

Christmas Tree School To Hold Tenth Meeting At Cornell Ag College

Growers will get a thorough review of the latest findings in pest control and the effects of new policies on pesticide use at the tenth annual School for Christmas Tree Growers to be held at Cornell University Friday and Saturday, Feb. 6 and 7.

The School, held under the auspices of the N. Y. State College of Agriculture at Cornell, aims to alert growers to safe methods of pest management in light of recent limitations placed on the use of DDT and other "hard" pesticides.

Among other topics to be discussed at the two-day meeting are growers' responses to the new interest in snowmobiling, the marketing of Christmas trees in metropolitan New York, and what growers should know about the Fair Labor Standards Act.

In recognition of the tenth anniversary meeting, the School's founder, Prof. Gordon R. Cunningham has been invited to review the growth of the Christmas tree industry during the last decade.

Prof. Cunningham, formerly of the department of conservation at the College, is now extension forester with the University of Wisconsin.

Also as part of the tenth anniversary celebration, a special banquet will be held in conjunction with the School's co-sponsor, the New York Christmas Tree Growers Association.

Guest speaker at the banquet will be Prof. Ray T. Oglesby, of the department of conservation. He will speak on the contribution of growing Christmas trees to environmental quality.

Those interested in attending the School are reminded that registration by the end of January is strongly recommended, due to the special nature of this year's events.

Further information can be obtained by writing the Christmas Tree School, Fernow Hall, Cornell University, Ithaca, N. Y. 14850.

With an average net farm income of \$5100 anticipated, farm incomes will be about two-thirds of non-farm income.

YOUR DENTAL HEALTH

By PERCY T. PHILLIPS, D.D.S.
Secretary, The Dental Society of the State of New York

Good oral health is vital to our general well being, and every family should have the services of a good dentist readily available.

For mutual benefit, the first visit with a dentist should be fully exploratory. Give him complete information concerning any dental problem or medical condition. Request full details on such matters as fees, methods of payment, office hours.

For children, three years of age is the ideal time for the first visit. Morning appointments are usually better for little children because they are not tired or out of sorts.

A little preparation can help make a child's initial visit a pleasant experience. Mention it casually two days in advance. Don't give too many details. Let the dentist explain everything to the child.

Should he feel it is better for the youngster and himself to be left alone in the examination room to get acquainted, don't worry. A good family dentist knows how to prepare children without alarming them.

(Next article: "Importance of Home Care")



Dr. Percy T. Phillips

Income Tax Report Changes

Your 1969 State income tax forms are on the way to you. Acting State Tax Commissioner Norman Gallman has announced that so far 4.4 million of an estimated 5.2 million "long form" (IT-201-P) State income tax packets have been mailed to taxpayers who filed that type of form last year.

In addition, 1.4 million card forms (IT-200) and instructions have been mailed. The 5.8 million forms weighed 417,116 pounds and filled 12,021 mailbags, it was noted.

Mr. Gallman said that all tax forms required to report New York State income taxes will be mailed before the end of January. These include non-resident forms, as well as the less numerous and more specialized partnership, fiduciary and unincorporated business tax forms.

The resident packet contains copies of the "long form" (IT-201) State return, the joint husband-wife form (IT-208) and the declaration of estimated income tax form (IT-2105) for self-employed taxpayers and others whose taxes are not withheld, and instructions for all of these forms.

Mr. Gallman stressed that an important change in the filing procedure this year calls for all taxpayers claiming refunds to send their returns directly to the State

Income Tax Bureau, State Campus, Albany, N. Y. 12226. All others should file their return with their respective tax district office in Albany, Binghamton, Bronx, Brooklyn, Buffalo, Elmira, Nineola, New York, Plattsburgh, Poughkeepsie, Queens, Rochester, Syracuse, Utica or White Plains.

All State Tax Department district offices in these cities will have forms by the end of this month, and taxpayers needing assistance may get it at any of these offices.

New Units Approved For Boat Toilets

New York boatmen who have toilets on their craft and must have sewage handling devices installed by March 1, now have four additional units approved for use on the waters of New York State. James J. O'Brien, Director of the Conservation Department's Division of Motor Boats, announced this week that two recirculating devices and two holding tanks have passed the tests and are now approved for marine use.

