

How It All Started

The building of a new library in Delmar will be the result of five years of work by the Board of Trustees. Two of these years have found the Board hunting for a site large enough for a modern building, located centrally and on a bus line, and having safe approaches.

A State survey on library services gave a chance at no cost to the Library to find out what the community wanted in their library. After consultation with the Division of Library Development of New York State, the Board of Trustees found they had to have an architect since "more than \$10,000 would be spent in the construction." They also discovered they must have a library consultant and a site before seeking any official approval of the building.

With a program based on the survey and current usage of the present library an outline of the new building needs became apparent. A site was found at a price comparable to land values in the area. This is made up of three parcels of land on which the Library currently holds option. One of the owners has reduced the asking price of his section because of civic mindedness and sentiment for the Library. This site meets all requirements of central location, bus routes, safe approaches (sidewalk and vehicular) and proper setting, as well as adequate parking areas. Soil conditions are excellent for a solid foundation. Utilities are already at the site.

The firm of Geyer and Hollister, Associates, Architects, A.I.A. have designed a one story-building with mezzanine book stacks so developed that future expansion is easily possible.

As you enter the building you will be able to go directly to the section you wish as there are no interior partitions or barriers reaching to the ceiling.

Mrs. Rau, head librarian, says, "The building has a most workable floor plan and will be convenient for the borrower with its wide aisles and shelving groups. There will be meeting areas and much-appreciated quiet areas."

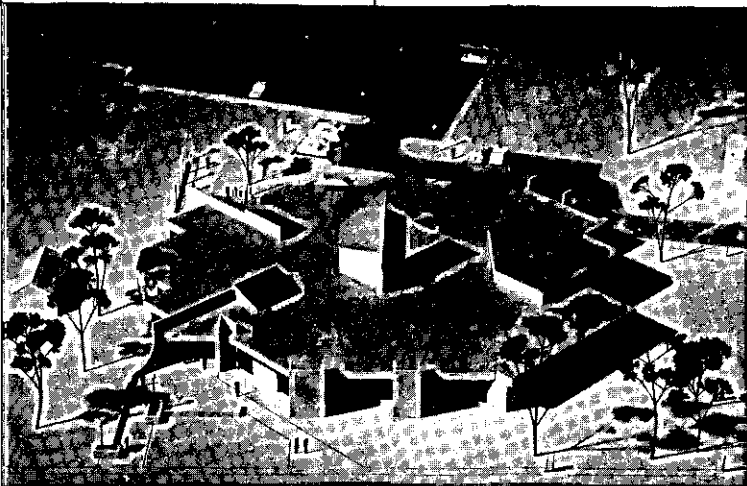
**MR. BOOK AGAIN-
MY FAMILY AND I NEED
A BIGGER HOME BADLY.
GUESS WE BETTER ACT**

NOW!



The Board has expressed its pleasure at once more seeing the possibility of sponsoring services which have had to be curtailed because of lack of space in the current building. They urge you to come to the library and see the model of the new building as well as the preliminary plans.

According to law a public meet-



ARCHITECT'S model of proposed development for new Bethlehem Public Library.

The Spotlight

CONTROLLED CIRCULATION PUBLICATION

VOL. XIV, NO. 46

NOVEMBER 13, 1969

\$2.00 PER YEAR

\$.10 per copy

The Town Crier Winter Sports Sale

Hear Ye! Hear Ye! All Ye residents of the Tri-Village area.

The Bethlehem Lion's Club is a small part of the largest community service organization in the world. Their main objective is to take an active interest in the Civic, Social and Moral Welfare of the community, and to assist wherever possible.

As you do or don't know, we did support the following activities this past year and hope to do more next year: Senior Citizens, Sight Conservation, Boy & Girl Scouts, Committee That Cares, Scholarship Gifts, Community Betterment, Delmar Community Orchestra, High School Jazz Concert, High School Chorus, High School Debate Club, Children's Christmas Party, Veteran's Hospital Gifts, American Legion Bldg. Fund, Assistance to Biafra.

All of you must realize, that the help and financial aid that we can give is limited by the cost of our activities and our source of funds.

This year we would like to do more, therefore, we need your assistance to provide an added source of income. We request the cooperation, consideration

and response of all you wonderful people in the Bethlehem area by soliciting and requesting donations of either outgrown or no longer used winter sports equipment still in serviceable condition, such as: Skis, poles & boots, skates, sleds or tobaggons etc.

Items can be dropped off at Bob Sower's Delmar Appliance Store or at Herb White's Atlantic Service Station opposite each other on Delaware Ave. or if you prefer to have the items picked up, please call: Daytime: Bob Sower's, 439-6723; Herb White, 439-9837; Evenings: Morey Maskin, 439-3179; Len Sellner, 439-3207.

Solicited requests will continue through the month of November and donations will be accepted, dropped off, or pick up at your request.

Beginning the first Saturday, in December we shall begin Open-Mart Sales, weather permitting, at Bob Sower's Delmar Appliance Store and Herb White's Atlantic Service Station, with all items donated on sale at reasonable prices.

Any items left by the third week in December will be in turn donated to Toys for Christmas (Marines) or other worthy organizations to be used as Christmas gifts to those who can use them.

Call us!!! every garage, attic, or cellar contains some outgrown or no longer used item of winter sports equipment. Please help us, so that we can help you.

The Bethlehem Lions Club

Meeting

The regular monthly meeting of the Ladies Auxiliary of the Elsmere Fire Company will be held on Thursday, November 13, at 8:00 P.M. in the firehall. Mrs. Paul Kleinke will preside.

ing must be held the night before voting on a referendum. Therefore, at the Bethlehem Public Library at 7:45 on Monday evening, Nov. 17, such a meeting will be held, open to the public. The Library Board of Trustees is anxious to answer any and all questions directed to them. The voting itself will be held day, Tuesday, Nov. 18, at the Library between the hours at 7 A.M. and 9 P.M.

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Sculpture of Light

Surely Dennis Byng has discovered an art form of the future. His demonstration to the Bethlehem Art Association on Monday last week was magical in quality and brilliant in con-

test. Mr. Byng hides great gifts as a teacher as well as his genius for innovation under his modest exterior.

An extremely large audience of the BAA, and many guests, were captivated, impressed and delights as Mr. Byng demonstrated his secrets. He showed every step which he uses to produce



NUMEROUS GUESTS joined members of the Bethlehem Art Association at their Nov. 3 meeting where a most informative and interesting demonstration of plastic sculpture was given by Dennis Byng, (above center) Prof. of Art, SUNY-Albany. The next BAA activity will be the Third Annual Juried Members Show to open Nov. 23 at the First Trust Company, Elsmere branch.

Photo by Louis A. Spelich

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his magnificent sculptures of colored changing light, created with painstaking exactness from perfectly matched blocks of clear and colored plexiglass. For over two years Mr. Byng has experienced and pioneered with a complex array of plastics, cements and dyes, to finally achieve such a high standard of technical as well as artistic skill, that even the plexiglass industry has been amazed and is now adopting his method.

In a delightfully informal "seminar" style Byng showed the step by step process he uses to achieve the blemish-free perfections which glow and luminesce with an ever changing interacting three dimensional pattern of light. And all without moving parts, tricks or even electricity. The meeting was perhaps the most successful which the BAA has had, and Mr. Byng to be congratulated on a masterful demonstration — as also in Sally Weinstein, the club's program chairman, for persuading Mr. Byne is to be congratulated on a masterful demonstration — as also is Sally Weinstein, the club's program chairman, for persuading Mr. Myng to give his scintillating performance.

BAA members who are not still stunned by the Byng sculptures (they can be seen at the

Arts and Presents Shop, or a Byng's forthcoming show at the Albany Institute) — are, or should be, now feverishly preparing for the BAA show at the First Trust Bank on Nov. 23.

In Play

Robert Kirkman of Delmar was a member of the cast for Arthur Miller's "Death of a Salesman" presented last week (October 28-November 1) by the Hilltop Masquers Guild at the State University College at Cortland.

Mr. Kirkman, a sophomore at Cortland, performed during a five night run of the play in the Fine Arts Center on the campus. The Friday and Saturday performances were among the highlights of Parents' Weekend at Cortland.

"Death of a Salesman" was first presented on Broadway in 1948. It received several awards and is regarded by many as one of the finest American plays. Directing the play at Cortland was Dr. Morris Bogard, chairman of the Department of Speech and Theatre Arts.

Mr. Kirkman is a graduate of Bethlehem Central High School. At Cortland, he is majoring in Art.

Scholarship

Lois E. Taylor, 465 Kenwood Avenue, has been awarded a scholarship grant by the Chicago Council on Community Nursing. The CCCN award will be used by Miss Taylor to continue her education at the West Suburban Hospital.

Safe Driving Course

The Bethlehem Central Schools will offer the Three Hour Safe Driving Course on November 17 and 19 and December 8 and 10.

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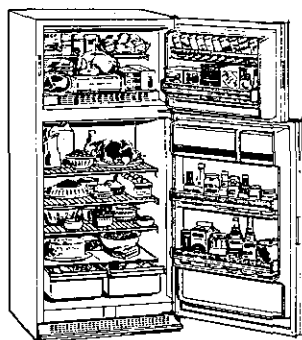
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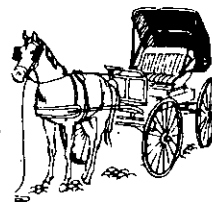


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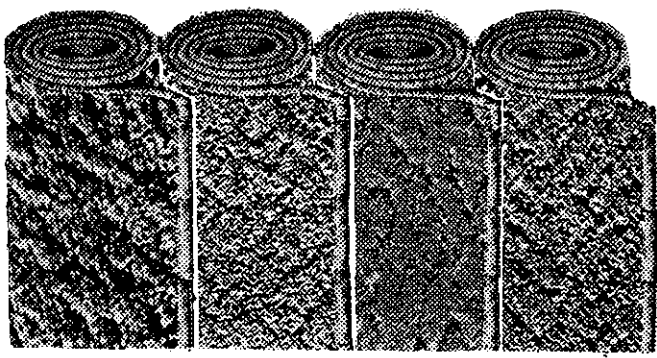


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The course will be held at the Bethlehem Central Senior High School in Room 19A at 7:15 P.M. For further information phone 439-2410. This course is required for all applicants for driver's licenses who received their permit after April 1, 1969 or who failed their road test.

