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RCA QUALITY-ECONOMY PRICE!



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See other Black & White Portables and a complete display of R.C.A. Color TV's in time for Christmas delivery.



RCA value!

Right screen size.

Right price.

• And it's portable.

Traditional RCA performance

Come In Today for PRO





- Powerful chassis delivers excellent performance.
- Excellent reception from Super Power Grid VHF and Solid State UHF tuners.
- Plastic cabinet in handsome wood-grained acrylic finish.

HOURS: Thurs. 'til 9 Fri. 'til 9 Sat. to 5 until Xmas

DELMAR APPLIANCES 239 Delaware Avenue, Delmar / 439-6723

DELAWARE PLAZA -- DELMAR

NOW - Large Enough To Fill All Your Christmas Shopping Needs.

STILL - Small Enough To Give You Personal Service.



Delaware Plaza

presents

MOVIES-FOR-THE-KIDS!

Here's good news:

Delaware Plaza is showing old-time movies in a trailer for the kids during shopping hours.

Mom & Dad, shop at your leisure while the children enjoy the show for 1 hour & 20 minutes!

Only 50¢ — less 10¢ off coupon available at DELAWARE PLAZA STORES

WE'VE ALWAYS LOVED A WHITE CHRIST-MAS, BUT DID IT HAVE TO BE THIS WHITE?

Honestly, we're not complaining. We AL-WAYS plan on a late rush. Mostly because we think people enjoy last minute shopping. It's more fun; it's more like CHRISTMAS. And because we plan on it, we have the largest selection during the last few days. We also have a big, experienced staff and everyone and everything is geared to handle all requests smoothly and skillfully.

So, if you've got a problem like what to get your husband's secretary who has marvelous taste, or you've got to get a great outfit for a party and alterations will have to be done, like yesterday; or you always bring your wife the wrong thing; or a million other problems — call on us, and we'll help you to get that marvelous something you thought would be gone by now. Beautifully gift wrapped too.

Do your Christmas shopping LATE this year.



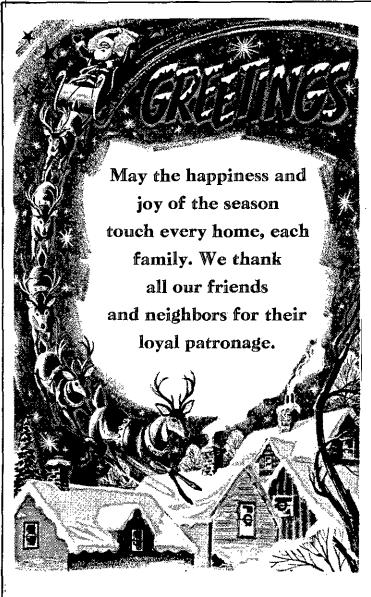
Daily: 10 A.M. to 9 P.M. Sats. 10 A.M. to 5:30 P.M. The Village
Shop

Delaware Plaza

DELAWARE PLAZA IS GROWING AND GROWING.

DELAWARE PLAZA -- NOW - Large

STILL - Small



Christmas Greetings



22 Delaware Plaza Shopping Center - 439-6106

Latham Corners Shopping Center - 783-7491



HAPPY HOLIDAYS FROM YOUR NO. 1 DISCOUNT **STORE**

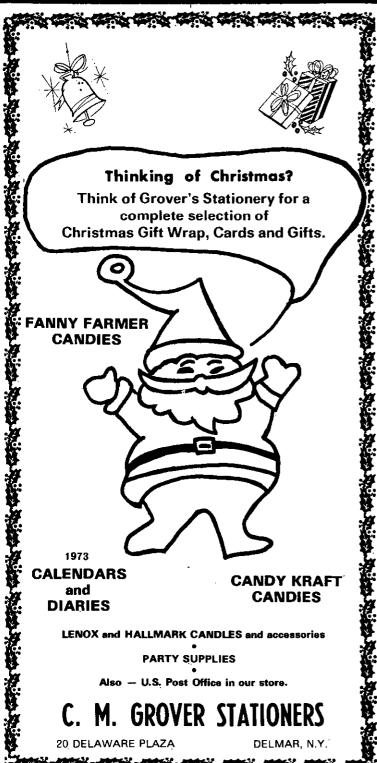
Imported Italian Asti SPECIAL \$2.99 fifth, with this ad

DELAWARE PLAZA LIQUOR STORE

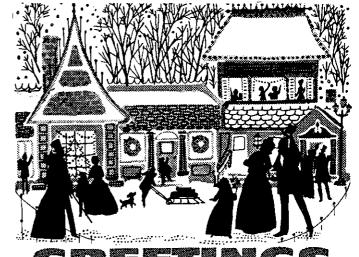
439-4361

AWARE PLAZA IS

ough To Fill All Your Christmas Shopping Needs. nough To Give You Personal Service.







greetings

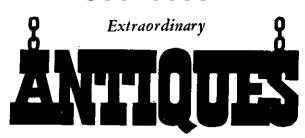
At this joyous time of year we extend our greetings to our friends, whose confidence we highly value. Thank you.

THE ELSMERIAN RESTAURANT

Delaware Shopping Plaza - Elsmere

WING AND GROWING.

BEBEBEBEBEBEBEBEBEBEBEBEBE





Exciting Collection for Christmas

A decorator's dream come true ... our exciting collection of furniture, prints, paintings... just to name a few of our interesting finds.

Come in and browse through our unique assortment of old-time gems that can accent any home decor.

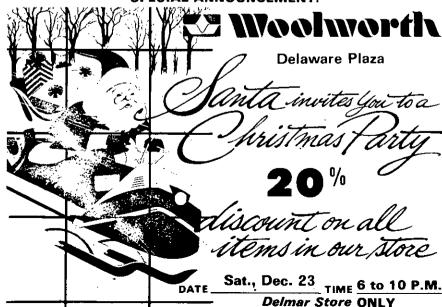
Punch Bowls • Silver Ladle • Decanters
Cut Glass • Lamps
Marbletop Coffeetables
All kinds of Pine Furniture

Jeanne Van Hoesen

67 Adams Place, Delmar HE 9-1021

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SPECIAL ANNOUNCEMENT!



Spotlight CALENDAR

ABOUT THE CALENDAR

The information printed in this column is a FREE service to **Spotlight** readers. We neither charge nor receive any fee for publicizing these events. It is for this reason that we ask those who send in information to make sure that it is complete; we **cannot** (repeat: CANNOT) make weekly changes in running announcements.

Because the Calendar con-

denses the coming event in capsule form, it has become one of the most widely-read weekly **Spotlight** features. It was so designed to allow for more space for additional features. Therefore, organizations should **not** expect to find a duplication of facts in another place. If we were to run all of the events **twice**, we'd be cutting down on our available space and thereby defeat the whole concept.

Tri-Village FISH — Call 439-3578 for voluntary service — 24 hours a day the year 'round — offered by residents of Delmar, Elsmere and Slingerlands to their neighbors in need of help in any emergency.

Nathaniel Adams Blanchard Post #1040, American Legion Auxiliary, meets third Tuesday of month except July & Aug., 8 P.M., Post rooms.

Welcome Wagon — Newcomers and mothers of new babies call 785-9640, Mon. thru Sat., 8:30 A.M.-6:00 P.M. so you may have a Welcome Wagon call.

Bethlehem Memorial Auxiliary to Post #3185, Veterans of Foreign Wars, meets the third Monday of every month, at the Post Rooms 404 Delaware Ave., Delmar.

Trap Shooting Nassau Sportsmen's, Club, Boyce Rd., Nassau, every

Wed., 7-11 P.M. Non-members welcome. Information: 766-2680 or 472-5178.

Bethlehem Youth Employment Service, 114 Adams Street, Delmar. Open Monday-Friday, 1-4:30 P.M. 439-2238.

Bethlehem Lions Club meets 1st and 3rd Wednesdays of the month at American Legion, Elsmere Avenue, 6:30 P.M.

The Albany County Pistol Club, Winne Place and Maewin Drive, Delmar, welcomes guests at its indoor pistol range every Tuesday at 8 P.M. Information: Dave Herbach, 439-4372 or 1 om Corrigan, 439-3301.

Give and Take Shop, staffed and stocked by residents of Delmar, clothing for all occasions, all ages, all sizes, available to everyone. Basement St. Thomas Apostle Church Rectory (ent. between Church & Rectory), Mon. 9:30-11:30 A.M., Tues. 1-3 P.M., Sat. 10 A.M.-12 Noon.

Bethlehem Police Reserve meets Mondays, 114 Adams Street, 7:30 P.M.

2nd and 4th Thursday, meeting, Latham Toastmasters, Sleasman's Hofbrau, 6:30 P.M. Residents interested in developing communications skills, call Manzella, 439-9295.

THURSDAY, DECEMBER 21

8:30 P.M., Christmas Party, Whiz Ski Club, Center Inn, Glenmont. Members only.

FRIDAY, DECEMBER 22

Schools close for Holiday Season. Reopen January 2.

SUNDAY, DECEMBER 24

11 A.M., Special Family Worship

Service, Slingerlands Community United Methodist Church.

7:30 P.M., Christmas Eve Carol Service, Slingerlands Community United Methodist Church.

MONDAY, DECEMBER 25

Season's Greetings!

MONDAY, JANUARY 1

A Happy & Healthful New Year!

WEDNESDAY, JANUARY 3

10 A.M., meeting, Antique Study Group, Delmar Progress Club, Bethlehem Public Library. Meridith Clapper, speaker, "Cut Glass."

FRIDAY, JANUARY 5

8 P.M., travelogue, Selkirk Fire House #1, Maple Avenue, Selkirk.

SATURDAY, JANUARY 6

Barnani Bus Tour to NYC to see the new musical hit, "Pippin." Information: 462-9796.

SUNDAY, JANUARY 7

2 P.M., "Wizard of Oz" presented by Second Story Theatre of Union College, at Albany Jewish Community Center.

MONDAY, JANUARY 8

1:30 P.M., meeting, Music Group, Delmar Progress Club. Program:

Inspirational Music by Frank Desmaris, organist at St. Thomas' Church, Delmar. Meeting to be held at Bethlehem Public Library, Community Room.

10-11 A.M., Physical Fitness Classes, new 10-week session at Delmar Reformed Church. Register with Mary Reich, 439-2058.

