



Empire Sportsman

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Gooley Dam No. 1, a project that would impound the upper Hudson River in the Adirondack Park to regulate the flow of the river has triggered legislative attempts to create the state's first "wild river."

Senate Bill 1708 has been introduced by Bernard C. Smith, 2nd District chairman of the Senate Conservation and Recreation Committee, and provides that no reservoirs for any purpose be constructed on the upper Hudson between Luzerne and the river's source. A Companion Assembly Bill, number 4944, was introduced by Clarence D. Lane, 100th District, chairman of the Conservation Committee.

The "wild rivers" concept is a relatively new one on the outdoor scene, and the federal government by legislative action has set aside several historic and scenic rivers from dam building and certain other development. The proposed legislation is not as restrictive as that establishing national wild rivers, but since the stretch in question is within the Adirondack Park "blue line" the strings or other types of development on state land are already drawn tight.

Both bills exclude some tributaries from dam building — the Boreas River from its mouth to Durgin Brook; the Indian River from its mouth to Abanarkee Dam, and the Cedar River from its mouth to Cedar River Flow.

The New York State Conservation Council, in opposing Gooley No. 1, stated that an engineer's report indicates the dam would cost \$57 million, not counting land acquisition or accompanying development costs. It would be constructed near the mouth of the Indian River, requiring 16,000 acres of land of which 14,000 would be flooded. At maximum capacity the reservoir would be in excess of 25 miles long.

No figures were given on the draw-down size, but the Conservation Council reported that in dry seasons the reservoir would be lowered 50 to 70 feet — purposes of the dam are for "industrial and municipal water supply, power, and recreation."

It is common knowledge that the real push behind Gooley No. 1

is to improve the water supply situation for New York City. This dam would store the spring runoff, which would be used to supplement the river during late summer and fall. A more stable flow and a higher quality of water would be available for existing intakes downstream.

Even if the wild river legislation fails, Gooley Dam No. 1 would still be the center of a legal hassle. It is my understanding that water supply dams may now be built in the Adirondack Park, but that stream regulating devices require a constitutional amendment.

I asked Robert D. Hennigan, Director of the State University Water Resources Center at the College of Forestry in Syracuse, about his opinion of the dam. "Gooley No. 1 could be considered solely a water supply impoundment using the Hudson River as an open channel for water delivery, or a stream regulating impoundment for water supply purposes depending on your point of view. Some court will have to make the decision of what it is in the light of the constitution and statutes."

"And does New York City really need it?" I questioned.

"They have plenty of water problems, including an accelerating demand in the suburban service areas. But one of the biggest, is that about 75 percent of their total consumption is un-metered. When Boulder, Colo., put in a metering system, they cut consumption by 40 percent. I believe metering would reduce New York City's consumption by at least 25 percent."

Putting a little more of the burden on water users seems like a logical step to me, rather than continuing to build dams upstate to perpetuate an inefficient water management system. It seems a whole lot more logical, when you picture a multi-million dollar development that would flood some of the state's most scenic, primitive lands, move the village of Newcomb, take substantial private lands out of timber production and other tax-paying uses, and create 25 miles of mud flat at various times.

Spring Turkey Hunt Announced May 5 Thru May 10

One of the most challenging hunting opportunities in New York State will be offered again this year to eager nimrods with the opening of the second annual limited spring season on wild turkeys. Dates will be May 5 through May 10.

Bearded wild turkeys only, may be taken in six western counties — Allegany, Cattaraugus, Chautauque, Chemung, Schuyler and Steuben. Holders of 1968-69 hunting or combination hunting-fishing licenses may participate in the hunt by obtaining their free Spring Turkey Hunt permit no later than May 1. Application for a permit may be made in person or by mail to:

Regional Game Manager
New York State Conservation Department, Room 409
Exchange National Bank Building
Olean, New York 14750

Each applicant must submit his name, home address and 1968-69 hunting or combination hunting-fishing license number. Mail applicants must include stamped, self-addressed (including zip code) return envelopes at least 4 1/4" x 9 1/4" (No. 10 envelope).

This spring hunt is subject to the same regulations as last year's namely, hunting hours will be sunrise to 10 a. m. The use of dogs, electronic callers or baiting is prohibited. Only a longbow or shotgun loaded with number 2, 4, 5 or 6 shot may be used. The spring season limited is one bearded turkey, so a hunter may apply for a permit even if he took a bird during the regular fall season.

Conservation Department biologists explained that the dates of the hunt were timed to coincide with the peak of the incubation period when nesting hens are least likely to be disturbed. The early morning hunting hours also serve to protect brooding hens because they usually do not leave their nests until midday.

Spring turkey hunting is a quality sport. It is a game camouflage and calling, and above all, one demanding great patience. Wild turkeys are extremely wary and quick to spook if they detect any unnatural movement or sound.

Last spring, 122 fortunate nimrods bagged bearded turkeys, more than half of which were taken in Cattaraugus County. More than one in four hunters afield at least saw a bird. While only 40 percent of the hunters afield used calls in hunting, 73 percent of the hunters who bagged their quarry employed calls. Clearly, the use of a call is a notable factor in a suc-

cessful hunt.

631 Turkeys Taken At Fall Season Hunt

The first permit-operated western New York fall turkey season, held in 1968, produced a reported take of 631 turkeys, according to a report issued by the State Conservation Department.

"This large scale permit system is unique in that it required all successful hunters to return a lower leg of their turkey," said Ralph B. Colson, Chief of the Bureau of Game. "The leg not only furnished proof of take, but using size and other identifying characteristics, the age and sex of most birds could be determined."