Meeting

The Raspberry Reds, a newly formed 4-H Club in Elsmere, held a meeting to elect officers on October 20th, in the home of Mrs. Janet Short, their leader.

Under her supervision the following slate of officers was elected: President, Janice Levine; Vice Pres., Mary Sullivan; Secretary, Nancy Flynn; Treasurer, Karen Toffinetti; News Reporter, Deirdre Doherty; Song & Recreation, Cynthia Short.

County Beef Program

A county-wide Beef Program open to all 4-H members has been

announced by the 4-H Beef Advisory Committee. A Member's Guide, Advisory Committee list, and a series of county-wide meetings, all aimed at assisting the 4-H member in carrying out his or her beef project are planned.

The first meeting is scheduled Thursday, November 13 at 7:30 P.M. in the Administration Building of the Altamont Fair Grounds. All interested persons are invited to attend.

John Geurtze, Glenmont; William Springer, Voorheesville; Fred Dunn, Delmar are serving as Co-chairmen of this program. Any members interested should contact one of the Chairmen or the 4-H Office. Others serving on the Advisory Committee are: Malcolm Wilber, Carl Rappe, Stanley Dean, David Beresford, Homer Warner, Donald Otterness, and Andrew Levey, 4-H Cooperative Extension Agent.

New Chairman

Rt. Rev. Msgr. Matthew M. Brennan, pastor of St. Thomas the Apostle Church, Delmar, has

been elected chairman of the Homer Folks Hospital, Oneonta, district patient services committee, which includes 20 counties in eastern and central New York.

Monsignor Brennan is one of a team which makes frequent visits to the hospital, a State institution for the treatment and care of tuberculin patients. The visits are made in company with relatives of patients who do not have transportation facilities or who are unable, due to financial difficulties, to make the trip.

He is a member of the Board of Directors of the Rensselaer County Tuberculosis and Public Health Association, Inc. which made contributions to the hospital library, sends local newspaper subscriptions, cards, gifts and magazines in an effort to make life a little more pleasant for the patients. The Rensselaer County Board of Supervisors is responsible for the contractual agreement with Homer Folks Hospital for the hospital and medical care of county tuberculosis patients. Other funds are derived from the annual sale

of Christmas Seals.

Beginning with the 1969 Christmas Seal Campaign the Rensselaer County organization is a part of the Tuberculosis and Respiratory Disease Association of the Capital District, Inc.

Dr. Wallace to Speak

At 6:30 P.M., Saturday, Nov. 15, the Alumni of the Bethlehem Community Ambassador Project will gather for a Reunion Dinner in the Delmar Reformed Church. At that time, Dr. John A. Wallace, Executive Vice-president of The Experiment in International Living will present an award to the local group and will speak on the widening activities and future plans of The Experiment.

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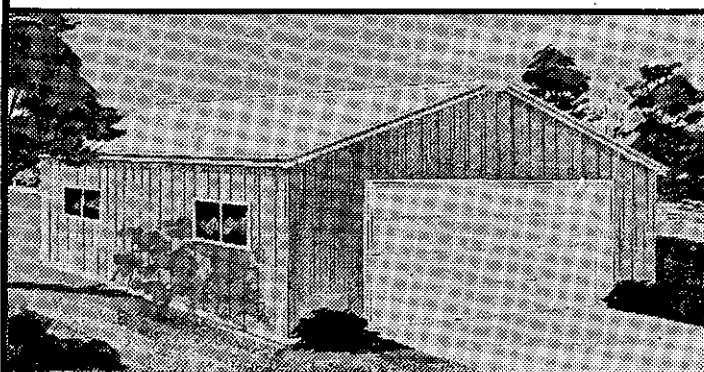
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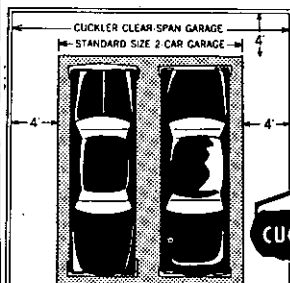
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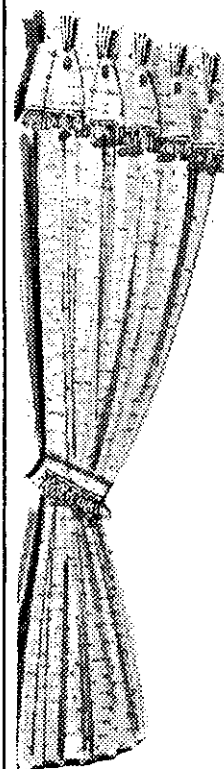
Dr. John A. Wallace

Dr. Wallace has long been active in educational travel programs, having founded and been director of the Beaver College European Field Trip from 1948-50, and of the Boston University Summer Travel Courses from 1950-56. From 1954-60, he served as Chairman of the Board of Directors of the Council on Student Travel, a co-ordinating agency for the overseas program of seventy-five American educational organizations.

From 1946-50, Dr. Wallace was head of the Department of Economics at Beaver College, Glenside, Penna. During this time, he also lectured at the University of Pennsylvania. In 1950 he joined the faculty of Boston University as Director of Undergraduate Studies in its School of Education, a post he held until leaving early in 1956 to join the executive staff of The Experiment. On leave from The Experiment in 1962, he served as Acting President of the College of the Virgin Islands and remains a Special Consultant to its Board of Trustees . . .

Elementary school children enjoy his "Getting to Know . . ." books on the U.S.S.R., Poland, Egypt, and France. He is also the author of a number of professional magazine articles.

In addition to extensive travel for The Experiment, Dr. Wallace has found time to serve in many positions of leadership in his community. He also served twenty-eight years in the U.S. Army Reserves, five of these in active service. He receives the Legion



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THE SPOTLIGHT

of Honor Award, and in 1965 retired with the rank of Colonel.

Dr. Wallace's talk and the opportunity to greet and visit with Experimenters, host families, and workers, past and present, will form an evening no Alumnus will wish to miss. If your reservation is not already made, please contact Mrs. John Cunningham, 439-6542.

Meeting

The regular monthly meeting of the St. Thomas Altar-Rosary Society will be held on Wednesday, November 19, in the school auditorium after Mass in the Church at 7:45 P.M.

A film discussion by Mr. Emil Sticht of the New York Telephone Company will highlight the evening. The subject will be the "Historic Hudson." A social hour will follow.

Birthday Meeting

The American Legion Auxiliary of Nathaniel Adams Blanchard Post 1040 will have a covered dish supper meeting Tuesday, Nov. 18, with President Mrs. Herbert Hafley presiding. All Legionnaires are invited to attend and help celebrate the 50th Anniversary of the American Legion Auxiliary in the post rooms on Popular Drive. Bring own place setting and favorite dish at 6:30 P.M.

On the committee to help Mrs. Hafley are Mrs. Kenneth Burns, Mrs. Hugh Stowers, Mrs. R. Hurley, Mrs. Esther Cooke, Mrs. Robert Broom, and Mrs. Arthur Quinn.

Tea

High school students from the Capital District area, and their parents, who are interested in learning more about Mount Holyoke College, South Hadley, Mass., are invited to attend a tea at the Albany Academy for Girls, Sunday afternoon, Nov. 30, 3 to 5 P.M. Mrs. Martin Cornman, E. Greenbush, and Mrs. Frederick De Beer, Jr., Loudonville of the Mount Holyoke College Alumnae Club of Albany, are handling arrangements, and

all alumnae in the area are encouraged to come. Those interested in attending the tea, or who wish further information, may call Mrs. John H. Thompson, Delmar, president of the Mount Holyoke Club of Albany.

A new 20 minute color film about campus life entitled "Kaleidoscope" will be shown at the tea, and several girls from the local area who are presently attending Mount Holyoke will be on hand to speak informally with students. Undergraduates from the Albany area include: Margaret Hawn, 3 Schuyler Rd., Lynn Yocum, 4 Croswell St. and Susan Shaw, 32 So. Manning Blvd., Carolyn Andrews, 58 Greenoch Rd., Carolyn Rogers, 78 Mosher Rd., Elizabeth Blendell, 31 Burhans Place, and Barbara Rubin, 100 Fernbank Ave., Delmar; Portia Gray, 2 Veeder Lane, Guilderland; Susan Forer, 28 Parkwood E., McKownville; Sharon Prendeville, 5 Cherry Tree Rd., and Kristin Frederick, 15 Crumite Rd., Loudonville, and Laurie Underhill, 7 So. Heldeberg Pkwy., Slingerlands.

Mothers Will Help

Volunteer mothers will begin assisting first and second grade teachers at Ravena Elementary School on a trial basis.

The Ravena - Coeymans - Selkirk Board of Education gave the program affirmative nod recently after Superintendent Frank Filippone endorsed the P-TA sanctioned project.

Although the superintendent pointed out it is "too early to determine if volunteers will be used the remainder of the year," he emphasized that parents are enthusiastic and are ready to begin immediately.

In other business, the board took under advertisement the suggestion of a citizens' committee that the new junior high school be named after Dr. John F. Mosher, and now of Poughkeepsie, who spent 40 years as a Coeymans physician while a member of the Albany Medical College faculty.

