

# The Spotlight

Controlled Circulation Publication

20¢



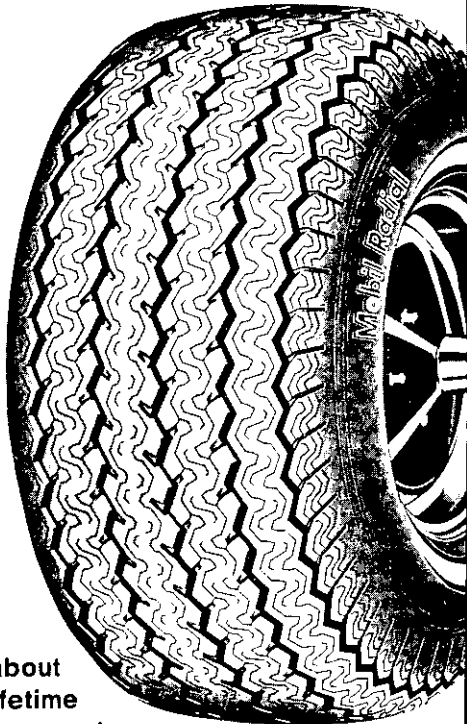
BETHLEHEM TOMBOYS — See Page 13



DELMAR DOLFINs — See Page 13

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# 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, 104 Delaware Ave., Delmar.

**The Albany County Pistol Club**, Vinne Place and Maewin Drive, Delmar, welcomes guests at its indoor pistol range every Tuesday at 8 P.M. Information: Dave Herlach, 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 Beauregard. 456-0019.

## 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.

## FRIDAY, AUGUST 15

**7 P.M. — Midnight:** Field Day, North Bethlehem Fire Department. Games, kiddie rides on miniature firetruck, refreshments.

## SATURDAY, AUGUST 16

**10 A.M. — Midnight** Field day, North Bethlehem Fire Department.

**5 P.M.**, Chicken Bar-B-Que, Ravenna Grange.

## THURSDAY, AUGUST 21

**8 P.M.** The Board of Appeals of the Town of Bethlehem will hold a public hearing at the Town Offices, 393 Delaware Ave., Delmar, N.Y. to take action on application of V.S.H. Realty, Inc., 777 Dedham St., Canton, Mass. for a Special Exception under Article V of the Town Zoning Ordinance to remodel an existing gasoline station at the S.W. Corner of Delaware and Lincoln Avenues, Elsmere, N.Y. to accommodate a food store, to remove one pump island and change the remaining island to self-service, and to add one 8000 gallon underground tank.

## SATURDAY, AUGUST 23

**10 P.M.** The Fifth Dimension, Alumnnae, friends of D'Younelle Col-

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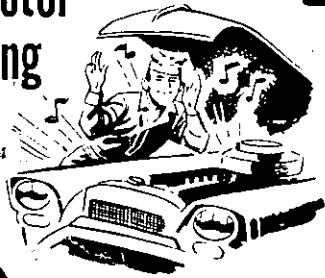
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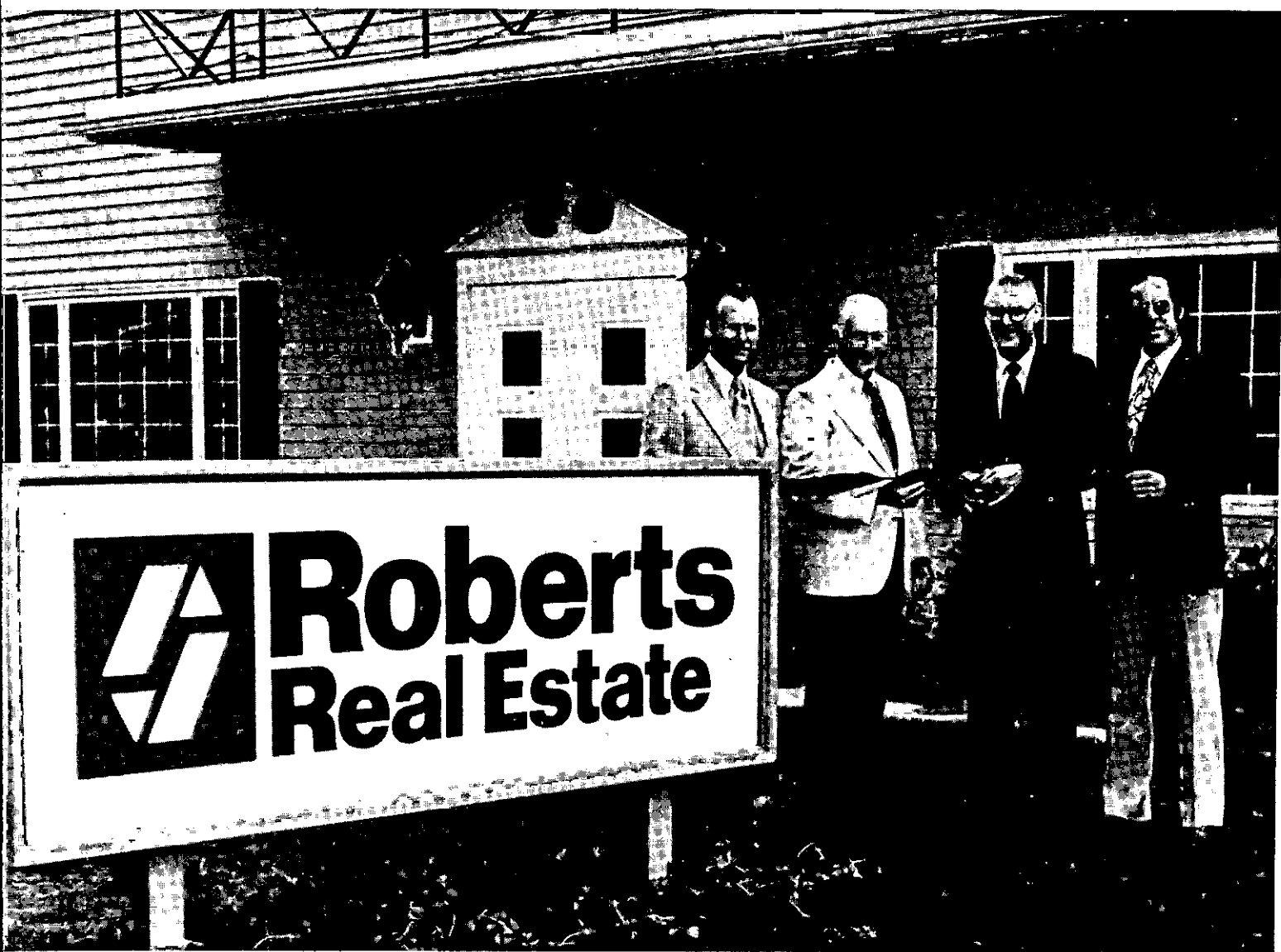
# SANTA'S LAND

