

AUGUST 7, 1975
VOL. XX, NO. 31

The Spotlight

Controlled Circulation Publication

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See Page 13

**SIDE
WALK**

SALE

 **SIDEWALK SALE** 

**Little
Folks**

AT DELAWARE PLAZA

**3 DAYS ONLY
FROM THURS. TO SAT.**

All Sale Merchandise collected from all our stores — now there are Four Little Folks Shops, so *even more* clothing to select from!

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SAVE 50 to 90 Percent

We guarantee everything is at least 1/2 Price

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NOTE: look inside for many more Sale Items

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A SALE YOU WON'T FORGET. COME EARLY!

COTTONS — BLENDS
 NOVELTIES
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 45"-60" Wide

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 OTHER FASHION FABRICS**

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 TWINS — FULLS
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FROM 10 A.M. to 5:30 P.M.

The GREAT! The ORIGINAL! The ONE AND ONLY!

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"FANTASTIC
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SAVE! SAVE! SAVE!

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SIDEWALK
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SATURDAY ONLY - 10 to 5:30 p.m.

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THE FIRST —
AND STILL THE BEST!

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Sidewalks jammed with racks and shelves and boxes piled high with merchandise priced so low its scandalous!
Come See; Come Save — and have a great time looking.

DELAWARE PLAZA
Delmar

MERCHANTS ASSOCIATION



Spotlight CALENDAR

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.

Bethlehem Jaycees meet first and third Wednesdays of the month, 8 P.M., Center Inn, 9W, Glenmont.

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.

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 Tom Corrigan, 439-3301.

Monarch Club of Albany meets every Tuesday night at 6 at the Center Inn, Glenmont.

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), Mon. 9:30-11:30 A.M., Tues. 1-3 P.M., Sat. 10 A.M.-12 Noon.

Every Thursday at 7 P.M., Delmar Reformed Church, scout meeting for handicapped, Troop 159.

Kiwanis Club of Delmar meets every Monday night at 6:15 at The Center Inn, Route 9W, Glenmont.

Bethlehem Lions Club meets 1st and 3rd Wednesdays of the month at LaCasa, Selkirk, 6:30 P.M.

AARP meets 12:30 P.M., third Tuesday of month, Delmar First United Methodist Church, Kenwood Avenue, Delmar.

Rotary Club of Delmar meets every Tuesday night 6:15 at Schrafft's Motel.

The Delmar Community Orchestra rehearses every Monday evening from 8 to 10 at the First United Methodist Church of Delmar.

Bethlehem Junior Woman's Club meets 2nd Wednesday of each

month, 8 P.M., Bethlehem Public Library.

Bethlehem Recycling Program (paper, cans, glass), Town Garage, 114 Adams St., Delmar. Mon. thru. Fri., 8 A.M.-4 P.M. Papers should be tied, cans flattened, bottles clean w/metal removed.

Rosary — St. Thomas Church, Adams Place, Delmar, every Thursday, at 11:45 A.M.

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

Nathaniel Adams Blanchard Post #1040, American Legion, meets first and third Monday of month (when holiday occurs, move to Tuesday) except July and August. 8:30 P.M.

8:15 P.M., meeting, every Wednesday, Gam-Anon, wives of compulsive gamblers, St. Pius Church, Loudonville. 462-6916 or P.O. Box 23, Albany.

Onesquethaw O.E.S. meets on the first and third Wednesday of every month at the Masonic Temple in Delmar.

Glenmont Lions Club meets 2nd and 4th Tuesdays of the month at LaCasa Restaurant, Selkirk, 6:30 P.M. Visitors welcome. Info: Frank Muria, 767-2408.

Glenmont Homemakers meet 3rd Wed. of month; Glenmont Comm. Church, 8 P.M.

8 P.M., monthly meeting, last Thursday of each month, Elsmere Fire Co.

Bethlehem Lodge meets on 1st and 3rd Wednesday of every month, Ladies' Auxiliary meets on 2nd Wednesday of every month.

Bethlehem Youth Employment Service, 114 Adams St., Delmar. Summer Schedule, Monday-Friday, 8:30 A.M.-1:00 P.M. Telephone: 439-2238.

Every Tuesday and Friday night at 8:00 — Lecture and discussion on communication and how it effects your life — at Scientology Albany, 260 Lark St., Albany. Admission free.

Citizen Band Radio Club 1st Thursday. Third Tuesday at the Center Inn, Glenmont, 8:00 P.M. Mrs. John Silvia. 463-7675.

Sports Car Club of America first Wed. of each month 8:00 P.M. at the Center Inn, Glenmont, Marie Corrin, 869-6948.

Every Sunday — July and August — Summer services 9:30 A.M. Light breakfast served at 8:30 A.M. All welcome. Bethlehem Lutheran Church, 85 Elm Ave., Delmar.

Bethlehem Jaycees meet 4th Monday of each month, 7:30 P.M., for further information please contact Denise Linstruth 439-5312.

Berne Lodge #684 of F&AM meets the 1st and 3rd Saturday of every month at 8:00 P.M. Fellowcraft every 3rd Monday 6:00 P.M. Eastern Star on 2nd & 4th Tues. of every month.

Great Dane Club of Greater Albany meets 2nd Fri. of the month, 8:00 P.M., Center Inn, Glenmont. Guests are welcome. Info: call 785-7253.

Every Sunday at 2:30 P.M., lecture on inter personal relations at Scientology, 23 Rockefeller Rd., Delmar. Open to the public. For information 439-1810.

Clam Chowder and Bake Sale the 3rd Friday of every month June-August from 12-4 at the New Salem Reformed Church. Bring your own container.

Empire Motor Sports Club, third Thursday each month at the Center Inn, Glenmont, 8:00 P.M. Lee Beaugard. 456-0019.

SATURDAY, AUGUST 9

Last day to register for those who have become 18 yrs. of age since Nov. '74 election, at Albany County Board of Elections. Info. 439-2210.