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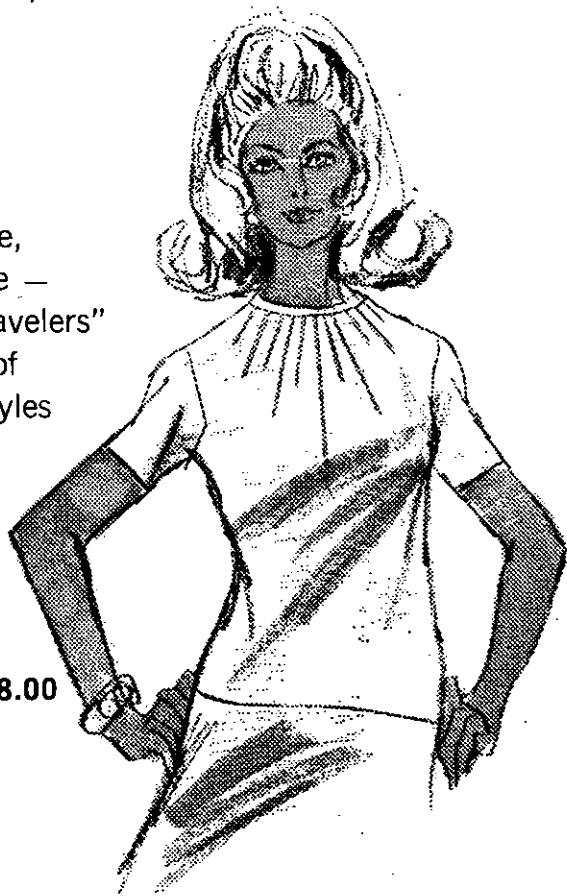


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cruiting school bus drivers the board has now given school district officials authorization to recruit non-residents. Dr. Filippone reported that recent recruiting efforts including sending flyers to the 45 families in the school district appealing for part-time drivers. There was no response, he said.

Harriers Are Heroes

Gary Van Decar didn't even travel his usual 100 yards, but 10 years from now when they talk about Bethlehem Central's classic football victory over Burnt Hills in 1969, they'll recall it as Gary's biggest day.

If Wynn McMillen never kicks another extra point in his life, they'll remember the one he booted to sink Burnt Hills in that same Nov. 1, 1969 game.

Such are the rewards of being a football hero.

But the Metroland sports world will little note nor long remember five other Bethlehem athletes who covered themselves with every bit as much glory recently.

They are Robin Goodrich, Steve Hornberger, Mark Mosher, Pat Nash and Glenn Palmer, who provided Bethlehem its first Section 2, Class A cross country title just a couple of hours before the Eagles' football team did

its thing.

There weren't many fans on hand when the Eagle runners completed their 2 1/2 mile jaunt through the hills of Schenectady's Central Park — just a few miles from the site of Bethlehem's football heroics.

In fact, the only cheerleader was cross country coach John Nyilis, who kept repeating "Weren't they just great?"

The answer to that question is yes, although none among Goodrich (fourth), Hornberger (ninth), or Palmer (19th), were as individually "great" as Saratoga's lanky Dennis Swart, winner of Class A race in the time of 12:08.

In fact, none of the Eagle scorers could match the winning Class C-D-E time of 12:16 set by Voorheesville's Ray DeMarco; and only Goodrich (12:23) could better the winning Class B time of 12:32 posted by Hudson Falls soph. Bob Maranville.

But, the Delmar Eagles were great in the team sense.

"We wanted to put five boys in the top 20 and get all five home in under 13 minutes (Palmer's 19th place time was 12:52," Nyilis said "So we accomplished what we felt we had to do to win."

Nyilis said he and his wife, who stood proudly at his side, would reward the kids with a home-made spaghetti dinner (an annual win - or - lose tradition). But it's a cinch they won't get it until after Saturday's Intersections, being held at Albany State University.

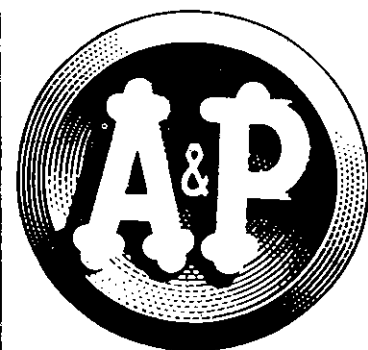
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"I never set any unrealistic goals," Nyllis said, "so I know we can't win the intersectionals. Mt. Vernon (which outscored the Eagles, 50 points to 217 at the Pricor Invitational) is simply too good for us. And there may be a couple of other teams out of our class.

"But," he said, "it would be nice to finish in the first five."

Joining the five Bethlehem runners in representing Section 2 in the Class A competition in the Intersectionals will be Swart; Tom Burke (2nd) and soph. Rich Clark (8th) of Colonie; Vito Stelato (3rd) of Shaker; Glenn Powers (5th) of Scotia; Lee Pollock (6th) of Glens Falls and Dave Ryan (7th) of team runner-up Niskayuna.

The lanky Swart, a close second to Bethlehem grad Craig Sargent among Metroland milers last spring, is a Section 2 cross country king for the second time. Last year he won the Class B title.

Voorheesville coach Ken Kirik, pleased with his team's convincing victory in the combined C-D-E race, registered slight disappointment that Albany County champion Rich Langford finished fourth behind teammate Ray DeMarco in the individual competition. H. Herrington of Middleburgh's Don Gregory third.

"It's the first time our two kids have been split up since the first meet of the season (Guilderland)," Kirik said. "In fact, although DeMarco has been win-

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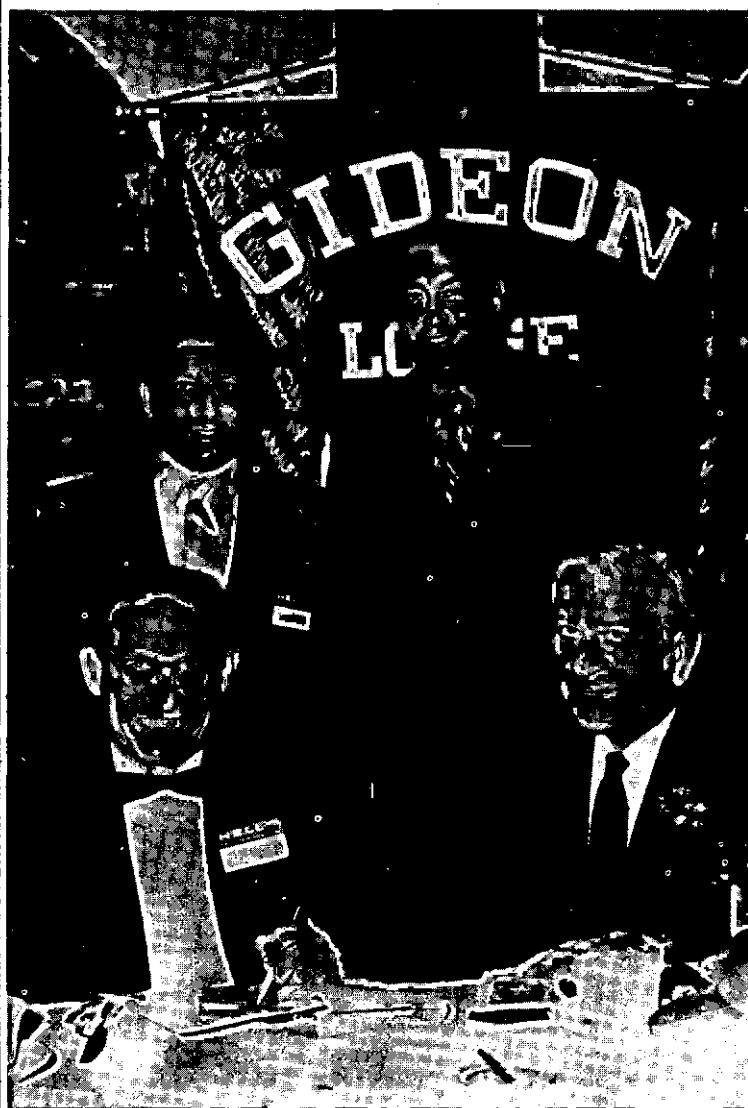
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B'NAI B'RITH JOINERS: Delmar residents join B'nai B'rith Gideon Lodge No. 140 at the annual member-guest night at the Golden Fox Steak House. Standing left to right are: Dr. Sidney Tate, of Delmar and President Robert Freedman. Seated: left to right are: Irving Grossman of Delmar and guest speaker Oscar Goldstein, Director of Lodge Services.

Photo by: Al Forrest

THE SPOTLIGHT

ning most of the dual meets, it's the first time he's beaten Langford in a really big meet."

Other members of the victorious Voorheesville team were Nick DeMarco, ninth; Mark Catlin, 31st; and John McDonald, 50th.

Milne captured its eighth Class D title, finishing second to Voorheesville (109 to 95) in the combined C-D-E race. Last year the Albany team won the combined title.

The only Milne runner to earn a place in the state meet is junior Chris Barker, who finished fifth behind DeMarco. Other scorers on Art Ahr's team were junior Mark Andan, sophomores Wayne Elsworth and Dave Slawsky and freshman Larry Abrams.

"Baker is much faster than our No. 1 man last year, Lou Ouellette, who finished seventh in the state," Ahr observed.

Hudson Valley's surprising (according to perennially pessimistic coach Ron Luciano) victory of Johnstown and Cobleskill in the Class B race was featured by Maranville's runaway individual victory.

"The kid has been bothered by shin splints all season, and hasn't even practiced in more than a week," Luciano said. "If he weren't so brittle, I'd say that

he'd wind up being as good as Tom Shiland (now at Dartmouth) was for Cambridge."

Meeting

On Tuesday, November 18 at 1:00, the members of Tawasentha Chapter Daughters of the American Revolution will hold their November meeting at the home of Mrs. William D. Bennett, Historian.

