Primary ballot may confuse voters

Some St. Lawrence County voters may be "confused and possibly upset when they go to the polls for the Tuesday, March 7 presidential primary, say county election commissioners Jackie White and Robin St. Andrews.

Because of the comments they have received from the public, White and St. Andrews say they have "gotten the definite impression that Republican voters think they will actually be able to cast a vote for the Republican presidential candidates. This is not the case."

Instead, according to the election commissioners' media release, GOP voters will have an opportunity to choose up to three delegates and alternates delegates to the national convention who are committed to either George W. Bush, Jr., Steve Forbes (who has dropped out of the race for the nomination), John McCain or Alan Keys.

Democrats will have an opportunity to vote for Bill Bradley, Al Gore or Lyndon B. Johnson, Jr., as well as up to five delegates to the national convention who are committed to either Bradley or Gore.

Green party members may choose from presidential candidates Ralph Nader, Joel Kovel, Stephen Glasskin or the former front runner of the pack band the Dead Kennedy's Jello Biafra.

Polling places will be open from noon until 9 p.m. on the 7th for the three party primary in the 24th Congressional District. All enrolled Republicans, Democrats and Greens are eligible to participate.

A list of Republicans Party delegates and alternates (vote for up to three) follows:


Alternates for Bush - Congressman John M. McHugh, Pierrepont Manor; Derinda Sherman, Westport; Cathy Hollinshead, Chittenango.

Delegates for Forbes - Roger Cunningham, Theresa; Christopher D. Ackinson, Watertown; Frank E. Taloto, Great Bend.

Alternates for Forbes - Robert Peluso, Carthage; John E. Miller, Fine; Penny Egglor, Watertown.

Delegates for McCain - Robert McNeil, Lisbon; Derek Davey, Lowville; Lawrence A. Provost, Jr., Phoenix.

Alternates for McCain - Robert P. Strother, Watertown; Nathan J. Hipkiss, Governor; Lorilyn Brown, Sandy Creek.

Delegates for Keys - Thomas A. Balcio, Oswego; Lori A. Nailes, Carthage.

Alternates for Keys - Tim Sherman, Westport; Gregory A. Parco II, Pennfieldville; Stephen A. Meza, Adams Center.

SUNY grad students have job opportunities

Employers from around the country will hire the best and brightest from the Class of 2000 when the State University of New York's Career Development Organization hosts its annual Job Fair and Virtual Job Fair, beginning April 8.

Students from all 64 campuses in the State University of New York's system will search for career opportunities at the fair. Employers can connect with the approximately 100,000 graduating seniors from state university schools at the on-site job fair, which will be held on Saturday, April 8, at the Carousel Center in Syracuse, or through the unique Virtual Job Fair, which will take place online at www.sunyjobfair.org from April 8-30.

Hundreds of employers from around the country will participate in the event. Business and non-profit organizations looking to hire new employees are encouraged to join them.

"This is an extremely cost-effective way to reach literally thousands of high quality graduating SUNY seniors, not to mention a portion of the 3 million SUNY alumni," said Mark Schmiedelshofer, President of the SUNY Career Development Organization. "In the past, back employers and job-hunting students have told us that this a great way to make career connections."

Students or alumni looking to visit the job fair or virtual job fair may contact the Career Services Office at 386-7118.
New local website online

Northcountrynow.com—the most comprehensive web site to ever serve St. Lawrence County—is now online. The site provides links to virtually every web site in the county, daily updates of local events, movies and concerts; St. Lawrence County news items; local “ hometown” photos; classified advertising; listings of North Country resources; and a home page revised daily.

Designed to be St. Lawrence County’s premier “local portal” in the Internet, northcountrynow.com is a service of “North County This Week,” which has served the Greater Canton-Forest area for more than 16 years.

“With more than 70 pages and links to hundreds and hundreds of St. Lawrence County web sites, northcountrynow.com allows internet users from the North Country and around the world to keep up-to-date with what’s going on in our area,” said Publisher Bill Shamrock.

“One big difference between northcountrynow.com and other sites is that it is backed up by an experienced newspaper stuff which will update the content every weekday,” he said. ‘That’s way, the information will remain fresh, accurate and interesting.”

