

Patchwork: West Potsdam Area News

BY MARY ANN MILLER
265-6708

New Year's resolutions. I made two. The first is to remind folks to get their checkups. The second is to do all the resolutions and promises I made last year. I'm not doing too well. Today was the day I was to get my final checkup in Ogdensburg, do Patchwork, make two rhubarb pies and go to Zonta meeting. The trip to Ogdensburg was an event in itself. The sun was shining but the winds were howling. I went the back way through Morley to Route 37. To Morley the going was fine. From then on the roads often became one lane and at times there simply was no visibility. So I came home on the main road to Canton. That wasn't any

better except for the fact that I followed a plow. I saw three vehicles off the road. Got home and decided I'd stay home. And then Leslie Yuss from Montreal and her son Ben drove in the driveway. She had thought that the sun was shining and it would be a nice day to drive to West Potsdam. Guess she had an interesting drive down. And so, I'm not baking the rhubarb pies. Those pies were a promise I'd made someone when the rhubarb was being harvested. Resolutions are a good idea — but?

Sam and Joyce Miller left Wednesday for their first real vacation in almost ever. They flew to Phoenix, Ariz. for a week's visit with their daughter, Jody, and her

husband, Jay Gollber. Another son, Greg, and his wife, Kim will join them in Phoenix. Greg and Kim live in California.

Matt Stone was delinquent in giving me the broomball report again this week. The best I could discover was that the firemen played West Stockholm Sunday evening at Pine Street. The game ended with a score of 2-2. Guess they don't play any overtime.

The firemen held their regular monthly meeting Wednesday evening at the fire station with chief David Wright in charge. December was a busy month for firefighters as this list shows: Dec. 2 the men answered a call to a car accident on

Route 11 and also a mutual aid call to Madrid at the Virginia Haley home; Dec. 3 a chimney fire at Rafter's and a call-back to that scene; Dec. 10 a mutual aid to Racquette River and a house fire; Dec. 15 mutual aid to Madrid at the home of Virginia Haley; Dec. 19 a mutual aid to Canton and a barn fire at Ames; Dec. 21, a mutual aid to Madrid and a barn fire, and Dec. 27 a mutual aid to Madrid and a turn back.

The men will be sponsoring a bowling tournament in Waddington Jan. 25-26. They are still accepting teams. Just call Dewey Pierce at 265-9092. And they have set the date for their bullhead dinner. It will be March 2. The men welcomed a new member, Tom Nichols.

The ladies auxiliary held their regular monthly meeting on Tuesday evening at the fire station. They discussed the new creation of a position for exempt members and, of course, upcoming banquets.

Sunday the men started their bowling team working out. In the past the department has put together two bowling teams. For the first tournament of this season Team One was entered in the Brasher-Winthrop tournament held at the Potsdam Bowling Lanes. Team One has Ric Miller, Bill Grant, Dewey Pierce, Harold Wilson, and Mike Trivittino. Don't know how the team fared as no results have been passed on.

Had a quick chat with Bonnie Corse. Her son Michael is home on leave between base changes. He left England and will now go to Alaska. He leaves winter here to join winter in Alaska. I wonder which is worse? Anyway, Michael has been busy snowmobiling and doing outdoor activities. He leaves the end of the week for Alaska.

Tonight (Thursday) Bonnie said a group of 15 teens plan to go to Cornwall to do Chinese as a farewell dinner. She mentioned they had gone to Sandy Creek to see her parents. They REALLY have snow there! In order to leave your driveway there it takes two people. One to stand in the road to signal an all clear for the driver to back out. Shoveling your roof can be a daily experience there.

I found the following in the December issue of The Volunteer Fireman. I'm certain it will delight some readers.

Three senior citizens are arguing the question "When does life begin?"

The first says, "At conception."

The second says, "No, I disagree. Life starts at birth."

And the third says, "You're both wrong. Life begins when the kids leave home and the dog dies."

Did anyone watch the David Letterman show Thursday night. Letterman was reading viewers' mail and I wasn't paying much attention until I heard a P.S. to a letter signed by some men with a note that said something about how great the Potsdam Bears basketball team is. And the camera moved to the audience where there was a person dressed as a huge bear wearing the letter P. The audience loved it. The Bears making the Letterman show could just be one of their biggest milestones. Congratulations, men.

