



Miss Angela Rose Pezzimenti

Announce Engagement

The engagement of Miss Angela Rose Pezzimenti to Robert Wayne Vickers, has been announced by her parents, Mr. and Mrs. Carl Pezzimenti of 116 N. Clinton St., Olean, N. Y.

Mr. Vickers is the son of Mr. and Mrs. Francis J. Vickers, Sr., of 40 Elm St., Andover.

The bride-elect was graduated from Olean High School in 1967 and Olean Business Institute in 1968. She is employed as a secretary by Beneficial Finance of New York Inc., in Olean, N. Y.

Her fiancé is a graduate of Andover Central School. In 1966 he was graduated from the State Agricultural and Technical College at Alfred and served two years in the United States Armed Forces. He is employed as an accountant by R. J. Fitzmaurice in Allegany, N. Y.

The couple will be married February 15, 1969 in St. Mary of the Angels Church, Olean, N. Y.

Allegany County Fire Report For December

The following is the Allegany County Fire Control Report for the month of December, 1968:

FIRES	
Mercantile	6
Industrial	6
Dwellings	12
Farm Buildings	0
Motor Vehicle	4
Grass & Brush	0
Oil Field	1
Pennsylvania Calls	1
Miscellaneous Fires	7
Total Calls	25

ACCIDENTS — 3	
MUTUAL-AID	
In County	1
Out of County	4
Total Calls	5

AMBULANCE	
Alfred	7
Andover	10
Belmont	6
Belfast	3
Belmont	3
Bolivar	14
Fillmore	3
Friendship	0
Geneese	0
Richburg	5
Total Calls	65

Siren Tests	49
Radio Checks	56
Vehicle Inspections	2
Vehicle Maintenance	50
False Alarms	3

Miscellaneous Calls — 282
Total Calls for the Month — 583
GEORGE H. MICKLE,
Deputy Coordinator C & C

Allegany-Steuben Holstein Club Hold Final Meeting Of Year

The Allegany - Steuben Holstein Club held its final meeting of the year on December 30 at the Almond Grange Hall. Election of Officers for the coming year resulted in the following:

President — Richard Bossard of Canisteo
Vice-President — Russell Price of Jasper

Sec. - Treas. — Garry Patton
News Reporters — Mr. and Mrs. Robert Dennis and Mr. and Mrs. Thomas Kane.

Holstein Activities Scrapbook — Mr. and Mrs. Francis Clancey of Hornell.

Delegates to the State Holstein Convention which will be held at the Concord Hotel, Kiamasha Lake January 26 - 29 — Francis McEthan and Leonard Hollenbeck.

Directors elected were Paul Harkenrider and Dale Dillingbeck.

Chairman of the 1969 Black and White Show — Thomas Kane.
The date of the Black and White Show has been tentatively set for August 2 at the Allegany County Fairgrounds.

There was some discussion of the Annual Club Sale, and it was voted to contact Tom Coyne of Avon about the 1969 Sale. Mr. Coyne conducted a very successful sale at Bath this Fall.

Notice of Public Sale

TO: Mr. Harry Cassidy
Cascades,
New York 14717
AND ALL OTHERS
CONCERNED

TAKE NOTICE that the following chattel will be sold at public auction to the highest bidder on the 27th day of January 1969 at the place of business of Phillips Pontiac Sales, Inc., located in Fillmore, New York at one o'clock in the afternoon:

- 1010 tractor No. 10738 w/ inside blade
- 1010 crawler tractor No. 28883
- 610 Blade

John Deere Company of Syracuse, Inc., reserves the right to bid at the public auction sale.
DATED: January 9, 1969
JOHN DEERE COMPANY
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Court Street and Deere Road
Syracuse, New York 13201



Empire Sportsman
ROD COCHRAN

A New York Press Association Service

Cayuga Lake, in the center of New York's scenic Finger Lakes district, has been considered a marvel of nature ever since the Iroquois trod her shores. For the sportsman, she is a lake for all seasons and I have known many of her moods — spitting snow during the smelt run at Taughannock Falls; a strangely warm and sunny trout opener when the rainbows were uncooperative; trolling for lake trout the day Dave Hansen and I limited out; and beating the shoreline brambles for grouse with the poignant honking of geese in our ears.

She is a lake of cool, blue waters, often brushed with white sails and powerboats wakes. Swimmers, picnickers, campers and tourists all join the boaters and sportsmen in their appreciation and enjoyment at Cayuga. In a phrase, she's one beautiful gal!

But like many of us, she is not as young as she used to be. Lakes age by a process the scientists call eutrophication, which means as more plant and animal life grows in a lake that much more fertilizer is added to the water. This produces more growth, more enrichment, and more growth in a snowballing effect. When you add man's activities which produce added run-off from fertilized farm fields, and sewage (treated or untreated), the enrichment process is accelerated.

