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 Hany," "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 coauthor).

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 coauthored "Take Shapes Lines and Letters" and "Take a Number" with Jeanne Bendick.

"Pushups and Pinups" was written, after extensive research and School Board Members much consultation with nutritionists and home economists, due to the discovery that there was a real need for such a book. The book is for the young teens on-the-go routine. The text includes a discussion metabolism, the weight problem, 27-29. daily diet menus, exercises taken from the "Army Dozen," rest forteeth care, and tests for physical of high and low calorie foods and tended. a calorie chart.

More money for YOUR vention. car . . . more car for your The board members found this MONEY . . . Used or new . . . convention to be a most worth-Buick in Rye . . . at the Depot while educational experience and Plaza.—Adv.



HONOR HIGH SCHOOL FOOTBALL TEAM—Pictured at recent luncheon of the Rye Lions Club are: l. to r. standing, Peter Marcon, 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)

Attend Convention

have returned from Syracuse ac-berations. a guide to good eating, resting, and cording to Richard L. Morgan, exercise habits, especially tailored president of the Board, where they attended the 44th annual convention of the New York State of the five nutrients, calories and School Boards Association on Oct.

Those who attended from the local board were Mrs. George Banmulas, skin, hair and nails, and ister, Edwin L. Howard and Mr. Morgan. Dr. Joseph Grimes, Jr., fitness. The appendix contains a list Superintendent of Schools, also at-

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

were agreed that all school board

members throughout the state this the largest convention of its Mrs. Banister was particularly im-Rye City School Board members pressed with the scope of the deli- playing educational exhibits at the

> Over 4,000 school board members and other school officials made tional conventions.

should attend, Mr. Morgan said. kind in the nation. Representatives of nearly 150 companies disconvention rate this state conven-

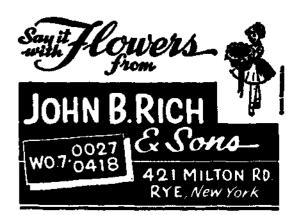
tion on a par with national educa-

Redstone Commended Walter C. Redstone, seaman, USN, son of Mr. and Mrs. Harry C. Redstone of 100 Bradford Ave-

nue, 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.



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