10 A.M., meeting, Board of Delmar Progress Club, Bethlehem Public Library.

TUESDAY, JANUARY 9

12 Noon, Annual Herb Luncheon, Garden Group of Delmar Progress Club at Delmar Reformed Church. Reservations: 439-5189. Gourmet cooking from shrimp and herbs to spice cookies.

WEDNESDAY, JANUARY 10

8 P.M., Business Meeting, Bethlehem Central Board of Education, 90 Adams Place, Delmar.

TUESDAY, JANUARY 16

9:30 A.M., coffee; 10:30 A.M., meeting, Literature Group, Delmar Progress Club, Bethlehem Public Library.

WEDNESDAY, JANUARY 17

All district residents are invited to the Glenmont School, 8 P.M., for a PTA-sponsored discussion of

the "how tos" involved in "Making the MOST of Your Child's Learning Potential." Resources include Mr. Grace Erkson, District Curriculum Coordinator; Dr. Kathryn Bookbinder, District Psychologist; and Mrs. Virginia Lowe, principal of the Glenmont and Slingerlands Elementary Schools.

9:30 A.M., coffee; 10:30 A.M., meeting, Creative Arts Group, Delmar Progress Club, Bethlehem Public Library.

THURSDAY, JANUARY 18

8:30 P.M., OKLAHOMA!! Slingerlands Community Players, Bethlehem Central High School. Tickets: 439-6732.

FRIDAY, JANUARY 19

8:30 P.M., OKLAHOMA! Slingerlands Community Players, Bethlehem Central High School. Tickets: 439-6732.

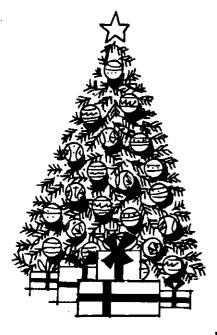
SATURDAY, JANUARY 20

8:30 P.M., OKLAHOMA! Slingerlands Community Players, Bethlehem Central High School. Tickets: 439-6732.

A REMINDER

Present dog licenses expire December 31, 1972. The Town Clerk wishes to thank all the people who have cooperated so well this year by mailing in the application for renewal of dog licenses. However, there are quite a few who haven't secured the 1973 license tag for man's best friend. My office would appreciate hearing from you. Licenses are available at the office of the Town Clerk, Town Hall, Delmar, New York.

A REMINDER — NO snowmobiling is allowed in Elm Avenue Park



HAPPY HOLIDAYS

FROM THE PEOPLE WHO CARE. ABOUT YOUR CAR

NASSAU TIRE CO.

257 Delaware Ave., Delmar 439-0322

"THE TIRE STORE WITH A DIFFERENCE"

THE DIFFERENCE THIS TIME IS WITH

CAR ACCESSORIES

BATTERIES

Nassau Tire Co. 36-month Guarantee (for Ford or Chevy) — **\$21.95**

WINDSHIELD WASHER Anti-Freeze & Solvent

Good year-round — \$1.25

ANTI-FREEZE

William Penn, Permanent \$1.99 gal. — 50¢ qt.

GAS LINE ANTI-FREEZE 5 cans — \$1.00

We accept:

JUMPER CABLES

8 feet long, "Karvex," tapped for no tangle 100% copper clad — \$5.25





ALL ABOVE PRICES SUBJECT TO SALES TAX

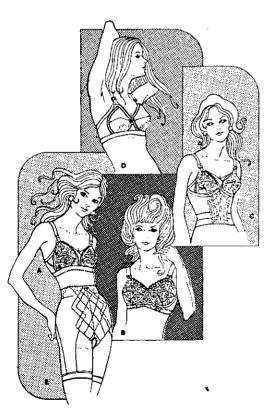
PLAYTEX®

BRA&GIRDLE



SALE ENDS JANUARY 13, 1973

Save up to \$2.01 on these great Playtex styles



LIVING*BRAS

(A) Style #132—Living Comfort Styled Stretch Bra...ON SALE FOR THE FIRST TIME EVER—(A,B,C)...Reg. \$6.50 ea... Now \$5.49. (D Cups)...Now \$6.49. Style #159—Living Stretch Bra—Stretch Straps....(A,B,C)...Reg. \$4.95...Now 2 For \$8.40. (D Cups)...Now 2 For \$10.40. Style #179—Living Stretch Bra—Rigid Straps...(A,B,C)...Reg. \$4.50...Now 2 For \$7.50. (D Cups)...Now 2 For \$9.50. (B) Style #186—Living Underwire Stretch Bra...(B,C)...Reg. \$7.00... Now \$5.99. (D.Cups)...Now \$6.99.

LIVING® LONGLINE BRAS

EVER—(B,C)...Reg. \$9.95...Now \$8.94... (D Cups)...Now \$9.94.. Style #259—Living Stretch Longline • Stretch Straps...(A,B,C)...Reg. \$7.95... Now \$6.94. (D Cups)...Now \$7.94. Style #239—Living 3/4 Length Longline —Stretch Straps...(A,B,C)...Reg. \$7.95... Now \$6.94. (D Cups)...Now \$7.94. Style #270—Living Stretch Longline with 2" Comfort Waist Band—Stretch Straps... (A,B,C)...Reg. \$8.95...Now \$7.94. (D Cups)...Now \$8.94.

(C) Style #232-Living Stayless Longline

Bra...ON SALE FOR THE FIRST TIME

NEW! NO VISIBLE MEANS OF SUPPORT®BRAS

ON SALE FOR THE FIRST TIME EVER ...So Sheer. So feminine you'd never believe it supports...

Style #146-Sheer Lace.

(D) Style #148—Sheer.

Style #6148—Sheer (Beige) (A, B,C) Reg. \$5.50...Now \$4.49. (D Cups) ...Now \$5.49.

DOUBLE DIAMONDS®GIRDLES

Full Front Panels For Firm Tummy Control...

(E) Style #2830--Girdle...(S, M, L, XL*, XXL*, XXXt!, XXXXt!)...Reg. \$10.95...Now \$8.94.

Style #2820—Shortie...(S, M, L, XL*)... Reg. \$12.50...Now \$10.49.

Style #2822—Average Leg...(S, M, L, XL*)...Reg. \$12.95...Now \$10.94.

Style #2834—Long Leg...(S, M, L, XL*, XXL*, XXXtt, XXXXtt)...Reg. \$13.95...Now \$11.94.

NEW! DOUBLE DIAMONDS WAIST CONTROLLER GIRDLES. ON SALE FOR THE FIRST TIME EVER.

Style #2876—Waist Controller Panty... (S, M, L, XL*, XXL*)...Reg. \$16.00...Now \$13.99.

Style #2878—Waist Controller Girdle... (S, M, L, XL*, XXL*)...Reg. \$14.00...Now \$11.99. (XL*, and XXL* \$1.00 more, XXXL and XXXXL \$2.00 more).



LIBRARY NOTES

DID WE HEAR you say that you want to watch those Christmas Specials on TV but you feel guilt about just. sitting there when there's so much you could be doing? We have a suggestion for you: How about knitting a pair of mittens, or a scarf, or even a baby cap of booties! And what will you do with them once you have them finished? How about bringing them to the Bethlehem Public Library and hanging them on the Annual Treasure Tree which was brought by the Peace and Service Division of the American Friends Service Committee.

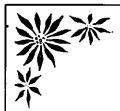
The items brought for the tree will be distributed to children all around the world, to make their lives a little; brighter. We in the Town of Bethlehem are blessed with warm homes and warm hearts, but there are many children who are not so fortunate. Blankets, sweaters, socks, baby clothes, school supplies, yarn, mittens, sewing kits, and so on...are needed. If you aren't handy with the knitting needles, the Five and Dime carries many warm mittens and scarves that will serve just as well.

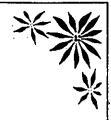
Thank you for your generosity.

A SPECIAL HOLIDAY Greeting from your Library:

Because we can't send an individual greeting to each of you, our borrowers, and all of us won't see each of you when you're in, we want you to know that we think you are the greatest! Not just now, but all year. Thank you for helping to make this year so very exciting as we moved into our new quarters on Delaware Avenue. 1973 can only be bigger and better, and you will share it with us!

And so, to paraphrase Tiny Tim, "GOD BLESS YOU, EVERYONE!"





At this Holiday time, we pause

to remember Good Friends, old and new.

We at Main-Care think of you and are grateful for the confidence you have placed in us. We have done our best to serve you well and do hope that our service has pleased you.

We look forward to your continued patronage and hope that the happy spirit of the holiday season will remain with you all year.

Main-Care means "We Care"

Your Guarantee of Service

MAIN-CARE HEATING SERVICE 439-7605

MAIN-CARE

318 Delaware Avenue, Delmar, N.Y.

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Let the message of peace in Him be heard in all the world. Bless our homes and churches with the peace of Bethlehem, that true and lasting joy may abide there.

Meyers Funeral Home

This store has it all, Santa!

The Light

Touch

The one thing most executives

can do better than anybody is

Then there was the lawyer

who instructed his son about

New Year's resolution: some-

thing that goes in one year and

Anybody who argues with the

barber should have his head

Teachers who have to read

geography test papers know

that it's easy to move moun-

We'll move mountains to wish

you a Merry Christmas! at

read their own handwriting.

the alleged facts of life.

out the other.

examined.

Delmar Lumber.





<u> 1999</u>

71/4" Utility Circ. SAW

Burnout protected 1 HP motor. Sawdust ejector. Calibrated bevel to 45°, depth adj. to 23% 4900 rpm. Guard. 7301



3/8" UTILITY DRILL KIT

Twenty-six pc. kit incl. drill, 3 bits, grinding wheel, buff, rubber pad, wheel arbor, 15 grit abrasive discs, etc. 7116



Greetings



ture styling.

DELMAR LUMBE

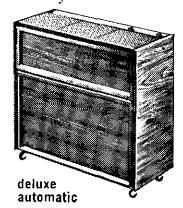
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desert dryness in your home!



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effectively bumidifies the average 4-bedroom home

Vapor-All automatically puts back the freshness winter heating drains away, and it does it without noise, gurgles or direct drafts! This is dependable, whole-house humidification, for up to 2500 sq. ft. All the most-wanted convenience features are included, even beautiful walnut-grain vinyl and fine furni-

The Spotlight Goes to School

TWO JUNIORS, Jim Kelly, of Delmar, and Dave Uyrus, Adams, Mass. have been elected captains of the 1973 Middlebury College football team it was announced this week.

Representing the Panther offensive and defensive units. the two juniors both played key roles in leading Middlebury to its first undefeated, untied season in 36 years. The team wound up third in the Lambert Cup standings and second in the New England College Division ratings.

