

# The Spotlight

CONTROLLED CIRCULATION PUBLICATION

VOL. XV, NO. 37

SEPTEMBER 10, 1970

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\$ .10 per copy



TALL TIMBER COUNTRY CLUB in Slingerlands officially opened the second nine holes completing its 18 hole course. Pictured on the tee of the first of the new holes are, left to right: Tom O'Connor, owner; Al Benedetto, chairman of the Board of Governors; Bob McQuade, Golf Pro at the Club; and Ed Cummings, Chairman of the Men's Golf Association.



GONE BUT NOT FORGOTTEN — the Little High Bridge over the D&H tracks on Bridge Street, built in 1903 and demolished September, 1970 upon the opening of the new highway connecting Kenwood Ave. and New Scotland Avenue. Photo by Alice Porter

## George Laird Retires

George A. Laird, Jr., of 3 Werner Avenue, Elsmere, public relations manager for the Eastern Division of Niagara Mohawk Power Corporation, has retired after 26 years with the company.

Mr. Laird joined the power firm in 1944 and, prior to assuming his eastern division post in 1957, served for two years in a similar capacity in the company's Central Division with headquarters in Syracuse. He began his career with Niagara Mohawk in Buffalo where he was an editor of employee publications and assistant manager of advertising and publicity of the Western Division.

Mr. Laird attended Cornell University. Before joining Niagara Mohawk he was a reporter on the Albany Knickerbocker Press and for seven years was a City Hall reporter for the Buffalo Evening News.

He is a past president of the Hudson-Mohawk Chapter of the Public Relations Society of Amer-



George A. Laird, Jr.

ica, a member of the Capital District Press Club, Winding Brook Country Club, and the Bethlehem Chamber of Commerce. He also served as a director of the Citizens Planning Committee for a Greater Albany and of the Tri-Cities Area Advertising Club. In addition, he was a consultant to the public relations committee of the Albany Chapter, American Red Cross, a director of the Albany County Child Guidance Center, and a member of the Syracuse and Buffalo Press Clubs.



STATE, COUNTY AND TOWN officials took part in the ceremony opening the new bridge and highway in Slingerlands which eliminated the narrow bridge used until recently. Photo by E. K. Newcomb

# Asgrow & The Garden Shoppe Work Together on finding NEW Lawn Menace!

Chinch Bugs are new to us in upstate N.Y. However, they have been a very severe pest in Westchester and Long Island. In our store we are happy to show you how to make a positive identification.

**SPECIAL BULLETIN**

**GOOD LAWNS TURN BAD THIS SUMMER - WHY?**

Last week the Garden Shoppe found and identified an invasion of Chinch Bugs in the Tri-Village area to Voorheesville.

**CHINCH BUG**

An infestation of Chinch Bugs shows up as yellow patches appear on turf. Injured grass turns yellow, then brown as feeding continues and severely damaged plants die. Reseeding is always necessary.

**JAPANESE BEETLE GRUBS**

Grubs are the larva stage of the most popular & prevalent Japanese Beetle. Grubs can literally ruin a lawn by chewing all grass roots - treatment will last for 3-4 years. They are definitely here in abundance and control now is recommended!



**FOR SAFE EFFECTIVE CONTROL, WE RECOMMEND ASGROW.**

**Asgrow**

## CHINCH BUG CONTROL

- Recommended by Cornell Univ. for control & safety.
  - 5,000 sq. ft. bag **\$11.95**
- for information on Chinch Bug and identification procedure, stop by soon.

**ASGROW** for Japanese  
**GRUB MIX** Beetle Grubs

5,000 sq. ft. - **\$4.95** Control lasts  
10,000 sq. ft. - **\$8.95** 3-4 years with  
1 application.

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JUST 3 MINUTES FROM DELMAR



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Glenmont

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In fact, you can use our money for all sorts of worthwhile improvements to your home.

A City & County Savings Bank home improvement loan is very simple to arrange. Takes just a few minutes.

So why wait? Bring us your dreams. We can help with the money now!

## City & County Savings Bank

**DOWNTOWN:**  
100 State Street  
Albany, N. Y.

**UPTOWN:**  
301 New Scotland Ave.  
Albany, N. Y.

**BETHLEHEM:**  
163 Delaware Ave.  
Elsmere, N. Y.

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# Money in a hurry.

MEMBER FDIC

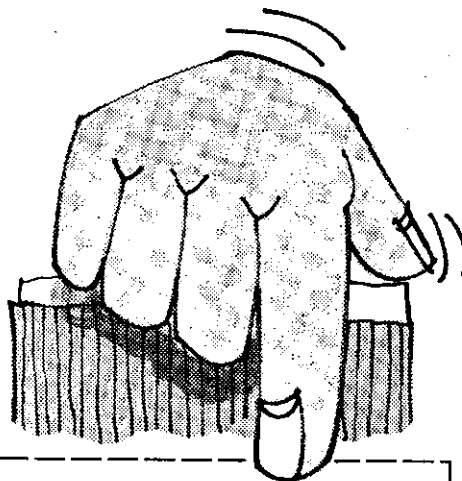
## Call. Or write. Or show up.



This is probably the easiest way to get a low-cost Personal Loan from The Bank.

Just give us a call. (We're in the phone book.)

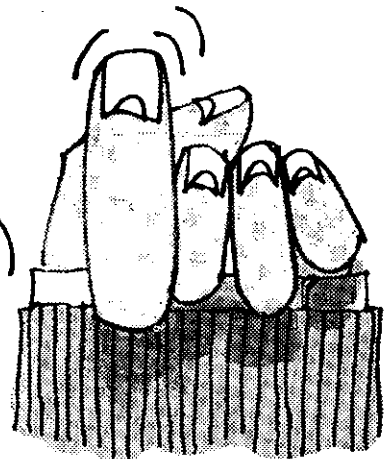
We'll send you an application.



Dear Bank: Please send me an application for a low-cost Personal Loan.

Name \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_

Mail this coupon to the nearest office of The Bank listed below.



Come on in and fill out the application right here in The Bank.

That's a pretty easy way to get a Personal Loan, too.

But any way you decide to do it, we'll get your money to you fast.

And we'll include life insurance at no extra cost.

# Borrow at The Bank

National Commercial Bank and Trust Company

The Bank: DELMAR / ELSMERE\* / BECKERS CORNERS (Mondays, Wednesdays: 9 to 11 a.m.) / BERNE (Tuesdays, Fridays: 3 to 5 p.m.) / WESTERLO (Mondays, Wednesdays: Noon to 2 p.m.) \*EXTRA SATURDAY HOURS: 9 A.M. TO NOON

# Ehrlich Is Here!

The Ehrlich Supply Co. started in 1924 with main offices and



Douglas Bulkeley

warehouses in Troy. Principle business is automotive parts, supplies and equipment, selling to gas stations, car dealers, fleets and independent garages.

Ehrlich sells parts for: marine engines, snowmobiles, cars and trucks, industrial engines, lawnmowers and diesel engines.

Major lines are: AC spark plug and filters, Walker mufflers, Delco batteries, Wolfs-Head oil, Gates fan belts, Black and Decker tools and Behr Manning sand-

paper.

"We deliver from our stores and offer pick up service at our counter. We have considerable faith in the growth potential of the Delmar area."

Herbert G. August is President and Douglas Bulkeley is manager of the Delmar Store.

## To Emerson

Martin Scully, Jr., son of Mr. & Mrs. Martin Scully, Sr. of Delmar, N.Y. has been accepted as a freshman student as Emerson College in September.

Emerson is a four-year college where students may major in the areas of speech, speech pathology and audiology, dramatic arts, theatre education, creative writing, and mass communications.

## Village Mart

The third annual Village Mart, sponsored by the Ladies' Guild of Bethlehem Lutheran Church, will be held on September 26. The Mart will open at 10 A.M. on the church grounds at 85 Elm Avenue, Delmar. A "Country Auction" will begin at 1 P.M. In the event of rain, the Mart will be held on October 3.

The Bazaar will include seven



BETHLEHEM DEMOCRATS held their annual Steak Roast recently at Murray-Jennex Park. Among those pledging "all-for-one" are, left to right: John Bartlett, candidate for re-election as County Clerk; Ed Fischer, candidate for re-election as Sheriff of Albany County; Ken Thacher, chairman of the Bethlehem Democrats; Bill Rice, candidate for State Senate; Mrs. Thomas Brown, representing her husband who is a candidate for State Assembly; and Sam Stratton, candidate for re-election to the United States Congress. Photo by E. K. Newcomb



# The Light Touch

By Bob Jackson

The grass may look greener next door, but it's just as hard to cut.

Desk: a wastebasket with drawers.

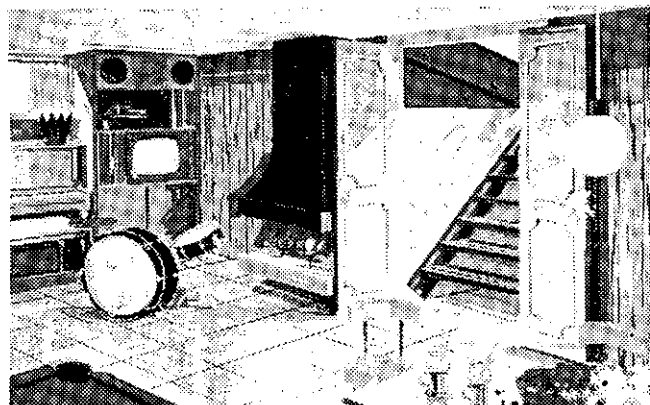
Husband peering into coffee cup: "There are enough grounds here for a divorce."

Love makes a man think almost as much of a girl as he thinks of himself.

There are two kinds of cleverness: thinking of a bright remark in time to say it; and thinking of it in time NOT to say it.

Expert: an ordinary man away from home.

Speaking of expertise, see our Bilco door display for the best way in and out of your basement rumpus room.



## The difference between a dead-end cellar and a basement-for-living

Without direct access to the out-of-doors, your basement becomes a seldom used, dead-end area, instead of a "live", low-cost space for the enjoyment of your whole family.

A BILCO Basement Door costs so little when it's included in the foundation construction: With it, you will as much as double the living space of your new home! Let us show you how easily and inexpensively you can include a BILCO Door and Stair Stringers in your building plans.



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Stop in and see our display, or call us for free literature.



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Delmar, New York  
Phone 439-9968

"Shoppes" offering baked goods, handicrafts, preserves and candies, books, games, sporting goods, garden produce, ceramics and a Rummage Sale. There will also be a street-gallery art show and sale.

The Snack Bar will remain open during the entire day serving hamburgers, hot dogs, potato chips, soda, coffee and such Fair delights as cotton candy and popcorn.

Games and activities for child-

ren will include a fishpond, ring-toss, a dart throw and other entertainment for fun and prizes.

The public is invited.

## Dinner

The Delmar Home Crafts Club will have a dinner meeting at the Bethlehem Lutheran Church at 6:30 P.M. on Tuesday, September 15. Reservations may be made by calling Mrs. Martin Smith, 439-6824, by September 10. The cost is \$2.75 for the chicken barbecue.

An interior decorator from the Concord House will be the guest speaker.

The officers for the coming year are: Mrs. Robert Norton, President; Mrs. Raymond Sorrows, Vice President; Mrs. John Logan, Secretary; and Mrs. David Plummer, Treasurer.

## FISH

Tri-Village Fish will hold its first community-wide meeting at 8 p.m., Tuesday, September 22 in the community room of the Na-

tional Commercial Bank and Trust Co. The program will include a film illustrating the operation of Fish units in other communities and possible ways Tri-Village area residents may help their neighbors.

The steering committee under the chairmanship of Nancy Vail will answer questions from the floor and present our working plan for Tri-Village Fish. It is hoped that many of those in attendance will choose to become a part of Fish. There are two main areas that people may work in; administrative and volunteer assistance. Initially our services will include emergency babysitting, transportation, meals, telephone tie for elderly and referral help.