10 A.M.-5 P.M., Garage & Bake Sale, Delmar Presbyterian Church by Explorers Post #415, proceeds for White Mt. Trip.

TUESDAY, AUGUST 12

Happy Anniversary, Joni & Bob

WEDNESDAY, AUGUST 13

6 P.M., Bethlehem Lions Club Stag Party at Bethlehem Sportsman's Club, Clarksville, Rt. 443.

8 P.M., The Board of Appeals of the Town of Bethlehem will hold a public hearing on application of Bertha Verstandig, 454 Delaware Ave., Delmar, for Variances under Articles V and XV of the Town Zoning Ordinance to remodel and enlarge existing greenhouse and to enlarge existing retail store at 454 Delaware Ave., Delmar.

SIDEWALK SALE SPECIALS

SAVINGS UP TO 80%

Paul Mitchell's
MEN'S WEAR 

Phone 439-3218

DELAWARE PLAZA
DELMAR, N.Y. 12054

8:30 P.M., The Board of Appeals of the Town of Bethlehem will hold a public hearing on application of Edward S. and Marion K. Berry, 114 Westchester Dr., No., Delmar, for a Variance from Art. XII, "Side Yards" of the Town Zoning Ordinance to enlarge an existing one-car garage to a two-car garage.

THURSDAY, AUGUST 14

12-3 P.M., Bethlehem Senior Citizens Picnic at Thatcher Park.

7 P.M., Last evening outdoor ser-

vice, at Jerusalem Reformed Church, Feura Bush.

TREESCAPE
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24 hr. emergency service, free est.

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Westerlo, New York
Pastor — Thomas Mahoney
872-1936

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COMMUNITY CHURCH**
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439-9492
David P. McDowell — Pastor

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ANNUAL

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SALE**

SAT. AUGUST 9th

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Pens • Candles • Party Goods
Stationery and What Have You

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OR MORE!**

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STATIONERS**

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- ALL SUN GLASSES** 25% OFF
- ALL SWIM CAPS** 25% OFF
- SQUIBB 5 GR. ASPIRIN 250 TAB.** 59¢
- ASSORTED GREETING CARDS** 75% OFF
- PROPHYLACTIC TOOTHBRUSHES** 1/2 PRICE
- DR. SCHOLLS SANDALS, reg. 14.95** \$9.49
- McKesson BEXEL MPM VITAMINS**
225's, reg. 3.99 — **SALE \$1.39**
- SQUIBB B COMPLEX VITAMINS**
100 & 30, reg. 3.95 — **SALE \$2.49**
- KODAK POCKET 10 INSTAMATIC
CAMERA KIT** reg. 27.50 — **SALE \$19.95**
- AND MANY, MANY MORE ITEMS TOO NU-
MEROUS TO LIST — CLOSE-OUTS, SPECIAL
BUYS, DISCONTINUED ITEMS AT REAL BAR-
GAINS FOR THRIFTY SHOPPERS.**

**PLAZA
PHARMACY**

DELAWARE PLAZA

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Rev. Jack Cooper, Pastor

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David P. McDowell — Pastor

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Rev. Glen R. Watts, Pastor
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Westerlo Town Hall
Westerlo, New York
Pastor — Thomas Mahoney
872-1936

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768-2016
Rev. Melchior Van Hattem, Pastor



Fine Arts & Crafts Program

Lloyd Wilson, Assistant Administrator for Programs for the Recreation Department of the Town of Bethlehem, today announced that the second session for the popular summer art instruction program will begin August 11th. Sessions will be held at the Coffee House on Adams Street. Miss Deborah Byer will again be the instructor.

The courses are for those of middle school age and older, including adults. Basic instruction to beginners will be offered in four different areas. Basic ceramics including hand building will be offered on Monday and Wednesday from 10:30 A.M. until Noon. From 9 A.M. until 10:30 A.M. on Monday and Wednesday, people interested in weaving including the primitive tapestry loom will meet.

On Tuesday and Thursday, from 9 A.M. until 10:30 A.M. a class in Basic Drawing including charcoal and pencil will be held. Watercolor painting will be given from 10:30 until Noon on Tuesday and Thursday.

Classes will be limited to groups of approximately ten. We need at least five persons enrolled in order to conduct the class so get your friends to join. Persons interested in participating in any of the above programs are urged to sign up early.

Basketball Final

Another successful Town of Bethlehem Summer Recreation

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Sale
ONLY

Selected styles on **WOMEN'S SHOES**

Values to \$26;
selected styles
Naturalizer, Life Stride
and Miss America

1/2 PRICE

**WOMEN'S SANDALS
AND GRASSHOPPERS**

1/2 PRICE

SUMMER HANDBAGS
1/2 PRICE

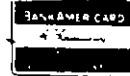
Selected styles

MEN'S SHOES
1/2 OFF

Children's Sneakers

girls 8-1/2-3, \$3.50 — 2 for \$6

boys 11-6, \$5 — 2 for \$9.50



Donnelly SHOES

DELAWARE PLAZA

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You can save literally thousands more with IRA than you could ordinarily.

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Route 9W, Ravena

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Basketball season is coming to a close the week of August 4, 1975.

The league that was formed consists of 60 youngsters made up of 9, 10, 11 and 12 graders. The final standings of the teams were as follows:

	W	L
Hawks	8	2
Cavaliers	7	3
Knicks	6	4
Warriors	6	4
Bucks	5	5
Lakers	4	6
Bullets	3	7
Bulls	2	8

The members of the league champions, Hawks were: A. Beers, M. Groblewski, captain; B. Keenehan, J. McSherry, M. Patel, J. Pozzi, E. Rohrbacker.

The Spotlight Goes to School

Graduates from ABC

Dawna Cantlin, daughter of Mr. and Mrs. Paul Cantlin, 2 Circle Drive, Voorheesville,



was graduated with highest honors from Albany Business College last month.

Miss Cantlin received the Associate in Occupational Studies degree in the two-year medical secretarial program at the college. She is a 1973 graduate of Clayton A. Bouton Central School.

Local Student Selected

Jamie Leonard, a student at Bethlehem Central High School, has been selected for the role of Joe Crowell in the State University of New York at Albany's production of Thornton Wilder's **Our Town**, to be presented on the Main Stage of SUNYA's Performing Arts Center August 7-10.

Mr. Leonard, an Associate Member of the SUNYA Summer Repertory Theatre Company's "An American Summer," will also be appearing with the Helderberg workshop production of **When the Bough Breaks**. He has performed in local television commercials and in the Bethlehem Middle School production of **The Diary of Anne Frank**.

What Is It?

