

## Personal Touch: Hannawa Falls Area News

BY BETTY B. NEWTON  
265-7459

We had a nice letter from the Bill Haymans in Hamilton, Ontario this past week. They reported a happy Thanksgiving with their state-side children and a festive Christmas with Phyllis' cousin in Guelph. They said to tell their former friends and neighbors "hello."

Irene Connelly Gilbert is a patient in Canton-Potsdam Hospital, where she is undergoing tests.

Our best wishes for recovery go to Jim Crowley, who was a patient in the Burlington hospital a while back.

Bub Stowe, South Colton, is due to come home from the hospital again. We hope he can be made comfortable there.

Last Sunday, the South Colton Community Church folk met at the home of Elmer Fisher on the East Hill Road. Sometime during the night the fire had gone out.

Bernice Crossman, formerly of the Glenmeal Road, now resides with her daughter, Bonnie Randall

and family, R.D. 1, Colton. In mid-February, the 16th, I believe, Bernice will celebrate her 80th birthday. Please mark down the date and send this very special lady a birthday card or Valentine.

Old classmates of Iris Blanchard

Wickwire, Parishville, might be interested to know that she underwent eye surgery this past week.

The Hannawa church's administrative council met this past week in preparation for the Charge Conference that will be held at 7

p.m. Jan. 30 at the church. The Colton Church is also involved with the meeting.

Mr. and Mrs. Dahl McCormick were taking their son, Tim, to Syracuse on Jan. 18 as the first leg of his journey toward his return to college.

## Dairy Foods, Exercise For Fitness

BY MICHELLE GENDEBIEN  
St. Lawrence County  
Dairy Princess

Happy New Year! It's 1986 and I'm sure we've all made some New Year's resolutions — to quit smoking, to get in touch with old friends or to read a book every month. I have resolved to practice the piano and clean my room every day. But there's one resolution we all should make and that is to get fit.

Fitness can be broken down into a balanced diet and plenty of exercise. In today's fast paced society we often forget about the four food groups. We tend to grab a bite here and skip a meal there when we

should be eating a variety of foods from each of the food groups. The milk group is very important and despite popular belief doesn't have to be fattening. Milk provides us with protein, riboflavin and most importantly calcium. Adults should have two servings a day, teens four and children three. The fruit and vegetable group provides us with vitamins A and C. We should get four servings a day from this group. The third group is the meat group which provides us with protein, niacin, iron and thiamin. Two servings a day from the meat group is sufficient. Finally, the grain group provides us with car-

bohydrates, thiamin, iron and niacin. We should have four servings a day from the grain group.

Exercise is also important for fitness. Nothing fancy is required just the motivation and a good state of mind. Walking, biking, swimming and aerobics are all great sources of exercise and they're fun too. Exercise can be incorporated into such activities as watching television. Instead of sitting there do leg lifts or arm circles. Just remember to warm up and cool down whenever you exercise.

Now that we've all resolved to stay fit let's do it and have a happy, healthy new year.



**CATTLEWOMEN'S PRESIDENT** — Eldora Benson of Potsdam, left, was elected to her second two-year term as president of the New York Cattlewomen at the group's Jan. 9-10 convention in Binghamton. At right is Frances Owen of Lubbock, Texas, president of the American National CowBelles and keynote speaker at the convention. Mrs. Benson is also co-chairman of the American National CowBelles legislative committee and is secretary-treasurer of the St. Lawrence Cooperative Extension Association.

### Eldora Benson Leads Cattlewomen

BINGHAMTON — Eldora Benson of Potsdam was elected president of the New York Cattlewomen and Helen Patton of Bainbridge was named "Cattlewoman of the Year" at the annual meeting Jan. 10 of the New York Cattlewomen at the Holiday Inn Arena here.

Benson will be serving a second two-year term as president of the Cattlewomen and succeeds Debbie Mather of Marcellus. She is co-chairman of the American National CowBelles legislative committee and is secretary-treasurer of the St. Lawrence Cooperative Extension Association.

Patton was honored for her work not only with the Cattlewomen including editing the 1985 Beef Cookbook but also for her work in the beef industry. She is advertising representative for the New York Beef Cattlemen's Association newsletter and has served on several committees for that organization. She is assistant beef superintendent at the New York State Fair.

The Cattlewomen heard Frances Owen of Lubbock, Texas, president of the American National CowBelles, stress the need to change consumer attitudes about

beef. She said the government has many tools to ensure the safety of food products and said the industry is well regulated. "We need to tell people we are producing a safe and nutritious product," she said, adding, "often the best consumer public relations are achieved on a one-to-one basis."