Our present estimates indicate 150 people must be involved in this program to make it a success. Ideally, an individual would make himself available for his chosen duty just one day a month. All those interested are invited to attend the meeting at the Bank's community room 8 P.M., September 22. Anyone



CARLTON LUNSFORD (left) chairman of the Rotary District 719 Golf Tournament presents first place trophy to Raymond La Moy of the Delmar Rotary Club as Martin Smith, president looks on. La Moy will leave on September 11th to represent District 719 at the 7th Annual World Rotary Golf Championship at Lido Venezia, Italy, September 15-18. La Moy is Vice President of Delmar Rotary and an associate of Marshall W. Tebbutt's Sons in Albany and Delmar.



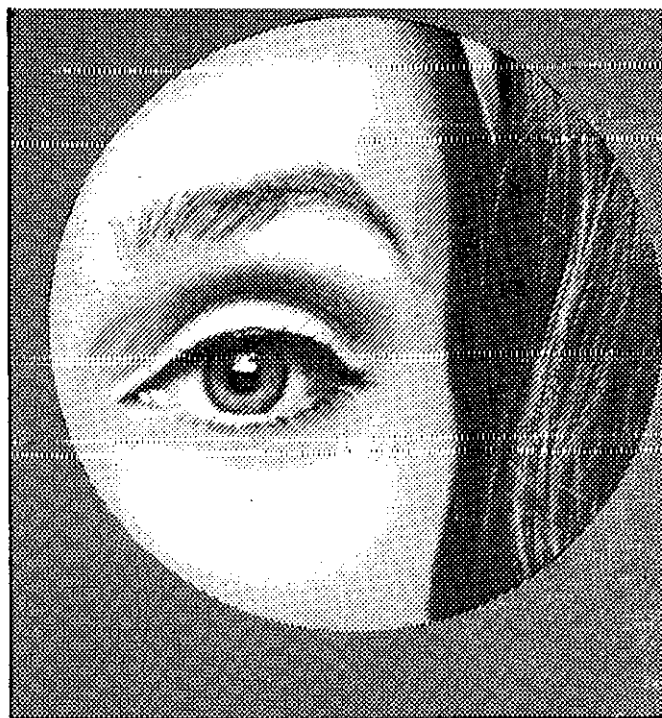
*Hey Gals!*  
*for full Nutrition*

**BUY**

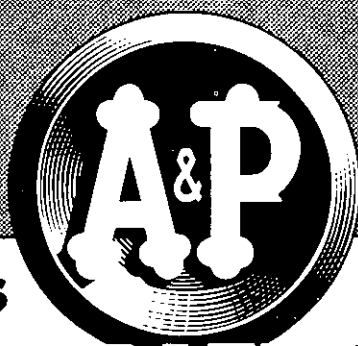
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SUNBEAM BREAD**

**Available Almost Everywhere**

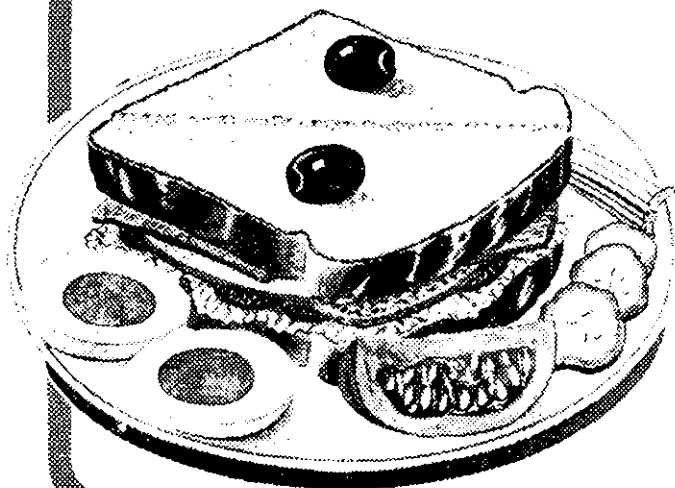


# Keep your Eye on



## Especially A&P's DELICATESSEN DEPARTMENTS ELSMERE, 248 DELAWARE AVE.

*YOUR CHOICE!*



### BILINSKI'S LUNCHEON MEAT SALE

- \* LARGE BOLOGNA
- \* VEAL LOAF
- \* OLIVE LOAF
- \* PICKLE & PIMENTO LOAF

# LB. 79¢

FIRST PRIZE  
**CHICKEN  
ROLL**

1/2 LB. **79¢**

FIRST PRIZE  
**TURKEY  
ROLL**

ALL WHITE MEAT!  
1/4 LB. **69¢**

**POTATO  
SALAD**

**37¢** LB.

who cannot attend or already knows he wishes to participate, may contact Mrs. Jordan Vail 439-1647.

### Spaghetti Supper

St. Matthew's Church of Voorheesville will hold its Annual

Spaghetti Supper September 12 at the American Legion Hall. All are welcome. Serving time will be from 4:30 till all are served. Take out orders can also be purchased. Donation is \$1.50 adults, \$1.00 children.



Spotlight Classifieds  
Tell The World!!!

### New Arrival

Born August 26, 1970 at Bellevue Maternity Hospital a son, Michael Thomas to Mr. and Mrs. Stephen C. Galusha of Voorheesville, New York. Brother to Patricia Lee and Debra Elizabeth.

### "Coffee"

A "get-acquainted coffee" for students attending Mount Holyoke College, South Hadley, Mass., this fall will take place Friday, Sept. 11 at 10 A.M. at the home of Mrs. C. T. Carlson, 18 Pineview Ave., Delmar. Among those expected to attend are Elizabeth Eckert, Castleton-on-Hudson; Allyn Carpenter, West Sand Lake, and Sandra Beers, Latham, who are incoming freshmen; and Carolyn Rogers and Zan Blendell, both of Delmar, who are upperclassmen this year.

Among those assisting with arrangements for the meeting are Mrs. Martin Cornman, East Greenbush, president of the Mount Holyoke Club of Albany, and Mrs. Frederick S. DeBeer Jr., school contacts chairman.



GLADYS CHU, freshman at Bethlehem Central Senior High School, became queen of Altamont Fair in the beauty pageant contest held at the Fair grounds on August 21. This summer Miss Chu has also won other honors including a personality award from Purdue University's annual baton twirling camp and a gold medal at A.A.U. National Senior Baton Twirling Championship Competition held at University of Southern Mississippi, Hattisburg, Mississippi. She is the daughter of Mr. and Mrs. Morgan Chu of Glenmont.



BERTRAM KOHINKE, Town of Bethlehem Supervisor, congratulates Mrs. Doris Thwing, newly elected president of the Auxiliary of Bethlehem Memorial Post 3185, Veterans of Foreign Wars.

# MEET YOUR REPUBLICAN CANDIDATE FAMILY OUTING

SPONSORED BY THE Bethlehem Men's Republican Club

## SUNDAY, SEPT. 20, 1970

12:00 Noon  
until  
7:00 P. M.

ANY QUESTIONS? CALL: 471-2279

Rain or Shine

Sunny Acres Day Camp  
Elm Avenue East Selkirk

Refreshments All Day

Hot Dogs 4-6 P. M.

Playground and Sports Facilities

All Free of Charge



# "No Man's Land"

Those Shifting Isles  
Down the Hudson

The chain of 10 islands nestling close to the Hudson River's west shore between the Port of Albany and Van Wie's Point today forms a "no man's land" of shifting earth, even though proprietorship of one was strenuously contested in a recent lawsuit. Where once horses raced on a half-mile track; where once 300,000 heads of cabbage flourished; where once huge icehouses stored summer coolness for New York City - now remains wilderness bordered by heaps of river silt.

Known variously by names almost too numerous to trace, the islands have so changed in contour as a result of continual dredging in the river's outer channel that it is nearly impossible today to identify them separately. Perhaps the best informed on the history of the islands is John Patterson (now deceased) 78 year old resident of Glenmont, the only man except pioneer Killean Van Rensselaer ever to hold title to all these West Shore Islands. From the wide porch of the house his father built in 1901 of brick hauled over river ice from Castleton, John Patterson can survey the whole island chain. Twixt poling rafts and swimming and playing pirate about the islands with other boys of the Glenmont neighborhood, John heard as a boy from his grandfather stories of tall masted ships that came up the river to Albany under sail. The river was shallow then, and their passing was perilous. From Van Wie's Point northward they were forced to take the long since disused "inner channel", to avoid the sandbars which so often blocked the way.

Closely concerned with the history of the shifting islands is the old Abbey Hotel, which, reputedly established by Killean Van Rensselaer or his immediate descendents nearly 200 years ago, still stands on the shoreward bank of the inner channel. (This building was demolished in 1961 because it had fallen into great disrepair). The Abbey is reputed



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NEW SCOTLAND, NEW YORK**

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**Open Daily and Sundays**

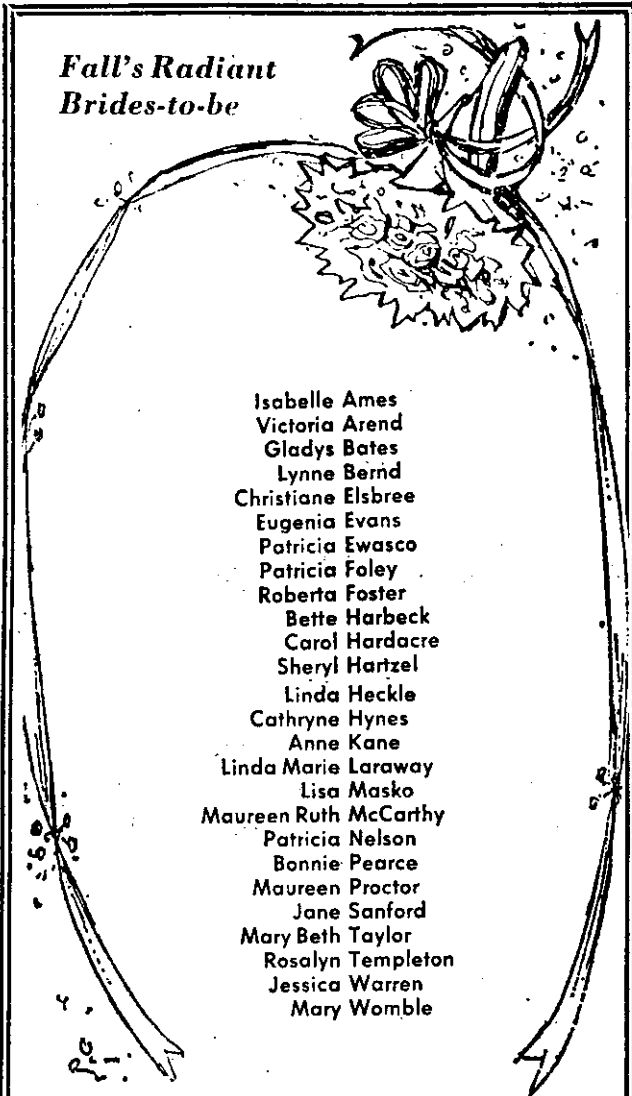
**9 A.M. to 9 P.M.**

**Reserve right to limit quantities  
Prices Effective Thurs., Fri., & Sat.**

**(9/10, 9/11, 9/12)**

<p>CENTER CUT, RIB <b>PORK CHOPS</b> 89¢ lb.</p>	<p>COUNTRY STYLE <b>SPARE RIBS</b> 69¢ lb.</p>
<p>PORK LOIN <b>COMBO</b> 69¢ CHOPS &amp; ROAST lb.</p>	<p>QUARTER <b>PORK LOINS</b> 79¢ lb.</p>
<p><b>MARKA-BAILEY POLISH STYLE 9 lb. CANNED HAM 7.89</b></p>	
<p>U.S. PRIME CENTER CUT <b>Chuck STEAKS</b> 69¢ lb.</p>	<p>U.S. PRIME CALIFORNIA <b>Chuck ROAST</b> 89¢ lb.</p>
<p>PILLSBURY ASSORTED <b>CAKE MIXES</b> 29¢ Reg. Price 43¢</p>	<p>Pik-Nik - Great for school lunches <b>Peanut Butter</b> 89¢ 3 lb. jar</p>
<p>EAST POINT, TINY CLEANED <b>SHRIMP</b> 3 for \$1</p>	<p>NABISCO <b>OREOS</b> 15 oz. pkg. 39¢</p>
<p>CHARMIN ASSORT. <b>NAPKINS</b> 160 ct. 25¢ pkg.</p>	<p>CHIQUITA <b>BANANAS</b> 12¢ lb.</p>
<p>46 oz. can - V-8 COCKTAIL <b>JUICE</b> 37¢</p>	<p><b>FOR BACK TO SCHOOL</b> FILLER PAPER, 250 sheets 49¢ THEME TABLET, 120 sheets 29¢ BIC PENS, 3 pk. 87¢ value 39¢ Scotch Magic TAPE, 1/2x400" 25¢</p>
<p>WINDEX - 8 oz. bot. <b>Window Cleaner</b> 25¢</p>	