What do you call a pair of performers who play a little country, a little old time, a good share of contemporary and original music, especially when they do it on acoustic guitars with kazoo thrown in for fun and harp slipped in for heart? The Bethlehem Public Library calls them fantastic, and offers them for your pleasure at the 7:30 p.m. Evening on the Green Program Wednesday, August 20th.

The performers are known as Hull and Roche and they have been getting rave reviews from places they have performed on the Coffee House Circuit and everywhere else they have performed. Join Blair Hull and Jim Roche on the Green for a dynamite evening of entertainment August 20th. Bring a blanket or lawn chair and you'll be all set.

LIBRARY NOTES

6th In A Series

Wednesday evening, August 13th at 7:30 P.M. in the Large Community Room of the Bethlehem Public Library will be the 6th program in the library's Evening On The Green Series. The program will be Medieval, Renaissance, Baroque, and Modern Music for the Recorder.

The recorder, a type of flute, is an ancient musical instrument which became one of the most widely used melody instruments of Baroque times. It was noted for its "subdued charm." You will discover its subdued charm as you hear recorders played by Jim Mullen, Eloise Scherzer and Phoebe Sheres. Each of these people is an avid recorder player and each one is a part time recorder teacher. Eloise Scherzer is a music teacher at the middle school, Mr. Mullen is an English teacher, and Ms. Sheres is office manager for Senator Ornstein.

Here & There

Coxsackie Farmer's Market

An "Inflation Fighter" or just plain "Old Fashioned Mall" are terms used by Joseph Careccia to describe the new Coxsackie Farmer's Market. This is the place where they say, "We move the clock back to prices of yesterday."

Farmer's markets are certain-

ly not new. They were, until the turn of the century, one of the few places farmers and merchants could gather to sell their goods. As we approach our 200th birthday as a Republic, more of us have increased our interest in the "simpler life" and in the "cheaper life." The farmer's market eliminates the middle man. This concept in retailing works to provide low overhead for the businessman, and thus, considerable savings to the consumer.

**CLOSED
FOR VACATION
August 4 - 18th**

(back to work on the 18th)

L & H

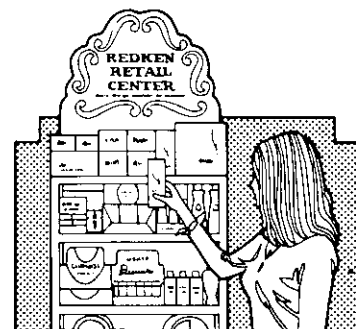
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Now you can buy some of the acid-balanced, Redken hair care products we use.

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And now we invite you to try these and other Redken products yourself at home: Amino Pon Shampoo, the shampoo that's so good for your hair we often leave the second sudsing in for extra body and to promote shine. Amino Pon Firm Hold Hairspray, the unscented formula with no gums or lacquers. Climatress Moisturizing Creme Protein Conditioner to help restore your hair's natural moisture balance.

Discover for yourself the beautiful things science can do for your hair. Stop in and visit our Redken Retail Center today.



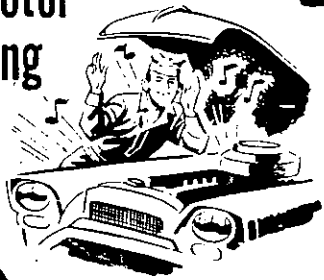
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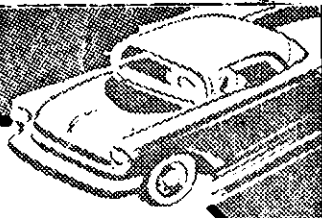
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- Modern Equipment
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-SPAC-
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ROUTE 159
AGAWAM, MASS.

THATCHER PARK

PARK OPENS EVERYDAY-1 P.M.

TOWN PARK
Elm Ave., Delmar

Bethlehem Public Library

New farmer's markets have successfully opened and those that have long been in existence are doing better than ever. The search for home grown, home made, or less expensive items is growing at a tremendous rate. The nostalgia of older times and the crippling effects of inflation and economic decline have once again made farmer's markets the place to browse, purchase goods at great savings, and have a good time!

The Cocksackie Farmer's Market, which opened at the end of April, 1975, now houses sixteen large booths set up in mall fashion. There you will find fresh farm produce, a delicatessen, a bakery, fresh fish, natural foods, house plants for the indoor gardener, shoes and handbags, clothing, hardware and budding supplies, wood stoves, hand-crafted woodenware, hobby crafts, jewelry and white-wear, carpet remnants, stereo components and speakers, a snack bar, and soon, a butcher shop!

Joseph Careccia, the originator of the idea in this area, welcomes you to the Cocksackie Farmer's Market. Located in West Cocksackie, on Route 9W, south of Thruway Exit 21B,

and just north of Red's Restaurant; the Cocksackie Farmer's Market stands waiting to offer you good buys for your money.

First Aid Class

Area residents are invited to attend a late-summer Red Cross multimedia first aid class to be held August 25, 26, and 27 at the Albany Area Chapter House, Hackett Blvd., Albany. Classes will be held from 6:30 to 9 P.M. all three evenings.

The class, which will include films and practical instruction, will be conducted by John Yungblut, a first aid instructor for the Chapter.

Interested persons should call the Chapter at 462-7461 to register or obtain more information.

Joins Weight Watchers

During his recent visit to the Capital District, Rodney Dangerfield, well-known comedienne who has appeared on Johnny Carson, Dean Martin and many national network television shows, visited a Weight Watchers class to spur on its membership and seek support for himself as a member of Weight Watchers. He spoke to the group and everyone found him to be a most charming guest.

An article about Mr. Dangerfield appeared in the October 1974 issue of the Weight Watchers Magazine in which he said: "I was always on the heavy side. I went the whole route. I tried starvation diets, sometimes they lasted as long as a day. Finally, I went to a health farm to lose weight. I exercised. I jogged two miles a day. I rode a stationary bicycle from here to San Francisco and back. One day I started talking to my waiter in my New York Nightclub (appropriately dubbed Rodney Dangerfields). He told me he had lost 90 lbs. — not at the health farm but at Weight Watchers. So, I went home and joined and began losing unwanted pounds. Now that I've lost weight, I'm much more active than ever before and my family life has improved too. I never cheat. I've got my scale and menu plans at both



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Capt. Lee says:

Clams by the dozen available every day. Fish orders taken for next day pick-up at Galley. We have largest assortment of fresh fish in Capitaland!