Uyrus, the Panthers standout offensive tackle, recently received Little All-American honorable mention honors. The 6-2, 230 pound tackle was the team's offensive leader in all eight games. The Middlebury ground game, was directed the majority of the season over his side. Thirteen touchdowns were scored on plays run to his side and when crucial, short first down yardage was needed the backs always ran his way.

Uyrus, a History major and Dean's List student at Middlebury, is the son of Mr. and Mrs. Theodore Uyrus, of 24 Water St., Adams, Mass.

Kelly at outside linebacker was one of the leaders on an



Jim Kelly

outstanding Panther defensive unit that held the opposition to an average of 10

points per game and an average total offense of 196 yards per game.

The 5-11, 190 pound line1 backer called defensive signals for Middlebury throughout the season. Kelly is a real sharp player with ability to diagnose opponent's plays.

A History major at Middlebury, Kelly was a Dean's List student his freshman year and last year joined the select few who gained College Scholar honors. He is the son of Mr. and Mrs. Charles Kelly, of 316 Kenwood Ave., Delmar.

THOMAS SCURRAH of Delmar has been cited for outstanding academic achievement on the current Dean's List of Amherst College.

Scurrah, the son of Dr. and Mrs. Mark B. Scurrah of 22 Woodbine Road, is a junior transfer student at Amherst, who has previously studies at Bucknell University. His fraternity is Kappa Theta. Scurrah was an honor graduate of Bethlehem Central Senior High School.

DONNA GROVENGER, secretary of the Bethlehem Central High School Chapter of Future Business Leaders of America, conducted a meeting of the group on Friday, December 8.

The chief topic of discussion was to make plans for a Christmas basket to be prepared by the club members. Carmen Lee and Mary Ellen Tuck were appointed cochairman of the project. They will volunteer to contribute specific items so that there will be food, toys and clothing items.

The club is also planning to make stuffed animals to be sent to an area hospital, and members will be working after classes on this project during the next weeks before the Christmas holiday.

MERLE E. MILLER, Chairman of the Business Education Department at Bethlehem Central High School, attended the Annual In-Service Meeting of Business Education Chair-



DAN & BETTY DRYDEN'S SKI SCHOOL

For boys & girls ages 7-15 Saturdays — January thre March. All day instruction, practice, fun.

Transportation from Albany and Delmar to ski areas provided.

For information, rates

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GIANT DISCOUNTS at the giant liquor store a thousand gift items WINES & LIQUORS Unlimited

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merry christmas

DENBY'S

DELAWARE PLAZA







70 4th Ave., Albany 463-2159 New Rte. 23, Cairo 622-3117 231 N. Perry St., Johnstown 762-7513 men on December 14.

The meeting was arranged by Lew Carr, Co-Area 9 Leader from Niskayuna and had as its theme, "Pertinent Matters in Business Education."

The morning session included a discussion of "Management Standards" by Al Courtney, President, Manpower, Inc. Future Business Leaders of America Programs in New York were explained by lov Cooke the Shenendehowa senior who is the NYS FBLA President. The morning session ended with Elton Murphy, Associate, Bureau of Business Education, presenting information from the State Education Bureau of Business Education.

The afternoon meeting was divided between Sam Burgio, Metro District Manager of Montgomery Ward and Company and Harry C. Michelson, Assistant Attorney General, Bureau of Consumer Protection, who discusses "Retail Employment Opportunities and Consumer Frauds."

ON THURSDAY evening, December 7, the 1972-73 officers of the Alpha Mu Chapter of Delta Pi Epsilon at SUNY at Albany staff advisor to the honorary graduate fratenity, presided. Mrs. Mary T. Elliott and Mrs. Kathleen Venter, business teachers at Bethlehem Central High School, were installed as corresponding and recording secretary, respectively.

A dinner and business meeting folloed the installation of officers. The program for the evening was a panel discussion of the Problems of the Beginning Teachers. The panel was introduced by Gordon Simpson, staff member of the Milne School of SUNY at Albany, who introduced the panel. Mrs. Joanne Davies. a BCHS business teacher, Mrs. Gail Degener, from Columbia High School, and Thomas Tucker from the Draper High School business education staff, were the panelists. A discussion period about how the experienced teachers and teacher trainers can assist the new teachers more effectively followed the formal presentations.

Other BCHS staff who attended the meeting were: Merle E. Miller, Chairman Mrs. Gladys Hosey, Chairman Emeritus; and Mrs. Margaret Westervelt.

VIRGINIA CARR, of Delmar, a choir member at the College of William and Mary, participated in the annual Christmas choir and chorus concerts at the College this week.

Under the direction of Dr. Carl A. Fehr, the singers will present Christmas carols from around the world and will open their program with a procession of lights. Several numbers will be augmented by instrumental ensembles.

ON DECEMBER 4, Bonnie





from Ron and Don Wagner to our many friends

Wagner's Barber Shop

Phone 439-9814 337 Delaware Ave., Delmar, N.Y. M. Kawczak, daughter of Mr. and Mrs. Michael Kawczak of Feura Bush, was inducted as a member of Russell Sage College Honor Society - THE ATHENIANS.

This honor is for those students who have obtained a 3.4 cumulative average for the first two years of study at the college. Miss Kawczak, a graduate of Bethlehem Central High School, is a junior majoring in nursing.

CAROL JENKS, President of the Bethlehem Central High School Distributive Education Clubs of America Chapter, has announced that the officers of the Area 9 DECA Clubs were formally inaugurated at a dinner meeting on December 12.

The formal Inaugural Dinner was planned by the Area 9 DECA representatives at meetings held during the past several months at Maria College. Officers from the DECA Chapters and their advisor and friends gathered at Valle's Steak House where Douglas Adamson, State Education Department Director of Distributive Education conducted the formal installation ceremony.

Besides Miss Jenks, the BCHS President, the follow-

ing BCHS Officers took their formal oath of office: Mark Denson, Vice-president; Cecelia Manning, Secretary; Cathy Link, Treasurer; Linda O'Connell, Publicity Chairman and Christopher Mason, Historian.

The program for the meeting consisted of speakers who described the contests to be held at the State Leadership Conference and a general talk on retailing as a career by S. S. Burgio, Retail Store Manager of Menads Montogomery Ward.

A KINDERGARTEN teacher, nurse-teacher, and psychologist discussed how to help children be prepared for starting school--and what "readiness skills" they should have-with a group of district parents on Dec. 5 at the Educational Services Center.

Mrs. Helen Hopkins, Elsmere School kindergarten teacher, said that parents greatly affect their children's attitudes toward school. If parents apply liberal doses of "the three A's--Affection, Acceptance, and Approval," she said, their sons and daughters will come to school with a healthy and enthusiastic attitude toward learning. Parents should try to set good







Many thanks for your loyalty and confidence.

WARNER PHARMACY

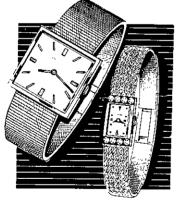
Jack W. Sherman, Prop.

372 Delaware Avenue, Delmar (at the 4 Corners)













HARRY L. BROWN Jeweler

Thistle Gift Shop

4 CORNERS, DELMAR • 439-2718

(Parking next to building and Town Parking Lot Around Corner)





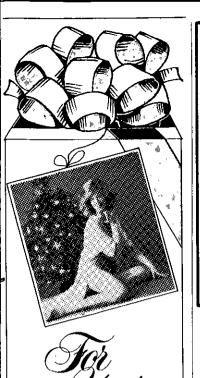
examples, she went on, by being calm, patient, and reasonable, by listening to an respecting the views of their children.

Mrs. Dorothy Seim, nurseteacher at the Clarksville, Glenmont and Bethlehem Center School, cited the importance of good health habits and the building of a child's independence. She mentioned that raw fruits and vegetables are better than sweets as snacks, that children have different sleep needs and should have regular bedtimes according to their needs, and that children should be taught such simple health habits as washing hands and brushing teeth correctly. A kindergarten child is encouraged to be independent, she said, if he can dress and undress him-(including outerwear) and if all his clothing is clearly name-tagged.

Mrs. Seim also stressed the importance of keeping children home from school when they show various signs of illness or infection. "Keep your child home a full day after his symptons are gone," she said, "so he has a chance to regain strength and won't be so susceptible to the next round of germs."

Mrs. Ruthann Cons, school district psychologist, told parents at the monthly meeting that a child ready for kindergaten should be able to communicate with persons outside his family and should be experienced at spending periods of time away from his home and family.

She also listed nine specific skills or factors which indicate a child's readiness for kindergarten: 1)Can name three or four colors, 2) Can draw or copy a square, 3) Can identify a cross, square, and circle, 4) Can repeat a series of four numbers without practice, 5) Can tell his right hand from his left, 6) Can draw and color more than a scribble, 7) Can tell what. things are made of, 8) Can travel alone in his neighborhood with an approximate



Gour Christmas Eve

PANTYHOSE & STOCKINGS

Give her a gift as sheer and lovely as her lovely legs themselves. And remind her of your thoughtfulness for many eve's to come. Pantyhose and Stockings. Newest styles. Newest fashion colors.

\$1.00 to 2.50



HIGHLAND FARMS

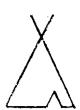
Restaurant and Woodshed Bar

Route 156, Altamont 872-9915 • 872-0826



CHRISTMAS AND NEW YEAR'S DINNERS

Cheryl Gray at the Organ



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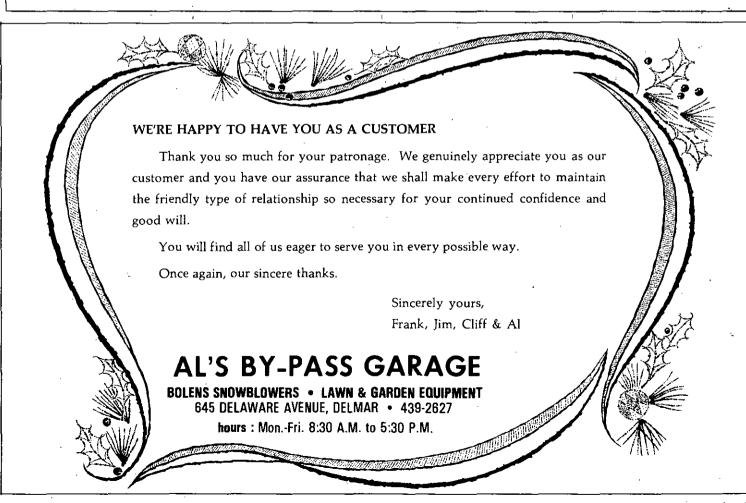
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distance of two blocks, and 9) Is at the age of 5 years, 6 months.