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## CHILDREN'S SHOW

FRIDAY MORNING AT 11 A.M.  
Summer Theatre  
COLISEUM  
For Infor. 785-3393

Bethlehem Public Library



ROBERTS Real Estate Opens: Bethlehem Town Supervisor, Harry Sheaffer is shown cutting the ribbon opening the new Delmar Office of ROBERTS Real Estate. The office located at 190 Delaware Avenue, adjacent to the Delaware Plaza was an old vacant gas station that was completely redesigned to a Colonial styled building. Also shown at the July 31st opening are Philip E. Roberts and Hugh D. Roberts, owners of the firm, and William Bennett of the Bethlehem Chamber of Commerce who is assisting Mr. Sheaffer.

## SUMMER SALE

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**THURSDAY, AUGUST 28**

**8:30 P.M.**, Meet Theresa Cooke, County Executive candidate, and Jack Barner, County Comptroller candidate, at Bethlehem Public Library. Information: 438-0704.

## Look what we found! IN THE MAILBAG

### Letters to the Editor

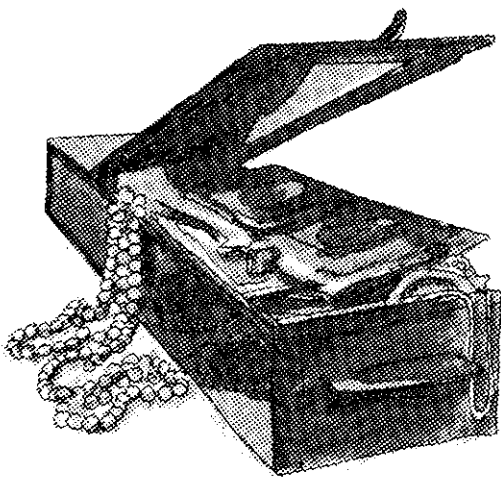
Before the cheers of the 1975 Little League season become too quickly a part of the past, we should like to express our appreciation to all who contributed to the success of this year's season — the many private citizens, sponsors, members of the Boards or Directors, umpires, grounds staff, but most especially, the team managers and coaches. From May through July, for two or three days or nights each week, these men commit themselves to not only helping boys learn and enjoy the great sport of baseball, but more importantly also encourage them to develop their individual skills and self-confidence — all within the framework of team spirit and good sportsmanship.

To all who join us as parents in helping to provide positive opportunities for growth and recreation for our children, we extend our sincere thanks and appreciation.

Parents of Little Leaguers

This is an open letter to Mrs. Ruth Contento:

I would like to say, I think she did a great job on getting the newly formed league "The Bethlehem Jr. League" started this year for 13 year to 15 year old boys. Its something that should have been done long ago, and it pleases me, and I'm sure many others. There was a lot of work entailed and I hope next year there will be many more boys going out for it, it would be nice to see



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## Here & There

### Chu invited to China

Gladys Chu daughter of Mr. & Mrs. Mayan Chu, Glenmont, graduate of Bethlehem Central High School, 1974, is spending six weeks in Taiwan, China, at the invitation of Taiwan Government to attend the 5-week seminar on Chinese Culture & History. Her sixth week will be on a round-island tour of

however, the parents of the Pirate team wish to acknowledge the outstanding job done by the coaches, Lou Condra, Carl Rosenbloom, and Bob Van Arnum. Whatever the player's ability, these men encouraged and complimented our children, thereby motivating them even more in a team spirit.

We appreciate their efforts and kindness.

Appreciative Pirate Parents

On behalf of the boys and parents who participated and enjoyed the **Bethlehem Babe Ruth** baseball games this past month, I would like to thank the managers and their staff, who donated so much of their time and energy. Also, thanks, too, to the team sponsors, advertisers and individual contributors who finance the league!

Mrs. D. J. Lemieux

Letter to the Editor:

The Delmar Little League season has drawn to an end,

more parent participation at the games as for anything. Kids like to be praised and cheered.

So, I close and say nice going Ruthie, and keep up the good work.

They could use a couple of sponsors and anyone they might be interested give her a call 'the rates are reasonable'.

And to the boys that participated, and fathers who coached and managed — nice going.

Sincerely  
Laura Howard



**DOT ENGINEER HONORED** — New York State Transportation Commissioner Raymond T. Schuler, right, presents an award from the American Association of State Highway and Transportation Officials to Malcolm D. Graham, of Delmar, Chief Engineer for the State Department of Transportation. The annual regional award, covering the northeastern U.S., cites Graham for outstanding achievement in the field of highway and transportation design. He has especially contributed to improving roadside guide railings.

Photo by State Department of Transportation



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Taiwan to see ship building industry, oil refinery complex, nuclear power plant, remote mountain tribes, scenic river gorge, famous Sun-moon Lake, etc.

She will also stay a week in Hong Kong, the pearl of Far East, before she returns to her Sophomore year in Yale University this fall. Since Gladys was born in U.S., this is her first chance to see her native land. She feels the trip has helped greatly in consolidating her own heritage.

#### Public Service Announcement

The Loudonville Christian School is now registering 3 and 4 year old children in its Pre-school for the opening on Monday, September 8. Please call the Loudonville Christian School at 434-6051 and ask for Pre-school information for your child. The Loudonville Christian School is located at 374 Loudon Road, (Route 9) in Loudonville.

#### Volunteer Aid Needed

Project Envelopes! The March of Dimes needs 50 additional volunteers to address, stuff and seal envelopes at home, using pen or typewri-

ter to complete the job, it was announced by Thomas J. McEnaney, Albany County Chapter Chairman. The program for the past few weeks, was slowed down, due to the extreme heat wave. Call Headquarters, 179 North Main Avenue, Albany, 482-6443 and register your name, organization, employee or special group.