## Fall's Radiant Brides-to-be



Isabelle Ames  
Victoria Arend  
Gladys Bates  
Lynne Bernd  
Christiane Elsbree  
Eugenia Evans  
Patricia Ewasco  
Patricia Foley  
Roberta Foster  
Bette Harbeck  
Carol Hardacre  
Sheryl Hartzel  
Linda Heckle  
Cathryne Hynes  
Anne Kane  
Linda Marie Laraway  
Lisa Masko  
Maureen Ruth McCarthy  
Patricia Nelson  
Bonnie Pearce  
Maureen Proctor  
Jane Sanford  
Mary Beth Taylor  
Rosalyn Templeton  
Jessica Warren  
Mary Womble

*A whole new world of nature springs into being with the passing of summer. Our excited Fall Brides will start a new world too... a life of loving and sharing. What better way than to start sharing the very things THEY WANT for their new world. As Frank Adams' bridal registrant, they will receive many of these things from their family and friends. We wish them happiness and prosperity in their new venture!*

FRANK H.

# Adams

JEWELERS - SILVERSMITHS

Corner North Pearl & Steuben Streets, Albany  
Mon. thru Fri. 'til 5:15, Thurs. 'til 9... HO 3-3278

Free Parking at all 16 Park & Shop Lots

to have had at least 21 owners during its long life-time. At one affluent period it was known as the Crystal Palace and boasted a glass roof. Stage coaches once upon a time stopped before the iron portico which still grandly faces the unbeautiful cinder embankment supporting the tracks of the West Shore Railroad. It is the rear door of the historic hostelry which opens to the present highway 9W. Two rows of rotting piles mark the place where a bridge connected the shore in front of the Abbey Hotel with the island just over the inner channel. On that island, from the late 1800's until about 1915 there was a half mile racetrack on which trotters and pacers performed.

The island of the racetrack in earlier days was known as Busby's Island, but in the heyday of the racetrack it came to be described as Parr's Island, for the Henry Parr who then owned both the island and the hotel. Some know it also as Knott Island. The hotel now is known as Glenmont Lodge. The site of the vanished bridge can be reached by an underpass through the railroad's built-up right of way, but there is not even a boat by means of which one may go to the forgotten island. Trees grow on the racetrack now.

Bull Island, at the extreme south of the chain, which was cut from Jolly Island at a time within Mr. Patterson's memory, by spring freshets, and which has since built up by wash resulting from the installation of the long dike opposite, derives its name from the fact that it's possession was once traded for a bull. This island is dear in recollection to Mr. Patterson because he and his boyhood friends used to dive off its southern tip into the deep water to see which could bring to the surface the largest rocks. Frenchman's Island, was another favorite swimming area for the youth, and the river was a great deal wider then than it is at this time. At low water (the tide rises high against the west shore of Glenmont) it is difficult to discern between one island and another, Mr. Patterson remarks, but in his youth their limits were clearly

defined. The ever deepening channel makes it increasingly unnecessary for Father Hudson to pick his way among such obstructions on his perpetual march to the sea. Old Frazier Island has all but lost its identity because of this condition. It was about 1922 that Mr. Patterson came into the ownership of all the west shore islands between Westerlo Island and Van Wies Point. He farmed them and built ice houses on them. One year he had an army of hired men cultivating 300,000 heads of cabbage on island land.

Mr. Patterson's two great ice houses, of which now hardly a stick remains, served him well toward the close of the 19th century. One of them, on Patterson's Island, stored up 22,000 tons per year. The other, on Papscanee Island, across the river from Van Wie's Point, had a capacity of 64,000 tons. There were two large ice houses on the Glenmont side, Mr. Patterson recalled. Edwin Lawrence had a 30,000 ton plant on Bogart Island and there was another of 40,000 ton capacity on the southern end of Jolley Island. Mr. Patterson sent his ice to New York aboard "bull head" boats carrying 28 to 30 tons a ship. He rented an abandoned ferry ship in the East River off Grand Street in Manhattan and a dock at 12th St. where he sold his frigid wares directly to distributors. "It was a risky business, although profitable in good years," Mr. Patterson recalls. "When the river would freeze while riled we'd have to cut out great expanse of ice and wait for more to freeze in the open space, in order to have a clean crop. Dirty ice couldn't be sold." "Then there'd be winters when the thinness of the ice would cause us double the ordinary amount of work to cut enough to fill the house." During a decade and more of ice harvesting, Mr. Patterson employed 250 men each winter in the work. He continues: "To float the ice to the New York market in our bull head boats required two nights and a day. We'd start a string of boats downstream in the evening. If the next day turned out to be hot and sunny there'd be considerable

## THE BALLET STUDIO

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GRADED CLASSES IN  
CLASSICAL BALLET

Fall Term Begins Sept. 21  
Limited Classes 439-1572



## THE SPOTLIGHT

shrinkage in the cargo before New York was reached the morning of the second day". In 1903 a friend took Mr. Patterson on a visit to several artificial ice plants which were under construction in New York and Brooklyn. "I didn't need any magnifying glass to read the handwriting on the wall," he declares. That very year he sold out his business to John Schoonmaker of Kingston, head of the Foster-Scott Ice Company there, who didn't seem afraid of mechanical competition. Fire beat the mechanical age to the destruction of the erstwhile Patterson ice empire however.

The biggest ice house burned down only a year after Schoonmaker acquired it.

John Patterson has watched a 78 year pageant of progress in river shipping from the veranda of his yellow brick house which sits like a baronial castle in the midst of a stately little park on the hill above Glenmont. "And this very summer I have noticed quite an increase in the steamer traffic" he relates. He does not yearn for the ice houses and the cabbage patches which gave life to the islands of yore. Neither does he yearn for the days when hundreds of summer campers

gave him an easy profit by paying him \$25 a piece per year for the privilege of pitching tents or building little frame cottages on his islands.

(Mr. John Patterson passed away in the latter 1930's. His home is occupied by other residents today and stands on the hill overlooking Route #144 and turning off of Route #32, not far from where the old Abbey Hotel stood in Glenmont - A. Bennett)

(This article appeared in The Knickerbocker News, Albany, Sept. 15, 1935, written by Ralph Williams.)

## Library Notes

Start painting, all ye artists! The 12th Annual Bizarre Bazaar will be held at the Bethlehem Public Library on October 2, 3 and 4. Everyone is invited to enter, so get organized and plan to join other area artists in the show.

...

Ink bottles, patent medicine bottles, liquor bottles - water, mustard, pepper; you name it, we have it. Judy and Dick Schelle have loaned their varied bottle collection to the Bethlehem Public Library for the next month.

## You'll look better in a **Sweater** from **MILL END SHOP**

More than a thousand sweaters to choose from !

Brand new styles and colors

**PULLOVERS and CARDIGANS**

Mens and womens children and teens

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# REVIVAL

## Reidsville Apostolic Church

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TO  
REIDSVILLE

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NIGHTLY EXCEPT SATURDAY - 7:30 P.M.

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*You Too Can Have A Miracle!*

Evangelist  
Rev. Robert Wolfe  
Delaware

# Niagara Mohawk announces a great new place to have a picnic.

The place is our Progress Center at Nine Mile Point.

Not only can we offer you picnic tables and outdoor grills—we also offer something to do after you've finished eating.

For example, we have six large fish tanks containing virtually every kind of fish in Lake Ontario. We have bird-feeding stations and nature trails. Fossil formations. And one of the best views of Lake Ontario you'll ever find.

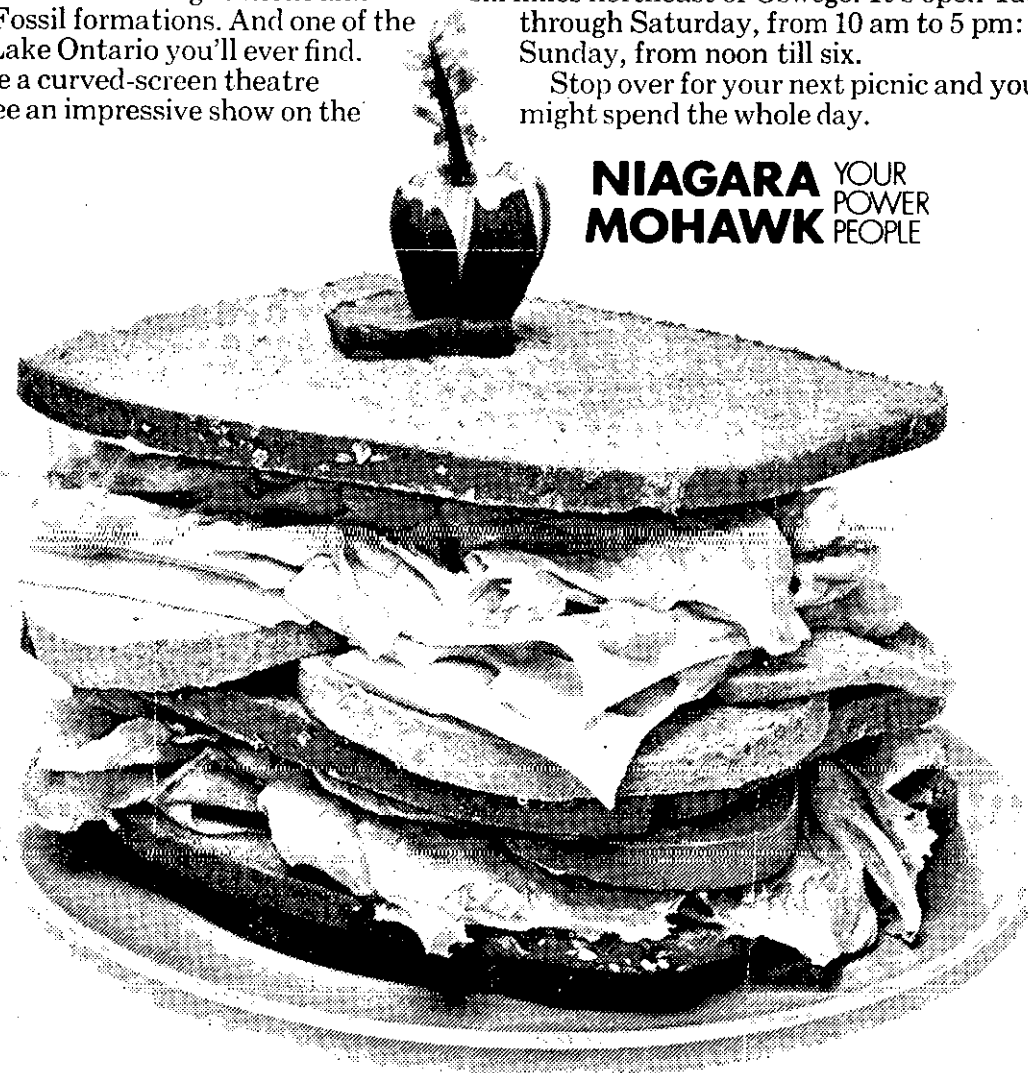
We also have a curved-screen theatre where you'll see an impressive show on the

historic evolution of electrical energy; a working model of our nuclear electric station; and an eerie, star-lighted fission chamber where you'll see a simulated chain reaction.