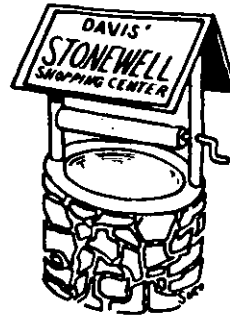
In observance of National Education Month, the guest speaker, Dr. Robert L. Lorette, will discuss "Future Outlook on Financing Education." Dr. Lorette is Professor of Educational Administration at State University of New York at Albany. His areas of interest are school financing and business management.

Dr. Lorette, a graduate of the University of Vermont, with a masters and a doctors degree from Columbia University, has been a teacher, a superintendent of schools, and a member of the State Department of Education of New York State before joining the staff at SUNY.

Hostesses for dessert: Mrs. William D. Bennett, Chairman, Mrs. Murray D. Klingaman, Mrs. Christian A. Ott-Hansen, and Mrs. William B. Strong.



RAILROADERS BACK JOINT APPEAL — Representatives of the Penn Central Railroad huddle at the Selkirk yard to discuss solicitation of all railroad employees for the 1970 United Fund-Red Cross Joint Appeal fund campaign. Drive leaders are from left: James Page, terminal superintendent; Norman Oley, shop manager; George Bloodgood, chief clerk; Michael Albano, trainmaster; and David Taylor, section stockman. The Penn Central plans to conduct an intensive campaign among its employees in the days ahead. A total of 33 voluntary social agencies benefit from this once-a-year drive which seeks to raise \$2,146,510.



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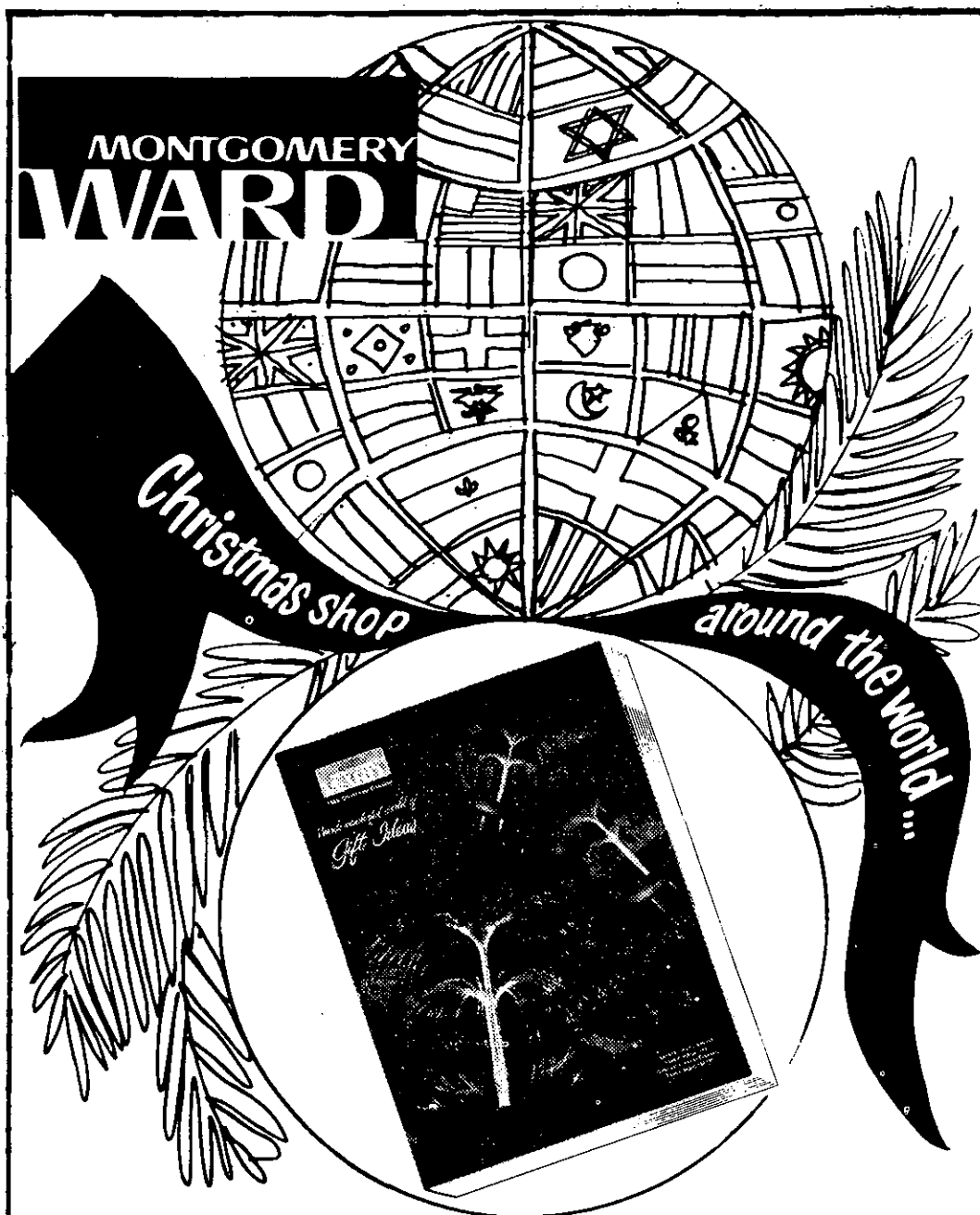
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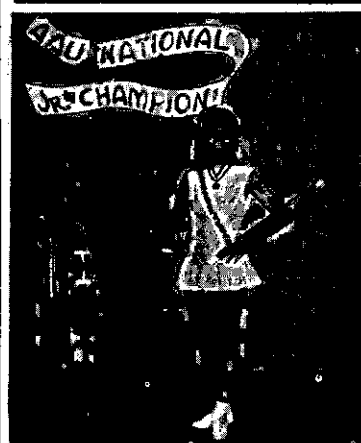
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"The Crucible"

On November 21 and 22, the Bethlehem Central Senior High School's drama group, Charlatans, will present "The Crucible" by Arthur Miller. Curtain will be at eight o'clock.

"The Crucible" is a striking, violent play about the Salem witch trials of 1692. Written during the McCarthy Era of the fifties, it is a parallel to this unleashed passion of persecution. The plot deals with the frantic terror in Salem, which multiplies until innocent people are convicted and hung as witches. The action centers around John and Elizabeth Proctor (Larry Eddo and Janet Wall), whose courageous battle to protest the injustice destroys them. Deputy-Governor Danforth (Peter Heron) is the judge who condemns innocent people, so convinced of his cause that he destroys the town. Abigail Williams (Lisa Churchville) is the young woman who accuses men and women of witchery as if it were all a game, and Reverend Parris (Bill Kriedler) is the stern man who starts it all. Other members of the cast include Nancy Nostrand, Rachel Follett, Marty Dineen, Lee Bailey, Ron Kuivila, Sarah Gordon, Jim Pert, and others.

Sydney Turner is directing the play, and Phillip Jerry is stage manager. Tickets may be purchased from Charlatans and cast



Gladys Chu, a 12-year old 8th grader in Bethlehem Central Middle School, just returned from Las Vegas, Nevada last weekend for the AAU National Senior Baton Twirling Championship Competition, she won a gold medal in Novelty and a silver medal in Fancy Strutting.

THE SPOTLIGHT

members, and they will also be sold at the door.

Excerpts

From "The Guidance Newsletter" of Bethlehem Central Senior High School

Federal Finance Assistance for Children of Deceased or Disabled Veterans

The Junior G.I. Bill was established to provide financial assistance for further education to children of deceased or permanently disabled veterans.

An eligible student may complete under this program a maximum of thirty-six months of higher education in an approved college or vocational school while receiving payments up to a maximum of \$130 per month.

The application for these benefits must be filed with the Veterans Administration by the student's parent or guardian. For further information contact the Veterans Administration Center, Stuyvesant Plaza, Albany.

College Boards - Seniors

We remind seniors who have not yet taken the College Boards and who plan to do so that both the Scholastic Aptitude Tests and the Achievement Tests will be given here in our school on Saturday, December 6. If you want to take these tests on the above date, and you have not yet submitted your application, you are still eligible for this testing date if you get your application to the Princeton Office - with a three-dollar late fee - by Wednesday, November 19. The January College Boards will not be administered at Bethlehem Central High School.

Volunteer Bureau of Albany

The Volunteer Bureau of Albany again invited high school students to volunteer their services to work with the aged, the handicapped, and the disadvantaged in many capacities, ranging from jobs as clerical workers to roles as hospital aides. If you are interested, contact Mrs. Robert Appe, Executive Director of the Volunteer Bureau of Albany, at 489-4791.



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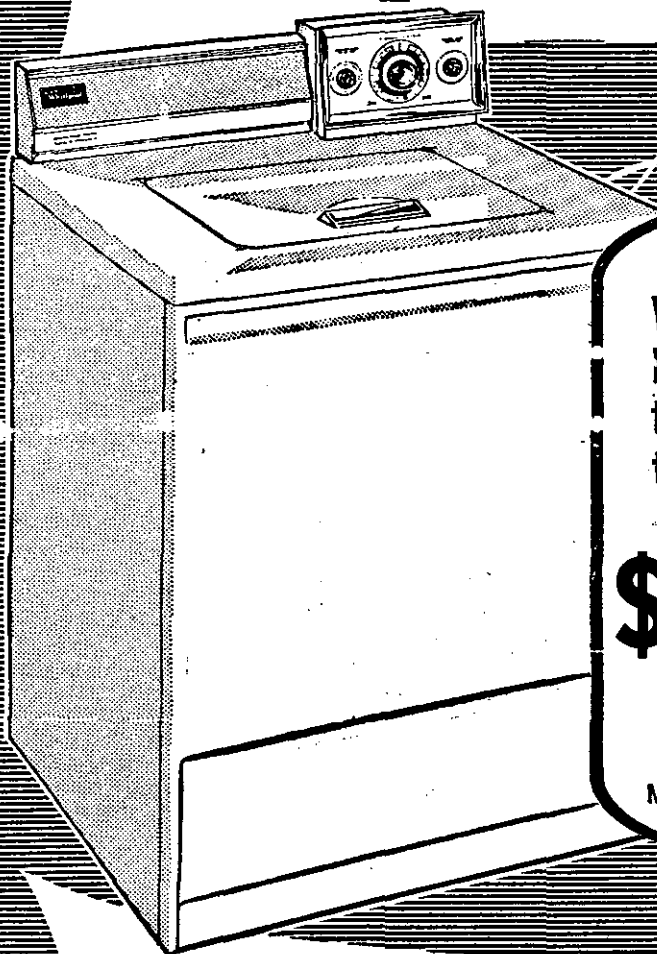
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Appointments to Service Academies

Eleventh grade boys who are interested in applying to The United States Air Force, Military or Naval Academies for admission in September 1971 should contact their United States Senator or Representative by this Spring to seek a nomination to become a Cadet. Many congressmen use the summer months to screen prospective candidates. The United States Coast Guard Academy does not require congressional nominations as part of its admissions process. Your counselor can supply you with detailed information about admission to the Academies.