#### Bicentennial Play

A play about the anti-riots of Albany County will be presented in the new amphitheater of the Five Rivers Environmental Education Center instead of on the property of the Heldeberg Workshop, as previously planned. The acting company of the Heldeberg Bicentennial Festival will perform at 2 P.M. on Saturdays and Sundays, August 16-17; 23-24 and 30-31.

Admission is free to anyone interested in the retelling of the stirring events that took place over a century ago, when the settlers in Southwestern Albany County and four neighboring counties resisted the efforts of the patroons to collect rents that were highly questionable. Violent confrontations were





**CAMPAIGN PLANS** — A. C. O'Hara, third from the left, Republican candidate for Albany County Executive, and Brian Gross, 2nd from right, GOP candidate for County Comptroller, chat with the newly-named officers of the Citizens for O'Hara and Gross Committee at a recent campaign planning meeting. Seen are, from left, Phoebe Bender, Treasurer of the Committee, Addison J. Keim, Committee chairman, O'Hara, Gross, and Ann DiBucci, Secretary of the Committee.

many but the farmers eventually won out. "When the Bough Breaks", an original drama written and directed by Richard K. Weeks, goes to the heart of these struggles.

A cast of 25 well-rehearsed actors in costume appear in the play. Many are members of the Heldeberg Workshop drama course.

The amphitheater at the Five Rivers Center, formerly the Delmar Game Farm on Route 443 south of Delmar, seats about 300 persons at each performance. Since admission to the play is free and there is ample free parking, the Heldeberg Bicentennial Festival urges play-goers to appear well before the 2 P.M. curtain.

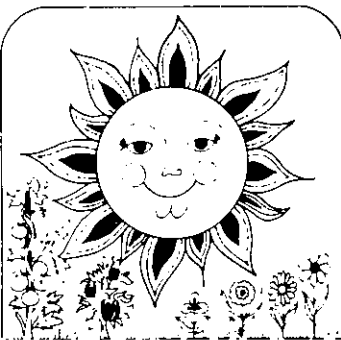
### The Spotlight Goes to School



Carole J. Spelich, daughter of Mr. and Mrs. Louis Spelich of 1 Drury Lane, Delmar will enter Bates College in Lewis-

ton, Maine as a member of the freshman class.

A graduate of Bethlehem Central High School, she was editor of the literary magazine, treasurer of the Explorer Scouts, and a member of the art and drama clubs.



**YARD 'N GARDEN**  
By Bill Meachem

Former Editor of Home Garden Magazine

### THE SMALL LANDSCAPE

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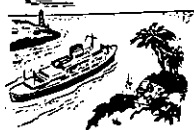
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plot. As part of my research I took hundreds of photographs of small home landscapes — all taken from the street, where they most often are viewed.

If the seminar participants took home one and only one point it should have been to avoid large trees and shrubs in a small home plot. This was the most common mistake I observed in my research.

Ours is a mobile society, they say, and we have few set traditions. But we do have some, and these traditions concern certain plants.

It is not uncommon, for example, to see large shade trees in a small plot that would be in perfect balance and in the proper setting in a rural location. No doubt the owners had and loved a large tree at one time or another in a different part of the country and are trying to duplicate this in what could be termed an "outer city" location.

I certainly have nothing against trees. I have several in my small outer city garden. But I have tried to temper my use of them in several ways. First, I plant them where they will be seen to best advantage, but yet will not shade those parts of my garden where I want to grow summer flowers or vegetables.

I also urge people with small garden space to use some of the lower growing trees. There are so many, and there are kinds that will do well in all sections of the country so they could become traditional in our mobile society. Another asset of many of these small trees is that they can reward you with a glorious show of flowers.

These are trees that grow about 20 feet tall. You can still get a little shade from them if

they are trained and pruned so the branches come off high on the trunk. Remember, a branch that is two feet above the ground on a seedling tree will be the same height above the ground when the tree matures

With warm weather here, send for my **FREE Summer Seasonal Report** filled with tips and suggestions on summer and early autumn gardening. Write to me at the address below.

— it won't grow up with the tree. So start training trees at an early age.

Selecting and placing trees on the small plot (50 by 100 feet or so) is most important because these are not plants that you can move from place to place once they get to be a respectable size.

\*\*\*

Dear Bill:

Would it be permissible to put leaves from a crab apple tree into a compost pile if the tree is infected with scab disease?

Earl Greenholt  
York, Pa.

Dear Earl:

If at all possible, I would avoid using leaves from a diseased plant — crab apple or any other plant — in a compost pile. The disease could be perpetuated in the resulting compost soil. This also goes for plants infested with insects. It would do no harm to spray the compost pile with something like Raid House and Garden Bug Killer now and then to make sure no bugs live over in the compost.

By the way, Raid House and Garden contains no Freon or other fluorocarbon propellants, which some scientists say may be causing damage to the ozone layer.

B.M.



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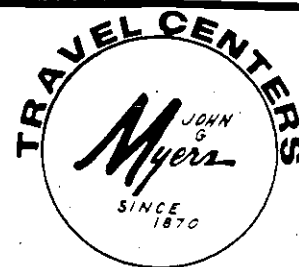
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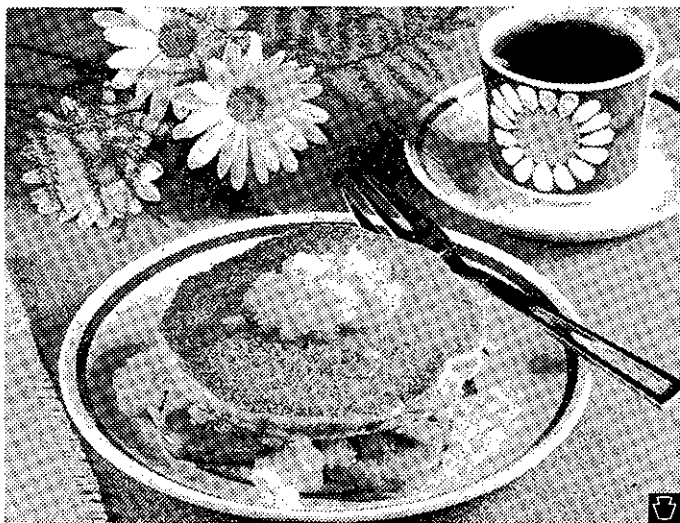


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## food news & cues

from the Aunt Jemima Test Kitchens



### PINEAPPLE TOPS ALL—ON PANCAKES!

Pancake lovers who were a-tingle when the new nutritious whole wheat pancake mix was introduced have reason to get excited all over again—Pineapple Pancake Tingle. Entrancing individual entrees are each built from two of the surprisingly light pancakes. Slices of canned luncheon meat and spoonfuls of pineapple topping go between them and more pineapple sauce crowns them. Pineapple and whole wheat—doesn't that combination top all for the brunch, lunch or breakfast bunch?