And the nicest part of all—there's no admission charge.

Niagara Mohawk's Progress Center is located six miles northeast of Oswego. It's open Tuesday through Saturday, from 10 am to 5 pm: Sunday, from noon till six.

Stop over for your next picnic and you just might spend the whole day.



**NIAGARA** YOUR  
**MOHAWK** POWER  
PEOPLE



**SPOTLIGHT CLASSIFIEDS**

**HE 9-4949**

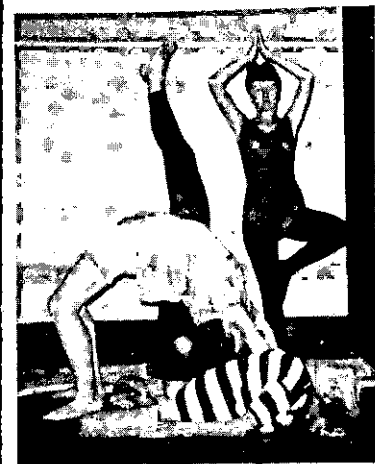
Of course, these aren't just any bottles — they are very special and old. They come in all sizes, shapes and colors. One of the fun things in looking at the exhibit is the recognition that is sure to have you say — "exactly like one —"

...

And while you are in the adult lounge, do take a few minutes to see the pictures that were taken and developed by the library Camera Club this summer. Remember these are young people age 10 to 14, not professional photographers. John Sauntry, Karen Heaphy, Jeff Seckendorf and David Ashby have excellent shots. Ten year old Lynn Jester is exhibiting a pictorial essay of the growth of a plant from the planting of the seed to the final arrangement of a bouquet.

### Yoga Anyone?

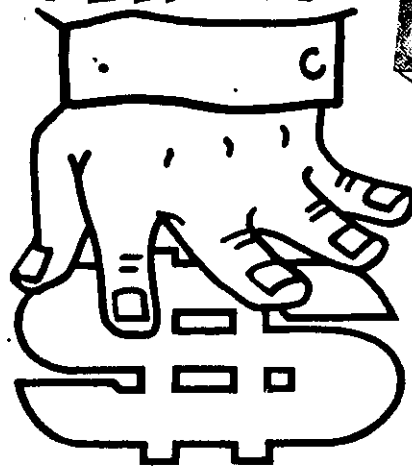
Yoga is not a new formula for yogurt, but it is a means for attaining and maintaining good health. Through the gentle massage of exercises and postures, through relaxation and concentration techniques the body feels well-toned and filled with energy and the mind stays clear and alert.



Yoga means skill in action — an integration of body, mind and existence of all living things. By being familiar with and understanding our own physical processes, emotions and thoughts, we can better appreciate all life around us. For instance, when standing on the top of a mountain and looking into the valley below, the land, roadways, and

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buildings fall into a proper perspective. So, too, when the body feels comfortable, is in good working order, and the attitude is open and calm, the daily activities and decisions fall into workable perspective - like sailing through the day.

This way of living called Yoga has been followed over the centuries by people of all walks of life and of all ages. Yoga is a science, a practice, a development and an aspiration. For the student of life - and aren't we all? - it means helping yourself and those around you to live well.

Classes will be offered in Delmar and in Albany, instructed by Nancy Handwerker.

A series of ten classes for adults will be offered on Tuesday mornings from 9:45-11:15 beginning on September 22nd at the Delmar Reformed Church at 386 Delaware Avenue. Donation: \$20 for the course. Please call Mrs. Mary Freeman (439-4658) for further information and/or registration.

A special teen-age class will also be held at the Delmar Reformed Church on Thursdays, beginning September 17th from 4:30-5:30 p.m. The donation will be \$10 for ten lessons. For information or registration, please call Jan Edwards at 439-7621.

In Albany there will be a class

offered on Tuesday evenings from 7:15-8:45 beginning September 29th at the Unitarian Church, 405 Washington Avenue. Donation is \$20 for ten lessons.

## Bray Ball

"Looking for kicks?" ask New Salem's volunteer firemen. They anticipate there will be plenty during a donkey baseball game to be played Friday night, September 11, beginning 8 o'clock on the Punkintown fairgrounds adjacent to the firehall on Rt. 85A just north of New Salem four corners. Free car parking will be provided. There will be a nominal admission charge.

Responding to the cry "Br-r-ray ba-a-a-l!" the Voorheesville Kinkers, challengers, and the Punkintown Jackass 9, home team, will participate in what is claimed to be the "craziest sport in the world." The ball players field and "run" the bases while mounted on stubborn, live donkeys.

An impeccable source has disclosed that both teams of local "yokels" are in serious training for the knock-about, drag-around, contest. The Voorheesville contingent are not sowing but dieting on wild oats to give them the strength to make their opponents the goats. Learning of this, the

Punkintowners have gone on a secret diet which they are sure will give them the necessary runs.

Prior to the game the ladies of the Voorheesville and New Salem fire department auxiliaries plan to indulge themselves in a pie eating contest.

Don "keyman" Whalen is the muleskinner in charge of the affair which is being run for the benefit of New Salem Volunteer Fire Department.

## Meeting

The Women's Republican Club, Town of Bethlehem will hold its Fall meeting for District Chairmen and Committees on Thursday, September 10, 7:30 P.M. The meeting will be held in the Community Room of the Delmar Branch of "The Bank."

Mrs. William Van Cott, President of the Club, will preside. Topics for discussion will be the fall card party and fashion show and "Meet the Candidate Night."

## Fellowship Awarded

Mr. and Mrs. George W. Parker of 184 Roweland Ave., Delmar, have just returned from the International Convention of the

Photographic Society of America at Los Angeles, where at the Honors Banquet on August 22nd Mr. Parker received his Fellowship in the Society. The Fellowship is awarded for outstanding contributions to the advancement of photography involving a high degree of proficiency and achievement, combined with such ele




George W. Parker

ments of service as the dissemination of acquired knowledge through lecturing, judging, instructing, publication of articles, papers, etc.

Twice president of the Albany Camera Club, Mr. Parker has been its Education Chairman for several years presenting instructional programs for beginning photographers. He has been awarded two bronze PSA stars for his full-length articles published in the Journal, the magazine of the Society. Since becoming an Associate of PSA in 1959 Mr. Parker has been Eastern Zone Director for ten years working closely with Area and District representatives for the society. As a star salon exhibitor he has given numerous lectures on monochrome printing at the New England Camera Club Council Conference at Amherst, Mass., at Reading, Pa., in Chicago, in Montreal, and for area camera clubs. He has served as judge for photographic competitions throughout New York State as well as for International Salons

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THE SPOTLIGHT

in Canada. George Parker is Manager of the Group Division in Albany, N.Y., for Aetna Life and Casualty.

Meeting

The Tri-Village Nursery School Corporation will start the new school year with an important meeting on Wednesday, September 16, at 8:00 P.M. in the downstairs lounge (Fellowship Hall) of the Methodist Church on Kenwood Avenue. Mrs. Howell, director of the school, will speak to the parents and introduce her staff.

Parents will also have an opportunity to visit the classrooms, meet their child's teacher and become acquainted with the school program. Refreshments will be served.

Tournament

The Bethlehem Tennis Association will sponsor its annual fall tournament on the weekends of Sept. 19-20 and Sept. 26-27, at the Middle School tennis courts.

Five events will be held, if there are at least eight entries for each event. They include: Men's singles, men's doubles, women's singles, women's doubles, and mixed doubles.

This tournament is open to all residents of the Town of Bethlehem and members of the Bethlehem Tennis Association as of Sept. 16, entry deadline.

All details, and a copy of the entry form to be clipped and mailed in, are printed below:

THE 1970 BETHLEHEM  
CLOSED TENNIS  
TOURNAMENT

Sept. 19-20 and Sept. 26-27

SPONSORED BY: The Beth-

lehem Tennis Association.

EVENTS: Men's Singles, Men's Doubles, Mixed Doubles, Women's Singles, and Women's Doubles. (Minimum of eight entries required for each event)

WHO MAY ENTER: ANY-ONE living in the Bethlehem township or who is a member of the Bethlehem Tennis association as of the deadline date for entering this tournament.

ENTRY FEE: two dollars per person per event, plus — each entrant must bring one can of new balls.

ENTRY DEADLINE: Wednesday, Sept. 16, at 5:00 P.M. So enter now.

LOCATION: Junior High School Courts, Delmar, New York.

TIME OF PLAY: Opening matches start at 9:00 A.M., Sept. 19. Entrants will be notified by phone as to time of their opening match. If an opponent is more than 30 minutes late to a scheduled match, the team will default (exception: before the 30 minute deadline, the tournament committee may be informed of an emergency.) All entrants are expected to be available on all tournament dates.

TROPHIES: Trophies go to winners and runners-up in each event.

HOW TO ENTER: Check the events you wish to enter on the entry form below and mail or give it, along with the total entry fee to Mrs. Barbara Manne, 64 Delmar Place, Delmar, N.Y. Make check payable to The Bethlehem Tennis Assn.

The committee will try to help entrants find doubles partners — Phone: 439-7217 or write a note on the entry form. ENTRY MAY BE PHONED IN IF NECESSARY.

ENTRY FORM

Event: Men's Singles . . . . Men's Doubles . . . . Mixed Doubles . . . .

Women's Singles . . . . Women's Doubles . . . .

List Your Partners, if any: . . . . .

NAME: . . . . . PHONE: . . . . .

ADDRESS: . . . . . Fee Enclosed . . . . .

For those who wish to join the association the membership fee is \$2.

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FALL TERM:

Registration Sept. 8, 7-9 p.m. and Sept. 14, First class Sept. 14, Last Class Dec. 23.

COURSE OFFERING:

- PS16 Planning Health, Physical Ed. & Rec. Facilities 3cr, Mon. P.M. Prof. Hase
- H Ed512 Health Problems 3cr, Mon. P.M. Prof.
- Ed512 Sociology of Education 3cr, Wed. P.M. Prof. Scarragh
- Ed532 Contemporary Problems in Physical Ed. 3cr, Wed. P.M. Prof. Rosenstein
- H537 Organization & Adm., School Health Inst. 3cr, Wed. P.M. Prof. D. Elia

\*\*\*

SPRING TERM:

Registration Feb. 1, 7-9 p.m. and Feb. 8, First class Feb. 8, Last Class May 26.

COURSE OFFERING:

- Ed516 Survey of Statistical Methods for Educators 3cr, Mon. P.M. Prof.
- PS35 Curriculum in Physical Education 3cr, Mon. P.M. Prof. Rosenstein
- H Psy. Soc. Health Problems 3cr, Mon. P.M. Prof.
- Ed513 Philosophy of Education 3cr, Wed. P.M. Prof. Scarragh
- Ed576 Development and Remedial Physical Ed. 3cr, Wed. P.M. Prof. Hase
- H537 Workshop in School Health Inst. 3cr, Wed. P.M. Prof. D. Elia

\*\*\*

Other Information:

FEES—

- Registration — \$15.00 per semester
- Tuition — \$60.00 per credit hour
- Application — \$10.00 (new students only — those registering for a degree or permanent licensing program)

FOR FURTHER INFORMATION WRITE:

Administrative Office  
Box 166, Delmar, New York  
or Telephone 439-2609

## Meeting

The Town of Bethlehem Historical Association will hold its first meeting of the year at the Old Cedar Hill School House, Rt. 144, on September the 17 at 8 P.M. All members are urged to attend. Mrs. Ewald B. Nyquist will be guest speaker and explain some of the workings of the very interesting display of Wool and Linens that the Museums now has on view through October 25. A social hour to follow the program.