In Who's Who

Loretta Preska, a chemistry major at the College of Saint Rose has been elected to Who's Who In American Colleges and Universities. Selection was made on the basis of a vote of the senior class and faculty endorsement.

Since Loretta was selected it is evident that she was recognized as one of St. Rose's outstanding campus leaders.

Loretta has not confined herself to the sciences. In addition to holding office in the American Chemical Society Affiliates and the receiving of a National Science Foundation undergraduate research grant, she is a member of Delta Epsilon Sigma and a driving force behind CSR's debate team. Plans for the future include graduate school — "hopefully to combine science with public policy."

She is the daughter of Mr. and Mrs. Victor Preska, Van Dyke Rd., Delmar.

Meeting

Richard Feldman, English teacher at Bethlehem Central High School, will perform a Readers Theatre program for the Drama and Literature Groups of the Delmar Progress Club, meeting jointly Tuesday, November 18, at 8 P.M. in the Community Room of the National Commercial Bank, Delmar. Mrs. Douglas Marone and Mrs. Edward Mason are Co-chairmen of the Drama Group; Mrs. George W. Parker

is Chairman of the Literature Group. Mrs. Neal Baldwin and Mrs. Lester Stanley will be hostesses for the social hour. Members are reminded that money for the annual theatre trip to New York City will be collected at this meeting.

Mr. Feldman, entitling his program "The Strange and the Supernatural," will feature the stories of Edgar Allen Poe and supplement these with dramatic readings from writings with horror and suspense themes, both fact and fiction.

Richard Feldman has directed and choreographed Albany Civic Theatre productions of "Little Mary Sunshine" and "The Boys from Syracuse," and he will choreograph "Guys and Dolls" this spring. He has choreographed and appeared in the ACT productions of "Gypsy," "Bells are Ringing," and "Pajama Game." He was the Tin Man in the Children's Theatre production of "The Wizard of Oz." He was choreographer for ten senior class musicals at BCHS, among them "Oklahoma," "Kiss Me Kate," "Li'l Abner," "Carnival," and "The Music Man."

Gary Aldrich, a senior drama-speech major at the State University of New York at Albany, will assist Mr. Feldman. Last year Mr. Aldrich appeared in "The Private Life of the Master Race" at the University theatre, and he sang the leading role in the ACT production of "The Boys from Syracuse." In the Capitol Hill Choral Society presentation of "Judas Maccabeus" he was bass soloist. Mr. Aldrich is the winner of the vocal competition sponsored by the Albany Institute of History and Art and will present a recital at the Institute on November 23.

Turkey Dinner

On Nov. 13th the BCSHS Chorali-ers will sponsor a Turkey Dinner in the high school cafeteria from 5:30 to 7:30. This dinner is part of a fund-raising effort to send the Chorali-ers to Lakewood, Ohio.

Last year the Lakewood choir came to B.C. and an invitation

has been received to perform at their school.

Adult tickets are \$2.00 and children's tickets are \$1.50. They may be purchased at the door.

Musical entertainment will be provided by Choralier members.

Students Recruit

The Clayton A. Bouton Junior Senior High School Key Club has agreed to go door to door in the Voorheesville School District

seeking blood donors for the Red Cross bloodmobile which will be held at the Voorheesville Fire-hall, Monday, December 22, from 1 to 7 P.M. Key Club President, Greg Burgoon, said the Key Club is a service organization sponsored by the New Scotland Kiwanis Club.

All Voorheesville residents are asked to welcome these young Key Clubbers when they visit their residences.

Subscribe to The Spotlight

RECREATION PROGRAM

by Terry Bastian

Weekend Swimming

Beginning Saturday November 22, the popular Co-Ed swims will start. Sessions will be held at the Jr. High School pool, located at 332 Kenwood Avenue. Adults will be charged 50¢ per admis-



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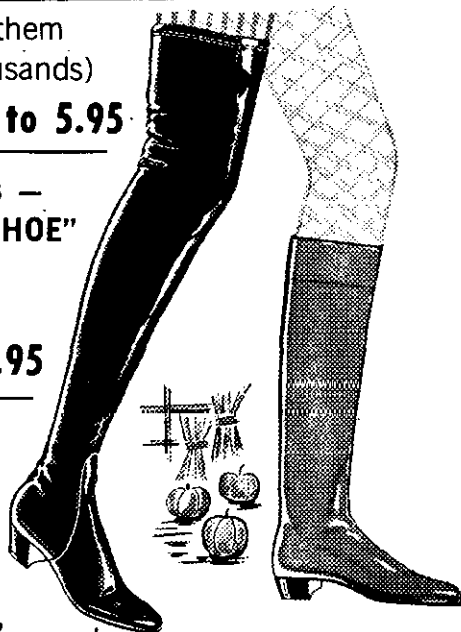
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sion and children will be admitted free. All children and students attending, must be able to swim.

The Sunday Family swim program is picking up in attendants as the weather grows colder. This program is held so that families may enjoy each others company while swimming together. The family that swims together, may stay together, at least on Sundays!!

Youth Center

The Bethlehem Youth Center located in the Jr. High School on Kenwood Avenue, is open Friday and Saturday nights from 8:00-11:00 P.M. to High School Students Only.

A Halloween dance sponsored by the Youth Center, October 31, was very successful. Over 150 students danced and participated in Halloween festivities during the evening. The snack-bar was open and students were able to enjoy fresh Apple Cider and free donuts along with other concessions available at the Youth Center.

Adult Recreation

Adult Recreation classes including swimming, badminton, basketball, slimnastics, volley-

ball and scuba diving are available to all adults in the area that would like to participate just for fun or to tighten up a few of those sagging muscles. If you would like information pertaining to any of the above programs please contact Mr. Terry Bastian at 439-4131. Mr. Bastian can best be reached in the mornings from 9:00-12:00 A.M.

Marine to Speak

A U.S. Marine combat correspondent will be the guest speaker at an open meeting of Nathaniel Adams Blanchard Post 1040 American Legion in Delmar at its mid-monthly November meeting.

Prior to his departure from Viet Nam earlier this year the speaker, Staff Sergeant Harold Wayne Blake, was Press Chief for the First Marine Division. Presently, he is Public Affairs NCC for Marine Recruiting in the Albany area. He has been a Marine over a decade.

Blanchard members and their guests for the evening of Monday, November 17, will hear from Sergeant Blake his eye-witness



MRS. RAYMOND MACKAY, JR. Bazaar Chairman; Mrs. Lawrence Gifford, Gourmet Booth Co-Chairman; and Mrs. Lambert Laffin look over articles to be offered for sale at the Friendship Tea and Bazaar at the Delmar Presbyterian Church, on Thursday, November 20, from 1:30 until 4:00. Handmade items for fall and Christmas decorating and gift-giving will feature pine cone wreaths, candle rings, gold angels, corsages, dried arrangements, shopping bags and aprons. Baked goods and delicacies may be purchased at the Gourmet Booth. Refreshments will be served during the sale hours, and a baby sitter provided.

Photo by Alice M. Porter

account of actions at the battle for Hue City in the 1968 Tet Offensive, and the combat operations at Meade River, Maui Peak and Baxter Gardens.

Post Commander Hugh Stowers in announcing the appearance of Sergeant Blake stated, "Blanchard Post and its members are glad to make the facilities of our Post available to our friends and neighbors to become further enlightened about Viet Nam from the report Sergeant Blake will deliver to us." The meeting commences at eight-thirty p.m.

First Luncheon

The first ladies' Luncheon of the season for the Tri-Village Welcome Wagon Club for New-comers will be held at Normanside Country Club on Tuesday, Nov. 18, at 12 o'clock.

Guest speaker will be Dr. Vivian Anderson, Director of the Division of the Humanities and Arts.

All reservations are to be made with Mrs. David Winborn, phone: 439-1970.

To Visit Institute

Teunis Slingerland Society, Children of the American Revolution will observe National Education Month by visiting The Albany Institute of History and Art on Sunday, November 16th.

Members and guests will view a movie entitled "American Battle-ground" followed by a tour of the Institute including an exhibit of Muskets, Swords and Haversacks on display.

Health Ed. Forum


On Tuesday evening, November 18th at 8 P.M. at the Delmar School, a team of teachers from the Bethlehem Central School District will bring before the parents of elementary school children information they have on new, effective techniques for teaching Health Education in the classroom.

The Bethlehem Central School District was one of eight in the U.S. that participated in "The Berkeley Smoking and Health Education Project" this past summer. The project, sponsored by the National Clearing House for Smoking and Health, and entirely supported by federal funds, had a three-fold purpose:


- 1. To give training in more effective classroom strategies and techniques for dynamic health teaching, with emphasis on smoking.
- 2. To promote disease prevention activities as major integral parts of the on-going teaching program.

