

**Raquette
Awareness
Week / 11**



**Gouverneur/SLC Fair / 15
Canton Community Sale / 9
'Mind, Body & Soul' / 19**

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N O R T H C O U N T R Y

THIS WEEK

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Canton-Potsdam, NY

FREE!

July 28 - August 3, 2010



Jumping rope for fitness

Norwood-Norfolk Central students Sarah Lavigne and Ellie Burns practice for the summer recreation program's daily jump-rope contest under the direction of counselor Jessica Fulk. The ropes were donated to the program by the St. Lawrence County Health Initiative's 'Eat Well Play Hard' program and Coordinator Karen Bage.

Weather's been good for corn, hay, other crops

By CRAIG FREILICH

The recent hot, humid weather has created favorable conditions for good corn and hay crop yields in St. Lawrence County.

The weather we've recently seen "is in general excellent for corn, and as long as it doesn't get exceptionally dry and windy, it won't be set back by the heat," said Stephen Canner, Field Crops Educator with Cornell Cooperative Extension of St. Lawrence County.

Haying has been going "quite well. A few people have had trouble timing the cutting with rain, but most people have had time in the breaks between showers to get

**New moth threat
to onion family**