

CHICKEN & BISCUITS
 Gravy, Mashed Potatoes, Peas & Carrots,
 Applesauce, Coffee, Tea, Kool-Aid
 and Desserts
Saturday May 7th; 5pm
 Adults \$4.00; Senior \$3.75;
 Children \$2.00
South Scriba Methodist Church
 Hall Rd & Rts 4 & 29



Home Eye Injuries Are Preventable!

More eye injuries—some 42 percent—happen around the house than anywhere else.

Cleaning agents are very often the cause—oven cleaners, drain cleaners, eye-containing detergents, ammonia, bleaches—harsh chemicals that can produce serious injury, even blindness.

According to the National Society to Prevent Blindness, which was founded 75 years ago, 90 percent of these accidents are preventable by using protective eyewear and taking a few safety precautions.

• Read the label and instructions thoroughly before using the product.



• Before you use a spray, be sure the nozzle is directed away from you.

• Wear special goggles to protect your eyes from dangerous substances.

For a free brochure on Eye Safety, send a stamped, self-addressed envelope to your State Society to Prevent Blindness, or the National Society to Prevent Blindness, 79 Madison Avenue, New York, N.Y. 10016.

HOW WE LOST THE GAME

by Mike Foster
 Grade 4-Mrs. Manwaring
 C.E. Riley

One day our team needed to win this game to be in the playoffs. It was in the second inning. The score was 3-2, their lead. Then I was up and I hit a base hit. Just then our best hitter was up. He hit a double. I was on third base and then I stole home. I was safe. Pat hit a pop fly to the center fielder and he caught it. There was only one out, and I was up again. I hit into a double play, but we were ahead. Then they were up again, and their best hitter was up and he hit a triple. Then a good hitter hit a base hit. They scored. We were tied. Their worst hitter was up and he got a base hit. Now their best hitter was up again and he hit a home run and we lost the game.



RODEO QUEEN STACY PLACE TURNS FOUR

Stacy Lyn Place, daughter of Dennis and Peggy Place celebrates her 4th birthday on May 6th. A party was held for her with friends. She is the granddaughter of Mr. & Mrs. Robert Sharkey and Mr. & Mrs. William Place of Oswego. Her great grandparents are Mrs. Helen Fantom, Mrs. Dorothy Place and Mr. & Mrs. Clifford Pelton, Sr. all of Oswego.

MYSTERY OF THE MISSING EASTER BASKET

by Darrell Cory
 Grade 2-Mrs. Pooler
 Fitzhugh Park

I came to school today and I did not have an Easter Basket. I thought maybe the Easter Bunny took it. I went in the woods and I fell in a trap. It was the Easter Bunny hole. I saw him with my basket. I said give me them. I took the bunny rabbit to school and told them here is the one who took your baskets.



JEANNE DUNHAM 1st BIRTHDAY

Jeneane Nicole Dunham, daughter of Dana and Lorraine Dunham Oswego, will celebrate her first birthday on May 3 with a party at her home.

Jeneane is the granddaughter of Mr. & Mrs. Robert Delahunt of Oswego and Mr. & Mrs. Fred Dunham of Eagle Bridge, Albany, NY.

To help her celebrate were her god parents Charles Carmody of Oswego and Mae Farrell of Schaghticoke, NY.

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Less Cholesterol Lowers Risk Of Heart Disease

In the United States alone, heart disease takes almost 100,000 lives a year.

Learning about the causes—and treatment—of coronary heart disease can prevent needless suffering. A recent international symposium of leading physicians in the field of cardiology revealed that reducing cholesterol intake causes a corresponding reduction in the risk of coronary heart disease.

These findings were presented in the *First Live International Satellite Symposium on Atherosclerosis: Effect of Hyperlipidemia Management on the Morbidity and Mortality of Coronary Heart Disease*. The symposium, devoted to the cause-and-effect relationship between high cholesterol and coronary heart disease, was produced by Healthmark Communications under an education grant from Merrell Dow Pharmaceuticals, Inc.

The symposium's panel of distinguished physicians agreed that lowering cholesterol levels reduces the risk of cardiac problems such as atherosclerosis, a condition in which arteries become obstructed with fatty de-

posits. Studies presented by the panelists clearly established a close relationship between saturated fat intake and heart disease, and that dietary changes reducing cholesterol intake significantly reduced the incidence and severity of coronary heart disease.

Also during the symposium, all participating physicians agreed that a comprehensive low-fat dietary program was a key element in reducing cholesterol. When diet alone fails to reduce cholesterol to desired levels, then it is sometimes necessary to adopt a combined diet and drug therapy using cholesterol lowering drugs.

The symposium was shown live as a Continuing Medical Education (CME) accredited program for physicians under the auspices of Cornell University Medical College. The telecast reached thousands of doctors in the United States and Latin America, and it is hoped that the findings and treatments presented during the symposium will aid in the struggle to conquer this number one killer.

WINE CREEK INN
MOTHER'S DAY BUFFET DINNER
 12 NOON to 7 PM

*Roast Steamship of Beef Au Jus	*German Potato Salad
*Roast Leg of Lamb w/Mint Sauce	*Chicken & Pineapple Salad
*Roast Pork Loin w/Apple Glaze	*Ziti & Tuna Salad
*Veal A la Princesse	*Cabbage & Orange Salad
*Seafood Thermidor	*Fruit & Jello Salad
*Fresh Broccoli Polinaise	*Mixed Relish Tray
*Saffron Seasoned Rice	*Ambrosia
*Snowflake Potatoes w/Butter	*Tossed Salad w/Dressings
*Assorted Breads & Dinner Rolls	*Fresh Fruit Melon Basket
*Assorted Desserts	*Assorted Cheese Platter

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 Children 10 & Under... \$3.95

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