#### PINEAPPLE PANCAKE TINGLERS

Makes 4 servings

##### Pineapple Topping:

- One 13½-oz. can crushed pineapple in syrup, undrained
- ¼ cup maple-blended syrup
- 1 teaspoon cornstarch
- ¼ teaspoon ginger
- One 12-oz. can luncheon meat

##### Pancakes:

- 1 cup Aunt Jemima Whole Wheat Pancake and Waffle Mix
- 1 cup milk
- 1 egg
- 1 tablespoon melted or liquid shortening

Heat griddle to hot (400°F.). For topping, combine pineapple, syrup, cornstarch and ginger in small saucepan; mix well. Cook, stirring constantly, over medium heat until mixture thickens slightly and becomes clear. Cut luncheon meat into 8 slices and brown in skillet or on griddle.

For pancakes, place mix, milk, egg and shortening in bowl. Stir until batter is fairly smooth. Pour about ¼ cup batter per pancake onto hot, lightly greased griddle to make 8 pancakes. Turn pancakes when tops are covered with bubbles and edges look cooked. Turn only once.

To serve, place 2 slices luncheon meat on each of 4 pancakes. Spoon ½ of the pineapple topping over luncheon meat. Top with remaining pancakes then additional pineapple topping.

## TOOL'S RESTAURANT

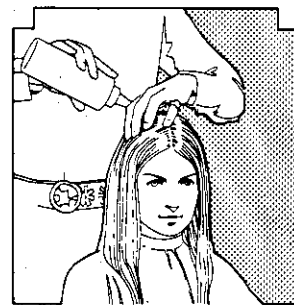
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**SAFETY  
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By  
Underwriters Laboratories, Inc.  
Harlan Teller  
Public Information Office  
**Personal Flotation Devices**

Personal flotation devices (PFD's) are often called upon to uphold a human life. Whether it be a ring buoy, cushion, vest, or jacket, the safety of the endangered person depends on the proper performance of the device. This life and death affair demands a serious testing program — like the one Underwriters Laboratories (UL) has developed at its Tampa, Fla. marine safety headquarters.

A buoyant device's prime safety factor is its buoyancy — and one UL test is designed to check this out. UL engineers also recognize that the height and weight of the people using the PFD will vary considerably. In the "flotation stability" test, people with light, average, and heavy-set builds are asked to don the device and swim and float in a normal manner. The PFD's performance under actual conditions is thereby evaluated.

Also, a UL Listed PFD must withstand accelerated weathering, impact, extreme hot and cold temperatures for 24 hour intervals, and a two-second exposure to flames. The impact is created by either releasing the device from a speeding boat, or dropping it from an aircraft. UL determines whether the device will make more than a big splash — it must show no signs of physical damage. Following the gasoline fire, the device is suspended from a test apparatus and loaded with a specified amount of weight to determine the ability of the material and seams to withstand lengthwise stress. Afterwards, it should still be suitable for use.

The amount of water that a PFD entraps after a one minute immersion must not exceed specified requirements. The "throw test" for cushions provides a practical demonstration of whether or not the PFD can be managed in an emergency situation: an experienced lifeguard or boatman must be able to place the device within three feet of a swimmer located 40 feet away on 3 out of 5 throws. Tests are made on the seams of the device to see if they have a tendency to unravel.

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# COVER STORY

The Bethlehem Tomboys, a softball league for girls ages 9-18 closed a most successful season with a picnic and awards ceremony on Friday, August 1.

The picnic was held at Picards Grove with 350 Tomboys and their families present. Mr. and Mrs. Harry Sheaffer were honored guests, along with team sponsors, Mr. Jim Callahan, the senior umpire and his wife.

Noella Schwarz, this year's president of the Tomboys, presented awards to the following teams:

The minor league, Union National Bank managed by Art Richards.

The intermediates with a tie between GE Plastics managed by Bob Flynn and Mildred Elley managed by Fran Fitzpatrick.

The major league was won by Atlantic Cement managed by Sue Sweeney.

A special award was presented to Dr. Irving Van Woert for his contribution of time and effort during the Tomboys four year history.

**Photo shows** Mr. Sheaffer and Noella Schwarz presenting awards to Shelley Richter, Robin Lynk, Judy Van Woert and Judy Piechnik.

Photo by Riccardo Studios

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With a dual meet record of 5 wins and 0 losses, the Delmar Dolphin Swim Club looks forward to the high point of the summer swim season, the Adirondack District AAU Swim Meet, to be held on August 22, 23 and 24 at the Elm Avenue Town Park in Bethlehem. Co-hosts for the weekend event are the Dolphins and the Town of Bethlehem, and everyone is invited to attend this celebrated meet, which attracts swimmers of the Adirondack District from as far as Watertown, New Paltz, and Plattsburgh.

According to Meet Director, Cliff Elkins, competition is scheduled as follows: Friday — warm ups will begin at 4:15 P.M., with swimming events starting at 5:00 P.M. Saturday — warm ups will start at 7:30 A.M. with competition beginning at 8:30 A.M. Finals will begin two hours after the last preliminary event, and not earlier than 5:00 P.M. Sunday — warm ups will again commence at 7:30 A.M., with swimming preliminaries starting at 8:30 A.M. Finals on this day will begin two hours after the last event, and not earlier than 4:00 P.M.

Diving warm ups will begin at 12:00 Noon both Saturday and Sunday, with competition beginning at 2:00 P.M.

Please note that the pool will be open to Town residents for recreational enjoyment following the end of preliminary events each afternoon. That should be from approximately 1:30 P.M. to 4:00 P.M. on Saturday and Sunday. On Friday, August 22, the pool will open at 11:00 A.M. as usual, but will close for public recreation at 4:00 P.M.