The newly approved recirculating devices are Monogram Industries model numbers 3-s and 3-s Low Profile. Monogram's model 1-s had been previously approved so three recirculating devices in all are now approved for sale and use in New York State. Monogram Industries is located at 6357 Arizona Circle, Los Angeles, California 90045.

The two holding tanks, for con-

nection to regular marine toilets are the Sanitank, the 24-gallon capacity holding tank produced by the Sanitank Corporation, 197 Genesee Street, Auburn, N. Y. 13021, and the Jonny Trap, model JT20, a 20-gallon holding tank manufactured by Joseph B. Stinson Company, 496 Justice Street, Fremont, Ohio 90045.

The March deadline marks the effective date of the pollution control law which prohibits the discharge of sewage from any craft using the waters of New York State. Under the Health law the discharge of any solid matter into the waters of the State is forbidden. Sewage handling devices connected to the toilets on watercraft have to be approved by the Health Department as effectively controlling this source of pollution. The Conservation Department standards which must then

be met assure the safety of the devices in marine use.

The approved devices are available through most dealers in marine supplies, boatyard and marinas in New York.

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THORP'S ATLANTIC

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Cliff Merrill's SCRAPBOOK of MAN ON THE MOVE

"MILE-A-MINUTE" MURPHY BECAME FAMOUS OVERNIGHT AS THE FIRST TO RIDE A BICYCLE FASTER THAN 60 MILES AN HOUR! HE FOLLOWED A LONG ISLAND TRAIN ON A TRACK LAID BETWEEN THE RAILS!

"CLIPPER" SHIPS GOT THEIR NAME FROM "KLEPPER," PENNSYLVANIA DUTCH FOR "FAST HORSE"!

I SUPPOSED IT WAS A FLOATING BARBER SHOP!

FIND ANY SLOWWAYS? YEP! FOUR BOIL-WEVILS AND A HOO!

SOME EARLY TRAINS HAD "BARRIER CARS" BETWEEN THE ENGINE AND PASSENGER COACHES FILLED WITH COTTON IN CASE OF AN EXPLOSION!

A Service of the United Transportation Union

Doctor in the Kitchen*

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

WINTER SPORTS

Except for the semi-tropical and desert areas of the United States, this is the time of year for winter sports that have their own magical attraction. The young have always enjoyed tumbling in the snow. And increasingly our adults make the winter scene.

It's an interesting development. Rural people, of course, have always been active out of door's year 'round. But most city adults pursued indoors activities.

Perhaps the rush to the suburbs is responsible. Certainly, young parents and middle-aged, too, are "younger" than they used to be. And sports fashions are extremely attractive, light weight and comfortable to wear. All these things, I suppose, contribute to a more active population in winter.

Good Sense Needed

Whatever, it's a good sign, provided good sense prevails. Exercise can always be beneficial. Especially in winter. But snow shovellers and ice skaters should watch their pace. If the activity is one you engage in only once in a while, or one you haven't done for years, be particularly careful that you don't overdo. Pause frequently when you shovel snow. Enjoy the beauty of your surroundings rather than conduct a contest with nature. On skates

don't try to race those younger guys.

What about eating in winter? If you exercise enough you can eat more of winter's tasty goodies and keep your weight down. Otherwise, special restraint is needed since winter dishes are inclined to be richer as well as especially good tasting.

Some people feel they need more food to keep warm but there is little to this unless you are engaging in strenuous physical labor or exercise.

Watch Those Calories

If your reading is increasing and your exercise amounts to sitting in a chair while TV actors perform all the action, you'll need to watch it in the food department. No one food is fattening, per se, but high calorie foods can easily overload you with excess calories. Give fruits and vegetables more of a place in your menu. Salads are great. Milk gives you a wide variety of needed nutrients at a modest calorie level.

Easy on the hors d'oeuvres at parties. Watch those snacks between meals.

If restraint seems to take some of the fun out of winter just remember you'll be more pleased with yourself in spring when you find that your lighter clothes still fit.