

Cancer Society To Hold Open House December 17

On Friday, December 17, from 10 - 4 p. m., the Allegany County Unit of the American Cancer Society will hold an open house at its 46 Martin Street office for all volunteers who have participated in the unit program. "It's a simple, old-fashioned way to say thank you to our volunteers," says executive director Shelby Legacy. "And the idea is inspired by the warm and caring response of many new people who helped with our Holiday Greeting Card event."

"We could never have mailed out 2,387 opportunities for people to purchase their Christmas cards through ACS without the help of volunteers," remarks Ms. Legacy. "They addressed labels and envelopes, licked stamps and labels, stuffed envelopes, and stamped & sorted for bulk mailing. It was a rather tremendous undertaking for this unit, and the job got done."

Ms. Legacy explains that the Holiday Greeting Card program is a special fund raising event of the New York State Division, Inc., of ACS, and that over 50 units in the state participate in it. "This is the first time our unit has fully participated in this particular event". In the past, the cards were available at the unit office. But this year they aren't. We decided to go with the mailing plan, even though we were late getting started.

"What is so exciting," she says, "is that over twenty new people called, came to the office, or did the work in their homes. And now that job is completed, they are helping with other tasks that require volunteer time and support — and they're all great people!"

"This also brings us to another thought," says the director. "What some people may not realize, is that the whole county unit is made up of volunteers — including the officers, chairmen, and board of directors. From the volunteers who stamp literature to the volunteer who officiates at meetings, or the delegate who attends state meetings — they're all volunteers. And if that doesn't describe great people, I don't know what does."

They're people putting their concern to practical action. And this particular time, throughout the Christmas card work, they helped launch a successful 'first' for their unit."

All interested people are encouraged to stop in throughout the day, acquaint themselves with the office, and to visit with other volunteers.

Greenwood News

day and finished with the best series of the night 672 in the Suburban League Bowling at the Hornell Bowl. He also had a 206 game.

Machinist Mate Chief Reed Sampson and wife and two children, came Monday from Chesapeake, Va., to spend several days at the home of his aunt, Mrs. Bernice Osmin and to visit his parents, Mr. and Mrs. Frederick Sampson.

Staff Sgt. Gary Chaffee and wife came Sunday from Fort Walton Beach, Florida, where he was stationed for a year. He has a month with his parents, Mr. and Mrs. Lloyd Chaffee before being transferred. They spent a night with Mr. and Mrs. Ed Palmer and sons at Marion, N. C., on their way home.

From Our Files

dick of Ashaway, R. I. Another daughter, Florence died in 1889. Burial was in the Independence Cemetery.

The 14th Annual Picnic of the Voorhees Hill Old Timers will be held at the Pine Grove on the Carroll Church Farm, Sunday, Sept. 6, according to Pauline Perkins Secretary.

George Bryon Proper died at his home on First Street, Andover, Monday, August 31. He was born November 28, 1858 on Call Hill in the Hartsville Township, a son of George and Mary Millins Proper. He married Nancy Cartwright who died May 24, 1934. He is survived by one daughter, Mrs. Lawrence King of Parterville, N. Y., and one sister, Mrs. Henry Acker of Hornell. Burial was in Hillside Cemetery.

Greenwood Central School began Tuesday A. M., with a large attendance. Faculty: Principal, Louis H. Abel; Miss Ruth Salzer

of West Henrietta, Foreign Language; Miss Ruth Toombs of Geneva, English and History; Miss Dorothy Cooper of Auburn, Commercial; Mrs. Etta Cook of Hornell, Music and Art. The grade teachers are: Junior High, Reva C. McCaffery; 5 & 6th, Miss Luella Edwards; 3 & 4th, Mrs. Winifred Murdock and 1st & 2nd Miss Virgil Slight.

The Junior and Senior High School are located in the old building. Grade 3 thru 6 are in the Guild house. The Primary grades are being cared for at the home of M. L. Brundage. It is expected that the new building will be ready for occupancy about Feb. 1st. Four Bus Routes have been laid out for

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Sell That Article Thru The Classified Section

The BIG ELMS Restaurant

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FULL COURSE DINNERS DAILY

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Private Dining Room For Parties

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IROQUOIS TELEPHONE CORPORATION LEGAL NOTICE

NOTICE IS HEREBY given, that on December 1st, 1976, Iroquois Telephone Corporation filed with the Public Service Commission the following rates to become effective December 8, 1976. These rates were filed in compliance with the Commission Order of November 9, 1976, in Case No 26932.

The following is the rate group structure for Iroquois Telephone Corporation followed by the local service rates:

Rate Group No.	Exchanges
I	Greenwood, Jasper and Williamstown
II	Delton and Fillmore
III	Alfred, Cato, Fair Haven, Hannibal and West Valley
IV	Branchport and Hammondsport
V	Almond and Andover
VI	Etna, Slaterville Springs, Truxton and Virgil
VII	Dryden
VIII	Sanborn
IX	Lysander

Rate Group No.	Station Availability in Local Calling Area
I	0 - 1,000
II	1,001 - 2,500
III	2,501 - 5,000
IV	5,001 - 10,000
V	10,001 - 20,000
VI	20,001 - 45,000
VII	45,001 - 100,000
VIII	100,001 - 225,000
IX	225,001 - 450,000