Each weekday, northcountrynow.com posts an updated home page featuring a local photo, a North Country news item, a St. Lawrence County entertainment story, movie and concert listings, and links to featured internet sites throughout the area. In addition, the home page offers links to a variety of search engines and highly-rated national specialty sites on such topics as technology, health and nutrition, families and personal finance.

Northcountrynow.com is composed of nine major categories, all with links to available internet sites. They include:

- Business On-Line, with links to virtually every web site operated by St. Lawrence County businesses.
- Entertainment, featuring up-to-date movie and concert listings, St. Lawrence County local events listed day-by-day, guides to restaurants throughout the area and a comprehensive listing of museums and galleries.
- Newslink, which allows viewers to easily visit national and regional news, sports, personal finance and weather internet sites, as well as St. Lawrence County sites hosted by local governments, community service organizations and other special interest groups.
- Classified Ads, with various categories for vehicles for sale, homes and apartments, items for sale, employment and goods and services.
- Hometown Photos, featuring photos of local organizations, popular landmarks and people in the news from Forest, Canton, Massena, Ogdensburg, Gouverneur and the Newcomb-Norfolk/Tri-Town area.
- Recreation, with a links page to dozens of St. Lawrence County web sites about hiking, hunting, fishing, boating, and other recreation topics, as well as listings and internet links about local golf, camping, cross-country skiing, downhill skiing and fishing/hunting opportunities.
- Explore Northern New York, with internet links to St. Lawrence County personal home pages, links to public school and college web sites, and listings and links of area churches, day trip possibilities, antique shops, libraries and models and bed breakfast locations.
- Business, featuring new business registrations for St. Lawrence County, as well as local employment figures, features stories and links to online stock trading sites and personal finance sites.

Red Cross Month

March is Amerlcan Red Cross month, and in celebration of this event the St. Lawrence County Chapter of the American Red Cross will be holding a blood drive on March 25, 2000 at SUNY Potsdam’s Meyer Hall, Field House, beginning at 1:30 pm. If you are interested in participating you can call the Chapter office at 715-555-0132. Blood drives are at 111 Margaret Street.

Congratulations to the Northstars Hockey Team!!
Good luck on your trip to the National Championship!!
Catch all the action on Sports.com
I was walking around campus today, just after hearing of the hike in cigarette prices when it occurred to me. Well over half the students on this campus smoke cigarettes. At the same time, every student on campus is dead broke, myself included on hub counts.

What will the hike do to all us hard-core smokers? Well, I can only speak for myself when I say that it will completely empty my bank account. I have about as much chance of quitting smoking as I do walking from here to France. Honestly, dunga a cigarette in front of me when I’m all out and I salivate like Pavlov’s dogs. The mere thought of having no smokes makes me want one right now, but I’ll finish writing this first. It all started innocently enough. A bunch of 13 year olds trying something out. For me, however, it wasn’t long before I was totally hooked. It is a frustrating thing to have an inanimate object dictating your life to you. I have to have a smoke after this and before that and when I run out, I’ve got to go out like a dog to get one from someone else. It’s really quite humbling.

However, like many others, I will continue to smoke regardless and the government will reap the rewards of my addiction. Perhaps someday the motivation will actually reach me to quit, but for now I have no desire whatsoever. For now, though, I’m going to have a smoke. See you next week.

Letters to the Editor

To Whom It May Concern,

This may be a time of uncertainty for college students contemplating their next steps, but there’s at least one thing that’s certain: they have more choices than ever before. The job market is strong, technology is growing exponentially and there are lots of choices. I’m writing to remind you – and your students – about a different choice, a short-term alternative to graduate school or a traditional entry-level job.

AmeriCorps is that alternative. It’s not a lifetime commitment. It’s only one year of service in a needy community, close to home or across the country. It’s a chance for young people – and those who are young at heart, because there’s no upper age limit – to take advantage of a flexible, unrestrained time in their lives and do something for others. In a process that’s often draining.

AmeriCorps helps to solidify career and personal goals. It offers unparalleled work experience and strengthens interpersonal skills and teamwork. It takes determination, courage and drive. And while we’re not looking to recruit everyone, we have many positions in ill for next year – a lot of opportunity for students who are looking for something out of the ordinary, whether it’s before grad school or before diving into a career.

To help your students learn more, please pass on the enclosed paper – tape it to your office door, put it on a bulletin board, pass it around in class. Send it in one of your reply cards or check out our website, your students can learn much more about AmeriCorps and determine if it might be right for them.