If many of these are no characteristic of a child who is legally eligible to start school, she said, parents should consider three alternatives: Keeping the child home another year, sending the child to a good nursery school, or sending the child to kindergarten with the intention of having him attend kindergarten for two years.

Mrs. Cons said that she and other members of the school district staff are available to meet with parents and preschool children, to help determine through testing whether a child is ready to start kindergarten. She also mentioned many ways in which parents can teach skills, both mental and physical, through at home games and activities.

In answer to a question, Mrs. Cons said parents should not pressure or force their preschool children to learn to read. "When and if children are ready to read, they will," she said, "and a parent's main goal should be to build confidence and encourage an eagerness for school--not set up forced learning situations

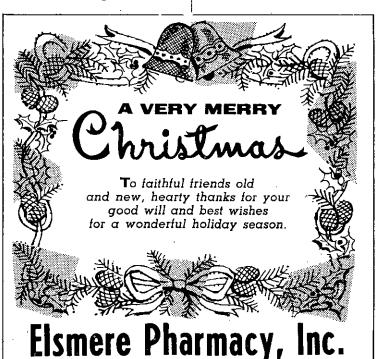
where failure and disappointment may occur."

WHAT'S AHEAD IN '73?

INTRODUCTION

LAST DECEMBER the Trust Division of National Commercial Bank & Trust Co. became the first area financial institution to publicly issue a forecast on the national economy. We continue to feel a commitment to make the products of our research and analysis available to everyone throughout the Northeast. The efforts of our Trust Investment Department have been particularly gratifying in comparison to the major indices customarily used in measuring investment performance.

A glance at last year's forecast shows that our investment officers were on target in their analysis of the growth in corporate profits, changes in inflation rate, stablization on interest rates and the potential for market appreciation in high quality growth equities. This positive attitude towards the economy



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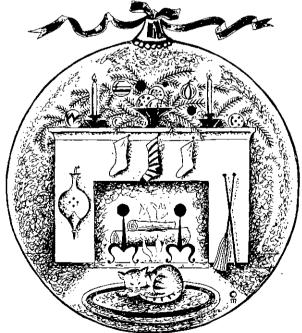
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and the equity market through 1971 and 1972 has produced substantially better than average performance in the equity portfolios managed by the Trust Division. Representative equity funds managed by the Trust Division increased an average of 27% during calendar year 1971 and 26% through the first 11 months of 1972. We believe this to be outstanding in comparison to market averages such as the S & P 500 which increased in value 10.7% and 14.2% for the same periods respectively.

And so it is with renewed confidence that we extend to the press and the public an examination of the economy which in years past has been available only from major money market financial institutions. We are deeply aware of our responsibility to provide a full range of trust investment services administered with professional skills and tempered by the understanding and intimacy of a

growing trust division. This forecast is an example of the continuing effort our people are making to be a contributing factor in economic and social development of our communities.

James O'K. Conwell, Jr. Vice President and Trust Officer

ECONOMIC FORECAST - 1973

THE ECONOMIC outlook for 1973 is encouraging. We expect that above average growth will be realized for the second consecutive year resulting in record levels of employment and profit.

Gross National Product should increase by \$110 billion to \$1.260 trillion. After adjusting for expected inflation of 3.5 per cent, this would represent real growth of 5.8 per cent. In this environment, total employment would expand to a record level of 84 million jobs. The rate of those unemployed should drop

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below 5 per cent from the current rate of 5.2 per cent. Corporate profits should increase by at least 12 per cent from the 1972 level.

Consumer spending for durable goods has been strong in 1972 and should continue to increase in 1973. We anticipate an acceleration of non-durable spending for goods and for services. These outlays by the consumer are possible because personal liquid assets have risen to a high level and real wages (earnings adjusted for inflation) are showing a healthy increase after several years of Additionally, stagnation. some \$8-10 billion of excess tax witholdings will be refunded in the early months of 1973.

Business spending for equipment will be another dynamic element in the economy in 1973. This reflects the strength of incoming orders and the need to modernize facilities. In the face of brisk sales, inventory levels have been maintained at relatively low levels. We therefore expect that inventory accumulation will stimulate production in the year ahead.

One dramatic source of growth over the last two years will be absent in 1973. Housing starts expanded from 1.4 million units in 1970 to about 2.3 million in the current year. In 1973 housing starts will approximate 1.8 million units as demand for new housing begins to fade.

There is concern in some quarters that productive capacity will become overutilized in 1973 creating an upward pressure on costs and prices. It is reasoned that this situation would be aggravated by a large deficit in the Federal budget and costly wage settlements in kev industries.

It is our position that the economy will not overheat in 1973 given the amount of idle resources that are presently available. There are, for example, significantly more unemployed workers available now than there were in 1968, a year that preceded major capacity problems in the economy.

The Federal deficit will be offset to some extent by a net surplus in the budgets of state and local government. While the large number of wage contracts to be negotiated in 1973 presents a serious problem, there is some hope that recent gains in real income will have a moderating effect on wage settlements. In 1970 and 1971 large wage gains were necessary merely to offset the rapid rise in living costs that had previously occured.

We are assuming a price and wage control program will be retained in one form or other through 1973.

Looking ahead to 1974 the potential for above average growth will be substan-



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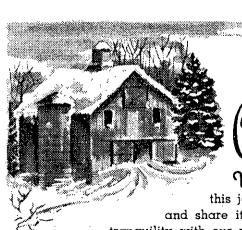
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tially reduced. By that time the economy will be operating at nearly full capacity and the danger of over-expansion will be present. Thus prudent fiscal and monetary policy will be a requirement in 1973.

Peter A. Farrell Investment Department

OUTLOOK FOR THE STOCK MARKET

BASED ON the favorable economic projections stated by Pete Farrell, we remain constructive toward equities as we have been since August 1970 and advocate a fully invested position.

The recent rise in the market highlighted by the symbolic penetration of the 1000 level of the bellwether Dow reflects the positive tone of investors attitude. More issues advancing than declining is evidence that breadth has turned favorable, and more new highs than new lows being registered indicate that momentum is stronger. This rally which began about mid-October is expected to continue well into the first quarter of 1973 and the broad participation by most stocks will probably become more dynamic.

Reactions may occur at times, but these should be orderly and moderate and promote additional advances. The primary trend is upward.

In addition to the favorable economic data, other factors responsible for the improved psychological atmosphere are heightened prospects for peace in Vietnam; the build-up

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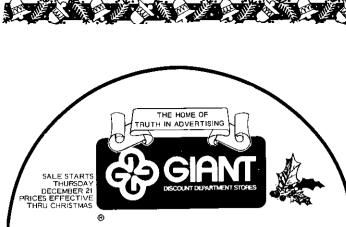
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in corporate liquidity which should result in little or no increase in the amount of equity offerings while institutional demand continues to grow; pick-up in interest by foreigners and generally stable interest rates.

There is the danger that unbridled enthusiam may at some time result in prices over-discounting prospects. If this should become evident, creation of buying reserves would be in order.

Our emphasis during the past two years has been on quality growth stocks. We continue to regard such stocks as core issues despite the fact that many are selling at historic high P/E's and may experience a diminution in interest for a time. We caution our clients to maintain quality, resisting the temptation to pursue secondary issues. Moderate growth companies exhibiting consistency of earnings and reasonable multiples are currently receiving our attention.

All issues selected by The Bank for addition to its Master List must meet certain standards. Among these are management that is highly regarded by customers and competitors alike; conservaaccounting practices: strong financial condition: high return on invested capital: stability of earnings: well regarded research and technological capability; and a commanding position in its industry or its segment of its industry.

This disciplinary approach has enabled us to experience better performance than the major indices.

William J. Girxin, Jr.
Investment Department

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Marine Cpl. Michael O. Sickler, husband of the former Miss Evelyn P. Christiana of 56 Main St., Ravena, reenlisted in the Marine Corps for four years during ceremonies held at the Marine Corps Air Station, Kaneohe Bay, Hawaii.

Marine Lance Corporal Dave M. Brown, son of Mrs. Sally I. Brown of Route 1, Selkirk, has reported for duty at the Marine Corps Air Station, Cherry Point, N.C.

Navy Airman Apprentice Raymond W. Smith, of 54 St. Clair Drive, Delmar, has completed the Aviation Structural Mechanic School at Memphis. Aviation Structural Mechanics maintain hydraulic systems, fuselages and wings aboard naval aircraft.

Marine Pvt. Craig D. Smith, son of Mr. and Mrs. Donald B. Smith of 102 Maple Ave., Selkirk, was graduated from basic training at the Marine Corps Recruit Depot at Parris Island, S.C.

Navy Construction Apprentice Albert F. Devitt, son of Mr. and Mrs. Donald Devitt of Ravena, was graduated from recruit training at the Naval Training Center at San Diego.

Navy Airman Recruit Peter A. Berczes, son of Mr. and Mrs. H. Berczes of Wormer Road, Voorheesville, was graduated from recruit train-

Continued on page 30



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SIX BOTTLE

PAGE 24 - December 21, 1972

The Spotlight

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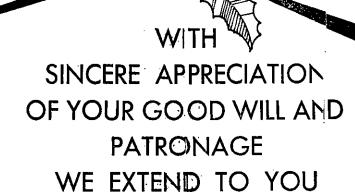
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ing at the Naval Training Center in Great Lakes.

Navy Seaman Recruit Anthony N. Donato, son of Mr. and Mrs. Joseph Donato of 5603 Normanskill Road, Voorheesville, was also graduated from recruit training at the Naval Training Center in

Great Lakes.

Navy Seaman Recruit Barry F. Matott, son of Mr. and Mrs. William Matott of 104 Maple Ave., Voorheesville, was graduated from recruit training at the Naval Training Center in Great Lakes.

Continued on page 32



DANIEL D. ALTOBELLI, (center) chief of the Regional Multi-Disciplinary Environmental Task Force, holds the 1972 John A. Hanson Annual Unit Citation presented to him by Mr. Lloyd Peterson, regional representative of the Secretary of Transportation, (right), while Mr. William H. White, regional administrator of FHA looks on. This runner-up award was presented to the Task Force for their efforts in exploring the environmental impact of all Federal Aid highway projects.