Rate Group No.	Station Availability	Rate Per Month				
		Base Rate Area	Outside Base Rate Area	Flat Rate	Multi-Party Line	
I	0 - 1,000	10.35	9.15	7.70	9.10	7.60
II	1,001 - 2,500	12.45	10.30	7.95	9.35	7.95
III	2,501 - 5,000	14.80	11.60	8.45	9.85	8.45
IV	5,001 - 10,000	17.35	13.10	9.05	10.45	9.05
V	10,001 - 20,000	20.20	14.80	9.75	11.15	9.75
VI	20,001 - 45,000	23.25	16.65	10.60	12.00	10.60
VII	45,001 - 100,000	26.55	18.70	11.55	12.95	11.55
VIII	100,001 - 225,000	30.05	20.90	12.65	14.05	12.65
IX	225,001 - 450,000	33.85	23.25	13.85	15.25	13.85

Business Service:

Rate Group No.	Station Availability	Ind. Line	2-Pty. Line	4/5-Pty. Line	4-Pty. Line	Multi-Party Line
I	0 - 1,000	10.35	9.15	7.70	9.10	7.60
II	1,001 - 2,500	12.45	10.30	7.95	9.35	7.95
III	2,501 - 5,000	14.80	11.60	8.45	9.85	8.45
IV	5,001 - 10,000	17.35	13.10	9.05	10.45	9.05
V	10,001 - 20,000	20.20	14.80	9.75	11.15	9.75
VI	20,001 - 45,000	23.25	16.65	10.60	12.00	10.60
VII	45,001 - 100,000	26.55	18.70	11.55	12.95	11.55
VIII	100,001 - 225,000	30.05	20.90	12.65	14.05	12.65
IX	225,001 - 450,000	33.85	23.25	13.85	15.25	13.85

Residence Service:

Rate Group No.	Station Availability	Ind. Line	2-Pty. Line	4/5-Pty. Line	4-Pty. Line	Multi-Party Line
I	0 - 1,000	7.65	6.15	5.35	6.75	5.35
II	1,001 - 2,500	8.10	6.45	5.50	6.90	5.50
III	2,501 - 5,000	8.60	6.85	5.75	7.15	5.75
IV	5,001 - 10,000	9.30	7.25	6.05	7.45	6.05
V	10,001 - 20,000	10.05	7.75	6.40	7.80	6.40
VI	20,001 - 45,000	10.95	8.25	6.85	8.25	6.85
VII	45,001 - 100,000	12.00	8.85	7.30	8.70	7.30
VIII	100,001 - 225,000	13.10	9.50	7.85	9.25	7.85
IX	225,001 - 450,000	14.35	10.25	8.45	9.85	8.45

Local exchange increases averaged approximately 20%.
 Ancillary, or Supplemental Equipment received an increase of Approximately twice that of the overall average of 20% for Local Exchange Service.
 All remaining exchange line mileage has been eliminated and replaced by zone or locality bands. Miscellaneous mileage has been increased approximately 30%.
 Service Charges have been redesigned, to break down the Connection, Move, Changes, and Restorations into three separate charges for the future. However, for sixty (60) days from the effective date of the new tariff, no Service Charge will apply to subscribers who wish to downgrade exchange line service. This waiver applies to downgrading exchange line service only. All other Service Charges will apply. To be eligible for this waiver, orders must be received by February 7, 1977.
 Any information regarding any of the proposed rates, or for any information regarding your exact bill, please contact your local business office.

IROQUOIS TELEPHONE CORP.

6320 Route 21, Alfred, N. Y.
 South Street, Cato, N. Y.
 6 Dryden-Freeville Rd., Dryden, N. Y.
 10 Main St., Dundee
 Lockport and Ward Rds., Sanborn, N. Y.



Doctor in the Kitchen

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

A NUTRITIONAL "SILENT PERIOD?"

"Childhood is a period which is quite deceptive in that nutritional problems may be less visible than in infancy or adolescence," according to Myron Winick, M.D., Director of the Institute of Human Nutrition at Columbia University College of Physicians and Surgeons.

"However, serious nutritional disorders are present during this period," Dr. Winick added at a recent food writers' conference.

HE EXPLAINED that post infancy and preadolescent years have often been viewed as a sort of "silent period"—a time when none of the dramatic changes occur that are common when a baby is being formed in its mother's womb or during the first month of an infant's life.

"Consequently," said Dr. Winick, "we may have a tendency to dismiss this period as relatively unimportant in our health and nutritional priorities. This is unfortunate, for these years of steady growth (during preschool and early school years) are crucial to proper development."

Dr. Winick's concern is valid because during preschool and early school years a proper environment—including sound nutrition—will not only ensure proper development of the child, but it may even reverse some of

the adverse effects imposed, say, by poor nutrition during its mother's pregnancy or during the very first weeks after birth.

"PRENATAL MALNUTRITION or malnutrition shortly after birth will result in changes in brain structure and function," says Dr. Winick. Good nutrition during childhood for such children is important for creating an enriched climate in which the child can at least correct some of the damage. Learning properly, for example, is something a hungry child has trouble with in school and elsewhere.

This problem can be and is helped by the many preschool child feeding programs that now exist. But all school children, according to Dr. Winick, ought to be regularly screened for an assessment of their nutritional status.

AT THE OTHER end of the pole, Dr. Winick points to the problem of overfed, obese children. Thus it is that in America we have the twin problems of undernutrition and excess. Childhood, therefore, is a time when much is happening nutritionally. In terms of nutrition, it may be one of the most important times during the life cycle.