Clam Cocktail — Corn on Cob — Steamed Clams

	Roll	Dinner
Fried Clams	.99	2.65
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Dinners include French Fries, Cole Slaw or Corn-on-Cob

**SHRIMP
COCKTAIL**
\$1.75

**LOBSTER
SALAD PLATE**
\$4.50

**SHRIMP
SALAD PLATE**
\$4.50

Hamburgers — Hot Dogs — Manhattan Chowder



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my house and the nightclub. At both places I prepare my own food. I decided I was going to lose weight. I did and I'm gonna lose more."

As Rodney puts it: "Now I DO get respect!"



MRS. MARILYN WINIG, Area Director of Weight Watchers of the Capital District, Inc. with Rodney Dangerfield, well-known comedienne during his recent visit to the Capital District.

Award-Winning Film

The Albany Jewish Community Center will feature an award-winning Israeli film "The Contract" on Monday, August 11 at 8:00 P.M. at it's building

at 340 Whitehall Rd., Albany.

The film is in English and in color and runs 80 minutes. It portrays two Israeli families, one with sons, the other with daughters, who vie for an important insurance contract. Each sends his best representative to win the contract: Katz's daughter, Carasso's son. The result is inevitable. The film is highly amusing while providing important insights into varying backgrounds and ways of life in Israel. Excellent views of the famous resort area of Eilat and bustling Tel Aviv are shown in the film.

The film stars fine Israeli actors including Yehuda Barkan. Tickets are available at the door for \$1.00.

Tartaglia Named Chief

Sr. Ellen Lawlor, Executive Vice President and Director of St. Peter's Hospital in Albany,



Dr. Anthony P. Tartaglia

has announced the appointment of Dr. Anthony P. Tartaglia as Chief of Medicine. He will succeed Dr. William H. O'Brien who has served as Chief of Medicine for the past 14 years. Doctor O'Brien will continue as Associate Director of Medicine at St. Peter's Hospital, as Associate Professor of Medicine at Albany Medical College and



Dr. William H. O'Brien

Attending Physician at Albany Medical Center Hospital. He is a graduate of Harvard Medical School and served as lieutenant colonel in the Army Medical Corp. He was former Chief of Staff at St. Peter's Hospital, a member of the American Board of Internal Medicine and former President of the Albany County Medical Society.

Dr. Anthony Tartaglia is a graduate of Albany High School, Union University, and

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Rochester Medical School, serving his internships at University Hospitals of Cleveland and his Residency at Albany Medical Center Hospital.

He is a member of the American Medical Association, Albany County Medical Society — Secretary, New York State Medical Society Delegate, American Society of Internal Medicine, New York State Society of Internal Medicine, American Society of Hematology, the Board of Directors of the Albany County Red Cross, and Chairman of the Medical Advisory Committee of the Red Cross Blood Bank. He was elected Fellow to the American College of Physicians in 1974.

Dr. Tartaglia served as a Major in the U.S. Army Reserve Medical Corps. He is a member of Phi Beta Kappa, Sigma Xi, and Alpha Omega Alpha Honorary Medical Society. He has published numerous works in the field of Hematology.

Dr. Tartaglia resides in Delmar with his wife, the former Jeanne Mochi, and their three children.

To Attend Steak Roast

Harry H. Sheaffer, Republican Candidate for Bethlehem Town Supervisor, hands General A. C. O'Hara, Republican Candidate for Albany County Executive, his ticket for the Bethlehem G.O.P. Steak Roast at Murray-Jennex Park on Wednesday, August 20th, 1975.



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COVER STORY

LOCAL AUTHOR

BOSTON BICENTENNIAL MUSIC . . . performed by baritone Bill Gray (far right) of Oakwood Place in Delmar at Boston's Prudential Center on July 28. Bill, a member of "The Social Harp," an Early American vocal quartet, performed at Prudential's second Summerscene Concert of the season. The quartet was a fitting complement to the Prudential and Boston 200-sponsored Bicentennial Pavilion, which features "Where's Boston?", the multi-image quadraphonic portrait of that city and a display of 20th century Boston artifacts. The Pavilion is open daily through December, 1976. The Summerscene concerts are free and begin at 7:00 p.m. on Prudential's North Plaza every Monday through August 25. Singing with Bill are Marsha Gilette, Laurel Stavis and Marshall Thomas. All four are students at the New England Conservatory of Music in Boston.

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Bicentennial Program Viewed

The summer session of the Montessori School of Albany, a pre-school located on New Scotland Road in Feura Bush, recently hosted a program put on by Mr. Leonard Pilhofer and his family of Star Road in Ravenna.

Mr. Pilhofer, a member of the Captain Samuel Nichols Battalion of Continental Marines, arrived dressed in an authentic reproduction of a Continental Marine uniform in-

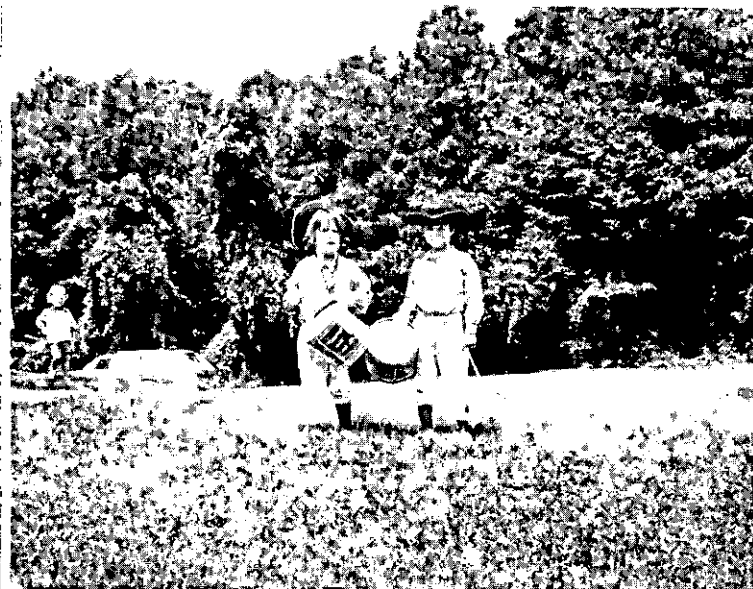
cluding the "leather neck" and he played the fife for the children. His wife Kathryn wore an authentic reproduction of what colonial women wore at the time of the American Revolution. Their sons, Leonard and Eric, wore boys outfits of the Revolutionary period including Tri-Cornered hats. Leonard and Eric accompanied their father on their drums while he played the original version of "Yankee Doodle."