## Engaged

Mr. and Mrs. John D. Mat-

thews, of Wantagh, New York, announce the engagement of their daughter Mary Ann, to Michael O. Jones, son of Mr. and Mrs. Lawrence S. Jones, of 18 Mason Rd., Elmsere.

Miss Matthews is a recent graduate of Cobleskill College, of the State University of New York. She received her Associate in Applied Science degree with a major in Nursery Education and will begin teaching this fall on Long Island.

Mr. Jones is a 1967 graduate of Mount Assumption Academy in Plattsburg, New York and is presently starting his fourth semester at Cobleskill College, where he is majoring in Business

Administration.

A July 10 wedding in planned.

## Spikehorns Move

The Ravena-Coeymans-Selkirk-Glenmont-Cedar Hill, New York Chapter of the Society of the Preservation and Encouragement of Barber Shop Quartet Singing in America, Inc. have recently decided to change their place of rehearsal. The long-named chapter elected last Monday night to move from their Glenmont meeting rooms to the Delmar Reformed Church on Delaware Avenue in Delmar. This move was made in part be-

cause of the fine response given the group by the local community at recent appearances in the Delmar area. Most notably on August 4th when the Spikehorns Chorus presented a program at the Bethlehem Public Library an enthusiastic audience suggested that the group might consider locating in the Delmar area. After surveying several possible sights in the Delmar area, Thomas Cogan and Daniel Doyle, co-directors of the singing group, selected the excellent facilities offered by the Delmar Reformed Church.

The chorus officially moves into its new location on Monday night, September 14, and will rehearse at the church each Monday evening at 8 P.M. throughout the coming year. The month of September is open for new members in preparation for the busy singing season. All interested male singers are urged to visit one of the three guest rehearsals on September 14, 21, and 28. It might be noted that the ability to sight-read music is not a necessary requirement to join the Spikehorns. An active year is anticipated for the members of the Spikehorns. The opening program will be a two hour musical program of chorus and quartets presented on behalf of the Berne-Knox-Westerlo PTA on Friday, October 30. Besides this year's February competition in Springfield, Mass. and their annual April show the chapter anticipates appearing at the Bethlehem Elks Memorial and Flag Day Services, the Salvation Army, the Veterans' Hospital, and the Barnwell Nursing Home. In addition to the regularly scheduled functions both chorus and quartets expect to be available for many local programs.

## LETTERS

To the Editor,

If there are any old or unused musical instruments and beginners' instruction books now gathering dust in the attics and closets of the Tri-Village area, I have a use for them. A group of

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summer residents in a small Vermont farm community want to volunteer their services to organize a recreation program for next summer. One thing we think the young people would enjoy is a young people's orchestra.

Problem 1 - no instruments.

Problem 2 - no music.

Problem 3 - no money to buy either.

If we can beg the instruments, we will write the music. We don't care how bent, broken or beat-up the instruments are; we will see that they are put into playing condition.

If anyone in the area has either music or instrument he would like to contribute to help the effort, there are two ways it can be done. They can be sent to Mrs. York at Bethlehem Central or a telephone call to me at 465-2606 can arrange to have them picked up.

The children who will use these instruments have no instrumental music program until they get into high school. Unless they have been fortunate enough to live where they could take private music lessons, their chances of playing well enough to play in the consolidated high school band or orchestra are not very good. These are farm and village children who will be transported from ten to fifteen miles to the nearest big town to attend high school. Their one summer recreation is swimming in the village pond - if they happen to live near enough.

There are people with all sorts of talents who summer in the area. We'd like to turn the "thank goodness all those summer people have gone home" into "it's too bad winter is coming and all the summer people will have to go home."

Barbara A. Ranucci

To the Editor,

May I express my sincere appreciation to all the Librarians who participated in the Rocket Reader Book Club at the Bethlehem Library the past few weeks.

Not only was this an educational experience and an individual responsibility for these children, but what a thrill it was to see

the party pictures displayed on the bulletin board!!

Many thanks,  
Mrs. John Dinneen

### Engaged

Mr. and Mrs. Rufus P. Durocher, 5 Snowden Avenue, announce the engagement of their daughter, Priscilla, to James Adams, son of Donald Adams, 27 North Main, Voorheesville.

Miss Durocher is a graduate of Bethlehem Central High School and is employed by the Bethlehem Public Library.

Her fiance was graduated from Clayton A. Bouton High School



## Community United Methodist Church

1499 New Scotland Rd., Slingerlands, N.Y.

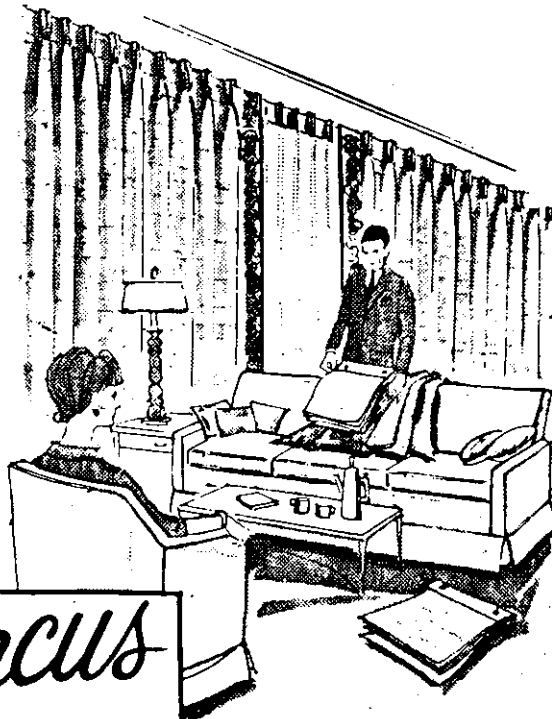
BRYSON M. SMITH, Pastor

### FALL AND WINTER SCHEDULE BEGINS SUNDAY, SEPTEMBER 13th

9:30 A.M. - Church School Registration for Classes Kindergarten through Adults

11:00 A.M. - Divine Worship (Babyfold and Nursery each Sunday at 11:00 A.M.)

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- COOKED BOTTOM ROUND CORNED BEEF 1/2 LB. **59¢**
- LA TRIESTA-ALL PORK GENOA SALAMI 1/2 LB. **49¢**

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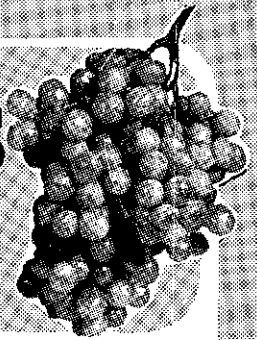
## MEAT FAVORITES

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<b>COOKIES</b> GRAND UNION SANDWICH CREME VANILLA, CHOCOLATE OR LEMON	3 1 LB. 8 OZ. BOXS	<b>1<sup>00</sup></b>
<b>SOUP</b> PROGRESSO LENTIL, MINESTRONE OR MACARONI & BEAN	4 1 LB. 4 OZ. CANS	<b>1<sup>00</sup></b>
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<b>CAT FOODS</b> NINE LIVES	7 6 1/2 OZ. CANS	<b>1<sup>00</sup></b>
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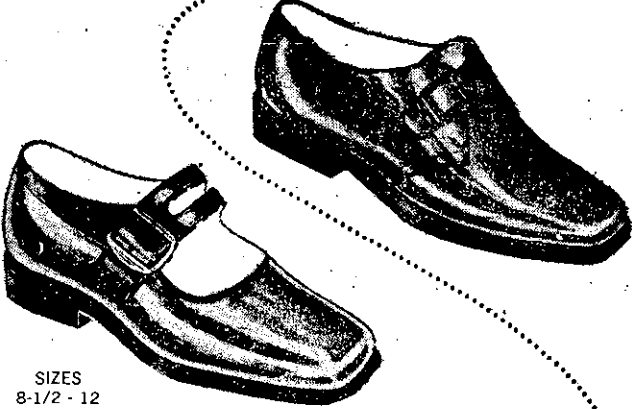
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Priscilla Durocher and is stationed in Vietnam with the U.S. Army.

**Longer Season**

A slightly longer waterfowl hunting season with larger bag limits on some species were announced today by Henry L. Diamond, Commissioner of Environmental Conservation. Upstate generally there will be a 60-day split duck season running from October 5 through November 18 and from December 19 through January 2, 1971. With the exception of the Lake Champlain area, this will mean the basic bag limits (with certain limitations) are three daily and six in possession. In the Lake Champlain area, which takes the same season and limits as Vermont, the dates are October 10 through November 28, a single season of 50 days during which the basic limits are four per day and eight in possession.

The increased bag limits allowed are in the form of bonus birds in addition to the basic bag in each upstate season. For the first nine days in either area (upstate generally from October 5 through 13 and in Champlain October 10-18) two extra blue-winged teal may be taken per day, and four kept in possession. Scaup also are in excellent supply, and during the entire season in certain waters upstate generally two additional per day may be taken and four kept in

possession. In Lake Champlain, only from November 1-28 is this true; this is to prevent over-harvest of the similar-appearing ringnecked duck which, although scarce, is most abundant during October.

Those birds still in somewhat precarious status and the objects of an effort to allow them to increase, are again partially protected. Only one black duck may be taken per day (two in possession) during the 60-day season; and two per day (four in possession) during the 50-day Lake Champlain season. For both these seasons wood duck limits are also restricted to two and four, and canvasbacks or red-heads are limited to one and one of either.

Goose and brant seasons upstate will begin the same time as the duck season in each area and run 70 days until December 13 in upstate generally, and to December 18 on Lake Champlain. Three geese may be taken daily (six in possession); for brant the limits are six and six.

Long Island, enjoying seasons separate from upstate, New Jersey and Connecticut, will open a 50-day duck and a 70-day goose and brant season on November 16. Regular duck season will wind up on January 4, but a special scaup-only season of 16 days will be held after that, on tidal waters only, from January



THOMAS ROWLAND, 29 Murray Avenue, holds the 4 lb. 7 oz. Rainbow Trout he caught in Lake Sacandaga.

## THE SPOTLIGHT

9-24. At that time five scaup per day may be taken and 10 kept in possession. The goose and brant season, during which the limits of three and six, and six and six respectively, may be taken, also runs through to January 24, 1971.

Mergansers, outside the regular duck limits of three and six, may be taken at the rate of five and 10 during a regular duck season anywhere in the State. Hooded mergansers still are limited to one per day and two in possession, as has been their status for some time.

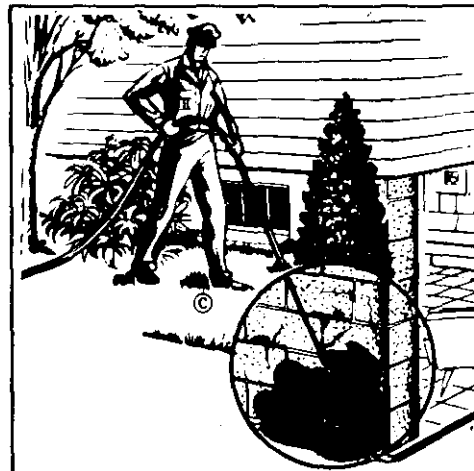
The special sea-duck season for scoters, eiders and old squaws will continue in the Long Island region, from September 25 through January 10, 1971, when seven per day (14 in possession) may be taken. Boundaries of this area are the same as they have been since 1968, and include Long Island and Block Island Sounds, and associated bays eastward from a line running between Miamogue Point in the town of Southampton, and including any ocean waters south of Long Island. This does not include any south shore bays. This is the same area in which crippled waterfowl may be shot from a boat under power, as a conservation measure to prevent wastage of a resource in waters where retrieval is a problem. Upstate sea ducks may be taken only during the regular duck seasons, but bag and possession

limits are the liberal seven and 14 in addition to the basic duck bag.