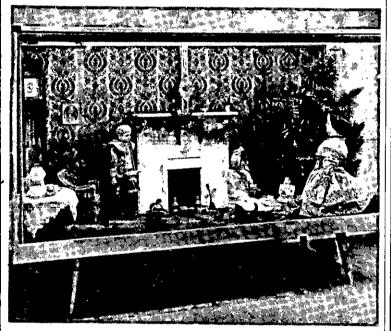


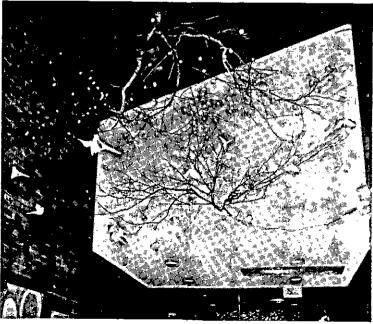
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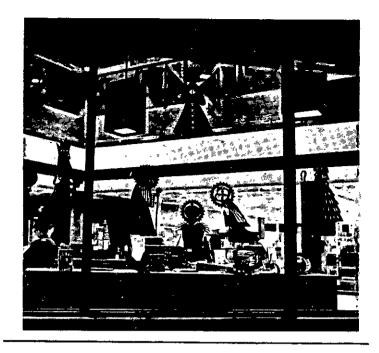
CHRISTMAS COMES TO BETHLEHEM

LOUIS SPELICH VISITED THE BEAUTIFUL, new Bethlehem Public Library for our Cover Picture and the others on this page. On the cover, Lee and Megan McConaughy are admiring one of the trees, a part of the Library decorations which are so skillfully and beautifully done each year by the Garden Group of the Delmar Progress Club. Louis' wanderings took him past the Christmas Doll Display loaned by Mrs. Robert W. Boyd, a beautiful over-head decoration, and finally a shot of a beautifully decorated window.

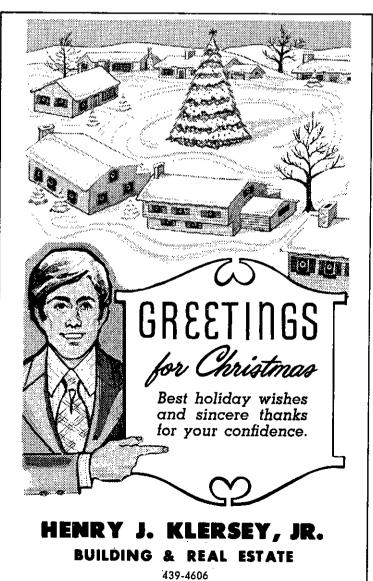
There's still time (if you haven't been there) to visit your Library during this joyous Holiday Season!







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Navy Seaman Recruit Gary A. Graffunder, son of Mr. and Mrs. Herman A. Graffunder of 10 Wormer Road, Route 1. and husband of the former Miss Victoria A. LaDuke of 22 N. Main St., all of Voorheesville, was graduated from recruit training at the Naval Training Center in Great Lakes.

THE CELEBRATION of the Birth of Our Lord, Jesus Christ, will begin at 11:15 P.M. on Sunday, Dec. 24, at the Church of St. Thomas, Delmar. A festive celebration of carols and anthems will be presented by the Parish Choir under the direction of Francis Desmarais. The program will include the singing of the traditional Christmas carols by congregation and

choir. Accompaniment will be provided by the parish string ensemble; Charles Steltmann, Joseph Yungmann, Walter Drautz, and Mrs. Martin McKneally. Steve Ditmer, Greg Sager, Kirk Jackson, and Charles Hendler will perform works for Brass Ouart-Organ accompaniment will be provided by Keith Williams, and Mrs. Michael Dor-

The first Mass of Christmas will be celebrated at Midnight (12:00 A.M.) Masses on Christmas Day are scheduled as follows: 7:00; 8:15, 9:30, 10:45 (Choir Mass), and 12 Noon.

JOHN F. LONGLEY, W2ANB, of 1623 New Scotland Rd., Slingerlands, is the new president of the Albany Amateur Continued on page 34



Jolly Good Wishes for **Christmas**

Santa's ringing out iolliest good wishes to all!

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COLONEL WILLIAM T. DONOVAN (right) State Signal Officer for the New York Army National Guard is presented the 30 Year Long and Faithful Service Medal by Major General John C. Baker, Chief of Staff to the Governor. A planning engineer with the New York Telephone Company, he served in Europe during World War II, earning the Bronze Star for valor. He resides at 37 Winne Road, Delmar, with his wife Charissa.

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Santa at Delaware Plaza

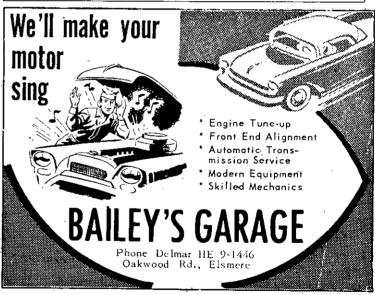












... AND THEN IT STOPPED! For one half hour ahead of Santa's scheduled arrival at Delaware Plaza it snowed so hard that the helicopter could not have landed. Then, at 1:59-1/2 the snow stopped, the sun came out, sirens wailed from the assembled Bethlehem Police cars, the helicopter appeared, landed and out stepped Santa accompanied by Chief Peter Fish. Santa's first activity was supposed to have been an official greeting — instead he ran over to the rope barricade and greeted some of the "well-over-a-thousand" children and adults. This done, he returned to center stage where he was welcomed by Bethlehem Supervisor Bertram E. Kohinke who was joined by Stewart Melvin and Charles Grover. For the next three hours, Santa toured Plaza stores and handed out gifts to the small fry. His Plaza visit was sponsored by the Youth Bureau of the Bethlehem Police Department; Bethlehem Chamber of Commerce, Stewart Melvin, president; and the Delaware Plaza Merchants, Charles Grover, president. Pictures were taken by Jim Fuller.



SEASONS GREETINGS

Jolly spirits, happy times and the best of Christmas Cheer are what we're wishing you,

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Let us all pause for a few seconds in this hectic Christmas Season to give thanks for all the good things that have happened to all of us during the past year.

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Season's Greetings

The True Spirit of the Holiday Season gives us an opportunity to express our appreciation for the very pleasant association we have enjoyed with you since our opening September, 1967.

God is guiding us to Health, Happiness and Success through service to others.

DELMAR APPLIANCES 239 Delaware Ave., Delmar



Radio Association.

He succeeds Kenneth M. Kroth, WB2VJB, of Delmar.

Others elected at the annual meeting of the association at the Albany Red Cross Chapter Headquarters are: Herbert Insley, W2KZN, of 5 Grounds Place, Colonie, vice president; J. Dean Stout, W2CDQ, of 526 Kenwood Ave., Delmar, re-elected secretary; Adams, WB2BDX, of 32 Jefferson Ave., East Greenbush, treasurer, and Philip F. Valvo, WA2ETB, of 2 Valerie Lane, Loudonville, member of the board of directors.

THOSE BETHLEHEM Junior Grangers put on a real wingding Pancake & Sausage Breakfast on Sun., Nov. 26 in the Hall at Beckers Corners. The youngsters set tables, collected tickets, served the breakfast, then did the cleaning up. It was the first venture of this kind for these young people and they acquitted themselves admirably.

THE IOYOUS RINGING of church bells and a 24-hour Prayer Vigil will combine to sound the keynote for the Key 73 effort in the Town of Bethlehem.

Nine Bethlehem churches will join to ring their bells every noon, beginning on Christmas Day and continuing through January 6.

The purpose of the bell ringing is to call the people of Bethlehem to prayer on behalf of the Key 73 effortnationwide evangelistic trust designed to present the people of this continent with the claims of Jesus Christ and to signify the need of the individual and the nation to look to God.

Participating churches will include Delmar Reformed, Bethlehem Lutheran, Delmar Presbyterian, Slingerlands Community United Methodist, St. Thomas Roman Catholic, Normanskill Community, Glenmont Community, South Bethlehem United Methodist and First Reformed Church of Bethlehem.

The Prayer Vigil, to be held at Delmar Reformed Church,

The Spotlight

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will begin at noon December 31 and end at noon January 1. Its purpose is to unite the churches of the Town of Bethlehem in continuous meditation and silent prayer for a 24-hour period. This is designed to set the tone of prayerfully seeking the Lord for His purposes to be fulfilled in the upcoming year of Key 73.

Contact people for the Prayer Vigil have been established in each of ten area churches. These churches include South Bethlehem United Methodist, First Reformed Church of Bethlehem, Delmar Reformed, Bethlehem Community, Glenmont Community, Bethlehem Lutheran, Normanskill Community, Slingerlands Community, Slingerlands



THEY'RE GONNA DO IT AGAIN! — The Delmar Kiwanis Club is planning its Second Annual New Year's Eve Koffee Klatch. Free coffee and doughnuts will be served to all who stop at the Friendly Ice Cream Shop, 270 Delaware Avenue, Delmar. Shop proprietor Carl Farrington will supervise the Kiwanis crew from 12:30 to 4 P.M. In charge of arrangements, above left to right, Jim Morrow and Carl Farrington.



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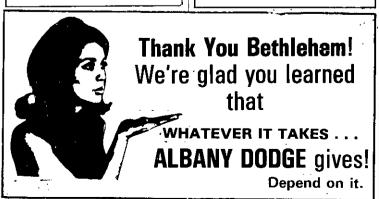
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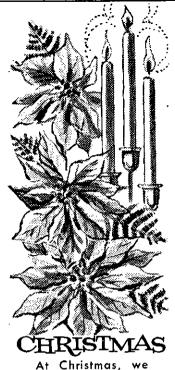
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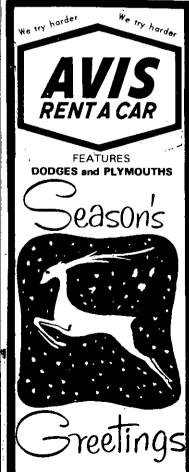




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munity United Methodist, St. Thomas Roman Catholic and Delmar United Methodist.

Although sign-up sheets for the half-hour blocks that will comprise the 24-hour period have been returned from the participating churches, it is stressed that the Vigil is open to anyone who wishes to participate and people are urged to come to the Delmar Reformed Church, 386 Delaware Ave., Delmar, at any time during the Cigil period.

THE ALBANY Jewish Community Center, with the assistance of the New York State Council on the Arts, will offer its 4th Annual Performing Arts Series. Since the Center is in the process of reconstructing the auditorium due to the fire last year, the three performances will be held at Temple Beth Emeth for February 3, Marylrose Art Center on March 3 and Temple Israel on April 1.