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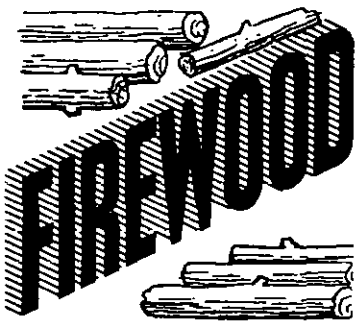
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3. To encourage involvement in the development of a carefully planned curriculum, with emphasis on smoking, which encompasses identified and tested objectives, methods, activities, materials and resources.

Participation in this project by the teachers in this district was made possible through the efforts of Joseph Guerrero, Director of Health and Physical Education and Recreation, and Dr. Richard Moomaw, Superintendent of Schools.

Speaking at the Delmar School on November 18 will be the following educators who participated in the workshop: Muriel Heicklen, 5th grade, Hamagrael; Dorothy Seim, Nurse-Teacher; Donald Woytowick, 6th grade, Middle School; Paul Vandemark, Physical Education Teacher; George Bonacker, Principal.

Although this new program will be especially geared to grades 5 and 6, all parents interested what possible plan can be followed to make young people better able to cope with the plentiful dangers that confront their health and well-being are urged to attend this important meeting.

The Delmar P-TA, sponsors of the meeting, will serve refreshments at the end of the evening.

Comic Ball

The Bethlehem Central High School Men's Association is sponsoring comedy basketball between the famous Harlem Diplomats and the Faculty All-Stars, November 28 at the Senior High School Gym.

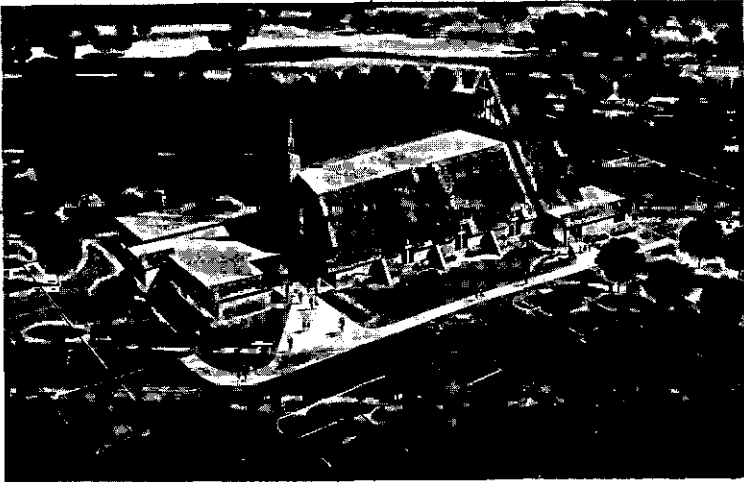
Advance tickets may be obtained at Mullen's Pharmacy and Grover's.

Cornerstone Laying

Bethlehem Lutheran Church in Delmar will lay the Cornerstone

of their new Church on Sunday, November 16th at 3:30 P.M. with a special Service for Congregation and Community.

The Rev. Robert Albohm, Vice-president of the Atlantic



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District of the Lutheran Church and Pastor of Zion Lutheran Church in Schenectady, will be the Guest Preacher. The Rev. Paul H. Gassmann, Pastor of Bethlehem Lutheran Church will be the Liturgist.

Taking part in the ceremony will be the Co-Chairmen of the Building Committee: Rudolph Gehr, James Michaels, and Mrs. Robert Millspaugh. Also present will be the Architect: John Kibbe of Albany, and Michael Zapp the General Contractor from Hudson.

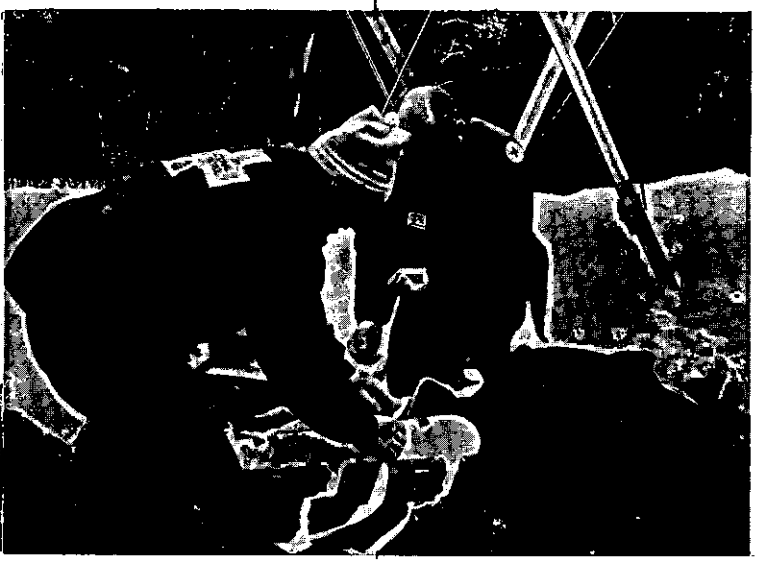
Special music for the Service will be furnished by our Festival Choir comprised of the following members: Roger Becker, Mr. and Mrs. Charles Filkins, Robert Filkins, Mr. and Mrs. Charles Herrick, Mr. and Mrs.

John Raymond, Robert Millspaugh, Lynn Millspaugh, James Bowersox, Arlene Krugman, Jean Eaton, Carol Eaton, Helen Hacker, Wayne and Sheri Wright, Barbara Dahl, Barbara Stapf. Mrs. Irma Rappe is organist. Mrs. Irma Herrick is Choir Director.

Ski Patrol

Members of the National Ski Patrol System have completed the Red Cross Standard and Advanced First Aid Courses and have passed an outdoor First Aid examination on snow to demonstrate their First Aid ability under winter conditions. The outdoor exam is given by

Ski Patrolmen who are also Red Cross First Aid Instructors. In addition Patrolmen who are also Red Cross First Aid Instructors.



SKI PATROLMEN applying splint to lower leg of an injured Skier.

WHO TURNED HIM ON?



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Niagara Mohawk supplies the electricity that keeps today's electric guitars rocking and rolling. Electricity also turns turntables that play soothing classical records.

More music to your ears: Rates for Niagara Mohawk residential and industrial customers are still generally lower per kilowatt-hour than those of any other investor-owned utility in New York State. Not only is your electricity a bargain—it's something you never have to think about. We like it that way, because we take it as a compliment when you take us for granted.

NIAGARA MOHAWK YOUR POWER PEOPLE

In addition to the First Aid requirements, members of the N.S.-P.S. have demonstrated their ability on skis and in handling a toboggan, both empty and loaded.

Once he has become a member of the N.S.P.S., prior to registration each year, every Patrolman must take an eight-hour, indoor first aid refresher course. The indoor first aid refresher course for some fifty five patrolmen in the Albany area was conducted in October at the Albany Area Red Cross Chapter under the direction of Robert O'Brien of Albany who is the Patrol Leader of the Albany Ski Club Patrol and Assistant Section Chief of the Capital District Section.

A "Winter" First Aid Course for potential patrolmen, leading to the outdoor first aid exam, will be given at the Albany Area Red Cross Chapter on Mondays, starting November 17th at 7:15 P.M. for those interested and holding a current Advanced First Aid Card. The course will be given by Patrolmen, who are First Aid Instructors, include Jack Magrew of Voorheesville, Section Chief of the Capital District Section, and several Patrol Leaders of local Ski Patrols.

Inquiries on membership in and requirements for joining the N.S.P.S. may be addressed to Bob O'Brien of Albany or to Jack Magrew of Voorheesville.

Meeting

The Tri-Village Area Women's Advisory Committee

of the
Saratoga Performing Arts
Center, Inc.

Cordially Invites You
to Attend a

Kick-Off Planning Meeting
for the
1970 Season

at the Community Room of
"The Bank"

Delaware Ave.

On Thursday, November 13
At 8 P.M.

Committee Members are: Mrs. Anselmo F. Daffert, Philip Wexler, Edward R. Dillon, Jr., Miss Anita Pumbo, Mrs. Robert Westervelt, Louis Briekman, William C. Roberts.

Meeting

The Ladies' Auxiliary of the Delmar Fire Department will hold a meeting at 8 P.M. tonight (Thursday) at the fire hall.

P-TA to Meet

The R-C-S Northern Elementary P-TA will meet on Tuesday, November 18, 8 P.M. at the Becker Elementary School on 9-W.

The speaker will be Miss Carol Alric, Children's Librarian at the Bethlehem Public Library.

Elected Trustee

William L. Pfeiffer, President of Albany Savings Bank has been elected as a Trustee of Manhattan College for a 5 year term and will serve on their Finance Committee.

Mr. Pfeiffer is also a director of International Basic Economy Corp., Diamond International Corp., Continental Copper and Steel, and Institutional Investors Mutual Fund Inc.

Harvest Down

The Adirondack deer harvest took a sudden drop this past weekend. Heavy rains all day

Sunday drove many hunters out of the woods and into their cars. The weekend check of successful hunters at the Northway station and at Northville were record lows with 75 deer and 1 bear checked on the Northway and 26 deer and 3 bears checked at Northville. During the same weekend in 1968, 112 deer were checked on the Northway and 50 at Northville.

A rainy weekend on any of the weekends prior to the Southern Zone opening always has had a drastic effect on the harvest.

Hunters reported that deer were still widely scattered in the higher elevations. A good beech-nut crop on the high ridges is still attracting deer and the large quantities of fat as seen in the deer attest to this fact.

It will take a series of cold winter days and nights to move deer from the high ridges down to the more sheltered valley areas. This is why hunting success in the Adirondacks picks up the season progresses. There are fewer hunters afield later in the season but those that are out are much more successful.

Service, Anyone?

The Keyettes is a revised service club in the Bethlehem Central Senior High School. As a group of girls we are interested in being of any help we can in serving the community as a whole. If our services can be of any use to you or if you have any suggestions of services we could render to the community, please contact Sandi Shutts, 439-4169 or Debbie Byer, 439-5943.