Hunters are reminded that the special scaup season and bonus and the special blue-winged teal bonus are temporary concessions from the Bureau of Sport Fisheries and Wildlife in relaxing restrictions on species in good supply. However, hunters are warned to be extra careful in identifying ducks at these times, since there may be other ducks in the same waters which may not be taken due to their semi-endangered status. It is up to hunters to understand and abide by the rules of the game.

Shooting hours for all seasons and all species are one-half hour before sunrise to sunset. All waterfowl hunters must have a Federal duck stamp.

Several aids to duck identification are available. The colored booklet, "Ducks at a Distance," is available from the Superintendent of Documents, Washington, for 25¢. There are also several good small pocket editions to be obtained at newsstands. A black and white leaflet, "Know your Ducks" and "Tables of Sunrise and Sunset" can be obtained free at all Department of Environmental Conservation Fish and Wildlife Offices. The Department urges the use of binoculars, a good bird book and some experience with the birds before the shooting starts. A good rule



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## Giddyap, Dobbin, it's Time to Move!

Dobbin is resigned to his fate. Once a year he moves out of the old carriage sheds in back of the Unionville Church to make way for the upcoming rummage sale. This is the fourth time, but he is patient and obliging because it is for a worthy cause.

On September 12, from 10 A.M. to 4 P.M., the quaint, weathered sheds will be used for the annual rummage sale held by the women of the Unionville Reformed Church on Delaware Turnpike. The horse stalls of this old structure will be used as booths to hold an assortment of household items, books, clothing, costume jewelry, plants, vegetables, original paintings and antiques.

Refreshments, homebaked goods, gifts and cards will be on sale in the church dining room.

Look for the colorful exhibit of telephone and power insulators; the private collection of Jeffery Mudge. After seeing these insulators which come in many sizes, shapes and beautiful colors, you, too, will want to become a collector. The neophyte has an opportunity here to learn a great deal about this hobby as Jeff is well read on the subject.

In case of rain, the sale will be held in the church hall. Dobbin and the rest of us will be there to welcome you, rain or shine!

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## Forum

"Positive Approaches to Environmental Quality" is the theme of the second annual N.Y. State College of Agriculture Conservation Leaders' Forum to be held Oct. 8 in the Alice Statler Auditorium, Cornell University, starting at 10:00 a.m.

Leaders from N.Y. State and northeastern organizations concerned with the quality of the environment will attend the Forum.

Highlighting the program will be lectures, a question and answer session and a luncheon announced Prof. N. C. Brady, director of research, N.Y. State College of Agriculture.

Opening the program will be Henry L. Diamond, Commissioner of the N.Y. State Department of Environmental Conservation, who will speak about the challenges and opportunities for the new Department.

Ned D. Bayley, director of Science and Education, U.S. Department of Agriculture, will lecture on the role of agriculture in improving environmental quality.

Featured as a lunch-hour speaker will be Prof. Charles C. Russell, Department of Communication Arts at the College, who will discuss changing attitudes toward environmental quality.

Wildlife conservation will be discussed by Thomas L. Kimball, executive director of the National Wildlife Federation.

Concluding the Forum will be a speech by Prof. P. H. Lewis, director of The Environmental Awareness Center, University of Wisconsin, discussing "An Integrated Effort for Growth Strategy."

## Myth Explored

The primeval forest, spreading dense and uninterrupted throughout the Northeast, is a myth. What the first white settlers really found was a broken forest, with large sections burned by the Indians.

According to a theory of Prof. Daniel Q. Thompson, conserva-

tionist at the N.Y. State College of Agriculture, Cornell University, the forest found by white man was, in most places, open and park-like because of yearly fires, used by the Indians to facilitate travel and hunting.

This was one of the highlights of a paper by Thompson and Ralph H. Smith of the N.Y. State Department of Environmental Conservation, Albany, delivered recently at the Tenth Tall Timbers Fire Ecology Conference at the University of New Brunswick in Fredericton, N.B.

Most of the Indian population lived in villages, Thompson explained, and they utilized fire to create sizable clearings for their villages and fields. They also set the woods ablaze to improve travelling and visibility, to drive or enclose game, to destroy vermin, and to clear land for agricultural purposes.

The destruction of the forest in some places and its alteration in others were not the only changes brought about by the conflagrations. Vegetation and wildlife in the burned areas were also modified.

Thompson explained that the woodland burnings brought about an increase in grazing animals, since conditions for grazing were improved by clearing the dense thicket. Thus, fire increased the number of turkeys, quail, heath hens, bison and deer in the burned-out areas.

In addition, the yearly burnings changed vegetation patterns to include an increase in grasslands.

Thompson pointed out that burning of forests and grasslands as a primitive means of wildlife management was common with all aboriginal people, and was not unique to American Indians.

To authenticate his theory, Thompson quoted the writings of many early settlers in the Northeast. For instance, a member of General Sullivan's expedition against the Indians in 1779 described the area bordering Cayuga Lake as "a level piece of pine-land, thinly timbered, with many cranberry ponds, and large flats with grass of considerable height."

A later traveller, Timothy Dwight, a president of Yale

THE SPOTLIGHT

University, wrote in 1823 that many saplings were beginning to spring up in the grasslands. He attributed this to the fact that the Indians had been devastated by Sulliyian's expedition, and the yearly burnings had, therefore, ceased.

The use of fire as a means of forest management began to die out, Thompson explained, because of three factors. First, the Indian populations disappeared. Second, natural fuel was removed through plowing, pasturing, and cutting. Finally, forest protection and fire prevention systems evolved.

Thompson's study of fire ecology was sponsored by the N.Y. Cooperative Wildlife Research Unit, Ithaca, the N.Y. State Department of Environmental Conservation, Cornell University, the U.S. Bureau of Sport Fisheries and Wildlife, and the Wildlife Management Institute.

## Cooperative Extension

### Preparing House Plants for Winter

Late summer is the time to start getting house plants ready for the indoor season.

Early in September, house plants which spent the summer outdoors should be brought in. They will probably be overgrown, root-bound in the pot, and in need of fertilizer. Your plants that were indoors all summer may be in a similar condition.

Here are some good practices to get your house plants back into shape:

1. Remove all dead and yellowing leaves.
2. Wash accumulated dust from those that stayed indoors.
3. If they have outgrown their normal size, most plants can be trimmed back with a sharp knife or pruning shears.
4. To determine if a plant has become potbound, turn it upside down and lightly tap the edge of the pot on a table or bench until the plant loosens. If you can see the roots clearly around the edge of the root ball, the

plant should be shifted to a larger size pot. Keep the root ball intact and add soil around it. Use new soil for this purpose. An ideal mixture is one of equal parts of coarse sand, garden loam, and peat moss.

To correct a deficiency of nutrients, mix one teaspoon of 5-10-5 or 4-12-4 fertilizer in a quart of water and apply it generously every 8-10 weeks.

Throughout the winter, maintain the correct balance of light, water, temperature and nutrients, and your plants will stay healthy and attractive.

## Named Trustee

Addison J. Keim, president, Mechanics Exchange Savings Bank, Albany, has been appointed as a trustee of the Savings Bank Life Insurance Fund for a four-year term. The fund is managed by seven trustees appointed by the Superintendent of



Addison Keim

Banks with the approval of the Governor. Trustees serve without remuneration.

The fund provides a guarantee of life insurance policies issued by savings banks, authorizes the standard forms of life insurance policies and annuity contracts, determines premium rates and unifies the mortality experience under policies of issuing banks. Mechanics Exchange is one of several savings banks in Albany issuing "low cost" savings bank life insurance. The others are the Albany, City & County and Home



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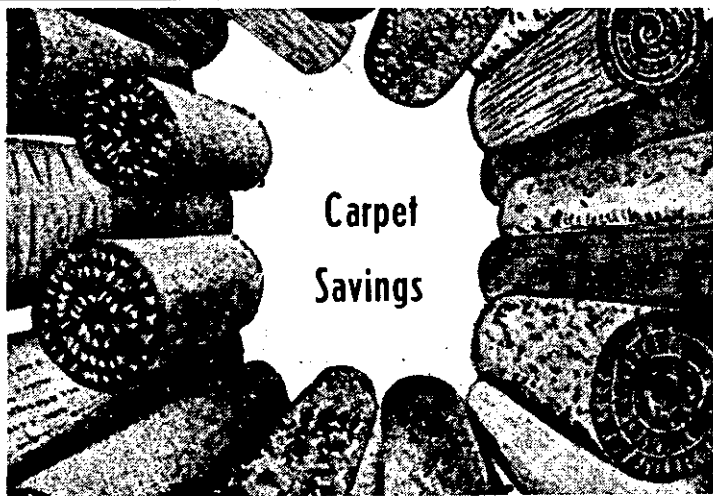
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Keim, an Albany native, was graduated from Milne High School, Syracuse University as a finance major, and later from the Graduate School of Banking, Rutgers University. He is a retired Lt. Col., Air Force, and pilots his own plane. After several years with National Commercial Bank and Trust Co., he joined Albany Exchange Savings Bank, and rose to the presidency of the now Mechanics Exchange Savings Bank, familiarly known as the ME bank of Albany. Among many activities he is Director and Treasurer of Albany Rotary Club and Trustee of Fort Orange Club. He resides with his wife, the former Marjorie Meuser in Loudonville, N.Y.

## Protest Petitions

Petitions protesting the closing of the Delmar Game Farm and Zoo are circulating among Capital District citizens concerned with the action proposed by the State Department of Environmental Conservation, it was disclosed today.

Thomas W. Brown, Albany County legislator and State Assembly Democratic candidate, 102nd District, told the Exchange Club here that he already has obtained hundreds of signatures, and called on club members for their help.

The state announced recently it was closing the game farm because of the expense of operation, stating that in five years it would be reopened with a new look.

"It seems very strange to me that one of the first functions of this new department is to take away from the people a direct benefit such as the Game Farm Zoo," Mr. Brown said. "What the new Department should be

doing is keeping the facilities close to the people, not taking them away. When a State has a budget of over seven billion dollars, it seems to me it ought to have room in that budget for something as good, as helpful and as worthwhile as the Delmar Game Farm Zoo.

"The role of State government should be to keep the services working for the people - not removing those services from the people. It is something to think about, it is something to act upon," he said.

## Appointed

At a recent meeting of the Board of Directors of the State Bank of Albany Mr. Matthew J. Mittler, Jr. was appointed Assistant Cashier. This announcement was made by Hollis E. Harrington, President. The appointment will be effective September 1, 1970.

Mr. Mittler began his banking career in July of 1953 as a clerk. He has worked in various departments holding several positions. In November of 1964 he was assigned to the Mortgage Department and in December of 1969 was appointed Administrative Assistant. He will continue to be in that department.

A native of Albany, he is a graduate of St. Joseph's Academy. He has successfully completed several courses offered by the Albany Chapter, American Institute of Banking. He has recently completed a course at Ohio State University sponsored by the National Mortgage School.

He is treasurer of the Saratoga Springs Geyser Crest Civic Association and a member of St. Peter's Roman Catholic Church in Saratoga. He is also active in the U.S. Army Reserves.

Mr. and Mrs. Mittler, the former Vaughn Wallace, and their two children reside in Saratoga Springs, New York.

## Drama Meeting

On Wednesday, September 16 at 8:00 P.M., a group of actors from the Drama Workshop of the Albany Jewish Community Center will offer a program for the group's opening meeting.

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A collection of scenes chosen to demonstrate how different authors depict a confrontation between two characters, have been in rehearsal for several weeks. Running the gamut from Ibsen, to Albee, the program is a challenge to both actor and audience.

Appearing in a scene from "A Doll's House" by Ibsen will be Beverly Vener as Nora and David Ference as Torvald. One of George Bernard Shaw's little known, but fascinating plays, "Mrs. Warren's Profession" will provide a scene to be interpreted by Edna Goldfeder as Mrs. Warren and Eleanor Koblenz as her daughter, Vivie.

A more modern approach will be evident in a scene from "Two For the See Saw" by William Gibson featuring Ellyn Offricht as Gittel and Don Squire as Jerry.