In addition to the first program, the Israeli Review "From Israel With Love," the Center will present Cantors Hilda

Abrevaya and Lee Fowler, first husband and wife cantors in the world. In addition to being operatic stars, they will perform in a series of Broadway medleys, songs in Hebrew and Yiddish and much more in a program titled "The Wonderful Sounds of Music."

"The Man Behind the Legend" will be performed on Sunday, April 1. Martin Bard will star in this 2-act multimedia play which will bring to life a stirring portrait of Theodor Herzl.

Patron tickets and series tickets are now on sale at the Center. We wish to thank the following people who have generously become Patrons of the Performing Arts to date: Mr. and Mrs. Norman Brickman, Mr. and Mrs. N. David Lobel, Mr. and Mrs. Herman Lapin, Mrs. Joseph H. Mann Sr., Mr. and Mrs. Russell I. Marcus, Mr. and Pearlman, Mrs. Sevmour Mr. and Mrs. Carl Rosenkopf, Mr. and Mrs. George Silverstein, Mr. and Mrs. Jack Spitzer, Mr. and Mrs. Jack Stern-

GEORGE R. GIBSON of 2



JAMES DALPIAZ (left), West Islip, and John Aeschbacher (right), La tons, members of the 9172 McDonald's All-American High School Ban receive congratulations from NBC-TV Rose Parade hostess Betty While (second from left), band director Paul Lavalle, and Tournament of Rose Queen Salli Noren. Dalpiaz and Aeschbacher will travel to Pasadena, Cajifornia, where they will play in the Tournament of Roses Parade to be telecast on NBC and CBS New Year's Day. The young musicians are among 101 top high school musicians from each state and the District of Columbia who were selected for the Mc Donald's Band.



George R. Gibson

Kelioe Street in Albany has been named Assistant Treasurer of the Home Savings Bank of Upstate New York and has been assigned to the Colonie Office on Wolf Road according to an announcement by John E. Vroman, bank president.

A graduate of Albany High School and a former student at Mater Christi Seminary, Gibson joined the staff of Home Savings Bank in 1961. He was named head teller of the Main Office at 11 North Pearl Street in 1966 and a year later was made a computer programmer, assisting converting the mortgage department to computerized operation. He was named Main Office cash supervisor in 1969 and manager of the Savings Bank Life Insurance Department in 1970. He also assisted in bank mergers at Greenwich and Hoosick Falls and has served as fill-in manager at the Wolf Road Office.

Gibson is a member of the Albany branch of the American Institute of Banking and is currently taking one of the organization's courses. He belongs to the Latham Knights of Columbus; is a member of St. James Parish in Albany and serves as a religious education teacher at Our Lady of Assumption Parish in Latham.

PAUL J. CLARKE of 1 Kaine Terrace in Albany has been named manager of the Guilderland Office of the Home Savings Bank of Upstate New York, located at the intersection of Western Avenue and State Farm Road in Guilderland, according to an announcement by John E. Vroman, president of the Bank.



Paul J. Clarke

Mr. Clarke, who has been with Home Savings Bank since 1948, is an Assistant Treasurer and formerly served as manager of the branch office at 163 Central Avenue, Albany.

A. graduate of Christian Brothers Academy in Albany, Clarke also studied at SUNY, Albany Business College, Hudson Valley Community College and the American Institute of Banking.

In addition to serving as Vice President of the Central Avenue Civic and Merchants Association, Clarke holds memberships in the Albany Chamber of Commerce, Albany BPOE #49, Albany Council Knights of Columbus and the Ancient Order of Hibernians.

He and his wife Mary are communicants of St. Catherine of Siena Church and are the parents of five children.

The new Guilderland Office is the sixth area branch of the Home Savings Bank of Upstate New York, which is currently celebrating its centennial year. In addition to its main facility on North Pearl Street in Albany, HSB main-



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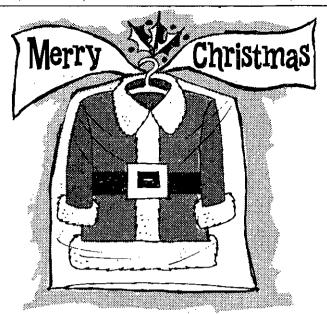
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tains banking facilities on Central Avenue, Colonie, Greenwich, Hoosick Falls and now in Guilderland.

SEARCHING OUT areas suitable for cost savings ought to be high among any firm's better business resolutions for the coming year. And one area where substantial savings can be generated is insurance.

How? Through wise use of the deductible, says the Insurance Information Institute.

Simply stated, says the Institue, the deductible is an amount to be subtracted from any insured loss -- an amount the businessman agrees to absorb.

In return for choosing a deductible appropriate to his need, the Institute explains, the businessman is granted a rate reduction -- which in turn reduces the insurance premium on his property.

The dollars, saved, says the Institute, can be used to purchase other coverages or in other expense areas.

The Institute points out too that the reduced rate available via the deductible may place other coverages -- thought to be too expensive -- more within the reach of the businessman's insurance budget.

In addition to direct dollar savings, the Institute notes, indirect benefits can be derived from using the deductible approach. Sometimes it permits the insurance company to accept what otherwise might be a questionable risk.

The Institute points out that the deductible also can serve to encourage the businessman to promote loss prevention and loss reduction activities which will benefit him as well as his insurer.

Also, when loss problems have been experienced, the deductible may make possible the continuation of coverage in acceptable limits, the Institute notes.

Deductible "plans in the commercial area vary; some are on a flat basis while others may be on a franchise or dis-

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8 James Street (Just Off State) Downtown Albany appearing basis where the loss must exceed a stipulated amount -- in which case it will be paid in full.

Keep in mind, too, adds the Institute, that the deductible is not an insurance cost-cutting tool only for the large business complex; it can work with any sized insurance program.

ALL THE NEWS that's fit to print is not always all the newsprint that's fit to eat, according to researchers at Cornell University.

The Cornell workers are not trying to cater to unusual culinary tasts, but rather to find a solution to the massive solid waste problem confronting the country.

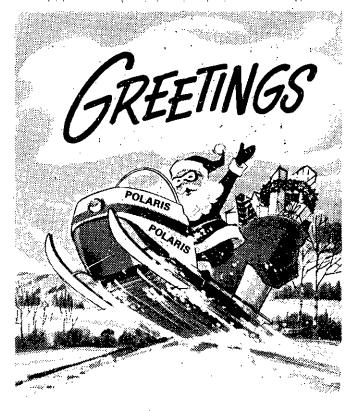
In recent years the novel solution of feeding discarded paper products, such as newspapers and magazines, to farm animals has been studied. Cattle and sheep have been shown to accept rations of newspapers as a source of cellulose.

"However, the omnipresence and toxicity of PCBs (polychlorinated biphenyls), which can be used as dye carriers in printer's ink, have caused us to re-examine the value of using newspapers as a forage substitute," explained Prof. Donald J. Lisk, of the N.Y. State College of Agriculture and Life Sciences, Cornell University.

The researchers collected 10 pound samples of each of about 100 popular newspapers and magazines, and surveyed them for chlorine-containing organic compounds such as the PCBs.

Their results indicate that one should be cautious about feeding certain dailies to animals, while other journals showed little danger of carrying the chlorinated organic compounds. Most of the magazines surveyed have the potential for containing significant amounts of these hazardous chemicals.

Like speculated that the



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DELMAR TAVERN

AND RESTAURANT

367 Delaware Avenue, Delmar CLOSED NEW YEAR'S DAY

variety of inks and papers across the country would account for the varied results. Recycled paper usually contains more PCBs.

The researchers also studied selected newspapers, a magazine, gray cardborad, brown cardboard, and cumputer paper for certain heavy metals. The significant amounts of boron, lead, barium, and antimony found in these papers led them to question recycling these materails into animals feeds.

Funny papers proved to be less digestible than "straight news" because of the quantity of heavy metals carried in the colored printing inks of the comics.

Studies now under way will determine whether PCBs or heavy metals show up in the milk or meat of animals fed newspapers and paper products.

UNDER THE INFLUENCE — Two drivers dead, one seriously injured. All had been

drinking.

Typical holiday accidents?

Not really.

A trio of experienced volunteers had agreed to participate in a highly controlled experiment to demonstrate

the deadly effects of mixing

drinking with driving.

Each participant downed three of his favorite alcoholic concoctions at a "jolly hour" before climbing behind the wheel of a stationary simulator car.

The drivers were confronted by specially filmed traffic situations requiring sound and speedy judgment. The film segments were excerpts of movies used regularly by Aetna Life & Casualty to teach good driving techniques to thousands of high school and college students as well as military personnel throughout the U.S.

After an hour the drivers' reaction time had deteriorated sharply and the average driving performance, as measured by Aetna's Drivotrainer system, had plummeted 50%. In fact, if these drivers had met

on the road thesituations they met in the simulator — two would be dead...the other seriously hurt.

Their "fatalities" could have been avoided. The American Medical Association says flatly that three drinks in an hour are too much for anyone who intends to soon step behind the wheel; for some people, two are too much.

A driver is considered legally drunk in most states when his blood alcohol level (BAL) is .10%. But many tests show a driver's ability becomes impaired when the BAL exceeds .05% (the BALs for the three volunteers were .07%, .065%, and .055%).

Suppose you have one too many. There's no quick way to get out from under--just wait. An individual's blood alcohol level will drop .08% each hour.

During this holiday season take this good advice from Aetna, one of the country's largest automobile insurers:

.If you must drink, drink slowly;

- . Know how much you're .drinking:
- . Set a limit before the first one, and
- Be honest—if you've drunk too much, admit it and ask someone else to drive.

CUTTING CHRISTMAS TREES — Does all the ecology talk make you feel like an environmental repist when you contemplate a natural tree for Christmas?

It shouldn't anymore than eating spinach and cabbage should make you feel like an environmental rapist. All are renewable natural resources which, if not harvested, will mature, die and be wasted. The difference is the length of their life cycles, and that y have been conditioned of the years to recognize cabbage is planted for the pose of harvesting and the ing. To leave it unharvest is to waste it.

