weddings

Sally Taylor Plans To Wed In March

Mr. and Mrs. Clyde Sevey, South Colton, announce the engagement of their daughter, Sally Taylor, to Brian Remington, son of Mr. and Mrs. Doyle Remington, Colton.

Miss Taylor and Mr. Remington are both 1983 graduates of Colton-Pierrepont Central High School and 1985 graduates of Canton ATC.

Miss Taylor is employed in Massena as an animal health technician.

Mr. Remington recently graduated with a degree in data processing.

A March 8 wedding is planned.

SALLY TAYLOR

Elaine J. Callahan Plans July Bridal

Mr. and Mrs. Floyd J. Callahan, 100 Lawrence Ave., announce the engagement of their daughter, Elaine Joyce, to Charles Van Horn Mims, son of Mr. and Mrs. Robert W. Mims of Julian, N.C.

Ms. Callahan is a 1979 graduate of Potsdam High School and a 1985 graduate of the University of North Carolina at Chapel Hill, where she received her master's degree in geology.

Mr. Mims is also a UNC-CH graduate, and is presently employed as a staff geologist for Soil and Material Engineers, Inc.

A July 12 wedding is planned

Mary E. Adams Weds

Wedding vows were exchanged by Mary E. Adams and Gene D. Kemp in Our Lady of Assumption Catholic Church, Fairport, N.Y., on Nov. 23, 1985.

Mrs. Kemp is the daughter of Mrs. Mary Adams of Potsdam and the late John B. Adams, Jr.

Mr. Kemp is employed by the Webster Central School District as superintendent of buildings and grounds.

Mrs. Kemp is employed as a teacher in the Webster Central School District.

Following a reception at The Strathallon Hotel in Rochester the couple left for a week in the Virgin Islands.

Marcie Lynn Prior Weds Robert Bradish

Marcie Lynn Prior, daughter of Mr. and Mrs. Herbert Phippen, Lake Shore Drive, Norwood, became the bride of of Robert W. Bradish, son of Mr. and Mrs. Timothy Bradish of West Potsdam, on Nov. 23, 1985.

Judge Jason Stahl, Mucungie, Pa., performed the morning ceremony.

Maid of honor was Brenda Pryce, sister of the bridegroom. Best man was Michael Bradish, brother of the bridegroom.

The bride is a 1985 graduate of Norwood-Norfolk Central High School and is employed at McDonald's.

The bridegroom is a 1983 graduate of Potsdam Central High School and is employed by Saftey Kleen in Allentown, Pa.

The couple reside at 5579 Indian Creek Rd., Mucungie.

A summer reception is planned.

WEDDING POLICY

The Courier and Freeman is happy to print wedding photographs and articles as a service to our readers.

Completed wedding forms and photos should be in the Courier office no later than three weeks after the date of the wedding. After the three-week deadline, no photos will be used. Wedding articles may be shortened.

Black and white photos are preferred, but clear color prints may be acceptable. Wedding forms are available in the Courier office as a service to our readers.

Ford Promoted At Garns Supply

Garns Supply has announced that Lawrence (Larry) Ford of South Colton has been promoted to the position of store manager at the Garns Supply Home Improvement Center at 18 Pine St., in Potsdam.

Ford is a 1964 graduate, of Colton-Pierrepont Central School and holds a bachelor's degree in business management from St. Leo's College in Florida.

Ford recently retired from the United States Navy. During his naval career, he was decorated three times for professional performance and innovative contributions. He also received numerous commendations and awards from several shore and sea commands.

Ford is the son of Carmel Ford Cayey of South Colton and the late Harry Ford. He is married to the former Carol Foster of Norfolk, Va. and has two daughters, Jill and Cindy. Ford is a member of the Potsdam Country Club, Company 2 of the Colton Volunteer Fire Department and the Fleet Reserve Association.

The Potsdam Garns store is a retail home improvement center that carries a wide variety of carpeting, paneling and home improvement products.

Vets: Check Disability

Veterans who have an alternative veterans property tax exemption (new law) based on a service connected disability rating are reminded that they must re-certify their disability annually if their rating is not permanent.

A statement is easily obtained by calling the Buffalo Regional Office toll-free 1-800-462-1130 and ask for a statement of disability for tax exemption purposes. Have your claim number available when you call.

The statement should be taken to our local assessor when received. Veterans with questions can call the St. Lawrence County Veterans Service Department at 265-4732 or the New York State Division of Veterans Affairs at 393-0580.

County Receives $350,000 For Youth Programs

CANTON — The New York State Division For Youth (DFY) has recently announced the approval of 1986 applications for state aid for youth programs in the amount of $354,106 according to Mary Ann Ashley, the recently appointed St. Lawrence County Youth Bureau Director.