Townpeople and area residents are encouraged to come and to cheer for the outstanding swimmers to be found in this district. Malcolm Cooper, last year's fantastic record breaker from Delmar, will attempt to set new records again this year, and several qualifiers for the senior Nationals and the National Junior Olympics will also be entrants in this year's races.

Of particular interest to spectators will be the excellent divers performing their stunts. Saturday's events will include the women's 3 meter competition and the men's 1 meter event. Sunday afternoon has been set aside for the women's 1 meter competition and the men's 3 meter contest.

Tentative plans are underway to have a Liturgical Celebration of Mass on Saturday evening in the pool pavillion after the final events.

For further details call Cliff Elkins at 439-9058.

# Dye-Versatile

## Khaki Makes the Fashion Scene

Army khaki and olive drab colors are making a big comeback in summer fashions. The clothes—survival shorts, fatigue shirts, skirts, skivvys and coveralls—may come straight from a military surplus store but don't overlook other inexpensive do-it-yourself alternatives.

The fashion colors can be added to clothing already on hand. White and light colored clothing can be easily dyed khaki or olive drab in the washing machine, sink or pot. Except for some polyesters and acrylics, any washable fabric is dyeable.

Use these Rit dye color recipes to color 1 pound (dry weight) or 3 yards of fabric: Khaki—1 package tan plus ¼ package grey. Olive drab—1 package jade green plus ½ package dark brown. Washing machine agitation assures even dye color. Fill washer with hot water and pour in dissolved dye solution. Agitate briefly to mix well, then add wet, unfolded items to be dyed. Set washer for longest wash cycle followed by a cold water rinse.

For a light and dark camouflage look—Before dyeing fabric, crumple it and secure at random with tightly wound rubber bands. Place into khaki or olive drab dye solution. Remove, rinse thoroughly and dry.



Dye a white butcher's apron khaki or olive drab. Complete the outfit with a dyed T skivvy shirt and sun hat.

Here are some tips for best dye color results:

1. Before dyeing wash fabric; remove any spots or stains to assure an even color. Fabrics should be evenly wet before placing in dye solution.
2. Use hottest water available when mixing dye solution.
3. After dyeing, rinse fabric thoroughly in cold water to remove excess dye. Dry in automatic dryer or air dry out of direct sunlight. Iron if necessary while damp.

## MIND OVER MATTER

By Jack Goodman  
British Psycho-Therapist

### Can't Fall Asleep

Dear Mr. Goodman:

For about the past two years I have had a great deal of trouble sleeping at night. I've tried nearly everything, sleeping pills, tranquilizers, you name it, but all have provided at best temporary relief. Is there anything that can be done to cure me?

Mrs. L. P.

Dear Mrs. P.:

First of all let me assure you that rarely is insomnia caused by physical illness. Mostly it's all in the mind.

Often in desperation, a doctor will prescribe sleeping pills for temporary help, but the only true cure for insomnia is to relieve the tensions which are keeping you awake.

You must determine what it is that is bothering you and then work within yourself to eliminate it. Often this can be

accomplished via therapy. I've treated many people for insomnia both in my office and through cassette tapes. Almost all, after discovering why they are experiencing sleeplessness, are able to throw their sleeping pills away after just a couple of weeks.

Try not to eat just before you go to bed, this can often be a cause of restlessness at night.

Don't do anything which will put you on edge such as watching a horror movie or read a murder mystery book.

Try and clear your mind while you're lying there in bed. Just think of black emptiness if you wish.

If all else fails, just lie there with your eyes closed. It's been proven that a person "catnaps" off and on in situations like this.

Some people do need help in solving their insomniac problems. For them, professional assistance is often required.

I've put together a booklet describing techniques that I've used in helping people beat insomnia. If you can't sleep at night, I'd be happy to send it to you. Just write me at 1909 East Cornell, Peoria, Ill. 61614.

## Young National Essay Winners



The two fine examples of young outdoor America pictured above were presented with \$1,000 savings bonds and brand new rifles in recognition of winning the national junior and senior divisions of the Marlin Essay Contest.

They are Mitch Boofer, 11, Phoenix, Arizona, (left) and Kim Rene Brockman, 14 year old girl of Vesper, Wisc. Subject of the contest was, "What can the hunter, as an individual, do to help preserve the sport of hunting?" The contest was sponsored by the Marlin Firearms Company, North Haven, Conn.

Mitch has many interests besides hunting with his dad, a Phoenix police officer. He races quarter horses in junior competition and plays Little League baseball.

Kim is an honor student in a Wisconsin Rapids high school, and likes to go hunting with her grandfather, Joseph M. Krummel, Sr., and with her father. She has won several other essay contests and attends high school on a scholarship.

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# MIND OVER MATTER

By Jack Goodman  
British Psycho-Therapist

## Too Fat?

**Dear Mr. Goodman:**  
How do you determine whether or not you are too fat? I would like to lose 25 pounds; my husband thinks I'm crazy. I've tried diets and massage belts, but nothing seems to work. Can you help?  
Mrs. R. H.

**Dear Mrs. R. H.:**  
There's quite a simple test to determine whether or not one is overweight.

Simply spread your finger and thumb approximately two inches apart, placing your thumb up against your ribs, just above the waist. Now pinch the skin together. If your thumb and finger are more than one-half inch apart, say roughly the size of your little finger, then you are too fat. Going on the assumption that you are overweight, perhaps deep down, subconsciously, you don't want to become slim.

No, I'm not joking. Most overweight people subconsciously want to be fat.

The reasons are almost infinite, though there's neither the time nor space to go into them here.

Suffice it to say that it is a medical fact that no one is naturally fat. You have to work at it.

I suggest then that you give up your pills, massage belts and other temporary cures and direct your efforts at working to be slim, not fat.

You should also:

Watch the amount of salt you eat. Salt holds water; salty foods cause you to drink more, you gain excess fluids that way.

Cut down the starchy foods. Do you really need four slices of bread at dinner?