The Captain Samuel Nichols Battalion of Continental Marines is a chapter of a national organization known as the Brigade of the American Reolu-



Above: Mr. and Mrs. Leonard Pilhofer, Star Road, Ravenna, dressed in authentic reproductions of American Revolution outfits. Mr. Pilhofer wears a Continental Marine uniform and is holding a fife.

Below: Eric and Leonard Pilhofer wear their reproductions of American Revolution boys outfits with their Tri-Cornered Hats as they play their drums.



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1956 OWENS EXPRESS CRUISER, 23', sleeps two, ice box, stove, toilet, etc., clean, in the water. \$1800.00.

1966 LUHRS, Semi Day Cruiser 27', V8, four sleeper, fly bridge, dual control, toilet with holding tank, \$3500.00.

1966 OWENS EXPRESS, twin 225 h.p., low hours, sleeps six, plank construction, very clean, \$7500.00.

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Standard, PS, air cond.,
28,000 miles.

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ion. The New York State Bi-centennial Commission has enlisted the help of several chapters of the Brigade to help in the Bicentennial Celebration

here in New York State, including a re-enactment of the Battle of Saratoga on the Saratoga Battlefield.

BANKING IS EVERYBODY'S BUSINESS



Travelers Checks — High Value, Low Cost

By Willis W. Alexander
Executive Vice President
American Bankers Association

Once you have saved, borrowed or otherwise acquired the money to pay for a long-dreamed-of vacation, the question arises: How will you carry it? Cash is too dangerous, credit cards not useful in all circumstances and personal checks almost useless — especially in a foreign country.

Obviously, you want a means of exchange that will provide both wide international acceptance and protection against loss, and nothing fits that bill better than travelers checks. Available to vacationers since the end of the 19th century, these self-identifying money orders are widely accepted by hotels, merchants and restaurants because they include a guarantee that they will be honored by the issuer if proper cashing procedures have been followed.

Protection against loss is provided by the bank or issuing company itself, provided that you have agreed to and met certain conditions stated at the time of purchase. Specifically, you must be able to provide positive identification of yourself and supply the receipt or the numbers of the lost or stolen checks, or at the very least the name and address of the bank or place where you bought them and the date on which they were purchased.

Then too, you must strictly follow the signature identification system. When you purchase travelers checks, you will sign them once in the presence of the seller and leave behind a sample of your signature for the files. When you cash one of the checks, you sign it again in the presence of the person accepting it so that the two signa-

tures can be compared. Normally, this is the only identification required.

Travelers checks may be obtained in various denominations, usually \$10, \$20, \$50 or \$100. In recent years, they have also become available in the U.S. in some foreign currencies. The fee to purchase them is nominal — normally about one per cent of face value, or \$1 for \$100 worth of checks. In some cases, they are free to bank customers.

Some final tips for safety and quick refunds when checks are lost or stolen:

- Carry your checks in an inside pocket or money belt and keep them in your possession at all times.
- Keep the purchase receipt in locked luggage or the hotel safe, but do *not* keep it with your checks. If they are lost or stolen, the receipt would also be gone. You might even want to keep a list of the check numbers at home.
- Keep a record of the numbers of the checks you cash, when and where you cashed them and the amount involved so you will know which ones were lost or stolen. And finally,
- Do not sign the checks the second time until the moment you are ready to cash them. If your lost or stolen checks have been signed twice, you will probably have difficulty in obtaining a refund.



COTTON HERITAGE

Cotton was planted in the first garden established by the colonists at Jamestown, Va., in 1607.

While the first crop failed,

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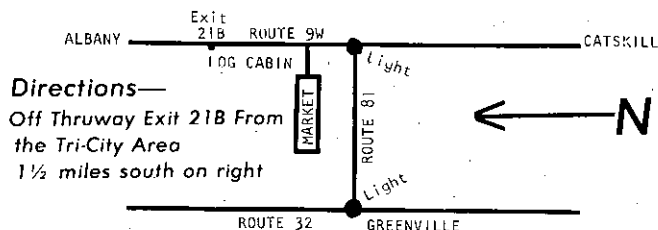
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experiments in cotton cultivation continued for the next few decades. By 1693, cotton apparently was being grown in Carolina on a scale large enough to permit its export to other colonies. Proprietors of the Carolina colony wrote a letter commending the governor on the care he had taken in regard to cotton transported from Carolina to other plantations.

Shortly before the Revolutionary War, cotton was being raised extensively in various colonies chiefly for domestic use.

Its cultivation as a garden crop was so well known in the vicinity of Easton, Md., Cape May, N.J., and Sussex, Del., by 1776 that cotton was grown in these areas to help supply the needs of the American army.

At the same time, colonists in Pennsylvania raised enough cotton to supply their domestic needs.

In the early 1820's cotton also was being grown on a small scale in New York, on the seaboard of Connecticut, and on the Wabash River in Illinois.

Peanut Flakes Promise Protein

Peanut flakes may soon be coming on the market, and already they're being hailed as the biggest breakthrough for the lowly goober since the development of peanut butter:

Developed by scientists at Clemson University, the flakes contain 33% protein. Research shows the peanut product can be added to casseroles, scrambled eggs, croquettes, sandwich spread, and even candy for greater nutrition.

In its basic form, the new product resembles potato flakes. However, cheese-flavored peanut flakes for use as a snack food are golden yellow.

Food Prices Warrant Look At Nutrition

Buy food for nutrition, not just for the prize in the box.

That's the advice of an Extension Service nutritionist at Clemson University.

"Money is too precious now to squander it on non-foods," says Mrs. Marie Hindman, "and the consumer who does so has no right to complain about high prices."

She points out that some authorities estimate about 30% of the foods in supermarkets could be eliminated with no nutritional loss to anyone.

Even foods with certain vitamins added aren't necessarily as good as the real thing, according to Mrs. Hindman.