Sethna Honored For Product Marketing Course

For the second consecutive year, the American Institute for Decision Sciences honored Beheruz N. Sethna, chairman of Clarkson University's Faculty of Marketing and Computer-based Management Systems in the School of Management, with an Honorable Mention in its 1985 National Instructional Innovation Award competition. The Institute is an international organization which promotes the development and application of decision sciences in business schools at both the undergraduate and graduate level. The instructional innovation award was created as a mechanism toward this endeavor and focuses on a single decision sciences course which provides a creative way of teaching material that can be ap-

plied in real situations.

Sethna was awarded an honorable mention for his course, New Product Marketing Analysis. His graduate class makes students incorporate computers and actual industry data with marketing models, decision and communication skills. "It's a decision support system in marketing," said Sethna. "The students deal with a semi-structured situation; something which most managers deal with every day."

A graduate of Columbia University where he earned a master of philosophy degree and a Ph.D. in business administration (marketing), Sethna worked for such multi-national corporation as Lever Brothers Company and Richardson Hindustan Ltd.

He joined Clarkson's School of Management in 1976 where, during a six year period, he has served as coordinator of the marketing area, director of graduate programs, coordinator of the management and marketing area and now as chairman of marketing and computer-based management systems.

In 1981, with a grant from the Department of Energy, he conducted a feasibility study of the electric car as a second family vehicle. His current research centers around the sociological effects of computerization by studying how Clarkson students have adapted to the personal computer program which was instituted at the University in 1982.



SETHNA HONORED — Beheruz N. Sethna, standing, chairman of Clarkson University's Faculty of Marketing and Computer-based Management Systems, received an instructional innovation award

honorable mention at the recent national meeting of the American Institute for Decision Sciences for the second consecutive year.

Laughter Has Health Benefits

Editor's Note: The following was written by Janet Hamilton, a senior licensed practical nursing student at Seaway Area Technology Center in Norwood. She is from Canton.

BY JANET HAMILTON

What are the benefits of laughter?

Some experts believe laughter provides a form of exercise for the body, eases pain and reduces stress.

A good laugh sets off many reactions throughout the whole body. For example, laughter raises the epinephrine levels in the blood. This arousal hormone stimulates the release of endorphins (which are the body's natural pain killers).

The heart rate increases, therefore, laughter stimulates the circulation of the blood.

The muscles between the ribs and the muscles of the abdomen are exercised. And the diaphragm (the main muscle used in breathing) is also involved when you laugh.

Although laughter may not cure pain, it can help control pain by reducing tension, distracting attention, increasing the production of endorphins and changing attitudes in the sensation of pain.

If you can add laughter to your life, you may see a big difference in part of your life. A joyful laugh provides a state of physical relaxation

and lowers emotional and physical tension. When your muscles are in a state of deep relaxation, you will be less anxious.

Telling a funny joke or saying something funny can break the ice in a situation where you are with new people. It may reduce the fear of unfamiliar people and places. It frequently helps establish comfort and friendship.

So relax, enjoy and add a smile and laughter to your life. You may live a little longer.

Speaker Set For Pro-Life Rally

CANTON — The Rev. Norman Stone and Jerry Horn will be the guest speakers at the Pro-Life Rally to be held at the Kingston Theater on the Canton ATC Campus at 7:30 p.m., Jan. 18.

Rev. Stone and Rev. Horn, both from Wisconsin, are walking across America to bring national attention to the plight of the unborn. They began their 3,900 mile trek in Los Angeles and are in the final stretch as they head toward Washington, D.C.

Saturday evening, they will speak on "Abortion and the Broken Heart of God."

CAT OF THE WEEK..

Taft is a female Tortoiseshell, about 2 years old. Her eyes are gold and her orange, black and white fur is neither long nor short, simply the best of both lengths. She has had her first shot and has a loving disposition. She told us she'd really like to live at your house.



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People

STANFORD PROMOTED

Ms. Joan Stanford of Hannawa Falls has been promoted to merchandising supervisor for Little Red Shoe House stores in New York, Vermont, Pennsylvania, Ohio and West Virginia, her employer, Wolverine World Wide, Inc., has announced.

Stanford became manager of the Little Red Shoe House in Potsdam in 1978 and was promoted to district manager in 1983. Stanford will work from the Potsdam location.

Mrs. Carol Hanson, Norwood, has been promoted from assistant manager to manager of the Little Red Shoe House in the Potsdam Plaza.

DOG OF THE WEEK..

Patches is a 2 year old Husky mix. She is black and white with a light mask. She's spayed and has all her shots. Her size is small for a Husky and she's very obedient and well behaved. She needs a permanent home with someone who is willing to love her for the rest of her life. You'll get lots of affection in return.



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