With your help, we can begin the new year with a strong commitment to strengthening our communities – and our country – from the ground up. Join me in looking forward to the promise of the year 2000.

Sincerely,
Noel McCaa
Director
Recruitment, Selection, and Placement

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Legislative Directory
Campus Announcements

Is your club or organization having a meeting or some other cool activity that others might want to do? We want to know. Send your information to The Tribune's mailbox located in the Campus Activities Office.

The Pennsylvania Yearbook meets every Thursday at 3:00 PM in the Publications office (First Floor, Campus Center near Rodmanov). New members are always welcome and any student with an interest in photography or layout is encouraged to attend. For more information, call 7315.

The Mersey Volunteer Fire Department has Bingo every Sunday night at 7:00 PM at the Bingo Hall on Route 37 across from Chart's Bar. $2.00 admission, chips and drinks required.

COLLEGE WORK STUDY!! Check your Financial Aid Award Letter. If you have CWS (College Work Study), come to the Career Services Office in FOB 232 and you will be assigned to a campus job.

The Tribune Newspaper is looking for staff members. Any interested students are invited to the weekly meeting on Mondays at 10 AM in the Publication office located on the first floor of the Campus Center. If you like to write, then this is an excellent opportunity for you! Call 7315 for more information.

CUB Corner

Here's a listing of some of the upcoming events brought to you by the hard working folks in the College Union Board. If you would like more information on CUB's activities or would like to become a member, please call 7315 or stop the Campus Activities Office.

Thursday, March 9 - Talent Show at the Coffeehouse 9 p.m.

Thursday, March 16 - "Wood's Tea Company" at the Coffeehouse 9 p.m.

Don't forget about the FREE MOVIE. Tickets available each week in the Campus Activities Office. They are good for first run movies in the American Theater in Canonsburg and the Roxy Theater in Potomac. The best part of all is that they're FREE!!!

Considering TRANSFER to a 4-year college?

Go East!

...to a Transfer College in a region of remarkable beauty.

One out of every two Pittsburgh graduates entered as a transfer student. So we take our transfer seriously. Select from over 50 majors in liberal arts and science fields, education, criminal justice, nursing, business and more.

Transfer students choose Pittsburgh because we make your transition as smooth and hassle-free as possible.

Pittsburgh provides a detailed credit evaluation that shows you how your credits transfer PLUS the courses you still need to take to earn your bachelor's degree in your desired major.

Scholarships

2.7 GPA - $1,000 Transfer Merit Scholarship
3.0 GPA - $7,000 Transfer Merit Scholarship
3.5 GPA - $5,500 Transfer Achievement Scholarship

PLATTSBURGH
STATE UNIVERSITY OF NEW YORK
Tel: (800) 388-6473 OR (518) 364-2940
Web: www.plattsburgh.edu
**Guest harpist to perform at Snell Theater**

Dutch harpist Gwyneth Westink will perform on Monday, March 6, at 7:30 p.m., in the Sara M. Snell Music Theater on the SUNY Potsdam campus.

At 17, Westink won first prize in the 1999 Young Concert Artists International Auditions, the first harp to win a place on the Young Artists roster. She has captured numerous first prizes since the age of 11, including the 1998 International Harp Competition in Israel, the 1998 Torneo Internazionale di Musica in Rome and the 1996 International Harp Competition in Tokyo, Japan.

Westink has performed as a soloist with I Fiammigghi in Brussels, the Orquesta Sinfonica Gran Mariscal de Ayacucho in Caracas and the Nieuw Sinfonietta in Amsterdam. She recently debuted at Wigmore Hall in London and has given concerts in the cities of Bucharest, Barcelona, Paris, Rems, Venice and Prague, as well as at France's Festival de Radio- France et Montpellier. During her career, Westink has performed with The Netherlands National Youth Orchestra in Rotterdam and was asked to perform for Queen Beatrix at the age of 13.

This concert is sponsored by The Crane Student Association and the SUNY Potsdam Student Government Association. The concert is free, and the public is welcome to attend.
Education, awareness key to preventing inhalant abuse

One out of every five students in America has used an inhalant to get high by the time he or she reaches the eighth grade. Parents don't know that inhalants - cheap, legal and accessible household products - are as popular among middle school students as marijuana. And even fewer parents knew the deadly effects the poisons in these products have on the brain and body when inhaled or “huffing.”