State aid for youth programs is avaliable through DFY in a variety of categories. In the Special Delinquency Prevention Program (SDPP) $60,971.54 of 100 percent state aid has been allocated to six programs. Those programs are Planned Parenthood of Northern New York: Learning and Leadership Teen Parenting (12,000), St. Lawrence County Probation: Employment Program (12,500), St. Lawrence County Probation: Community Services Program for Youth (13,125), St. Lawrence Valley Renewal House (10,964), St. Lawrence County Youth Conservation Program (7,982), and the St. Lawrence County Youth Department (4,400). SDPP funds are appropriated expressly for programs which serve "targeted youth."

In the Youth Development Delinquency Prevention Category (YDDP) funds are made available to the county and each municipality therein by formula. The current county-wide formula is $5.50 per youth (45,106 youth population) for a total state aid eligibility of $248,083.

Municipalities are guaranteed a portion of these funds should they choose to apply. Within the major category of YDDP there are two subcategories, Recreation and Youth Services. YDDP are 50 percent reimbursement funds. That is, a municipality or a contract agency spend their own funds (100 percent) and are reimbursed 50 percent of the total approved expenditures up to the approved amount of state aid. The following applications have been approved in this category:

Municipality/Contract Agency — Town of Brasher, Recreation $2,295; Town of Canton, $4,044.05; Village of Canton $6,880.25; Town of Clifton $1,600; Town of Colton $1,600; Town of DeKalb $850; Village of Richville $1,608; Town of DePeyster $200; Town of Edwards $400; Village of Edwards $1,625; Town of Fine $1,600; Town of Fowler $1,600; Town of Gouverneur $500; Village of Gouverneur $3,081.50; Town of Hammond $1,500; Town of Hermon $600; Town of Hopkinton $1,600, Town of Lawrence $1,600; Town of Lisbon $3,348; Town of Louisville $1,600; Town of Madrid $1,600; Town of Massena $1,900; Village of Massena $7,127.60; Town of Morristown $1,100; Village of Morristown $1,600; Town of Norfolk $2,878.25; City Ogdensburg $8,335, $22,965; Town of Oswegatchie $1,000; Village of Heuvelton $1,600; Town of Parishville $2,781; Town of Piercefield $1,600; Town of Pitcairn $500; Town of Potsdam $2,759.35; Village of Potsdam $7,584.95; Town of Russell $1,600; Town of Stockholm $2,295; Town of Waddington $1,600; Village of Waddington $1,600.

Ogdensburg Boys & Girls Club $3,935.50; Tri Town of Hockey $2,900; Canton Pee Wees $4,500; Norfolk-Norwood Hockey $1,965; Ogdensburg Football $2,000; Potsdam Football $900; Potsdam Youth Recreation $1,500; Clifton-Fine Hockey $2,045; Potsdam Hockey $2,250; Louisville Hockey $2,400; Waddington Hockey $2,000; Ogdensburg Hockey $2,500; Massena Football $770; Salvation Army $1,392; Massena Baseball $800; Waddington Baseball $500; Clifton-Fine Figure Skating $1,400; AAU-Empire State $3,000; Potsdam Figure Skating $875; Tri-Town of Baseball $1,257.

Youth Services: Ogdensburg Boys & Girls Club $22,935; Town of Brasher $5,136.70; Village of Canton $7,679.50; Town of Lisbon $2,425; Town of Lousiville $1,600; City Ogdensburg $22,965; Town of Potsdam $1,594.75; Town of Waddington $1,400; Easter Seals Society $4,710; Sheriff's Dept. Juvenile Aid $24,350; Youth Dept. Youth Conservation $949.25; Waddington Youth Council $7,000.

In the Youth Initiatives Category (YI0) funds are treated exactly as YDDP funds. In 1978 the State Legislature allocated an additional dollar per youth "designed to curb high priority problems affecting youth." Thus the total eligibility for YI funding in St. Lawrence County is $45,106. Three programs approved under YI are Village of of Potsdam Juvenile Aid Bureau (13,196), Village of of Massena-Substance Abuse Program (13,750) and Citizens Against Violent Acts (CAVA) (4,980).

In conclusion, these funds go to support youth programs which have as their intent the prevention of delinquency through provding leisure time activities and other education services.

from the PAMPERED KITCHEN

By Elizabeth Isenberg, Home Economist

Many people are trying to include more chicken in their menu planning these days because reports reaching the public suggest poultry is healthier than beef.

