at the home of Audrey Groebler. The meeting will start at 7:30 p.m. with business at hand and a "Trip Through Antique Women's Magazines" will be taken with Helen Condon following the business meeting. Refreshments will be served.

Anyone with news for next week's column can call Helen Condon at 265-2482 by Jan 25

### Early Diagnosis Crucial In Reye's Syndrome

The flu or various symptoms identified as influenza occur more frequently during the winter months. Influenza is a viral infection, and as such, warrants special attention because a potentially fatal children's disease is associated with it. The disease, Reye's Syndrome, affects children from infancy through adolescence and can develop three to five days after the onset of the chicken pox, an upper respiratory illness, or other viral infections. It affects the liver and brain, is non-contagious and is often misdiagnosed as encephalitis, meningitis, diabetes, poisoning, drug overdose, or sudden infant death.

After a viral infection has seemingly run its course and the child is feeling better the following symptoms should be treated as serious and as possibly the first indication of Reye's Syndrome. Anti-nausea medication may mask the symptoms of the disease and because of the possible association of aspirin with Reye's Syndrome, parents should consult their physician before using these drugs. Watch for these symptoms, usually occurring in this order:

- Persistent or continuous vomiting
  - Lethargy (loss of pep and energy, drowsiness)
  - Personality change (such as irritability, combativeness or slurred speech)
  - Disorientation (unable to identify whereabouts of family members)
  - Delirium, convulsions
- A child's life can depend on early diagnosis. Reye's Syndrome should

be suspected in any child with chicken pox who vomits repeatedly. Phone your physician immediately if these symptoms develop and tell him you suspect Reye's Syndrome. If your doctor is not available take your child to an emergency room promptly. Two liver function tests (SGOT/SGPT) can be done to determine the possibility of Reye's Syndrome. There is a 90 percent chance of recovery when the syndrome is treated in its earliest stages by physicians and nurses experienced in the treatment of Reye's.

Epidemiologic research has shown an association between the development of Reye's Syndrome and the use of aspirin for treating the symptoms of influenza-like illnesses, chicken pox, and colds. The U.S. Surgeon General, the Food and Drug Administration, and the Centers for Disease Control recommend that aspirin and combination products containing aspirin not be given to children 18 years of age and under during episodes of these illnesses.

The National Reye's Syndrome Foundation is a non-profit, tax-exempt organization with chapters in 40 states. The NRSF has pioneered the movement to disseminate knowledge about the disease in an effort to aid in early diagnosis, and also provides funds for research into the cause, cure, care, treatment, and prevention of Reye's Syndrome.

For more information contact the National Reye's Syndrome Foundation, P.O. Box 829AB, Bryan, Ohio 43506, or call 419-636-2679, 800-233-7393.

### Lamm Returns From European Study Tour

Transportation safety research has been keeping Ruediger Lamm, a professor of civil and environmental engineering at Clarkson University, busy for some 20 years in both Germany and the United States.

He recently returned from a three-week tour of several European countries to examine highway road safety features. The study, sponsored by the International Road Federation (IRF) as part of its research and development contract with the United States Federal Highway Administration, was conducted by even American and Canadian transportation experts from Federal and State governments, universities and associations.

The team visited Denmark, France, Germany, the Netherlands, the United Kingdom, Sweden and Switzerland to examine current practices in the areas of geometric design of highways, pavement design and vehicle sizes and weights. Lamm and his colleagues are compiling guidelines, design concepts, philosophies and rationales used in these Western European countries.

The Clarkson professor has also completed research on the comparative analysis of traffic accident characteristics in the United States and Western Europe with his Clarkson colleague, Professor Feng-Bor Lin and Elias Choucri. Their work was funded by the Alfred Krupp von Bohlen and Halbach Foundation of the Federal Republic of Germany (FRG). Gathering statistics from France, Great Britain, Italy, Austria, Switzerland, the Netherlands, Belgium, Denmark, Sweden, Norway and the Federal Republic of Germany, they proved that driving in the U.S.A. is still much safer than in Western Europe. However, they also found that decreasing accident frequencies for injuries and fatalities in Western Europe was significantly more favorable than those in the U.S. This was attributed mostly to stricter drunk driving and mandatory seat belt laws which began in the mid 1970's. In his latest project, for which a

prestudy is funded by Clarkson University, Dr. Lamm will be looking at correcting problems on two-lane rural highways by analyzing road characteristics and corresponding driving behavior. A new design procedure will be developed so these problems could be corrected either through low-cost safety projects like traffic warning devices or on very dangerous road sections, with high-cost safety projects. The gathered information will then be used to assist in decisions relating to redesign, resurfacing, restoration and rehabilitation projects.

Professor Lamm's involvement with transportation safety began in 1963 while completing his Ph. D. at the University of Karlsruhe in the Federal Republic of Germany (FRG). There he worked for the Institute of Highway and Railroad Design and Construction. During the next 15 years he served in a variety of capacities. As assistant project engineer he concerned himself with several research projects related to the electrification of railroad sections, optimization of rural intersections and evaluation of highway materials. Then as chief engineer, he worked on projects related to basic research supporting the development of the German guidelines for the design of rural road. He eventually became head of the Department of Highway Design of the above-mentioned Institute, working on and overseeing projects to establish and evaluate safety projects in highway design and construction.

From 1976-79 he was professor and executive dean of the engineering faculty and head of the Institute for Traffic Engineering and Transportation at the University of Gilan in Rasht, Iran, where he was responsible for organizing the faculty and the German and Iranian staff. When the Ayatollah Khomeini came to power in 1979, the Germans had to leave. Lamm stayed on to maintain the German presence and safeguard some German property, but left the country in the summer of 1979 before the U.S. Embassy was seized.

A year later he was a visiting professor at Ohio State University and working at the Vehicle Research and Test Center of the Department of Transportation at East Liberty, Ohio. There he participated in a research project comparing German and American accident characteristics relating to human, vehicular and environmental factors.

He returned to the University of Karlsruhe, FRG, heading its research group on the safety of transportation systems which concerned itself with highway design, construction and traffic safety. In 1983 Lamm came to Clarkson to continue working on his various projects and to supervise graduate and undergraduate programs in transportation.

Besides having written numerous articles for a variety of publications, journals and technical reports, he has also been awarded more than 20 major grants from German federal and state agencies mostly relating to traffic safety.

### Real Estate Course Offered at ATC

CANTON — Real Estate I, a 45-hour course of study approved by the State of New York, Department of State, will be offered by Canton ATC on Wednesdays during the spring 1985 semester.

This is a course of study required for persons who wish to become licensed real estate salespersons and is also the educational requirement for those who have newly obtained their license and must complete an approved course of study in one-year's time. This course is also Part I of the required 90 hours of study for persons who wish to become licensed real estate brokers.

The course will begin on Jan. 23 and will meet on most consecutive Wednesdays from 6:30 to 9:40 p.m. in Payson Hall, Room 214, on the Canton ATC campus.

For registration information, please call the Office of Continuing Education and Community Service at 386-7102.

MOYLA J. MALONEY, Esq., D. N. C. C.  
CERTIFIED FINANCIAL, MENTAL HEALTH COUNSELOR  
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