As an example, she cites imitation orange juice which lacks, among other things, valuable trace minerals.

"There's more to orange juice than Vitamin C," the nutritionist notes. "Juices aid digestion and also have other nutrients and natural fruit sugar."

Mrs. Hindman also says quite a few non-dairy products are devoid of nutrition and many include coconut oil.

"This is a highly saturated fat and not at all healthful in large quantities," she comments. "The American Medical Association has indicated that coconut oil is more clogging to arteries than dairy cream."

Mrs. Hindman finds the greatest fault with "mini-nutrition" cereals for which the consumer pays astronomical prices and receives very little in return.

Sugar-coated cereals fabricated from refined flour and sometimes coated with synthetic vitamins and minerals are always more costly than natural cereals such as brans and oats, according to the nutritionist.

"In addition, some of the newer fad cereals have coconut added—another source of saturated fat," she adds.

Those prizes in cereal boxes don't contribute to holding down food prices either. According to Advertising Age, cereal manufacturers spend \$60 million annually on trinkets for product promotions.

U.S. Farm Exports Climb Value-Wise

U.S. farm exports for the 1975 fiscal year are expected to hit about \$22 billion, a shade higher than last year.

However, the USDA says all the gain stems from better prices. Ton-for-ton, shipments are off by about 15%.

Agricultural imports will drop under \$10 billion, leaving a favorable trade balance of around \$12 billion.

*** New Farm Trend

"Pick-your-own-produce" farms are on the increase. In Maryland, for example, there are 97 such farms in 20 of the state's 23 counties.

Drouth Threat Spurs Research On Water Use

Agricultural scientists in the Great Plains are pressing hard these days to come up with answers to a critical farm problem: drouth.

Most weather experts say this region is already in a decade of

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registration & enrollment information

PRIMARY DAY: **September 9, 1975**
ELECTION DAY: **November 4, 1975**

1. VOTERS WHO HAVE BECOME 18 YEARS OF AGE SINCE NOVEMBER 6, 1974

To vote in the Primary you must register to vote and enroll in the party of your choice by August 10 at the County Courthouse.

- Be sure to complete the Affidavit to Procure Special Enrollment
- You must be eighteen by August 10 and at the time you complete the Affidavit

To vote in the General Election you must register at the County Courthouse by August 29 or at your polling place on October 4 or 6

2. VOTERS MOVING WITHIN THE COUNTY

To vote in the Primary. If you moved since October 5, 1974, you may transfer your registration and enrollment in the party in which you were previously enrolled by August 20 (personally or by mail).

To vote in the General Election you must re-register to vote at the County Courthouse by August 29 or at your new polling place October 4 or 6

3. VOTERS NEEDING ABSENTEE BALLOTS

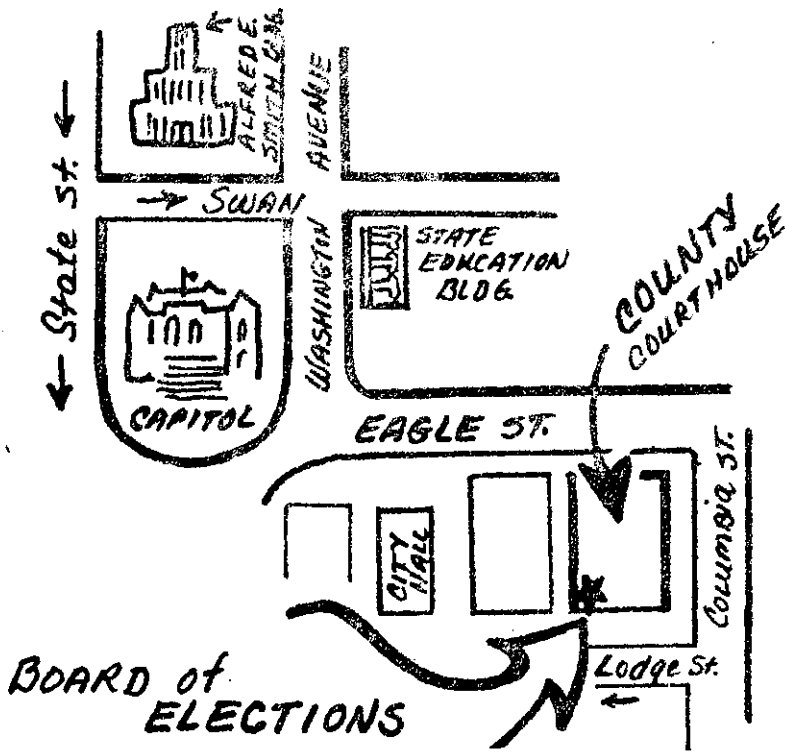
You may qualify for an absentee ballot if you are unable to vote in person due to illness, physical disability or absence from the county on the Primary or General Election day.

If you are unable to go to the County Courthouse you may mail your request or designate someone in writing to pick up your absentee ballot application for you.

For the Primary Election: File application between August 11 and September 2

For the General Election: File application between October 6 and October 28

Be sure to return your ballot to the Board of Elections in the County Courthouse by 12-Noon on September 8 for the Primary & November 3 for the General Election.



* REGISTRATION HOURS *

Board of Elections: County Courthouse
9 AM - 4 PM Monday-Friday until Aug. 29

Extra Hours:
Friday until 8 PM - July 11 & 25
August 8 & 22
Saturday 9 AM - 1 PM -
July 12 & 26
August 9 & 23

Local Polling Place:
10 AM - 8 PM October 4
12 Noon - 8 PM October 6

FOR MORE INFORMATION CALL
BOARD OF ELECTIONS 463-3116

drouth. Research Meteorologist Emmett Pybus of Oklahoma State University says the probability of renewed drouth late this year is better than 65%. And, based on 80 years of records, the probability of continued drouth in 1976 is more than 90%.

In studying new ways to stretch limited water to get the highest attainable crop yields, scientists are looking at hundreds of factors ranging from the way plants breathe to the direction in which crop rows are planted.

Redesigning plants themselves to allow more efficient water use is one approach. Plants are naturally wasteful of the water they extract from the soil. In fact, 95% of the water taken up by a plant in its lifetime evaporates and never contributes to the plant's substance.