The confrontation as depicted by Edward Albee in "Who's Afraid of Virginia Wolf?" will be demonstrated by Mort and Harriet Arenstein as George and Martha.

The program was arranged by

Rona Goldstein, newly elected Vice President and program chairman of the Drama Workshop.

Other new officers for 1970-71 are David Ference, President; Ellyn Offricht, Secretary and Carrie Sternbach, Treasurer.

The meeting to be held in the Center Auditorium on Whitehall Road is open to both current and prospective members of the Workshop and those interested in joining are urged to attend.

## Hurricane Appeal

Contributions amounting to \$1,950 have been received to date in response to the nationwide appeal by the American Red Cross for \$6 million to aid the victims of Hurricane Celia who reside along the ravaged Texas Gulf Coast Area, according to J. Spencer Standish, chapter chairman.

The Albany Area Chapter, American Red Cross share of the nationwide appeal is \$13,013.



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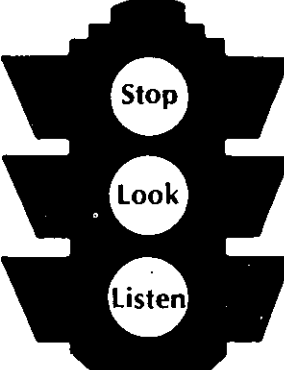
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A review of American Red Cross relief efforts for the hurricane victims shows that Red Cross will spend over \$10 million in emergency and recovery aid.

The cost of the Hurricane Celia relief effort alone will more than wipe out the organization's entire 1970-71 national disaster budget of \$10 million and will bring to almost \$100 million the amount Red Cross has spent for disaster assistance during the past five years.

Nearly 25,000 families have registered for rebuilding and recovery assistance. Over 120,000 persons received Red Cross emergency care during the early days of the operation.

All Red Cross disaster assistance is given as an outright grant made possible by the American people's voluntary support of the organization.

Individuals wishing to contribute to the Albany appeal can do so by forwarding their gifts to the Albany Area Chapter, American Red Cross; Hackett Blvd. at Clara Barton Dr.; Albany, N.Y. 12208. Checks should be marked for "American Red Cross Disaster Relief."



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 Director  
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### The Pineal Gland

Situated very nearly in the middle of the brain, the pineal gland is merely a small cone of tissue.

Until the mid-1950's the pineal gland was considered uninteresting, even by scientists. It was assumed that the gland had no relevant function except as an evolutionary remnant.

But recently, studies at the laboratories of the National Institute of Mental Health and other institutions have begun to uncover what may be startling new roles for this mysterious and long-unknown little gland in the brain.

Clues are being uncovered concerning the function of the pineal gland. This unique gland may involve such things as sexual maturation and development, sleep-walking cycles, and moods.

Some researchers have begun to suspect that it may be part of an overall rhythmic organization of the nervous system,

which may exist, for coordinating all functions with the outside world.

Given an understanding of such biological "timeclocks" and systems, if they are proved, will an understanding of the pineal gland help to explain why some illnesses of the nervous system show severe symptoms during certain seasons?

Is there a reason, for instance, why people in temperate climates suffer more from ulcers in spring and fall?

A relation between pineal gland secretion and sex hormones may help to explain oddities in medicine, such as a case of periodic high blood pressure in a woman whose abnormal increases in blood pressure occurred like waves every 27 days.

If the secretions of the pineal gland indirectly play a "clocking" role in man, we may begin to ask whether the manipulation of light and dark, such as by the use of electric light, may not have an influence both upon our moods and our physiology. This leads to such questions as whether the manipulation of light could become an important element in preventive and therapeutic medicine.

This and many other problems still remain to be investigated in biological rhythms and brain function. But research is advancing strongly; and the mysterious and formerly insignificant little pineal gland is yielding secrets that may help in getting at the solutions of important problems of man's life and health.

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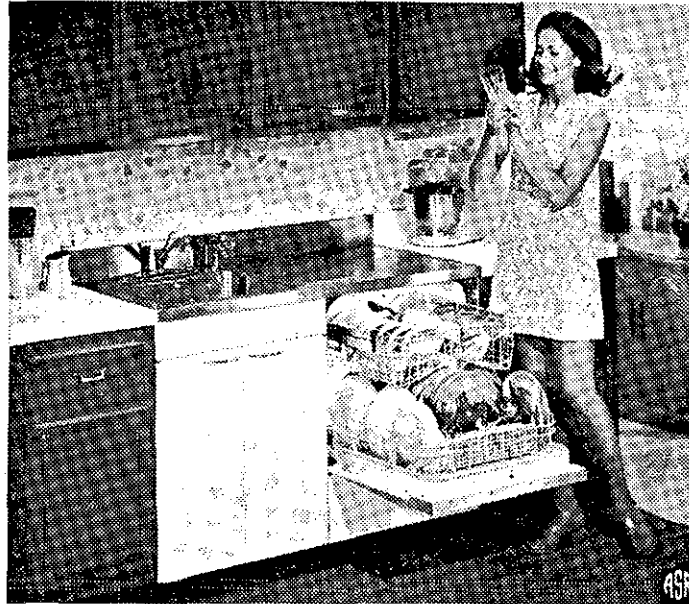
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The KitchenAid Dishwasher Division of The Hobart Manufacturing Company has developed an exclusive electric dishwasher-sink combination which measures a module 48" wide and can be quickly and efficiently installed in place of an old sink and by utilizing existing plumbing facilities.

The unit gives the homeowner a shiny new sink and cabinet and a new automatic home dishwasher - all in one compact package. The dishwasher-sink combination comes in two models, the economical Custom and the top-of-the-line Superba VariCycle.

The dishwasher also has cycles for other normal dish and tableware cleaning, plus party cycles for light or heavy loads, and a plate warmer for pre-heating plates for elegant dining.

The cabinet of the dishwasher-sink combination is a clean, white porcelain enamel on steel top and sink bowl. It can also be equipped locally with a stainless steel sink top or a plastic laminate top.

For the family that wants an "ultra" modern kitchen in the minimum amount of space, a KitchenAid disposer and an Instant-Hot water dispenser can easily be added - making the same 48" single unit an "all-in-one" center for meal preparation and clean-up. The food waste disposer features a virtually jam-proof electronic device and safety-start control. Instant water dispensers provide "teakettle" hot water, up to 190 degrees, at the turn of a knob for preparation of instant foods and beverages.

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## Keeping Cool As A Cucumber



Outside a small town general store hung this sign: "The first of July is the last of August." Confusing, perhaps, but the explanation was simple—the owner's name was August and on July 1st the doors of his store closed forever.

Particularly when the often scorching heat of August envelops us, we sometimes wish we could dismiss the month as easily as that old sign seemed to do. However, you can keep your "cool" and help your family keep theirs at mealtime by serving Cool Salmon Loaf. A delightfully surprising combination of salmon and crisp cucumbers in a base of light, refreshing gelatine, this hot-weather champion revives body, spirit, and lagging summertime appetites. Mayonnaise and sour cream contribute their distinctive creamy richness. Prepare it in the cool of the morning, enjoy a day packed with activity, and let it cool you off in the heat of the evening. Being a nutritious meal in itself, merely add your favorite rolls, a thirst-quenching beverage, and dinner is served! This delectable dish will cut the heat of the day in half, and at the same time, double your eating pleasure.

### Cool Salmon Loaf

- |                           |                                       |
|---------------------------|---------------------------------------|
| 2 envelopes Knox Gelatine | 1 1-lb. can salmon, drained, flaked   |
| 1 1/2 cups cold water     | 1 cup peeled, finely chopped cucumber |
| 1 cup Kraft Mayonnaise    |                                       |
| 1 cup dairy sour cream    |                                       |

Soften gelatine in cold water; stir over low heat until dissolved. Cool. Combine mayonnaise and sour cream, mixing until well blended. Stir in gelatine; chill until slightly thickened. Fold in salmon and cucumber; pour into 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan. Chill until firm; unmold. Garnish with green grapes and pineapple slices, if desired.  
6 to 8 servings

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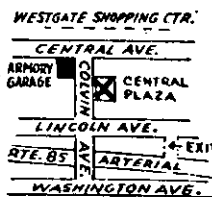
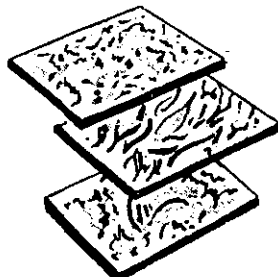
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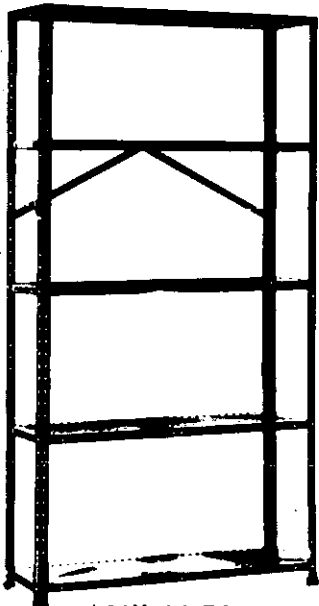
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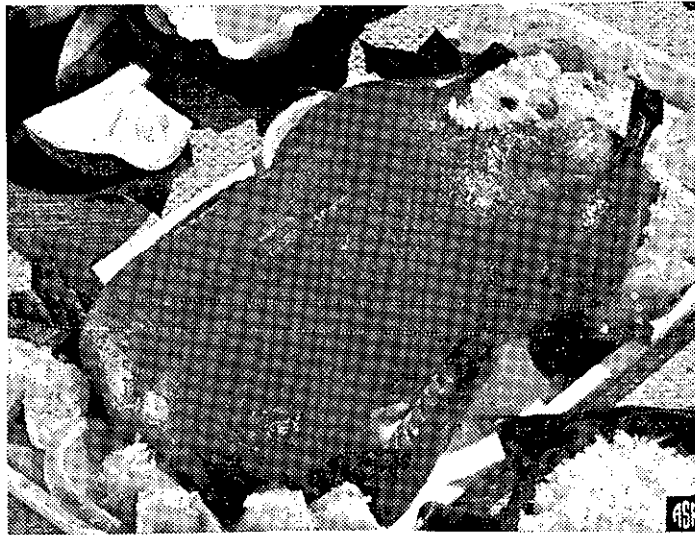
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## Barbecued Duckling is Elegant



Roast duckling—South Seas style with fruit rice stuffing—is ideal for an informal dinner party on the patio. If you prefer to barbecue the duckling outside, or on an electric rotisserie indoors, simply insert the rotisserie spit through the cavities of the bird and tighten the holding prongs at both ends of the duckling. Tie the wings against the breast. Tie the legs together loosely, looping the cord around the tail and then tighten the cord to hold the bird securely on the spit.

### South Seas Duckling with Fruit Rice Stuffing

#### Duckling

- 1 frozen duckling (4½ to 5 pounds) defrosted
- 1 teaspoon salt
- 1 can (13½ ounce) pineapple tidbits
- Water
- ½ cup rice
- 1 tablespoon sugar
- 1 can (3½ ounce) flaked coconut
- ⅓ cup chopped toasted almonds
- 1 tablespoon grated orange rind

#### Fruit Sauce

- 2 tablespoons butter or margarine
- ⅓ cup sugar
- 1 tablespoon grated orange rind
- ½ cup orange juice
- 1 teaspoon grated lemon juice
- 1 orange, thinly sliced
- 2 firm bananas

Wash, drain and pat duckling dry with paper toweling. Sprinkle neck and body cavities with ½ teaspoon salt. Drain pineapple tidbits; save syrup. Add water as needed to make the amount of liquid called for in package directions for cooking rice. Combine liquids, rice, remaining ½ teaspoon salt and sugar. Bring to boil; stir and cover. Simmer gently until tender. Toast ¾ cup coconut. Combine rice, pineapple tidbits, toasted coconut, chopped almonds and orange rind; toss lightly. Fill neck and body cavities loosely with stuffing. Skewer neck skin to back. Cover opening of body cavity with aluminum foil and tie legs together loosely. Place on rack in shallow roasting pan. Bake in slow oven (325°F.) until meat on drumstick is tender, about 3 hours. Make sauce, melt butter or margarine. Add sugar and heat until bubbly. Add fruit rinds and juices; bring to a boil. Add orange slices and heat; remove from syrup. Peel bananas and cut into chunks 1-inch lengths. Heat bananas in syrup until glazed yet firm. Remove from syrup. Garnish duckling with orange slices and bananas. Sprinkle with remaining coconut over fruit. Serve with sauce. Yield: 4 servings.