Now, another threat is facing Cayuga. A nuclear-fueled electric generating plant is being planned for the east shore at Lake Ridge in Tompkins County. The plant would use Cayuga's waters for cooling purposes, and it was reported in the August-September (1968) issue of THE CONSERVATIONIST that every 24 hours it would return 100 million cubic feet of heated water (65-70° F.) to the lake. This is enough to cover the entire lake, all 66 square miles of it, with a half-inch of warm water every day.

The threat is a new kind of pollution — thermal pollution. The warm water would have a "hot-house" effect. Growing seasons would be lengthened and summer water temperatures would be hotter. As algae and other growths multiply, the ageing process would be speeded up even more.

The Bell plant to be built by New York State Electric and Gas is by no means a pioneer. A Consolidated Edison plant at Indian Point in Westchester County is completed, and at that location another is under construction and one in planning stages. A Niagara Mohawk plant was just completed at Nine Mile Point in Oswego County. A plant is under construction on Lake Ontario in Wayne County, one is being planned for Saratoga County, one for Dutchess County, three for the New York City area, and three for Long Island.

Such plants are granted construction and operating permits by the U.S. Atomic Energy Commission, but it does not concern itself with thermal pollution. It will depend on the New York Department of Health, in consultation with the Conservation Department, whether a permit will be issued for the Bell plant on Cayuga.

There is no argument that nuclear power plants are needed to meet present and future electricity demands, but the alternative designs that should be used so that lakes and streams are not thermally polluted. Vermont Yankee Nuclear Power has reported that at least one of these alternative designs can be built and operated for about 1 per cent increase in the cost of electricity.

Cayuga is ageing fast enough as it is. In 1929 her mean water transparency was over 17 feet —

by 1965 it was down to less than 8 feet. Our gal is turning from her brilliant blue to a murky blue-green. As the growth of algae and water weeds accelerates changes in fish life will occur.

It may be premature to write an obituary for Cayuga. But for those of us who know her she will be dead long before she reaches the state of Lake Erie — the prime example of the ageing process. And, at this writing, site work construction is going on at Lake Ridge.

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Doctor in the Kitchen

by Laurence M. Hureh, M.D.
Consultant, National Dairy Council

A TRUE OR FALSE TEST

When I was young, true or false tests always intrigued me. They were fun and I expect they still are. So today we are presenting a true or false test on nutrition. Let's see how you do.

Statement	True	False
1. Even when you are trying to lose weight you need some fat in your meals. It's essential.	<input type="checkbox"/>	<input type="checkbox"/>
2. On an equal weight basis, fats contain about twice the calories of protein or carbohydrates.	<input type="checkbox"/>	<input type="checkbox"/>
3. Protein builds and repairs all tissues.	<input type="checkbox"/>	<input type="checkbox"/>
4. Protein should not be used up for energy. Fat and carbohydrates are quicker and cheaper sources of energy.	<input type="checkbox"/>	<input type="checkbox"/>
5. After bones and teeth stop growing, calcium is no longer needed by adults.	<input type="checkbox"/>	<input type="checkbox"/>
6. Milk and other dairy foods are our chief source of dietary calcium and have the added advantage of containing phosphorus in the same biological relationship to calcium as in the growing skeleton.	<input type="checkbox"/>	<input type="checkbox"/>
7. You need vitamin pills regularly because the American food supply is deficient.	<input type="checkbox"/>	<input type="checkbox"/>
8. Five pounds of milk are required to make one pound of cheese.	<input type="checkbox"/>	<input type="checkbox"/>
9. Of the four food groups, the most important for protein is the meat-fish-poultry-egg-cheese group.	<input type="checkbox"/>	<input type="checkbox"/>
10. Fruits and vegetables are important for vitamins and some are good sources of iron.	<input type="checkbox"/>	<input type="checkbox"/>
11. B-vitamins, iron, and some protein are prominent values in enriched breads and cereals. When bread is made with milk, you get milk's values too.	<input type="checkbox"/>	<input type="checkbox"/>
12. Eating 5 meals a day instead of 3 will harm you.	<input type="checkbox"/>	<input type="checkbox"/>
13. There's no harm in crash diets or taking weight off and putting it on as often as you like.	<input type="checkbox"/>	<input type="checkbox"/>
14. Snacks are a bad habit and should always be avoided.	<input type="checkbox"/>	<input type="checkbox"/>
15. Calcium deficiency may be the basic cause, especially for older people, of losing their teeth.	<input type="checkbox"/>	<input type="checkbox"/>
16. Vitamins were discovered during the Civil War.	<input type="checkbox"/>	<input type="checkbox"/>
17. Certain foods enhance fertility in women and virility in men.	<input type="checkbox"/>	<input type="checkbox"/>
18. Milk and meat are sources of superior protein.	<input type="checkbox"/>	<input type="checkbox"/>

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