Breathing pores on plant leaves exert critical control over water movement through the plant. And if these can be genetically regulated by scientists it's possible water efficiency can be improved.

Plant breeders also are working to develop varieties with vigorous root systems to follow a declining water table, and with a leaf system that develops early to completely shade the soil.

Another Oklahoma State research project is providing some clues from another angle.

One five-year experiment has revealed that plants in north-south rows lose less water to evaporation than east-west rows. In some seasons, it was shown that peanuts and grain sorghum planted in north-south directions saved up to 2.5 inches of water.

"This practice should help save irrigation water and could help carry plants through periods of water stress whether irrigated or not," says Agronomist Jack Stone of the state's Experiment Station.

Scientists believe the water-savings effect from planting crops in north-south rows may be due to predominant wind direction and radiation from the sun.

Still another test in Oklahoma has shown that plants grown in rows spaced 30 inches or less apart lose less water than traditional wide-spaced rows.

While research payoffs usually come in trickles rather than deluges, Agronomist Stone is optimistic about the outcome.

"Research gradually will pay off with new practices and varieties that will help the farmer fight drouth and keep Americans supplied with food during adverse growing conditions," he said.

FARM FACTS

Compiled By The
National Cotton Council

California's White Gold

California emerged as the nation's top cotton-producing state in 1974. Besides cotton, the state produces more than 200 other crops and livestock commodities.

* * *

New Hampshire Spuds

Scotch-Irish settlers in Londonderry, N.H., were the first to cultivate potatoes in the American colonies. Although spuds originated in the New World, they weren't grown in the United States until 1719.

* * *

More From Less

U.S. farm population, now estimated at about 10 million, has dwindled to approximately the same as it was in 1820. But farm output per man hour has nearly doubled since 1960.

* * *

For The Record

Published records show that pesticides are responsible for only 1% to 3% of unnatural fish kills. Municipal and industrial wastes, on the other hand, account for over 70% of such kills each year.

* * *

Help Wanted

Commercial acreage of strawberries in Michigan has declined 60% in the last 13 years because of a lack of hand labor for harvesting.

* * *

Changing Times

At the time of the Revolutionary War, the average U.S. farmer used most of the same tools and followed many of the same practices that were in use during Biblical times.

* * *

Corny Yarn

Corn starch, the most widely used textile sizing agent in this country, helps improve yarns' weavability.

* * *

Slow Going

Wheat was harvested with a sickle throughout America's colonial period, and in 1649 it was said that three men could reap 20 acres in three weeks.

* * *

Grass Mowers

Forages account for about 70 percent of the nutrients consumed by beef cattle over their lifetimes. Scientists say this is important since over half the total U.S. land area is not suited to cropping but to producing forage.

* * *

Irrigation's Impact

Irrigation has had a significant impact on agricultural output since 1900. Only 10% of U.S. crop acreage is now irrigated, but it provides 20% of production.

EDITORIALLY SPEAKING

Whatever Happened To . . .

We hope the day will never come when somebody sits down to write a book entitled, "The Decline and Fall of the American Empire."

But in the almost two centuries of our existence as a nation, some of the ideas and ideals that motivated our forefathers to make good in the new country seem to have declined and fallen in acceptance. That's why some of the writings of early day America sound somewhat quaint to us today.

One idea in particular that seems to have taken on the aura of an old-fashioned belief is that of the work ethic. Benjamin Franklin believed in it and practiced it. He writes in his autobiography of working from early morning to late at night in his printing shop to outdo his competition and establish his own financial security.

A lesser known American—but no less a believer in the hard-work ethic—was Col. Landon Carter of Virginia. In 1776 he was deploring the degeneracy of his times. What Carter was concerned about was the fact that people were beginning to use plows in raising wheat. He noted that his hard-working father had raised large quantities of wheat for export and had done it by using nothing more than a hoe.

If the colonel could come back to modern-day America and see the marvelous accomplishments of farm mechanization, he might have some second thoughts about the relationship between degeneracy and the use of farm implements.

He would soon come to realize that agricultural machinery has freed much of the nation's manpower to work in plants and factories to help develop our industrialization. And that same mechanization has been a big factor in bringing American agricultural production to the point where one farmer today can grow enough food and fiber to supply the needs of 54 persons. (In 1820, the American farmer could supply only three others besides himself.)

But there are some things in modern-day America that would really baffle our 18th Century believer in the work ethic.

In 1975, America's unemployment rate is hovering around the 8.5 million mark. At the same time, in many areas of the country, farmers who grow certain fruit and vegetable crops which cannot yet be successfully harvested by machine are being forced to cut back on their plantings. The reason: a shortage of labor for hand-harvesting crops.

Maybe it's just as well Col. Carter can't come back. He'd have a stroke for sure.

* * *

Most Useful Fiber Plant

Of the estimated 700 plants used for fiber throughout history, cotton has proved to be the most suitable for large-scale economic development. Its versatile qualities make it useful for a wide range of clothing, household, and industrial products.

* * *

Big On Potatoes

More potatoes are produced in the United States than any other vegetable.

* * *

Where It All Began

When the U.S. constitution was adopted, eight or more of every 10 Americans lived on farms. By 1920, the census revealed for the first time that the majority of the nation's citizens were living in urban areas.

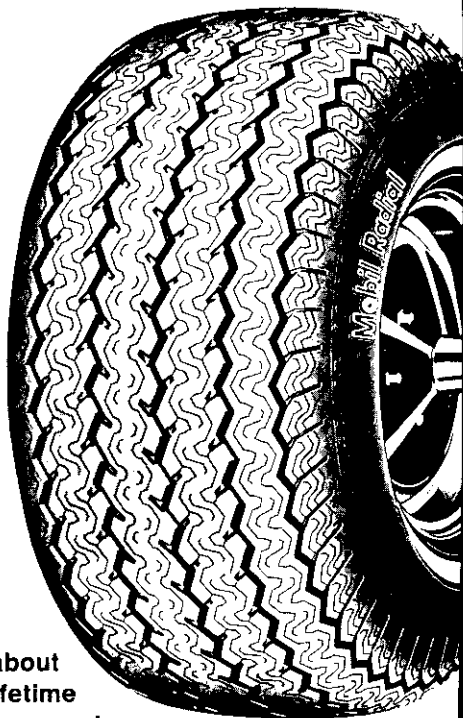
* * *

Going To Seed Profitably

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ELSMERE — Henry Quinn — 241 Delaware Avenue	439-9842
GLENMONT — Joe Keller — Rt. 9W and Feura Bush Rd.	463-7712
NEW SCOTLAND — Joe Franze — 1970 New Scotland Avenue	439-9862
VOORHEESVILLE — Bob Andrews — 106 Maple Avenue	765-4252