Chicken is recommended not because it has some magic component but because it is essentially lower in fat than beef or pork. Additionally, the fat it does contain tends to be the type which helps lower the levels of cholesterol in the blood, thus possibly helping to prevent some forms of heart disease. There is also growing evidence to suggest that lower fat in the daily eating pattern may be beneficial in preventing certain forms of cancer, including cancer of the breast and colon.

It is unfortunate that many believe that chicken must appear on the table as fried. Even fast food restaurants feature fried chicken whether cut-up as "parts" or as small "chunks." Frying chicken, to a degree, eliminates the good qualities of this meat. Frying adds fat and calories. Sometimes the added fat is the type which raises the levels of blood cholesterol. Yet many assume fried chicken is a low fat alternative to beef.

Chicken deserves to be served in many ways because it is such a versatile, delicate meat. It can be substituted for veal in recipes; it can be cut into strips for a stir fry; it can be cubed in casserole and salads; and it can be boned, stuffed, and rolled. The following recipe teams chicken with a vegetable and a touch of curry. It becomes a tasty, beautiful, and very quickly prepared main dish.

Some may balk because curry is regarded by the uninitiated as a fiery spice. This is not necessarily so. The name curry derives from a Hindustani word "turcarri," colloquially shortened in India to "turri" and corrupted by the English to "curry." It is not a spice but a spice blend of ten or more spices. Indian women often grind and blend their own curry. Commercial blends usually include cardamon, coriander, mustard, saffron, and allspice with turmeric which gives the distinctive color. The spiceiness or "heat" depends on the particular blend. Many are sold as "mild," "medium," or "hot."

Serve curried chicken with a rice which is perked up with some additions such as sauteed almonds, green pepper, and raisins for a distinctive contrast. This is one of many marvelous ideas for chicken and illustrates that this low fat meat does not have to be fried to be good.

CURRIED CHICKEN
AND ZUCCHINI
Yield 4 servings

2 whole chicken breasts, skinned, boned and split
2 tablespoons olive oil
Salt and pepper to taste
1 unpeeled zucchini, sliced into rounds about ½-inch thick
2 teaspoons curry powder
1 tablespoon margarine
2 tablespoons finely chopped green onions
½ cup chicken broth
2 tablespoons heavy cream or evaporated milk

Put chicken pieces in a bowl and add 1 tablespoon of the oil, and salt and pepper; add the zucchini slices and curry and blend well with the fingers to coat all the pieces of chicken and squash evenly.

Heat the remaining oil in a heavy skillet and add the chicken in one layer; scatter the squash slices between the chicken and cook over medium heat until the chicken is browned on one side (about three minutes). Turn chicken and squash and brown on other side. Remove chicken and squash to a warm serving dish.

Pour off the fat; add the margarine and add the onions and cook for about 30 seconds. Add broth and cook until reduced to about 1/3 cup. Add cream, stir and bring to a boil. Return the chicken and zucchini to the sauce, turn the pieces to coat and cook about two minutes. Serve at once.

ASK DR. MINTZ

BY MURRAY MINTZ, D.D.S.

GINGIVITIS

Q. Is gingivitis a serious dental problem?

A. It is serious in that it's an early warning sign of periodontal problems. If gingivitis is not treated, it becomes much more serious. Normal gums are pink and firm while those with gingivitis symptoms are swollen and inflamed. The gums pull away from around the teeth and form pockets which invite food particles and destructive bacteria. These cause gum pockets to deepen, and if no corrective action is taken, ulcerate and bleed. This in turn leads to full-fledged periodontal disease and, very likely, the loss of teeth. If gums become red or swollen, bleed or give pain, or make eating and brushing difficult, it is vital to see your dentist immediately. Better yet, start a program of regular dental checkups and professional cleaning of your teeth.

Brought to you as a community service by Dr. Murray Mintz, 83 Market St., Potsdam, Phone 265-3377.

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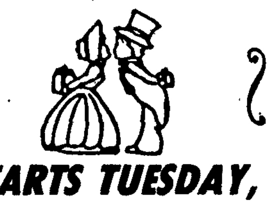

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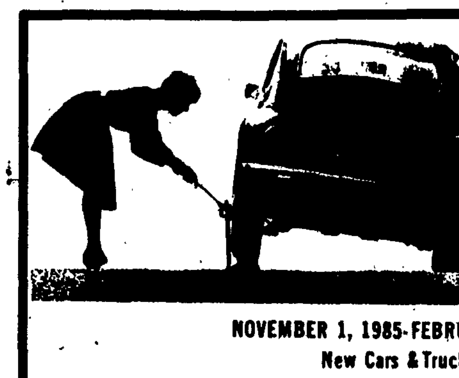

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Actual letter on file

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