"It's like playing Russian roulette," said Harvey Weiss, executive director of the National Inhalant Prevention Coalition (NIPC), "the user can die the first, 10th or 100th time the product is mishandled or inhaled.

Because prevention through education has proven to work against this popular form of substance abuse, the NIPC has developed National Inhalants & Poisons Awareness Week (March 19-25) to help increase understanding about the use and risks of inhalants.

"Many parents are uncomfortable broaching the topic of inhalants with their kids, and they often deny that their children might use inhalants," said Dr. H. Wesley Clark, director of the Center for Substance Abuse Treatment, "a lot of children are experimenting, so if you assume it's not your kid, you'd better check. Inhalants are in everyone's house, so watch your child. Watch for changes in behavior - personality changes, change in gait, chemical breath, secretive and isolated behavior - that may signal inhalant use."

Some common questions and answers regarding inhalants, as provided by NIPC, follow:

What is inhalants use?
Inhalant use refers to the intentional breathing of gas or vapor with the purpose of reaching a high. Inhalants are legal, everyday products that have a useful purpose, but can be misused. You're probably familiar with these substances - paint, glue and others. But you probably don't know that there are more than 1,000 products that are very dangerous when inhaled - things such as felt-tip markers, spray paint, air freshener, butane and even cooking spray.

Who is at risk?
Inhalants are an equal opportunity method of substance abuse. Statistics show that young white males have the highest usage rate. Hispanic and American Indian populations also show high rates of use.

What can inhalants do to the body?
Nearly all abused products produce effects similar to amphetamines, which slow down the body's functions. Varying levels of dosage, the user can experience slight to severe depression, loss of consciousness. The user can also die from sudden sniffing death syndrome. Other effects include damage to the heart, kidneys, brain, liver, bone marrow and other organs. Inhalants are physically and psychologically addicting and users suffer withdrawal symptoms.

What can I do if someone I know is huffing and appears in a state of crisis?
The best thing to do is remain calm and seek help. Agitation may cause the huffer to become violent, experience hallucinations or suffer heart dysfunction that can cause sudden death. Make sure the room is well ventilated and call emergency medical technicians. If the person is not breathing, administer CPR. Once recovered, seek professional treatment and counseling.

What should I tell my child or students about inhalants?
It is never too early to teach your children about the dangers of inhalants. Don't just say "not my kid." Inhalant use starts as early as elementary school and is considered a gateway to further substance abuse. Parents often remain ignorant of inhalant use or do not educate their children until it is too late. Inhalants are not drugs. They are poisons and toxins and should be discussed as such. There are, however, a few age-appropriate guidelines that can be useful when educating your children.

Edmmond and strategies specific for 4-7, 7-10, 10-14 and 14-18 year-old age groups are suggested, with all emphasizing the importance of oxygen to life function. A "Tip for Teachers" section details specific strategies for each age group on the NIPC web site.

For more information on how you and your community can learn more about inhalants, call NIPC at 1-800-269-4237 or visit its web site (www.inhalants.org).

Alive & Free

HAZELDEN

Alive & Free is a chemical health column provided by Hazelden, a nonprofit agency that offers a wide range of information and services relating to addiction and recovery. Address questions to Alive & Free Editor, P.O. Box 11, RC 10, Center City, MN 55912-8011. For more resources on substance abuse, call Hazelden at 1-888-257-7865 or check its web site at www.hazelden.org.

WHY ORGANIC GARDENING ISN'T JUST A BUNCH OF MANURE

Organic gardening is a lot more than natural fertilizers. And organic gardening don't use natural fertilizers, but rather, use natural materials. So how do you start your garden? Here's a few tips.

The first step is soil preparation. First, choose the type of soil that suits your needs. If your garden is in sandy soil, it may be better to use a more organic type of soil. If your soil is clay, you may want to use a more sandy type of soil. It's also a good idea to add compost to your soil to improve its nutrient content.

Next, choose the type of plant you want to grow. There are many different types of plants you can grow in your garden. Some are vegetables, while others are flowers. Some are fruits, while others are herbs. Whatever you choose, make sure it's a type of plant that will thrive in your garden.

Finally, consider the time of year you want to plant your garden. Some plants do best in the spring, while others do best in the fall. There are also plants that can be grown indoors year-round.