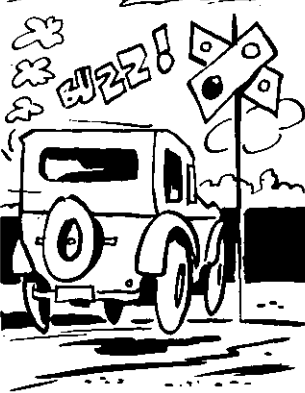
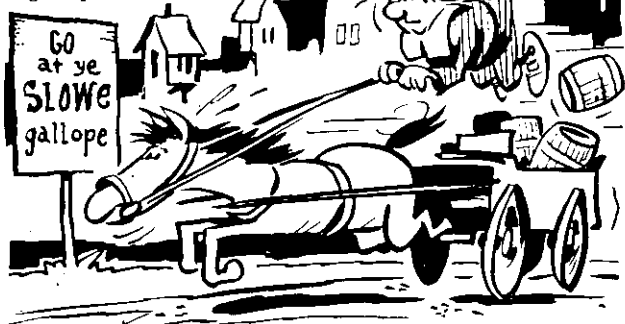
A suggestion which perhaps seems trite, but is often taken lightly . . . CUT BETWEEN MEAL SNACKS. Take that snack food out of the house and don't buy more!

There are many, many more techniques which should be followed. But the most important is to exercise self-control.

I can't say it often enough . . . if you want to lose weight you can. I've sent you a copy of a booklet describing some of the methods that patients of mine have found to be successful. Readers of this column may obtain a copy by writing 1909 East Cornell, Peoria, Ill. 61614.

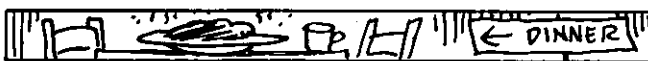
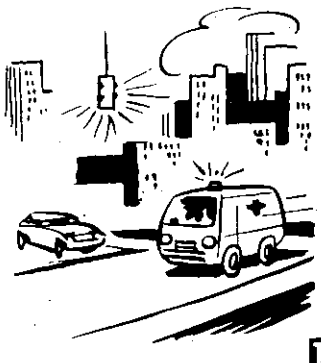
## the MIND to imagine..the SKILL to do!

In 1652, the director general of the council of New Netherlands was the first person in America to have the mind to imagine and the skill to establish traffic laws. He decreed that "in order to prevent accidents...no wagons, carts or sleighs shall be run, rode or driven at a gallop."



In 1914, the first man in America with the mind to imagine and the skill to install the first electric traffic signal was the safety director of Cleveland, Ohio, Alfred A. Benesch. Cross arms, 15 feet above the ground, were equipped with red and green lights and buzzers. Two long buzzes permitted the traffic on one street to proceed, while traffic on the cross street moved at one buzz.

Today, the mind to imagine and the skill to improve traffic patterns and regulations comes from the people at Motorola. They create the tiny microprocessors that can make traffic lights sensitive to traffic flow requirements and also allow emergency vehicles to automatically trip the lights along their route and so travel more safely and without undue delay.



Goulash originally meant shepherd, now it means the kind of food that Hungarian shepherds used to eat.



The American turkey got its name from being confused with European Guinea fowl which at one time were imported from Turkey.

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**SHE KNOWS HER APPLES** — Sharron Ray probably saw a lot of apples as a schoolteacher. Now as a specially trained government food grader, she looks them over with an expert eye in Wenatchee, Wash. Sharon rates the fruit on color, firmness, bruises and other obvious defects, and finally samples them for taste.



## bicentennial briefs

Tobacco was the first money-making crop for colonists in America. John Rolfe, who later married Pocahontas, began experiments in growing tobacco in 1612.

Four years later, Virginia colonists were giving so much attention to growing tobacco that they neglected food production.

This led to a regulation known as the "two-acre rule." It required a colonist to plant two acres of corn for himself and for each man servant as a condition for raising tobacco.

Before Virginia-grown tobacco began to be a factor in the British market, Spanish tobacco was such a high-priced product that it was retailed in England by the pipeful.

Tobacco-growing in the Virginia colony was so profitable that some settlers came there to acquire wealth quickly by growing and selling the crop and returning to the mother country to enjoy their wealth.

Colonists' overproduction of tobacco brought on depression, price fixing, and inspection.

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### Versatile Cottonseed Hulls

Cottonseed hulls are often incorporated in the mud used in drilling oil wells.

## Ag-Related Careers—

# More Women Making Mark In Food Grading Business

How'd you like to have a job that involves getting up at 4 o'clock on Saturday mornings to check over a slab of beef in an icy cold meat packing plant?

It's the kind of job that might not appeal to every Tom, Dick, or Harry—but it's one that Mary Gagner finds rewarding. She grades beef in the Chicago area for the U.S. Department of Agriculture, and—besides those early Saturday morning stints—her work sometimes keeps her on the job up to 15 hours a day.

Mary is just one of a growing number of women who are going into jobs related to agriculture.

Sharron Ray, a former teacher who once graded students on their gymnastic ability, now evaluates fresh fruits and vegetables in Washington State on their color, firmness, and taste.

In Milford, Ind., Charlene Mahler is in charge of grading ducks at a plant that processes some 12,000 to 16,000 birds a day.

In Winter Haven, Fla., Anne Pinner uses sophisticated equipment to test orange juice samples. She also runs the regional USDA lab's taste panel which checks consumer preferences for orange juice. Housewives come from as far as 100 miles away to taste juice from both commercial and experimental production.

And in Houston, Tex., Rosemary Pollingue has the distinction of being the only woman rice grader in the country.

While men still predominate the food-grading field, USDA opened its doors to the distaff side long before women's lib. In 1938 it hired Mrs. Elinore

## Feminine Interest In Agriculture Up

Women's lib isn't exactly taking over farming, but feminine interest in agriculture appears to be on the upswing, reports the National Cotton Council.

Twenty-three percent of the total ag school enrollment in the nation's 62 land grant colleges and universities in 1974-75 were women. This is a 4% increase from the previous year.

One of the largest percentages was at the University of Maryland, where 40% of ag students were women.

T. Greeley to grade canned and frozen fruits and vegetables. Before retiring in 1971, she had worked her way up to head of grade standards in this division.

Women food graders — and their male counterparts — perform an important function in the nation's food marketing system. Together they certify the quality of over half the beef, poultry, eggs, butter, fresh and frozen fruits and vegetables sold in this country.

And the grades they give be-

come a basis for pricing the product throughout the marketing chain.

USDA food grading services — available by request on a cost-fee basis — are widely used by growers, processors, retailers, and institutional buyers as an aid in quality control, buying, and selling.

For consumers, the grade lets them know they're buying a food whose quality has been checked and certified by experts.