By far the bulk of the Christ mas trees harvested in New York were planted with the

idea of harvesting them for the Christmas market. During the decade, more or less, that they were coming of age, they were protected from competition from invading hardwoods, they were sheared to give the desired shape and compactness, they were protected from rodents and insects, and finally cut, bundled and shipped off to the marketplace. Not all the trees in a field reach marketable stage the same year, but when they are nearly all removed, the grower will replant the field with new trees for another

Come Christmas Eve, the bottom drops out of the market, and any trees not sold must be disposed of in the best way possible. It is these "wasted" trees in the abandoned sales lots which particularly call attention to the very brief useful like of the Christmas tree. There are several ways that their usefulness can be extended, however.

One of the most common causes of failure of backyard bird feeders is the lack of protective cover close at hand. This is particularly true in new developments where landscape plantings have not had time to grow. A Christmas tree tied to a stake six feet from the feeder will give birds a sense of security needed to venture across open yards to take advantage of food.

Some sportsmen's groups, particularly beagle field trial clubs, have found that they could enhance the winter cover on their training areas by collecting the no-longer-wanted trees and strategically piling them as protective cover for rabbits. This can be particularly effective when they are kept off the ground just a little by draping them over a low fence or wire strung for the purpose.

The current issue of THE CONSERVATIONIST tells of an overwhelmingly successful experimental recycling program that the College of Forestry at Syracuse carried

out last year. They set up a station where citizens could bring their Christmas trees and have them run through a chipper and take home a recycled tree in the form of a sack full of chips to be used as a mulch around plants.

It is not much of a step from savings or using Christmas trees to saving or using the bigger trees of the woodlot. Recently I accompanied Bill Morris, one of our Department Foresters, to see a woodlot containing numerous big trees. They had been saved along that they were literally falling apart. There were more den trees for coons per acre than could have been used.

True, they were still holding the soil and water, and producing oxygen. Younger, more vigorous trees would have done the same thing, only better. If these over-mature trees had been harvested when they were still good for timber, the young trees they had been dominating for years have had their chance at the sunlight, and would have grown into good timber.

Renewable natural resources, like trees and wildlife, must be used by a different standard than non-renewable ones, like gas and oil. Many have been exploited in the past, but with proper stewardship, not harvesting more than the annual growth and by cultural methods to improve their growth and health, it is possible to use resources such as our Christmas trees without upsetting the ecological web upon which we depend.

CHRISTMAS is the time of year when Americans work overtime trying to kill themselves with kindness.

They overeat. They drink too much. They celebrate far into the night. They strain their pocketbooks by overindulging their desire for material things. And they boobytrap their homes with all sorts of holiday hazards.



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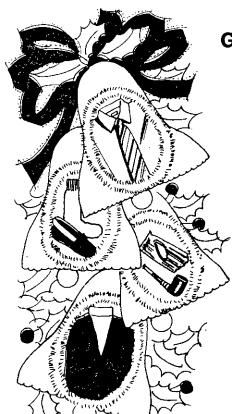
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Experts in the department of safety and research of the Combined Insurance Company of America urge a 1972 Christmas of "Fun without fear" through the adoption of these simple safety measures:

- —The head of the family need not feel he must try to emulate Santa Claus by adding to his grith with overstuffings of food that can damage his health and shorten his life.
- —The family that drinks alcoholic beverages together should stay together-at home. Drinking and driving do not mix, and the National Safety Council joins in warning that no amount of black coffee will sober up a drunk it will only serve to make him more wide awake.
- —As the Council on Family Health stresses, if a natural Christmas tree is put on display in the home, it should be placed in a stand containing as much water as possible. Care should be taken in festooning the tree with the safest available lights, tinsel and other decorations. The tree should be kept a safe distance from the fireplace, from drafts and from electric outlets.

It is much safer--and just as attractive--to use an artificial tree made of a plastic that scorches but does not burn. Even scorching will be prevented if you forget about lights. Use gay, nonflammable decorations instead.

- —Although it is traditional at Christmas to put candles on window sills, this practice should be abandoned because of the danger that drafts night topple the candles or ignite curtains.
- —Children should be required to keep a safe distance from anything burning as well as the electric cords and sockets on trees. If you light a fire in the fireplace and decorate your dining table with festive flickering candles, be sure that young children are closely supervised.

There are a few words of caution for mother, too.

Don't wear anything frilly when preparing Christmas dinner. The danger of setting fire to clothing runs high in the kitchen.

Keep in mind, too, the danger of cuts, one of the most common household accidents. You will be safer if you make sure your carving knife is razor sharp, for the duller the knife the more likely it is to slip and inflict a serious cut.

Have a good supply of potholders near the stove for hoisting the holiday bird from over the table.

Having survived all the perils of the hearth and kitchen, you now are confronted with one more danger. Eat a leisurely dinner. Enjoy every bite. Those who gobble their dinners, particularly small children, risk chocking on food particles that lodge in air passages—a far more common accident than many realize.

If you follow all—or even some—of the suggestions of Combined experts, they feel it safe to predict that you will, indeed, have a holiday filled with "fun without fear."

APPLICANTS for the various U.S. service academies from the 29th Congressional District will be given personal interviews on Saturday (Dec. 16) by a special Academies Advisory Comm., Congressman Samuel S. Stratton announced today.

Chairman of the Advisory Committe, which will make recommendations to Stratton on the young men best qualified for nomination, is James H. Scholtz, of 1412 Clifton Park Road, Schenectady. Scholtz, president of Schenectady Plymouth, is himself a graduate of West Point.

Serving with Scholtz on the committee are John P. Hawn of Westmere, Harold W. Rosenstrauch of Albany, Col. Sam Hays, USA (Ret.) of Albany, Berthold E. Weinberg of Elsmere, and Stewart E. Beyer of Schenectady.

According to Stratton the

29th Congressional District will have two vacancies in the U.S. Naval Academy at Annapolic for the class of 1977, which enters in July, 1973; and one vacancy each at the Military Academy at West Point and the Air Force at Colorado Springs.

Each Congressman has the privilege of nominating 10 young men to compete for each of these vacancies. In addition, Stratton explained, each Academy has the privilege of selecting additional nominees to fill other vacancies at the Academy. Last year, Stratton said, of 40 persons nominated for four vancanies 16 were officially accepted for admission, a record high for acceptances.

Each Congressman also has the privilege of nominating 10 young men to compete for a number of statewide vacancies at the U.S. Maritime Academy at King's Point.

Stratton said formal nomination to the various Academ-

ies will be made in mid-Janc uary, after all required matc. erial has been submitted and the recommendations of the Advisory Committee have been made. Once a young man has been nominated to the Academy his actual admission depends on passing an academy physical examination and also on the results of standard College Entrance Board Examinations.

"HOW TO SHOP FOR FOOD," an authoritative, fact-filled book offering supermarket customers sound advise on getting the most for their food dollars, has gone on sale in more than 500 Grand Union supermarkets along the Eastern seaboard.

The 177-page paperback is a "how-to-do-it" food shopper's manual prepared under the guidance of the Consumer Advisory Committee of the National Association of Food Chains. It was written by Mrs.



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Merry Christmas to all!

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Dom Mariani, Prop. — 342 Delaware Ave., Albany — Corner of



ington, D.C., a nationallyknow authority in the home economics field.

Its chapters offer tips on what to look for in buying such basic items as meats, fruits and vegetables, groceries, dairy products, and other staples. Features include advice on meal planning and how to budget for family meals -- including suggestions on how to get the best steak for the money. A glossary of cheeses, and an explanation of food additives, their function and safeguards, are other features of the book.

Miss Jean F. Judge. Director of Consumer Affaris for The Grand Union Company,

was one of the key consumer professionals who assisted in development of the shopping guide.

The Grand Union Company is making "How to Shop for Food' available in its stores," Miss Judge said, "for those customers who are looking for ways to maximize their food dollars while at the same time giving their families nutritious, well-balanced meals."

"The book also helps consumers to understand some of the technicalities of food retailing, ranging from an explanation of the U.S. Department of Agriculture's inspection system to the way in



STRETCHING THE FOOD DOLLAR — "How to Shop for Food," an illustrated 177 page book prepared under the guidance of the Consumer Advisory Committee of the National Association of Food Chains, is now on sale in Grand Union supermarkets along the Eastern seaboard. Written by Jean Osgood Rainey, the 95-cent book is a solid and factual "how-to-do-it" food shoppers manual, offering sound advice on how to get the most for every food dollar.

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which a side of beef is cut apart and sold at retail, "Miss Judge said.

Published by Harper and Row, Inc., the book is on sale in Grand Union supermarkets for 95 cents a copy.

Mrs. Rainey, the author of "How to Shop for Food", has served as a consultant to the American Home Economics Association for the last six years, and was formerly Public Relations Director of the National Association of Food Chains. In the latter capacity, she was coordinator of the association's Consumer Advisory Committee. She is a founder and partner in the Washington public relations firm of Rainey, McEnroe and Manning.

Spotlight Weddings

JEANNE LOU LIPPMAN. daughter of Mr. and Mrs. George J. Lippman of 4 Irving Street, Holyoke, Mass., became the bride of Richard Lindsay Boutelle, son of Mrs. Alice P. Boutelle and Lindsay M. Boutelle of Delmar, on December 16 at the Second

CHRISTMAS GIFT

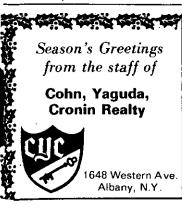


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Mrs. Richard Boutelle

Congregational Church Holyoke, Mass. The double ring ceremony was performed by Dr. Oliver K. Black, Minister of the Holyoke Second Congregational church, assisted by Rev. Louis H. Chisman. Executive Director of the Lewis M. Fowler Memorial Camp and Minister of the Chapel-By-The-Lake in Speculator, New York. Baroque music of the 1600 to 1800's was played by organist Russell Falvey.

Following the ceremony, a reception was held at the "Opera House," a new part of the Yankee Pedlar Inn in



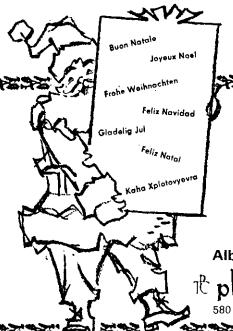
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Holyoke, Mass. The bride attened local schools in Holyoke, Mass. and was graduated from Kents Hill School in Kents Hill, Maine. She attended Green Mountain College, Poultney, Vermont, and received a degree from Holyoke Community College, Holyoke, Mass., and a degree from Keene State College, Keene, New Hampshire, where she has recently been attending graduate school.

Mr. Boutelle attended Bethlehem Central Schools in Delmar. He received a degree from Paul Smith's College and is presently attending the University of Denver, Denver, Colorado, where he will be graduated in March from the Hotel Management School. Mr. Boutelle served three years in the United States Army and spent one year in Viet Nam where he received the Bronze Star.