Hunters were also required to report their turkey hunting activity this year. This hunting pressure information is now being cataloged on IBM cards for computer tabulation.

"Never before have we been able to amass this much information on the turkey — and the turkey hunter — from a single season," Colson added. "The continued annual use of a permit system with mandatory reporting will provide a much firmer foundation of knowledge upon which season recommendations can be made in the future."

The county distribution of turkey take was as follows: Allegany 244; Cattaraugus 193; Steuben 149; Chautauque 36; Chemung 2; Erie 1. In addition, 6 domestic turkey legs were returned.

The age ratio of 1.67 young to each adult bird is relatively low, likely due to a cool, wet nesting and brood season in May and June last year.

These same data will become increasingly significant as similar information is collected during the next few years. It will take several years of data to establish what is "normal."

Furless Night Hit Dogs For Two More Long Years

Two more years of furless rights for dogs in 23 counties of New York State, say the Boards of Supervisors or their counterparts in the selected counties.

At the request of the County Legislature, State Agriculture Commissioner, Don J. Wickham, has extended the night quarantines for two years beginning April 1.

Enforcement of the night quarantines on dogs is a local matter but they can't legally roam in Allegany, Broome, Cayuga, Cortland, Hamilton, Livingston, Oneida, Orleans, Otsego, Rensselaer, St. Lawrence, Saratoga, Schuyler, Seneca, Steuben, Tioga, Tompkins, Warren, except the City of Glen Falls, Washington, Wayne, Wyoming and Yates.

Because these night restrictions have been in effect for many years in most instances, no new hardships are foreseen for the canine population. Yet violations of the "no nights out" order for dogs in the 23 counties can be harshly dealt with.

The law says that "any peace officer shall kill on sight any dog at large in violation of the quarantine." If his owner is with the dog and the dog is under the owner's full control, then the animal is not at large. Night in dogdom is from sunset to one hour after sunrise.

Too Late To Classify

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Social Security News

In a statement made recently by Leonard J. Dziadkiewicz, manager of the Social Security District Office in Olean, reminded social security beneficiaries that an annual report of earnings in 1968, if required, should be filed by April 15, 1969.

This annual report of earnings is required from beneficiaries who earned over \$1680, in 1968. The earnings to be counted are wages and net self-employment income. Investment income, rental income, interest and dividend payments are not counted unless these payments are associated with a business activity. The annual report is required whether the beneficiary worked all year or not. Earnings are for the entire year 1968 even though the worker did not retire until sometime during the year. A report is not required if a beneficiary was at least 72 years old in all months of 1968.

Mr. Dziadkiewicz pointed out that filing an income tax return is not the same as filing an annual report of earnings with the Social Security Administration. A penalty deduction can be made if the required annual report is filed later than April 15.

The reporting card forms are available from the Olean District office, 153 North Union Street, Olean, N. Y. 14760. The phone number is 372-1020. The report form is also available at any of the "Neighborhood Stations" in surrounding communities on the days when visits are made to these towns.

The reporting form card is not being mailed to all beneficiaries routinely as in past years.

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KEEPING YOUR BONES STRONG

Has it occurred to you that your bones serve you in life and survive you in death. They hold you together while you're alive. They prove you lived after the rest of your body disappears.

As a living being, your muscles and the 206 bones in your body, working in combination, control your maneuverability and the very fact of your being a physically independent creature. It is, then, an understatement to say that the condition, the strength, if you will, of your bone structure is of great importance.

Osteoporosis Widespread

So today I'm going to briefly discuss osteoporosis, a disease more widespread than arthritis and estimated to be three times more common than diabetes. Surveys suggest that 25 to 30 percent of women and 15 to 20 percent of men over 50 years of age are vulnerable to bone fracture and disablement. After 50 and especially after 65 years of age the percent of women with vertebral deterioration rises as high as 80 percent. The beginnings of the disease can, of course, begin much earlier in life.

Bones Get Weaker

In the bluntest of terms, osteoporosis is a disease in which the mass and density of your bones are decreased. They are weaker and more porous. Fracture comes more easily. The falls we hear of so often in older persons may or may not cause the fractures. In some instances, it may even likely be that the bones fracture first, causing the fall.

As stated, the disease usually becomes evident (more often by x-ray taken for some other pur-

pose) during your sixties or seventies. But it may begin in your thirties. There is little early warning of its development. Its characteristics include low back pain, back deformity, loss of height and capacity for physical activity.

What's to be done about it?

Bone is 99 percent calcium. It is living tissue and is constantly changing. We now know that new bone is continually being formed to replace adult bone that is reabsorbed by the body. Normally, this process is in balance. In osteoporosis, it appears there is imbalance either because not enough calcium is entering the body or too much is being lost.

More Calcium Can Help

Research shows that a majority of patients gain improved body storage of calcium as they increase their intake of drinking more milk. Contrary to some beliefs that adults may need less milk in their elder years, the reverse is true — you need calcium in abundance as an adult or older person, and milk is your best source. To help prevent osteoporosis, you should push your calcium intake to more than one gram daily. To do this, three glasses of milk a day is a good idea. You should also make sure your diet is adequate in protein from sources besides milk. Adequate vitamins D and C also are essential along with an overall balanced diet chosen from a wide variety of foods.

And because bones are living tissue, if you confront them with some work to do, be sure and exercise, maintaining physical activity possible for you.