

Rye Authors Write Book For Teenagers

Jeanne Bendick and Marcia Levin have written a new book for young people, "Pushups and Pinups: Diet, Exercise and Grooming for Young Teens," which McGraw-Hill published Oct. 30. Both authors live in Rye.

Jeanne Bendick is well-known as an author and illustrator of books for young people. Among the books she has written are "How Much and How Many," "Electronics for Young People," "What Could You See?," "Have a Happy Measle," "Television Works Like This," "Take a Number," "Take Shapes Lines and Letters," and "The Day the Numbers Disappeared" (Leonard Simon co-author).

Marcia Levin studied at the Philadelphia Normal School and Temple University. A teacher in the Philadelphia public schools for over 11 years, she has collaborated with her husband on a number of books for the government on tests and measurements. She has co-authored "Take Shapes Lines and Letters" and "Take a Number" with Jeanne Bendick.

"Pushups and Pinups" was written, after extensive research and much consultation with nutritionists and home economists, due to the discovery that there was a real need for such a book. The book is a guide to good eating, resting, and exercise habits, especially tailored for the young teens on-the-go routine. The text includes a discussion of the five nutrients, calories and metabolism, the weight problem, daily diet menus, exercises taken from the "Army Dozen," rest formulas, skin, hair and nails, and teeth care, and tests for physical fitness. The appendix contains a list of high and low calorie foods and a calorie chart.

More money for YOUR car . . . more car for your MONEY . . . Used or new . . . Buick in Rye . . . at the Depot Plaza.—Adv.



HONOR HIGH SCHOOL FOOTBALL TEAM—Pictured at recent luncheon of the Rye Lions Club are: l. to r. standing, Peter Maroon, J. V. coach; Bernard Miller, freshman coach; Bryson Ley and Timothy Walsh, co-captains; G. Maier, backfield coach. Seated: Caryl Tuttle, retired teacher and first coach; Miss Elizabeth Jean Brown, principal; John Nugent, head coach. (Al Porto Photo)

School Board Members Attend Convention

Rye City School Board members have returned from Syracuse according to Richard L. Morgan, president of the Board, where they attended the 44th annual convention of the New York State School Boards Association on Oct. 27-29.

Those who attended from the local board were Mrs. George Banister, Edwin L. Howard and Mr. Morgan. Dr. Joseph Grimes, Jr., Superintendent of Schools, also attended.

Mrs. Banister was official delegate at the business session which was held on Monday of the convention.

The board members found this convention to be a most worthwhile educational experience and were agreed that all school board

members throughout the state should attend, Mr. Morgan said. Mrs. Banister was particularly impressed with the scope of the deliberations.

Over 4,000 school board members and other school officials made

this the largest convention of its kind in the nation. Representatives of nearly 150 companies displaying educational exhibits at the convention rate this state convention on a par with national educational conventions.

Redstone Commended  
Walter C. Redstone, seaman, USN, son of Mr. and Mrs. Harry C. Redstone of 100 Bradford Avenue, is serving aboard the tank landing ship USS Waldo County which operates out of Norfolk, Va. He recently received a letter of commendation for outstanding performance of duties which helped his ship to win the battle efficiency award in competition with other amphibious ships.



A gift that is sure to be well received—Flowers. Everyone loves a beautiful bouquet of cut flowers, a pretty plant or a corsage of dainty buds. Remember important occasions with flowers—the perfect gift.

Say it with flowers from JOHN B. RICH & Sons 0027 W07 0418 421 MILTON RD. RYE, New York

USED CARS  
'59 FORD Convertible \$1095  
'59 NASH Rambler 4-Door \$895  
'61 SIMCA 4-Door \$695  
RYE FORD, Inc.  
Westmore 9-4814  
223 Boston Post Road Port Chester

MANY CANADIAN WHISKYS COST MORE THAN \$8.00 A QUART

BERKE'S CANADIAN COSTS ONLY \$5.29 QUART

THIS IS 100% CANADIAN WHISKY DERIVED FROM FULL-RIPENED WINTER GRAIN GROWN IN THE WORLD-FAMOUS GRAIN BELT OF CANADA. DISTILLED, AGED AND BLENDED UNDER CANADIAN GOVERNMENT SUPERVISION.



ALSO AVAILABLE IN 5THS AT \$4.39 AND IN PINTS AT \$2.75.

80 PROOF. MR. BOSTON DISTILLER INC., BOSTON, MASS.

It's well worth making a PILGRIMAGE  
November is an excellent month to come to the seaside. The long Thanksgiving weekend offers unlimited rest and play. Special turkey day dinner. Dances, movies, extensive sundecks. Solaris, ice rink, musicales. Ask about inclusive plan. Phone 609-345-1211, or in N. Y., MU 2-4849. Twin beds with bath from \$12.50 Mod. Am., \$8.50 European, each person.  
Marlborough-Blenheim ON THE BOARDWALK ATLANTIC CITY 40 YEARS SAME OWNERSHIP MANAGEMENT • JOSIAN WHITE & SONS, LTD.