Following a wedding trip, to Lake Placid, the couple will reside in Denver, Colorado.





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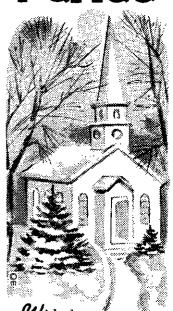
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Spotlight **Engagements**

Editor's Note: Mrs. William Comstock called right after the Spotlight was delivered last week to tell us that our unidentified girl was her daughter, Brenda. Herewith, Brenda's engagement announcement:

MR. AND MRS. WILLIAM J. Comstock, Ir. of Feura Bush Road, Glenmont, announce the engagement of their daughter, Brenda Ruth to Dennis Corr Clinton at a luncheon held at the Log Cabin in Holvoke, Massachusetts, on Nov-

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The prospective bride, was graduated from Bethlehem Central High School, also from Harcumn Jr. College



Brenda Comstock

in Bryn Mawr, Pennsylvania, where she was named in Who's Who in Junior Colleges of North America, and was graduated from the University of Hartford, Hartford, Connecticut. She is a 6th Grade teacher at Foster School in Hingham, Massachusetts.

Mr. Clinton, son of the late Reverend John Kenneth Clinton and Mrs. Clinton of East Longmeadow, Massachusetts, has a Masters Degree in Physical Education from the University of East Carolina, Greenville, North Carolina and is a Physical Education Coach with the Hingham School system in Massachusetts.

A February wedding is planned.

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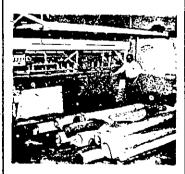
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Cross Country Skiing — Saturdays and nights — at local Town Park (Elm Avenue); cross country trails — trips to ski areas. tion and Competitive events for any age male and female. Instructor and coach: Bob Kelly.

Figure Skating — Saturday mornings — Elm Avenue Park — 10 A.M.-12 A.M. — Open to all ages. Instructor will be Brud Adams.

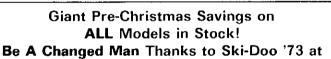
FREESTYLE SKIING, the hotdog skier's delight and the biggest new development on the ski scene, has come to West Mountain Ski Area in Glens Falls as a program of instruction and competition headed up by Gary Kuzmich, a Certified Professional recently returned from competition in Colorado.

As Supervisor of Masters and Freestyle, Kuzmich will offer the aggressive student skier a complete curriculum including galandesprungs, royal christies and acrobatic maneuvers such as outriggers, wheelies, tip drops and barrell rolls. Compulsory forms are judged on precision and art,

similar to figure skating. The acrobatic events are completely creative and judging is based on ingenuity and imagination as well as execution and contunity.

The program will be open to students 10-18 years of age. Competition will be held among skiers from regional ski areas with the opportunity to progress to national events.

For information contact Gary Kuzmich, West Mountain Ski School, R.D.#2 West Mountain Road, Glens Falls, N.Y. 12801, Telephone (518) 792-2311.





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Wandering & Wondering

Dear LeVere,

Once again you have shown your willingness to help others and I would take a moment to write this note to thank you.

Your recent article in **The Spotlight** regarding the hydrant markers was just great and to the point. I believe it has produced results already, as we have noticed a decrease in this destruction.

Thank you, LeVere, for your genuine interest in helping the fire companies out with this problem.

A very Merry Christmas to you and your family.

Sincerely, Byron Turner Delmar Fire Commissioner

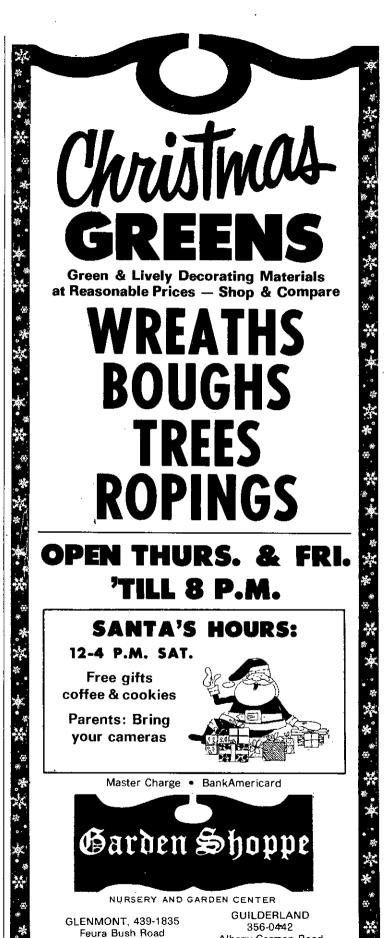
THERE COMES A TIME IN THE LIFE of every tiny business when this or a similar decision must be made. If the tiny business has a healthy, normal growth through the years, it must ultimately reach the point where either additional equipment or round-the-clock manpower must be added. Many things argue against the round-the-clock program. Our business, for instance, is in an office-addition to our home. It has always been a family business — owned, operated by Fullers, etc. Thus the addition of outside manpower is not that appealing — plus the fact that workers object to coming so far out in the boondocks in winter.

Over the years our business has had its healthy growth — especially these past few years since we installed our Alphacomp electronic-computerized system of typesetting. When we added this equipment, it enabled us to compete with the finest typesetters in this area. So, like Topsy, the business grew and grew — until recently we found that it was necessary to work 3 or 4 nights during the week and every Saturday and Sunday. We're no different from others: we'd like to be able to work a 5-day week too. So, it was a question of extra shifts or double our equipment investment.

The unit which produces Alphacomp is a \$20,000.00 plus investment. A lot of words must be set in type to pay the purchase price plus the interest on the investment.

Anyway, to bring this dragged-out story to an end, we bought a second unit, more than doubled our productive capacity, and all the Fullers are happy with the solution. There's the shakedown period ahead when the bugs have to be eliminated from the new equipment — but in a month, more or less, our production picture should be shining brightly.

And that brings us to another rather personal observation: At least once (sometimes more) a week we hear someone say or hear that someone said: "Old man Fuller? He doesn't do anything any more. He's retired!" We have not even reached that magic 65 yet. It is true that there



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WE DON'T WANT ALL THE BUSINESS — JUST YOURS are some days when writing becomes a chore, when just talking with customers is hard work, when we seem to accomplish nothing. Then there are other days when it's a joy to start at seven in the morning and we still may be making a contribution 12, even 14 hours, later.

One thing is very apparent as our age gets longer: our mind has a list of jobs to be done each day that is more than twice as long as the list of completions. The carryover from one work day to the next gets longer each year.

There's one puzzle to this "he's retired" baloney: how can we afford retirement? Somehow we never thought we had the surplus income that is necessary to set up a retirement fund — and anyway, just what is retirement? To us, it has always meant becoming less interested in the world about us. And on that note, we guess we'll never retire.

DAVID BRINKLEY AND JEAN DIXON voiced our views very well recently. David was questioning the NASA decision to put shuttle stations in space orbit as the next step in our space program. He maintained that even NASA hasn't come forth with any real reason for so doing and no positive gains that will result from the program. Yet NASA expects the Congress to appropriate billions for this next step.

Brinkley further says that it is all a part of our bureaucratic system to keep the space suppliers busy and keep the entire NASA crew on the payroll — rather than switch to some program that might actually be of some benefit to the American people.

And along these same lines, Jean Dixon says that when the Russians first successfully launched Sputnik, they had every intention of going on to a moon program. But then the US put its billions on the line to beat the Russians to the moon. When Russia saw that they would lose the race, they concentrated on a program of possible attack on any spot in the world from space. Supposedly, while we were going to the moon, they perfected their program and this is the reason they are so strong and independent in the arms control and arms reduction talks. They have an extreme advantage and are, naturally, unwilling to lose that superiority.

These are just some of the things that run through one's mind and cause that wondering "why?"

Then there are these lawsuits being started against the Executive branch of our Federal Government in an attempt to force President Nixon to spend the billions he cut from Congressional appropriations. If the suits are successful, up will go our taxes. The President has pledged to try to keep spending at the 250 billion level with no tax increase. Now it looks very much as though the middle-income worker will get socked again. We are 100% in favor of improving the environment — but again, our disgustingly conservative brain says: let's cut some of the fat out of Federal spending — let's eliminate some of the million dollar programs that were completed 20 years ago but the bureaus are still in existence, still costing the tax—

The Spotlight

payers money just because in a bureaucracy nothing is ever eliminated — once created, it grows and grows and grows.

WE'D LIKE TO TALK ABOUT THE CONTINENTALS — This group is California-based; it is made up of collegeage young people from across our country who are chosen after a series of auditions. The Continentals are called a witnessing and singing group who tour the US and Europe during the summer months. The young men and women are required to pay a part of their own expenses which means that each must either seek financial help in his home community or acquire a sponsor who will contribute the necessary funds.

This year a local girl won out in the auditions and has been invited to join the Continentals on their 1973 Sum-



Beatrice Engel Riccardo Studio Photo

mer Tour in this country and in Europe. She is Beatrice Engel, R-C-S Class of '71, daughter of Mr. and Mrs. Howard B. Engel of Selkirk. Bea is a sophomore at Westminster Choir College, Princeton, New Jersey. She is a voice major in Church music. During her four years of music education she will learn to play 5 instruments in addition to her very thorough vocal training.

In order to acquaint her

will appear in a recital of religious music at the Bethlehem Reformed Church on 9-W on Friday evening, December 29, at 8 o'clock. The recital will be admission free, no collection will be taken. She will be accompanied by Ronald Thayer, a '62 R-C-S grad and a graduate of Westminster Choir College in 1966. Mr. Thayer majored in organ music; he is organist and choir director at Westminster Presbyterian Church in Utica, New York

During her recital, Bea will explain the aims and accomplishments of the Continentals and how a member can be sponsored.

One thought we'd like to leave with you: If you are interested in what our young people can accomplish today, this is an opportunity to see and hear for yourself — because you're invited. If you appreciate fine religious music, you'll have a very enjoyable evening.

AND NOW THE TIME HAS COME: our greeting to you — buring this magical, mystical and joyous season of the year, we wish you complete peace, love, happiness and good health.

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community co

Season's Greetings
C Hobbim Toaom
Meilleurs Voeux
Felices Fiestas

from all of us at the selkirk general electric plastics department and we also wish you health, happiness, prosperity and peace all during the coming year.

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