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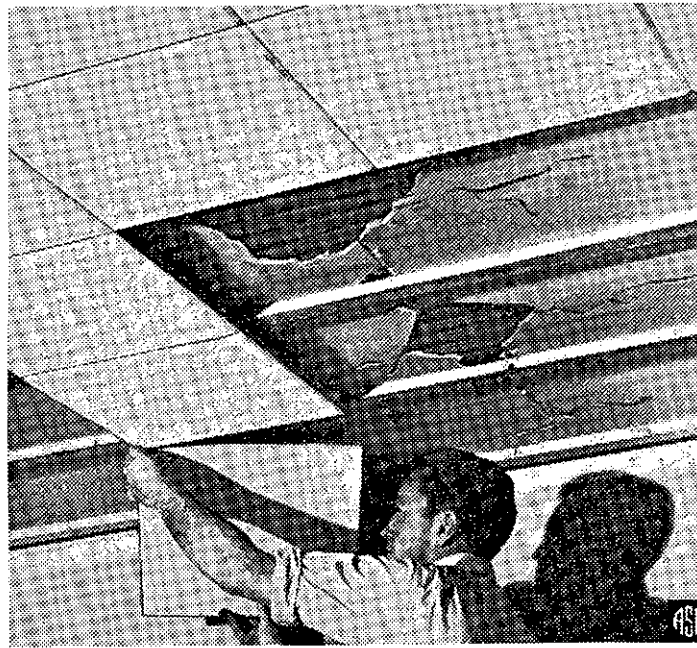
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## Ceiling Installation Tips



Old, badly cracked ceilings can be renovated quickly and easily with acoustical ceiling tile made of insulation board. Such ceilings absorb up to 70 percent of the excess noise striking them.

They are considered one of the easiest do-it-yourself projects. Only a minimum of mechanical ability and ordinary hand tools are needed to install acoustical tile.

The condition of the present ceiling determines which of three basic application methods is best suited to a specific room.

1. Adhesive requires a clean, dry, firm and even surface. Large holes, cracks, crumbling or sagging plaster can be covered by the following alternatives.

2. Furring strips of 1 x 2 or 3-inch softwood. Nail at each joint crossing with 8 penny nails. Tile should be applied with 3 penny box nails or 9/16-inch coated staples spaced six inches apart.

3. Suspended ceilings of metal grid hung from wire or straps. There should be a *minimum* drop of three inches, particularly between exposed pipes or ducts.

This method can also be used to lower the high ceilings common in many older houses and apartment buildings. When remodeling, the space between the old and new ceilings can conceal new electric wires, pipes and heating-cooling ducts with access always possible for adjustment.

Tile and lay-in panels are available in more than 250 designs, advises the Acoustical and Insulating Materials Association. While white is the most popular, a wide variety of pastel and bold decorator colors can be found at nearby lumber dealers and building supply centers.

Acoustical ceiling tile may be distinguished by fissures or tiny holes. They trap sound waves which are absorbed in the insulation board by air cells.

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HONDA "50" - 1965. White, fair condition, \$75.00. 439-3841.

HANDWOVEN Thai silk in stained glass colors at Squirrel's Nest, Ltd. Latham. 785-4876.

GARAGE SALE, #39 The Crossway, Elsmere. Sept. 10 thru Sunday 13th. 10 to 4 P.M., evenings 7 to 9 P.M. Baby needs, 2 upholstered chairs, lamps, toys, miscellaneous.

BEDROOM SET, 6 piece mahogany \$350. Excellent condition. 439-9242.

POP WARNER football shoes, size 7. 3-piece drum set. 439-5203.

GARAGE SALE - dining room set, ping-pong table, camera, tape recorder, etc. Saturday 12th, 82 Marlboro Rd., Delmar.

BASKETBALL backboard, hoop, post. Ski boots - 9. shoes: football, soccer, baseball 6-1/2 to 10. 439-6136.

BE THE STAR in Alidas Gemini soccer shoes, size 9. \$7. 439-9744.

SPREAD, twin blue, matching lined drapes, pillows, perfect condition. 439-5331.

GIRLS CLOTHING, perfect condition, assorted sizes, reasonable. 439-5331.

AFGHAN, fisherman knit, handmade, 58x64, natural heather, \$25. new. 439-3301.

SONY T.C. 580, tape recorder, auto reverse, speakers, like new, \$250. 439-2234.

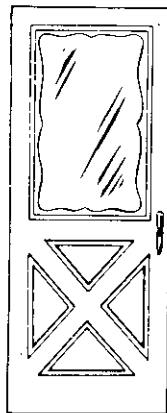
BLUE SPARKLE drums, full set. HE 9-5389 good condition.

SHED SALE, Sept. 12, 10 A.M. to 4 P.M. Household items, clothing, jewelry, books, plants, vegetables, antiques, cards, gifts, paintings. Home baked goods and refreshments available. Unionville Church, Delaware Turnpike.

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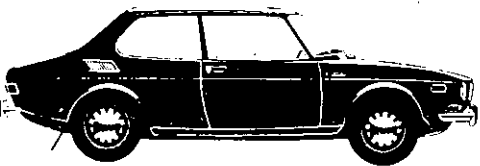
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1967 MG MIDGET, white with red top, wire wheels. 439-5931 after 5.

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1967 PONTIAC Catalina air conditioning, 4-door hard top, excellent condition. Less than \$2000. 439-6298.

1968 VW BEETLE white call after 6. 482-6050.

1968 INTERNATIONAL pickup, 22,000, many extras, excellent condition, used for transportation only, \$1550. 439-5478.

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KRIS-KEW KENNELS, Route 9-W, Glenmont, AKC toy poodles. Grooming, boarding, special weekend rates. Call 767-3485. tr

FREE - roly-poly tiger kittens, 6 weeks, housebroken. 439-4884.

PART ANGORA kittens, free to loving homes. Housebroken. 439-4874.

### WANTED TO BUY

WANTED, upright piano, reasonable, or if free will haul away. HE 9-1645.

WANTED piano in working condition by Institution. Transportation provided. 462-7521, extension 749.

### REAL ESTATE FOR RENT

OFFICE (2 room) and storage areas. Heated. Center of Delmar. Plenty of parking. 439-3957. 3t910

STORAGE BUILDING suitable for truck 7 storage. Plenty of parking, \$25 per month. 439-3957. 2t917

RANCH - 2 bedrooms, garage. Available on or before October 1st. References. Call 439-3698 or 439-1343 (message only)

ELSMERE - 1 bedroom apartment. Gentleman preferred. 439-5354 after 6 P.M. 2t910

### REAL ESTATE FOR SALE

TWO FAMILY - two bedrooms each floor. Oil hw heat, garage, excellent condition, \$16,500. Schenectady 4 unit income near Union College, annual income \$5400. Fully occupied, aluminum siding, only \$29,500. Colonial 4-bedroom, bath up, living room, fireplace, dining room, modern kitchen, powder room down. \$18,900. Broker. 465-6892. 2t910

### WANTED TO RENT

FURNISHED apartment for single lady, months of Oct., Nov., Dec. \$125-\$150. Range. Tri-Village area. Call AS 4-2679 mornings 'til noon or evenings 9:30-11:30. 3t924

MOTHER WITH 4 well-behaved school children desperately needs 5 to 6 room apartment. Willing to paint. Reasonable rent. Please call 463-8487.

DELMAR-GLENMONT, mature woman desires unfurnished, 3 room heated apartment, garage. 439-9283.

APARTMENT for widow, Delmar-Elsmere area, reasonable. 439-5594 evenings.

DELMAR AREA, room for gentleman for Monday thru Thursday each week, willing to work for partial payment. 474-1094 - evenings 462-0233. Area code 607-783-2711 ask for Mr. Seaman.

### HELP WANTED

WOMAN TO STAY with elderly woman 11 P.M. to 7 A.M., no nursing - experience required. Call 439-4144. 2t910

MEDICAL TECHNICIAN - clinical experience necessary, hours 9-5 P.M. No weekends. 439-5451.

KEYPUNCH operators, female, full time, day or evening. Call Mrs. Morgan at 869-5383. tr

KEYPUNCH operators, female, part time, evenings, weekends. Pick your own hours. Call Mrs. Morgan at 869-5383. tr

CLEANING WOMAN, 2 days a week, own transportation preferred. 439-5051 after 5 P.M.

MALE OR FEMALE part-time and full time. Apply Neba's Restaurant, Delaware Ave., Delmar. 439-3012.

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'68 Chev Chevelle, 4 door, hardtop, V8, automatic, power steering.	\$1895	'65 Dodge 99 passenger wagon (as is).	\$495
'67 Mustang Convertible, automatic power steering, console.	\$1395	'65 Dodge 2 door, 6 cyl., standard, new clutch and paint.	\$695
'66 Ford XT convertible.	\$895	'64 Grand Prix	\$495
'66 Mustang Convertible, V8, automatic, power steering, console.	\$1195	'64 Chevelle 4 door, automatic.	\$495
'64 Buick Convertible (as is).	\$245		



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**BABYSITTER** in my home, live in or out. 872-0253.

**SWITCHBOARD** operator, hours 7 A.M. to 3 P.M., night clerk 11 P.M. to 7 A.M. Howard Johnsons Motor Lodge, Southern Blvd., Albany. Apply in person. 2t917

**MATURE WOMAN** for part time work in dry cleaning store. Hours 10-4, Mon.-Fri., 8-2 on Saturdays. Apply 3 Delaware Plaza.

**APPLICATIONS** taken for Sales Clerk, 35 to 40 hrs. a week, benefits, paid vacation, birthday, employee discount, merit increase. Apply F. W. Woolworth, Delaware Plaza, Delmar.

**CLEANING WOMAN**, weekly, Slingerlands. Own transportation, references desired. Phone 439-2864.

**BABYSITTER** in my home, 1 day week, references, Delmar, must have own transportation. 439-7564.

**PART-TIME WOMAN** demonstrate nationally known toys & gifts for the next few months only. No delivery, no collecting, no bookwork, IBM does it for you. All customers orders individually wrapped for your hostesses. For information call 489-5058 or write: C & B Toy Club, Street Road, Warminster, Penn. 18974 3t917

**CLERK** — who enjoys people. New large pharmacy, hours flexible, permanent position. Benefits. Write Box P, Spotlight. 2t910

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**REID-DANKS** 42 N. PEARL ST. 463-1155

**GIRL FRIDAY** needed to Assist Surgical Supply Distributor, Delaware Ave. office near 4 Corners. No dictation involved — pleasant telephone personality a must. Call 489-4802 between 8:00 P.M. & 8:00 P.M. for interview. 2t93

**WOMAN** part time, fix light meals, light housework for elderly New Salem couple, IV 9-4784 days, IV 9-0801 evenings. 3t910

**HOUSEKEEPER** live in or out, hours adjustable. New Salem. IV 9-4784 days, IV 9-0601 nites. 3t910

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**KATHERINE GIBBS** graduate wishes home typing, will take dictation. E. Buess. 439-3136. 2t917

**CHILD CARE** for 3 & 4 year olds in my home, days, Feura Bush. 439-9430.

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**BABYSITTING**, my home. Reference. 434-8283. 4t910

**CHILD CARE**, my home. Please call 482-9748. 4t917

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