**MEASURING TO BE SURE**—Warmly dressed for her job, Mary Gagner grades beef in a Chicago packing plant. She uses a plastic grid to measure the ribeye area of a beef carcass, an aid in determining its yield grade. Mary is one of a growing number of women working as USDA food graders.

## Beetles Go For Shorter Hair

Beetles don't take to long hair . . . especially when the beetles are insects and the hairs are the kind that grow on the leaves of some wheat plants.

Plant breeders working to develop insect-resistant wheat varieties have discovered that the longer the tiny hairs are on wheat leaves, the less cereal leaf beetles like them.

Long leaf hairs interfere with adult beetles' egg-laying and with larvae feeding.

By using this knowledge, plant breeders hope to develop varieties that will control the insect in an environmentally safe manner and with little cost or effort.

## Finger-Lickin' In Japan May Aid Farm Exports

The fast-food business is on the rise in Japan, and it could mean a big increase in exports for U.S. farmers.

Fast-food sales in Japan reached \$237 million last year, and Japanese predict a five-fold increase by 1979.

When this occurs, USDA's Foreign Agriculture Service says American farmers could expect about a \$100 million increase in exports of farm products to Japan.

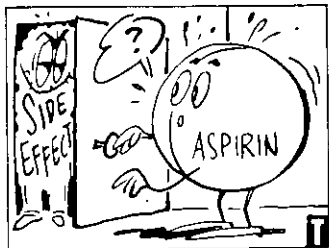
Last year, 24 of Japan's 43 fast-food chains were serving Western-style foods like chicken, pizza, and hamburgers.

# A GUEST EDITORIAL

## A NEW LOOK AT ASPIRIN

That time-honored advice from the family doctor—"take two aspirin and go to bed"—will undoubtedly be heard less across the land in the wake of irrefutable findings that prove aspirin does produce unwanted side effects for some people, under certain conditions.

This has long been suspected by lay people and doctors alike, but now the weight of medical evidence is just too strong to ignore (although like cigaret smoking and cancer, many people may choose to ignore it).



There are, indeed, aspirin-sensitive people in this world, the research reveals, and many of them are unaware that aspirin is causing or contributing to their

problems. Persons with allergies or asthma, for example, are particularly prone to aspirin allergy, with reactions ranging from relatively mild skin eruptions to severe asthmatic attacks or even anaphylactic shock.

According to Dr. John C. Maerz of McNeil Laboratories, where much of the aspirin-sensitivity studies are continuing, aspirin tends to induce bleeding, increase bleeding time internally and cause gastric irritation in people with peptic ulcers or other gastrointestinal lesions capable of bleeding. If you have a tendency toward anemia, you should also avoid aspirin and products containing aspirin, the studies show.

Fortunately there's a safe, effective non-aspirin alternative called Tylenol, a drug that people with such conditions can take without the side effect problems. Many hospitals are now routinely using it instead of aspirin for post-operative pain relief of patients, Dr. Maerz notes, and doctors are slowly but surely coming to realize that aspirin may not be right for some of their patients, in the wake of the mounting evidence.

This is not to say that aspirin isn't an effective analgesic for many people. Indeed it's probably still the world's leading pain relief drug. But for people with the aforementioned conditions, apparently aspirin hurts rather than helps, and should be avoided.

Next time you think you need pain relief, check with your doctor—before you reach for the aspirin. He may just surprise you by saying "take two Tylenol and go to bed."



The hangar airplanes are put in comes from the French word for farm shed, where early French aviation pioneers put their craft.

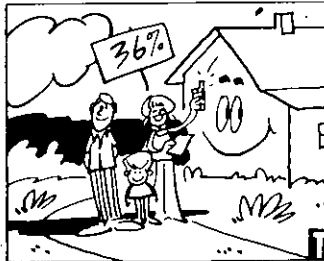


The word highball comes from bartenders' slang of the 1890's when all glasses were referred to as balls.

# NEWS OF STAMPS

Few people realize it, but across the United States there are tens of thousands of retail establishments that help shoppers save money. They include supermarkets, service stations, dry cleaners, drug-stores, department stores and many others who give back to their customers a tangible discount in trading stamps.

\* \* \*



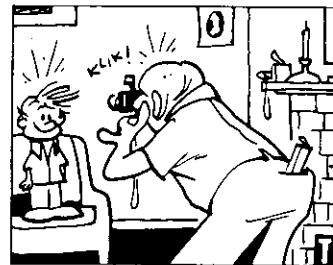
Traditionally, trading stamp savers have proved to be more loyal customers than shoppers as a whole. About 54 percent of all U.S. households are saving trading stamps. S&H Green Stamps, specifically, are saved by some million families—and that's 25 percent of all stamp-saving households and 36 percent of all households in the country!

\* \* \*

Interestingly, there are about 2,700 different items of high quality merchandise which can be redeemed for S&H Green Stamps, ranging from wearing apparel and cookware to fishing rods and furniture. Studies show that one filled book is redeemable for merchandise with an average retail value of about \$3.

freckles are a joy to behold. It could even belong to your Uncle Al, who's a regular Warren Harding lookalike.

Faces—the true index of the heart. Much has been written about them. Some think that at the age of 40 a man is responsible for



what he looks like. Oliver Wendell Holmes thought faces were, "a convenience rather than an ornament." Henry Wadsworth Longfellow once said, "Some tell a story, some speak not. They are books in which not a line is written, save perhaps a date."

Face-watchers at Kinney, The Great American Shoe Store, have seen a lot of faces in all parts of the nation and agree that The Great American Face could belong to anyone—of any age. But they're interested in finding—and exhibiting—the greatest so that there is at least some focus on *we* the people in this Bicentennial era.

Perhaps you've recently tucked away a snapshot in your family album that's individualistic enough to qualify. Bring it over to Kinney and enter the contest. Let's face it, The Great American Face could belong to you.

## The Great American Face

What is the Great American Face? There have been many ideas about the subject and you probably could get a fair degree of argument before the question is resolved.

Does it belong to your kid sister, who once played Nefertiti in the school play?

Many Americans believe The Great American Face has no specific age. Maybe it belongs to your Aunt May who reminds everyone of Grandma Moses. Or to your younger brother, whose

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# NEWS

## OF HEALTH

### New Birth Control Procedure

A change in our attitude toward family size, expanding career options open to women, and newer, easier surgical techniques have led

to an increased demand for voluntary contraceptive sterilization among women.