Also we are planning a Rummage Sale in the Spring. If you have anything to donate, please call one of the girls.

Queen of Ice

Queen of Ice Skating during the 1969-1970 season will be beautiful and talented Marei Langenbein, popular German skat-

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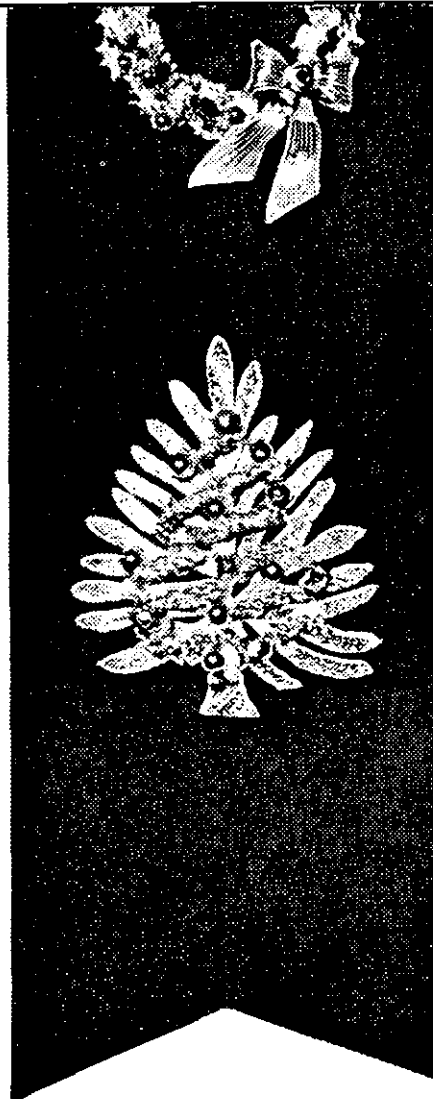
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(Mondays, Wednesdays: Noon to 2 p.m.) *EXTRA SATURDAY HOURS: 9 A.M. TO NOON

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ing star who is now a featured skater with one of the touring Ice Extravanganzas.

Named Queen of Ice Skating by the Ice Skating Institute of America, she will reign throughout the winter months and as long as there is ice with iceskaters thereon, according to the proclamation issued by the Institute.

Learn to skate class lessons following the National Recreational Skaters Program of the Ice Skating Institute of America are being conducted at the R.P.I. Field House on Tuesday and Thursday mornings from 9:30-11:30 A.M. and on Sundays from 1:00 to 3:00 P.M. and 4:00-6:00 P.M.

Mary Anne Gaworecki, U.S.

F.S.A. Golden Medalist and nationally certified instructor, states that many of the classes are rapidly being filled and anyone interested should contact the Field House Box Offices.

Tests for the national awards are given on Sunday afternoons between 3:00 and 4:00 P.M.



Living plants in red clay pots do double decorative duty indoors and out.

Container gardening in clay pots is the easiest way to



60th WEDDING ANNIVERSARY CELEBRATION of George and Anna Frueh, at their home 16 Orchard St., Delmar, November 3, 1969. Pictured with great grandchildren: top left to right — Christopher Frueh, Thomas Christopher, Heather Frueh, and bottom left — Myra Joy Christopher.

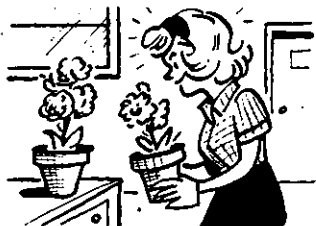
Capitol Brand NUTS

won't harm your rug . . .
pick up some for your next party.

achieve this portable beauty all year round. Californians, tops in pot plant gardening, achieve their decorative success with clay pots.

House plants that can do double duty indoors and out include such foliage plants as potted ferns, philodendron, many types of ivy, and such popular flowering plants as azaleas, geraniums, begonias and fuschias.

Your plants will be better off in porous clay pots than in other containers, because the



red clay pots automatically safeguard the plants against overwatering, the commonest cause of most house plant failures. The tiny pores in the clay pots permit excess moisture and harmful salts to leach out so roots don't become waterlogged. Also, the porosity

supplies necessary cooling and air-conditioning to roots.

It's wise to select your plants from nearly professional growers who can advise you on what plants will do best in this area.

And if you want a reputation for a green thumb that will make others green with envy, ask what kinds of light and temperatures individual plants like best. In general, flowering plants like the sun and foliage (green) plants prefer shade.

NEW VIEWPOINT FOR PILOTS

A pilot can't look at his instrument panel information and out of his window at the same time, right?

Wrong. Because now they are experimenting with a device that shines instrument panel information right on the windshield of the plane.

Ordinarily, it takes a pilot almost a second to shift his eyes from the conventional instrument panel and refocus on out-

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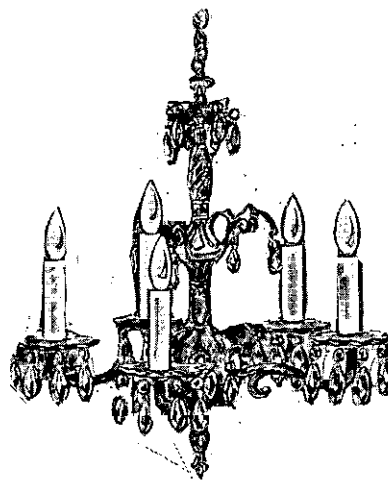
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DINNER COMMITTEE — Planning for the annual installation dinner-dance of the 22nd banquet committee; Frank Williams, president of the association, and Albany Area Home Builders Association are, left to right, John Beadle, Co-chairman; James Devine, Co-chairman.

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side objects. Considering the many instruments he must read, this interval introduces a serious hazard, particularly at jet aircraft speeds and under conditions of impaired visibility.

The L-193 Head-Up Display continuously projects flight information and commands — in bright colors — on an "inner windshield" directly in the pilot's view. Produced by Librascope Division of The Singer Company, the system displays information including aircraft attitude, altitude, compass heading, air speed and glide path.

The accurate and dependable screen is particularly useful in landings involving near-zero visibility. Optimum clarity of the displayed information is achieved by use of a bank of miniature high-power light bulbs controlled by photocells. Their data-laden beams are focused through a highly refined optical system.

When exterior light is high, as would be the case when landing into the setting sun, brightness of the display is increased automatically. During night operations, projected data is dimmed to minimize distraction from the pilot's view outside. Constant contrast is automatically maintained at all times.

Dramatizing the diversification of its parent Singer Company, widely known for its sewing machines, Librascope produces a broad line of high-precision optical systems and instrumentation, pilot sights, naval combat systems, antisubmarine warfare control systems, disc memories for digital computers, and communication and control systems.

Its new flight safety device will permit pilots to make a wide variety of heads-up decisions.



This is a black and white composite photograph of a pilot's view of Los Angeles through a Singer L-193 Head-Up Display. Normally, each flight parameter is brilliantly displayed in its own distinctive color. The pilot sees, in sharp focus against the sky (day or night), this flight information: airspeed, glide path and localizer, limits of glide path, ILS signal reception, aircraft marker, pitch angle, flight director, attitude, aircraft heading, and artificial horizon. These and other flight phases not shown may be switched on and off, or dimmed, as needed by the pilot.

In order to simplify our book-keeping, Spotlight Classifieds

must be paid for in advance of publication.

NEARLY BLONDE? MERELY BLONDE? OR REALLY BLONDE?

There is much more to being a blonde than having fair hair. Many women who consider themselves blondes actually have nondescript hair that, while fair, is completely lacking in character and color value. After all, the predominant col-

compensate for nondescript haircolor. The "nearly blondes" fall into several categories.

There are many women who were blonde as children but now the color has faded from the hair, and with it the life and luster. There are thousands of women with 'mousey' blonde hair. It can be light blonde or a darker blonde but whatever the shade, it is uniformly blah. Often the skin tone and the haircolor are almost the same, and there is literally no frame to the face.

If a woman chooses neutral shades for her wardrobe, she pales into insignificance. If she tries to liven herself up with bright colors, people notice only her clothes. Even dull, light brown hair—a shade that can drain every vestige of color from the face—can quickly and easily be transformed into a beautiful flattering shade of blonde.

To solve the problem of the "nearly blondes", Clairol has designed Midnight Sun, a gentle shampoo lightener with ton-



Barbara Press, the young actress who, with Woody Allen, makes "Play It Again, Sam" a Broadway hit, went from "merely blonde" to "really blonde!"

oring of any woman is her hair, and even the prettiest hairstyle and the cleverest makeup can't

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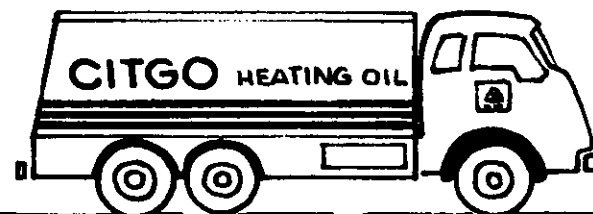
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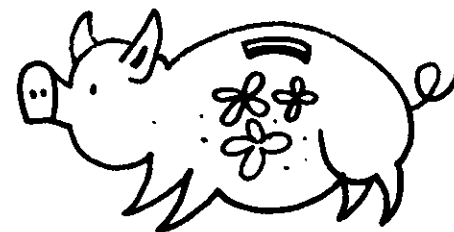
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ing action, for the kind of bloneness that makes Scandinavian women famous. Women can go in the "light" direction by simply shampooing-in the shade of lightness that is just right for them.

The six shades range from Ice Lights, a cool, pale blonde to Sparkling Lights, a beautiful ash blonde, and special conditioning ingredients leave the



hair soft and lustrous.

Now every nearly blonde can be really blonde making it more fun than ever to be somebody's fair-haired girl.