"The diet issue is here to stay," she warned, adding, "however beef is back on the dinner menus of some of the 'posh places'." She said the Beef Promotion Act which provides for a national check-off will help expand promotional and consumer educational activities but cautioned that the referendum at the end of 22 months will be the test of the effectiveness of the check-off.

She cited the New York Cattlewomen for "being bold enough to change its name from CowBelles and also for having a Beef Ambassador program open to young men as well as young women."

Announcement was made of the American National CowBelles Region 1 meeting April 7-9 at Sandusky, Ohio and of the National Beef Cook-off Sept. 14, 15 in Dearborn, Mich.

## ROSENQUIST'S WALL-TO-WALL CLEARANCE SALE

FINAL 4 DAYS!  
Starts Wednesday at 10:00 a.m.

Large groups of  
**MENS:**

Wool sweaters  
Sweater vests  
Sport jackets  
Wool slacks  
Outerwear  
Gloves & mitts  
Cords  
Velours  
Cotton Rugbys

1/2  
**PRICE**

Large groups of  
**LADIES:**

Wool sweaters  
Wool slacks  
Cords & jeans  
Suits & sweaters  
Velour  
Wool sweater vests  
Gloves & mitts  
Blouses & tops  
Outerwear

Equal savings and more  
on many other items.

13 Market St.  
Potsdam

EXTRA HOURS FOR THIS SALE — OPEN UNTIL 8 p.m. 1/22, 1/23, 1/24.

# The more you have in your IRA, the more options you should have for growth.

Now you can invest your IRA funds in Fidelity mutual funds through Marine Midland.

Marine's high-yielding Money Market and term IRAs have always been smart investments, but now we offer you even more ways to invest your retirement savings. Access to three new opportunities for growth of your IRA funds through investments in mutual funds managed by Fidelity Investments — one of the country's largest and most successful mutual fund companies.

For aggressive investors looking to invest in companies with above-average growth potential, there's Fidelity Magellan Fund. Or if you're seeking an above-average yield from income-oriented securities, there's Fidelity Equity Income Fund. And if you'd prefer investing in quality mortgage-backed instruments, there's Fidelity Mortgage Securities Portfolio.

If your bank doesn't offer access to these investment options, we'll help you transfer your IRA to Marine, quickly and easily. So why not find out more about these attractive offerings from Marine, today? Just send in this coupon, call, or stop in any Marine office. For Marine Money Market and term IRA information, call your local branch. For information about the new Fidelity Fund offerings from Marine, call toll-free 1-800-343-5409, Ext. 367, 8:30 AM — 5:30 PM, Mon. — Fri.

The penalty for withdrawal before age 59½ (except for death or disability) is a 10% tax on the amount withdrawn. Some distributions could be subject to early withdrawal penalty, and all IRA withdrawals also pay normal income tax. Member FDIC. Mutual funds are not insured by FDIC. Fidelity Distributors Corporation is general distributor agent for the Fidelity Funds. Marine Midland neither owns nor manages Fidelity Distributors Corporation.

Marine Midland Bank, Mutual Fund Processing Center  
3095 Union Road, Orchard Park, NY 14127

Please send me information on  Marine Money Market and term IRAs  Fidelity Magellan Fund  Fidelity Equity Income Fund  Fidelity Mortgage Securities Portfolio.

Name \_\_\_\_\_ Day Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

YOU CAN MAKE IT HAPPEN WITH

**MARINE**

MARINE MIDLAND BANK MAS

## PONDEROSA.

# JANUARY SAVINGS AT PONDEROSA

Every dinner comes with the World's Biggest, Best Salad Buffet — featuring our all new Hot Spot.

**Chopped Steak Value Meal with Pudding or Gelatin**  
2 for \$6.99

Includes the World's Biggest, Best Salad Buffet™ with Hot Spot™ (all-you-can-eat), baked potato and pudding or gelatin. Cannot be used with other discounts. Tax not incl. Coupon good for any party size.

Valid until **PONDEROSA** 2/2/86

**Ribeye Steak Dinner with Pudding or Gelatin**  
2 for \$7.99

Includes the World's Biggest, Best Salad Buffet™ with Hot Spot™ (all-you-can-eat), baked potato and pudding or gelatin. Cannot be used with other discounts. Tax not incl. Coupon good for any party size.

Valid until **PONDEROSA** 2/2/86

**World's Biggest, Best Salad Buffet™ with Hot Spot™**  
\$2.59

All-You-Can-Eat 11AM-4PM, Mon.-Sat. Cannot be used with other discounts. Tax not incl. Coupon good for any party size.

Valid until **PONDEROSA** 2/1/86

Massena-St. Regis Boulevard  
(Route 37 and Main St.) Watertown-Arsenal St.  
(across from Weston Shopping Center)

© 1986 Ponderosa, Inc. **PONDEROSA.**