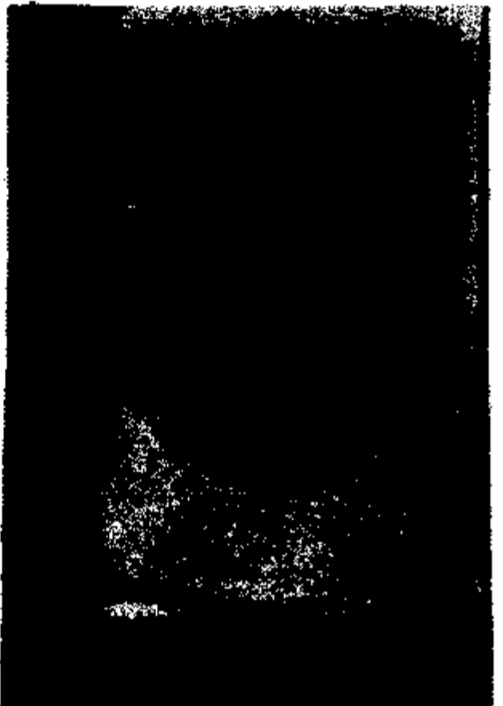




Eugene & Jean Ratigliano  
2960 E. River Rd.  
Fulton  
Boy



David & Joanne Tyler  
711 Oneida St.  
Fulton  
Boy



Douglas & Louise Robinson  
428 Broadwell Ave.  
Fulton  
Boy



Gordon & Carol Harms  
564 Wickham St.  
Fulton  
Boy



Gary & Michele Cooper  
Black Lantern Apts  
Oswego  
Boy



### TERRI'S TUNES by Terri.

The title track in the movie version of "Grease" is sung by Frankie Valli of the Four Seasons.... Rumors had been going around that Herbie Mann might be leaving Embryo records but Herbie says that he is still an Atlantic man.....Jazz artist Gato Barbeiri is being sued by some people of his Central Park south building for 750,000 dollars because they say his sax playing is intolerable and unbearable....If you like Barry Manilow then be watching Feb. 24th for his second TV special which will be aired on ABC. Barry's guests are Ray Charles and Barry's mother, should be an interesting show.... Emmy Lou Harris and Frank Zappa have plans for Swedish concerts sometime this month....Shirley Bassey will be starting a 25-concert tour of the United Kingdom March 15 which is linked with her 25 years in show business....In London the TV campaign for Rod Stewart's "Foot Loose and Fancy Free" so far has cost about 300,000 dollars in expenditures.....George Benson will offer a repeat of his sell-out concert last May in June at the Vienna Ronzerthaus.....Loretta Lynn broke all attendance records when she appeared at the Houston Live-stock Show and it was only her second appearance there....If you are a fan of Jerry Jeff Walker then be ready for a new album. He is in the process of compiling one now for MCA at his home studio in Austin.....John Lodge of the Moody Blues just traded in his Rolls Royce for a Range Rover, says therew wasn't enough space for all his guitars.... The Hollies former lead singer, Allan Clarke has gone solo and has signed a contract with Atlantic Records.....Well that's about it for this week, even the music business can't always have alot of news.

## Kindergarten Registration For St. Paul's



REGISTRATION. St. Paul's Academy will hold kindergarten rgistration on March 1st and 2nd. If you have a child ready for school, please call St. Paul's at 343-6700 and make an appointment. You will need to bring your child's birth certificate and proof of immunization against measles, polio, rubella, diphtheria, and mumps. Registration for openings in all other grades will also be taken at this time.

### CALORIE COUNTDOWN BY SUSAN DUFF MASTRO

#### DIETER'S BULLETIN BOARD

\* Going on a near-starvation diet and trying to make up what you're missing in nutrients and vitamins by taking them in pill form can be very unhealthy. There are essential nutrients that you can only get from food. Protein and energy foods cannot be adequately replaced by "encapsulated" nutrition. If you find you feel better when you take vitamin and mineral pills, continue to take them. But don't neglect eating properly in the meantime.

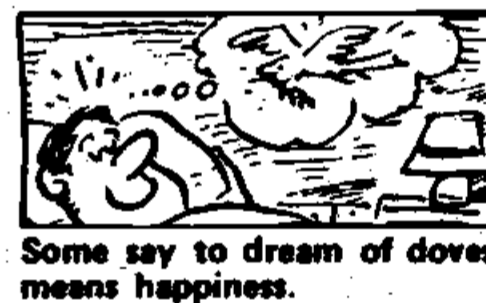
\* Even the most stringent dieters should be sure to include some fats in their eating plans. Nutritionists recommend about 10 percent of the calories we consume daily should be in the form of fats, animal or vegetable. Fats provide vitamins A, D, and E, and some are important as sources of essential fatty acids. When an insufficient amount of fat is consumed, our bodies use protein for body building and repair. We need the fat calories for energy and for proper lubrication of the skin and other body organs.

\* In a survey of 7,500 families taken by the Department of Agri-

culture, it was revealed that poor diet practices are on the rise in this country. Calcium and vitamins A and C are the most common lacking nutrients in the American diet. Experts often explain the national nutritional deficiency as a result of our weight-conscious population which may not take care to get all the nutrients we need when we are counting calories. But, calcium is readily available in such low-calorie foods as skim milk and plain yogurt. And, vitamins A and C are plentiful in fresh fruits and vegetables which are terrific diet foods. Take care to eat properly no matter how carefully you're dieting.

\* Cold weather doesn't necessarily preclude lots of good exercise. Shoveling snow, for example, is a great calorie burner: 500 per hour. Indoor activities such as calisthenics (500 calories an hour), karate (600 calories an hour), and fast dancing (600 calories) can also help you burn up the extra calories while you're toning your body. Ice skating is another good calorie-burner for chilly weather: 400 calories if slow, 600 calories if you skate vigorously.

### Memory Lane



EMERGENCY SERVICE  
Oswego County Mental Health Center  
342-4660  
(line open 24 hours)

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