



Five of the biggest names on the NASCAR Grand National scene filed entries this week for the 11th annual Daytona 500 late model stock car classic, Sunday, February 23.

Cale Yarborough signed Tuesday in the Ford column, while "Dodge Boy" Bobby Isaac, Bobby Allison, Buddy Baker and Paul Goldsmith declared for Chrysler Motor Corp.

Yarborough, seeking an unprecedented fourth straight Daytona 500 victory, was NASCAR's top money winner last season, reaping \$136,768 for his six Grand National wins.

The popular Timmonsville, S. C. ace will drive a Glen Wood Mercury in the big 800-mile.

Isaac, who finished second in Grand National standings last year, will pilot a 1969 Dodge owned by K and K Insurance Co.

The hard-charging Allison, already with a 1969 Grand National victory in the Alabama 200 under his belt, will drive another 1969 Dodge.

Baker promises to be an exciting contender based on his recent tire-testing performances over the Daytona trioval when he clipped off a lap at better than 194 mph.

The Charlotte, N. C. driver demolished the 1969 Dodge Charger that was to be his "500" mount on Monday when he hit the Daytona railing at nearly 200 mph during testing.

Builder Ray Fox is presently readying another Dodge for Baker — who suffered only minor injuries in the crash.

Veteran Paul Goldsmith, who won sixth place in last year's Daytona 500, will drive a 1969 Dodge Charger in the Feb. 23 classic.

Among other early entries in the Daytona 500 are Bill Seifert of Skyland, N. C., with a 1968 Ford; Cecil Gordon of Horseshoe, N. C., with a 1968 Ford; John Sears of Ellerbe, N. C., with a 1967 Ford, and Gene Black of Arden, N. C., with his 1969 Ford.

For the third consecutive year the Daytona 500 will be shown live on closed circuit television throughout the United States and Canada.

2. Appropriations should be determined in such manner that future fiscal implications can be clearly determined, including plans for new buildings.

Ivar G. Samuelson, 71, of 809 Washington St., Jamestown, died Thursday, January 9, 1969, in the Jamestown General Hospital. He was a retired employe of The Post-Journal.

A resident of Jamestown since 1928, he was born in Heda Socken, Ostergotland April 8, 1897, the son of Lars and Augusta Vesterberg Samuelson.

Mr. Samuelson attended the Salvation Army Temple Corps, and was a member of Ingald Lodge of Vikings.

Surviving are his wife, the former Lena E. Fischer of Andover; three brothers, Samuel Samuelson, Jamestown; Ernest and Eric Samuelson, both in Sweden; and a sister Mrs. Adla Linderoth in Sweden.

Funeral services were held at 3 p.m. Saturday at the Lind Funeral Home with Maj. Lennart Carlson of the Salvation Army Temple Corps, officiating. Burial was in Sunset Hill Cemetery.

3. There should be no further expansion of the project, in size or design, without justification. This requires full disclosure of every new proposal, followed by close scrutiny as to need, location and priority.

4. An analysis of building use — the cost per square foot of space — is needed for an evaluation of the economy of the project, with comparison figures for other government office buildings.

5. All of these facts must be weighed against the other fiscal needs of the State, to the end that spending and borrowing be restrained to a minimum level. Today's plans are tomorrow's liabilities.

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Comptroller Report On Albany South Mall Spending Extravaganza

State Comptroller Arthur Levitt has made public the text of a letter he has sent to Legislative leaders concerning a reported deficiency appropriation of \$50 million for the Albany South Mall.

The letter was addressed to: Senate Majority Leader Earl W. Brydges, Assembly Speaker Perry B. Duryea Jr., Senate Minority Leader Joseph Zaretzki, Assembly Minority Leader Stanley Steingut and Senator Warren M. Anderson and Assemblyman Willis H. Stephens, Chairman of the legislative fiscal committee.

The text of the letter follows:

The published report that Governor Rockefeller will seek a deficiency appropriation of \$50 million for the construction of State buildings in Albany, known as the "South Mall Project", impels me to update the communication I sent to the Legislature a year ago concerning this highly expensive program.

The original financing agreement with the County of Albany pegged the maximum cost of the entire project at \$480 million. This was revised a year ago, with a new maximum cost estimated at \$610 million. The deficiency appropriation of \$50 million reportedly is connected with the bids of nearly \$100 million for construction of the Cultural Center — almost \$30 million over the engineers' estimates. Thus, the implications are that the maximum cost will be pushed even higher, even if the current bids be rejected.

It is said that the South Mall construction is "outside the State Budget". This, of course, is not so — except that there is little or no explanation in the budget. The total estimated expenditure will require eventual rental payments of about \$45 million a year — equivalent to a month and a half of income each year from the proposed increase in the sales tax.