Make your voice heard! Contribute to THE TRIBUNE!

IT'S A CONNECTED WORLD. DO YOUR PART.
The Shadows of the Rainbow
by Abraham Kirouac

Every rainbow has a shadow,
This rainbow has a midnight shade,
It follows it wherever it goes,
And you wouldn't go away.

Sometimes it looks like fire,
Sometimes you cannot see it,
But it is always there,
Hiding in a shadow within a shadow, it's not a rainbow at all.

Every rainbow needs light,
To make it a rainbow,
But it is in this same light,
That casts the shadow.

The more the light in a rainbow,
The more its shadow decreases,
And the more light a rainbow has,
The more its shadow becomes.

But no matter how much light a Rainbow has,
Its shadows are always there,
Deciding the light, bringing the darkness.

But the faster light a rainbow has,
The faster its rainbows expel,
And the darker light a rainbow has,
The darker its rainbows become.

The shadows of the light are,
Are the shadows of love.
I do not say too much love,
Neither do I ask for no love.
Love is what I need,
For the shadows that haunt,
My rainbow,
Are the shadows of love.
Northstars Finish as Region III Runnerup

The SUNY Canton Northstars picked up the first place trophy at the NCAA Region III Hockey Tournament last weekend following a surprising, 4-3, defeat by SUNY Morrisville in the event’s second round. Morrisville, who later suffered a 6-4, loss to Monroe CC, was named the Tournament Champion as they had defeated Canton in head-to-head competition.

Canton, who still has the best overall record (21-5-1) and conference tally (16-2) of any JUCO team in the nation, was offered the At-Large berth for the upcoming NCAA National Hockey Tournament by an unanimous decision. Randy Brown, SUNY Canton Athletic Director and Mens Hockey Coach has accepted that offer.

The Northstars will be traveling to Buffalo State for the weekend event which begins at 5:00 pm March 10th. Canton has previously won 14 National Titles, a record equalled in JUCO hockey.

Five Canton players were recognized by Region III officials following the past weekend event. Named to the All-Region Team were: Tim O’Shea - Forward 1st Team, Brian Rochford - Defensemen 1st Team, Tom Payment - Goalie 1st Team and Dan Vogel - Defensemen 2nd Team. Randy Brown was named the Region III Coach of the Year.

Chosen for the All-JacO Team were: O’Shea - 1st Team Forward, Rochford - 1st Defensemen, Payment - 1st Team Goalie, Bill Palmer 2nd Team Forward, and Vogel 2nd Team Defensemen. Two players were selected for the Eastern JUCO All Freshman Team they were Bill Palmer at Forward and Payment at Goal. Northstars earned in the Region III All-Tournament Team were: Vogel - Defensemen, Rochford - Defensemen, and Payment - Goalie.

In the first round tournament action on Friday, the Northstars defeated Monroe CC, by a score of 5-2. Kevin Destie and Pat Sullivan lead Canton against Monroe as each scored 1 goal and 1 assist. John Mousaw, Brian Rochford, and Travis Nelson all added single goals while J.D. Levitt contributed 2 assists. Tim O’Shea, Bill Palmer, Brian Cooper, and Dan Vogel each added single assists. Tom Payment had 37 saves against the Monroe onslaught for the victory.

Morrisville put in their winning goal against the Northstars with 1:23 remaining in Saturday’s second round game. Canton, who had lead 3-1 throughout the game, was upset when Morrisville exploded with 3 unanswered goals in the final 10 minutes of the game. Palmer, Vogel and Destie each had single goals against the Mustangs while Tim Kellner, John Sovie, David Doyle and Levitt added single assists. Payment finished with 1 assist, and Canton came away with 41 saves.

Northstars Men Receive Awards

Following last week’s Northern Independent Conference Men’s Basketball Tournament, several SUNY Canton players were recognized by the NIC. Featured were:

- Most Valuable Player: Payton Rice, a Junior at Texas Tech who also received All-Region and All-Conference Second Team.
- The only other team member listed was Canton’s head coach Dan Vogel.
- Canton finished second in the NIC, finishing 15-8 overall and runaway regional playoff favorites.

If you would like to contribute to THE TRIBUNE, call 7141 and leave a message.

For your information...

If you need FM cable hookups for WATC contact 7141 or stop by the station.