Spotlight

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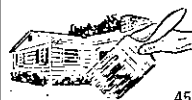
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A quick dip in a family swimming pool is a refreshing remedy for the long, hot summer. However, a piece of poolside electrical equipment can become an instrument of death if damaged or handled in a manner that causes electric current to leak into people. The danger of leakage current is intensified at a poolside location, where it is likely that a person's skin will become wet. Skin moisture significantly reduces the skin's capacity to resist electric shock. Underwriters Laboratories Inc., an independent, not-for-profit organization testing for public safety, urges you to keep the following tips in mind when handling electrical equipment near a swimming pool.

Leakage current occurs when a flow of electricity is diverted from its intended path to ground. This irregularity is termed a "ground fault". Even a small quantity of leakage current can prove fatal to a normally healthy adult. A protective device, called a "ground fault circuit interrupter" (GFCI), is designed to interrupt the electrical power supply if a ground fault is detected. A GFCI will respond to a ground fault current as low as 5/1000 of an ampere, and will shut off the source of electric power in as little as 1/40th of a second; less time than it takes a heart to beat once.

The area around a swimming pool is particularly susceptible to leakage current. A defective filter pump motor, electric panelboard, or underwater light can cause disaster. Appliances used around the pool, such as electric barbecues, radio and television sets, or electric hand tools are also potentially dangerous. UL recommends that you install GFCI's in every circuit that supplies electric power to the pool area. This practice is also called for in the 1975 National

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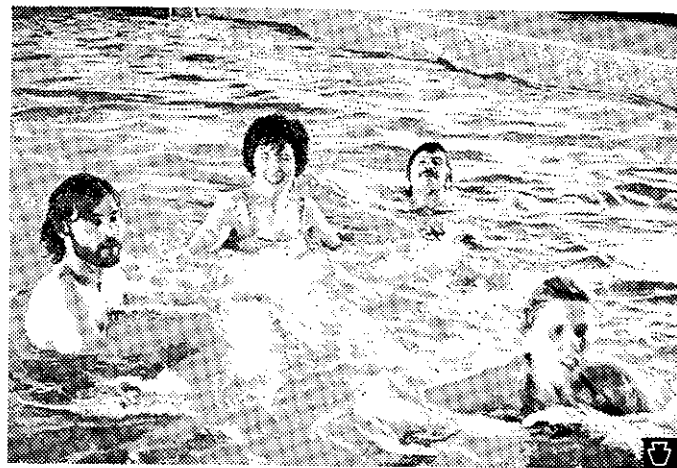
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Sights On Safety

By HARLAN TELLER

UL's Public Information Office

Avoid A Pool Of Trouble



Electrical Code (NEC). The Code provides installation requirements that are widely implemented by various electrical inspection authorities.

The installation of GFCI's is the answer to one facet of swimming pool safety. UL recommends that the following safety rules should also be observed:

- Never handle radios, barbecues, or other electrical appliances while wet.
- Never run extension cords close to the pool.
- Never run overhead wires within 10 ft. of the pool.
- Never splice or repair cords of swimming pool equipment — replace them at the first sign of damage.
- Be sure that the electrical power supply to the pool is shut off prior to servicing your pool equipment. You should also place a warning tag on the switches which you shut off. If a switch is not tagged, a bather might innocently turn it on, and you could then be subjected to a serious electrical shock.
- The pool maintenance equipment that you use should be designed for that purpose. It should be plugged into a

grounding type receptacle provided with GFCI protection. Use electrical pool vacuums or pool sweeps only when the pool is unoccupied.

• If you feel a tingling sensation when in the water or approaching the pool, tell someone on deck to turn off all electrical power feeding equipment and appliances in and around the pool. You should then leave the pool area as quickly as possible, without contacting metallic objects. Children should be specifically warned about the consequences of this hazard. There have been cases reported in which children, aware of the presence of an electrical field, were hurt or killed because they dared each other to stay in the water longer or more closely approach the source of the field.

• Look for the UL Listing Mark on your electrical equipment. It's your assurance that the design of the equipment has been tested with regard to nationally recognized safety standards.

UL warns that electricity and water don't mix. To avoid a shocking experience, follow these important precautions.



THE ALBANY VA HOSPITAL held graduation ceremonies for three students in their School of Anesthesia for Nurses. Pictured in the first row from left to right are: Judy Hovey, Watervliet; Terry Morris, Troy; Ramona Doran, Director, School of Anesthesia, Rennselaer; John Vasco, Albany. Second row from left to right: Dr. John O'Hern, Chief, Thoracic Surgery, Delmar; Dr. Herbert Gullick, Chief of Surgery, Delmar; and Dr. Thomas Piazza, Retired Chief of Anesthesiology, Glenmont.

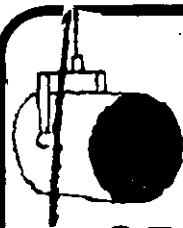


ON SATURDAY, JULY 26, 1975, the New York State Jaycees held their annual Jaycee University Seminars at Marist College, Poughkeepsie. Jaycees from across New York State met to discuss individual development and community action programs for their chapters.

Pictured above are: Charlie Underwood, President of the Bethlehem Jaycees; Rick Knight, District President; Frank Ziebell, National Vice-President; Rick Bunkoff, President of the Colonie Jaycees; and Tony Picquerra, President of the Albany Jaycees. Frank is congratulating Rick on being chosen the Outstanding District President for New York State in the first quarter of the year.

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SPOTLIGHT on community corner

What: Town of Bethlehem Bicentennial Committee

When: August 11, 1975 at 8 P.M.

Where: Bethlehem Town Hall

The Bethlehem Bicentennial Committee is composed of representatives of various organizations in the town. All meetings are open to the public and any organizations wishing to contribute their projects are urged to attend. Hope to see you there

Community Corner, a public service column of important community events, is sponsored by your local paper

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