I recommend that the Cultural Center (primarily a museum and library) be redesigned in keeping with the need for fiscal austerity. There need be no actual delay in construction while this redesign is in progress, since the bids now being considered did not contemplate the start of work until late 1970.

A year ago I listed five fiscal factors which should be considered in connection with the South Mall.

The Legislature is entitled to receive from the administration a complete analysis of the cost estimate involved in the South Mall.

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HOSPITAL NOTES. Glen Covel, a patient in the Bethesda Hospital, has been discharged. Cornelius Casey, a medical patient in the St. James Mercy Hospital since Sunday, expects to return home today.

SAVE-A-LIFE CANCER FACTS. For free booklet write AMERICAN CANCER SOCIETY 1010 JAMES ST. SYRACUSE, N. Y. 13209. Use the Classified Ad Section.

BANK NOTES by Malcolm. DID YOU KNOW... A \$20 GOLD PIECE WOULDN'T PASS AS MONEY WHEN A TRAVELER IN THE SAHARA DESERT TRIED TO BUY A CAMEL BLANKET BACK IN THE 20'S... BUT THE BEDOUIN TRADER QUICKLY SETTLED FOR AN AMERICAN TRAVELER'S CHECK. UNUSUALLY ACCEPTED EVEN BACK THEN, TRAVELER'S CHECKS HAVE BEEN IN USE SINCE 1891. SOME OF THOSE NICKELS IN YOUR POCKET MAY NOT HAVE A BIT OF NICKEL IN THEM. THE METAL WAS ELIMINATED FROM FIFTY-CENT COINS MINTED DURING THE WAR YEARS, 1942 TO THE END OF 1945. THE "NICKEL" CONTAINED 35% SILVER INSTEAD... NICKEL BEING MORE PRECIOUS THAN SILVER IN THE WAR ECONOMY! WHEN YOU DRIVE UP TO ONE BANK IN CONNECTICUT YOU'RE MET BY THE WINDSHIELD WIPER — A YOUNG FELLOW IN A GREEN SWEATER WHO OFFERS TO CLEAN YOUR CAR WINDOWS, AS A FREE BANK SERVICE. WHILE YOU'RE INSIDE, ON HIS SWEATER IS THE MOTTO: "MONEY ISN'T EVERYTHING!"

Doctor in the Kitchen* by Laurence M. Hursh, M.D. Consultant, National Dairy Council

EATING ON THE ROAD. Well, the time of year has arrived again when businessmen, especially salesmen, probably don't travel much, if at all, during New Years. Businessmen, after all, are too busy to see salesmen during the Christmas rush. And while other kinds of business go on regardless of the approach of the holidays, the busy man most of us is to slow up a bit and enjoy ourselves. So, perhaps it's a good time to take a good look at how your husband eats when he's on the road. Have you ever checked? Many Husbands Overeat. I hate to be a kill-joy, but many husbands undoubtedly overeat, both at home and on the road — especially on the road on an expense account. And it's not necessarily their fault. If you're entertaining, or being entertained, it is difficult to be restrained if others insist on "living it up." Trouble is, it ups the waistline, but good! So, does your husband need to reduce? That's our starting point. If not, there's no need to worry, unless, of course, you know for sure his diet is far from balanced. If that is the case you've got to get him on the four food groups, choosing a wide variety of foods from the meat group, the milk group, vegetables and fruits, and breads and cereals. But if his weight isn't a problem at least he's handling his calories okay. But the husband who is overeating — the man who is eating when he's out of town as well as at home. And it isn't that easy to approach him this way. Ask if he wouldn't like to handle his eating as efficiently as he does his business. He'll probably remark that eating isn't business, that it is, after all, partly for pleasure. True, you say. But health is essential for his business so some kind of control is going to be necessary. Selective Process. He may have to skip two main things he's been enjoying with lunch. He will probably be better off if he indulges more in high protein foods and vegetables and fruit. He doesn't need so much carbohydrate and fat. So the hot sandwiches immersed in gravy, and the french fries better be handled with discretion. Salads are better. A salad, incidentally, can be almost the whole meal at lunch if he wishes. They come adorned for example, with ham, turkey, cheese which give protein. Be moderate with the dressing. Especially With Clients. At dinner with clients, there's no need always to add a baked potato to that steak. Have a green vegetable instead. Nor is there reason for the steak to always be so large. There are smaller cuts, and the fat can be trimmed off. And watch that habit of eating endless rolls while waiting for other food. And easy on the desserts. Most women know enough about calorie watching and which foods are most likely to cause trouble. But men tend to eat. Husbands try to eat more and eat more while he's home — about a pattern of eating that will keep him healthier when he's on the road.