Barbara's whole face looks more alive. Her eyes seem brighter and her hair gleams with color, and luster. Haircolor has added a new dimension to Barbara's beauty.

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HOW TO FILL A HOLE IN ONE



The doughnut is said to be the modern version of the Dutch fried cake—the olykolk. Early settlers from Holland introduced this Dutch treat to the New World where it made food history. The little fried cake became so popular and the demand for it so great that doughnut and coffee shops sprang up in the colonies.

From that day to this, doughnuts and coffee have remained a tip-top snack team, and now clever homemakers fancy the plain doughnut because filling a hole in one—or more—can rate family smiles galore.

Warm doughnuts recapture the enticing just-out-of-the-kettle flavor, a homey quality enjoyed in cooler weather. To reheat, use plain doughnuts and place in a covered casserole. Heat in a hot oven (400° F.) for five minutes. Reheated doughnuts will have a crusty outside coating. They can be rolled in a mixture of sugar and cinnamon for added taste appeal and variety.

Next time you have guests

in for dessert and coffee serve easy-to-prepare Butterscotch-Cream Doughnuts... just team up a package of pudding mix with doughnuts purchased at your favorite market.

BUTTERSCOTCH-CREAM DOUGHNUTS

- ½ package butterscotch pudding, 2 ounces, approximately
- ¾ cup milk
- ¼ cup heavy cream, whipped
- 4 Tip-Top doughnuts, plain
- 4 teaspoons shredded toasted almonds

Prepare butterscotch pudding by combining it with ¾ cup milk and cooking according to directions on package. Chill and then fold in whipped cream. Slice doughnuts in half, horizontally. Spread 2 tablespoons butterscotch mixture between halves of each doughnut. Top each doughnut with 2 tablespoons butterscotch mixture and 1 teaspoon almonds. Chill before serving. Yield: 4 Butterscotch-Cream Doughnuts.

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THE IMPORTANT "LITTLE THINGS" OF FASHION



Why purloin last year's look when you can quickly purl a little accessory knit that transforms your wardrobe, helps you measure up to the "now". Vests are best as accessories giving a well-knit look to blouses and skirts you've grown used to. Last year's outfits come right up to date when you add warm but lightweight vests.

You want to measure up at the office or classroom? Take out the needles and knit yourself a Robin-Red vest trimmed with a double row of gold but-

tons to brighten your black mini. Top with a long-sleeved foulard-tied white blouse. (Or choose your own colors from the many yarn tones available.) For your daily hike on the measured mile, you'll enjoy arm-swinging freedom when dressed in a belted, slip-on sweater vest over your favorite blouse or sweater and skirt. But for "everywhere" the versatile V-neck knit over a long-sleeved jersey and the popular pleated plaid mini, maxi or "any" is the best vest way to measure up!

To cap an ensemble of something old, something new, you might use the little extra yarn left over for a knit cap, muff, dickey, or other accessory in matching colors. Hand-knit accessories are also fine gifts with a personal touch.

Before you knit and purl, however, it's well to heed a timely tip from the experts. You could easily get a stitch in your back if you struggle to take your own body measurements for accurate pattern size. Instead, fashion experts at Spinnerin Yarns suggest that you measure a garment that fits as you like it. Measure bust, hips, shoulder width, side seam length and where sleeves fit into the shoulders. Standard sizes of Spinnerin patterns then allow for individual ins and outs.

Two full color booklets, "Best in Vests", and "Little Extras," available at art needlework departments and shops, or directly from Spinnerin, Dept. P1, 230 Fifth Avenue, New York, N. Y. for 50¢ each, not only show many knitted vest, hat, scarf and glove patterns

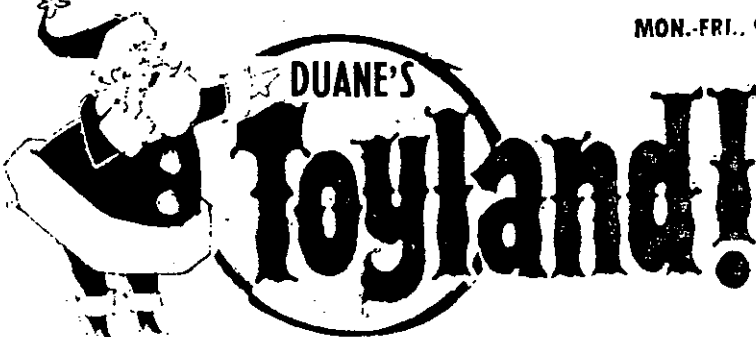
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but give you timely tips on how to knit or crochet.

Spotlight Phone HE 9-4949

Spotlight on HEALTH

RESEARCH SCIENTIST TO COLD VICTIM: "GESUNDHEIT!"

Man has been trying to cope with the common cold for more than 3,000 years. "Ever the optimist, he faces each winter with new hope—and probably—some old, unproven, but beloved remedy," a National Tuberculosis Association publication notes.

Some of these remedies may not help the cold, but do give some measure of comfort to the cold victim. NTA's comment about one of them, wrapping a piece of flannel around the



throat: "The flannel is only a substitute for the teddy bear you clutched as a baby."

But you can relieve the symp-

toms, it also advises, and offers the following suggestions:

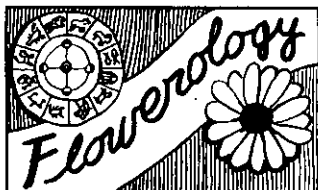
Your usual dose of aspirin helps your headache and achiness. Antihistamines give you some relief if allergic reactions accompany your cold. A vaporizer or hot bath relieves congestions. Hard candy soothes your throat.

Cough syrup eases a troublesome cough. Nasal decongestants in the form of drops, inhalators, or sprays are useful when your nose is clogged up and your breathing is difficult. (According to data taken from the National Disease and Therapeutic Index, Neo-Synephrine spray and drops are most often recommended. Neo-Synephrine is mild and effective and is also combined with an antihistamine in a nasal spray (NTZ) to relieve allergic symptoms.)

Prolonged use of any medication is not advisable, and some cold medications contain drugs which can have an adverse effect. Consult your physician.

Consult him, too, should a fever last more than two or three days, or if a severe headache, earache, chest pains, hard coughing spell, or rusty-looking sputum develop.

For the cold victim whose major symptom is a bout of sneezing, the writer of the NTA pamphlet offers his final word. It's "Gesundheit", printed in capital letters, and followed by an exclamation point!



(Capricorn, Dec. 22-Jan. 20)

Holly is the flower of these born under the sign Capricorn, white onyx their birthstone,

As advertised in

LIFE LOOK

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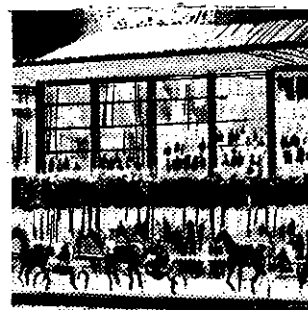
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Full line trimming, garlands, wreaths, lights, etc.

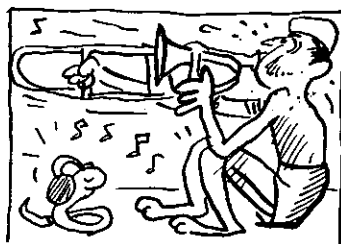
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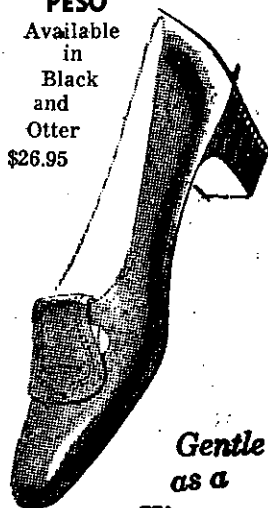
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Now is a good time to check your household furnace to make certain that it is in good working order.

Your inspection may uncover the need for immediate repairs, or, sadly, you may find that your furnace will have to be replaced with a new one.

In either case, you should act immediately. Don't wait until too late. By then, furnace repairmen will be head over heels in work and they may not get to your house for days and days.

If you find that your present furnace is on its last legs, look for a new compact replacement, one that has the capacity to modulate its heat output, one that will fit a closet area or almost any corner in a basement.

A modulating gas furnace that has won high praise from many architects, contractors and homeowners is the General Electric "Executive," available in three heating capacities—100,000, 130,000 and 165,000 BTUH input.

Because of its modulating concept, the GE furnace operates in relationship to the heat loss of the home. On normal winter days, the "Executive" will function almost continuously on low flame and low blower, maintaining a constant flow of warm air throughout the house that continuously mixes with existing room air.

A solid-state thermostat incorporating a precision sensing



element will shift the "Executive" to medium flame and medium blower if the house temperature drops slightly due to increased heat loss. And, on the coldest days, or when doors are opened and closed frequently, creating maximum heat loss, the thermostat shifts the furnace to high flame and high blower for maximum heat output.

Long life—an important factor in furnace technology—is enhanced because of the GE "Executive's" heavy-duty, long-lasting, corrosion-resistant cast-iron combustion chamber, flue collector and burners.



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2-DOOR HARDTOP
Fully Equipped
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'65 PLY. Sport Fury Auto, trans., R&H.	'64 Chev. Impala 4-dr. Auto, Trans., PS, R&H.
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SEALY DOUBLE innerspring box mattress, (little used). Chairs, Fedders air conditioner, foam cushioned porch chaise lounge, bridge set. Call weekends 489-1403.
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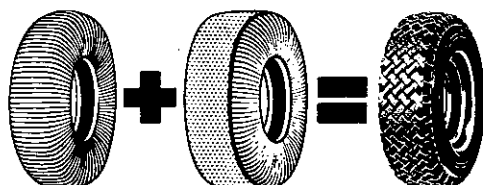
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BUILDING suitable for office or store. Approx. 20' x 23 1/2'. Large parking area. Immediate occupancy. Call 439-6723 between 10 A.M. and 6 P.M. tf

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