One new technique utilizing a laparoscope holds the greatest promise for accomplishing permanent birth control without prolonged and costly long-term hospitalization often required by traditional procedures. Laparoscopic tubal sterilization

# easy to love

ALL WORK AND A FOOT-WIDE YARD HELPER



How many times have you found it frustrating to cut or trim, or even get to those big, wide trimming jobs? Lawn alcoves, steep, grassy banks, or a dozen other hard-to-reach wide grass trimming jobs around the yard have met their match at last. Your riding or power-driven mower is great on big area jobs, but just too much trouble or too heavy to drag out for the nitty-gritty tasks that separate the show-place garden from the bedraggled flower bed.

The "easy to love" Disston Cordless Electric Wide-Tracker™ can be your yard helper, if you'll let it. It's the problem solver of the year, provided you have already discovered the other

Disston "helping hands" in cordless electric garden tools.

There's no chance of cutting the cord, since the WT-12 is cordless while at the same time, thanks to its rechargeable nickel cadmium battery pack, it offers a minimum of 30 minutes cutting time. The adjustable handle makes it as comfortable and light to wheel around as a baby carriage (it weighs only 11 pounds). With a safety lever switch that shuts off when released and even locks for added safety, it's practically accident-proof.

The Wide-Tracker™ cuts a foot wide swath. It's an "easy to love" way to make landscaping and lawn care light work.



is a method which permits a trained physician to seal off, rather than "tie," the fallopian tubes. It requires one or two small incisions below the navel which generally heal quickly and leave little or no scar.

The effectiveness of female sterilization is extremely high—virtually 100% for the most commonly used methods—and more reliable than any other form of birth control available today.

In female sterilization as in any surgical procedure, there are some risks. Although the risks are equal to those of childbirth, they are one-time risks, whereas the risks of pregnancy and childbirth can be repeated many times.

If you want to know more about laparoscopic tubal sterilization and other safe, permanent methods of family planning, send a stamped, self-addressed envelope to the Association for Voluntary Sterilization, Inc., Room 746-B, 708 Third Ave., New York, N.Y. 10017:

## HELP YOURSELF TO AN EXTRA JOB.

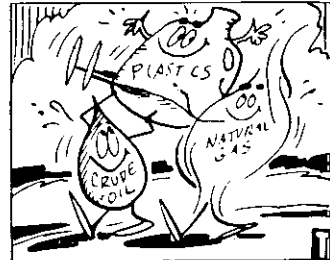


Your local Army Reserve Center will show you a list of available jobs. They'll help you pick one you want. And after a few months of training with pay, they'll put you to work in your hometown.

**THE ARMY RESERVE.**  
IT PAYS TO GO TO MEETINGS.

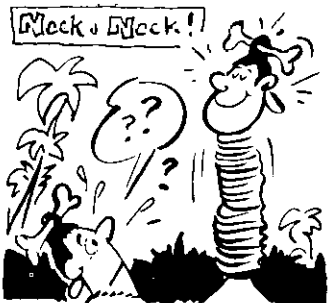
## HOW PLASTICS FIGHT INFLATION

Plastics is a rapidly expanding industry. Its total sales volume is expected to grow from approximately \$23 billion in 1970 to an



estimated level of \$364 billion in the year 2000. But plastics derive from natural gas and crude oil, just as power does. So, to insure the future of the plastics industry, many people support government action aimed at using alternative sources of energy, such as nuclear and solar, while allocating adequate supplies of petroleum feedstocks to the production of plastics.

## FANCY THAT!



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**ENGLAND'S PRINCE PHILIP, ON A TRIP TO NEW GUINEA, MET WITH TRIBAL SUBJECTS, INCLUDING ONE WEARING A VERY COLORFUL AND UN-BRITISH HABAND NECKTIE. (THE PEOPLE AT HABAND-- ONE OF AMERICA'S LARGEST MENSWEAR MAIL ORDER HOUSES -- LEARNED ABOUT IT FROM A PICTURE IN NATIONAL GEOGRAPHIC MAGAZINE!)**

# Good Grooming

## TIPS FOR MEN

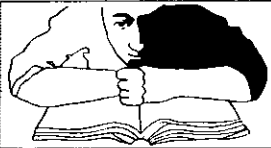
Way back—when you were a little shaver, you knew that no man looked his best with chin stubble.

Summer doesn't make things any easier. However welcome the season's solar rays and beach breezes after your winter underwraps, they tend to dry out and roughen the skin. So does the full

blast of that hot-weather comforter: the air conditioner.

One way to save face, especially if your skin is so tender that you wince at a razor-blade's touch, is to switch to an electric razor. Look for such features as self-sharpening rotary blades, multiple floating heads, pop-up trimmer and closeness comfort control. One manufacturer, Norelco, makes a sharp line of men's razors incorporating all of these features, plus rechargeable and cord/cordless models, for a quick easy, safe and nick-less shave.

## PERSPECTIVES IN LEARNING



By Hazel Brown, President, Harry Lundeberg School

### NO FREEDOM WITHOUT READING

Reading is one of the most essential skills needed for survival within our society. Reading serves as the major source of knowledge and information, and it is the basic means of transmitting our culture.

Our society accepts the premise that all people are able to read. The highways are lined with billboards. Newspapers, magazines, and publications can be found at every street corner, supermarket and public gathering. Most people receive an abundance of "junk" mail, all sent with the idea that the receiver can read. The U.S. is a reading nation.

When this much emphasis is placed on reading as a necessary skill, is it any wonder the individuals who fail to acquire a d e q u a t e reading skills are also faced with problems in social adjustment?

A person is expected to learn to read at age six in our present educational system. If he does not learn according to the educational plan, he begins to recognize that he is different and this feeling usually develops into a sense of inadequacy and inferiority. Reading skills are needed at all ages. Any task, job or simple activity usually involves reading at some level. Reading recipes, do-it-yourself kits or direc-

tions from a map can be a frustrating experience for the inadequate reader.

The nonreader is a prisoner. He has very little sense of independence because he is always at someone's mercy. He has no way of surviving in our society without the aid and assistance of a friend who is able to read. Probably the worst handicap is his inability to improve himself. Without the skill of reading, there is little chance of self-development and individual growth.

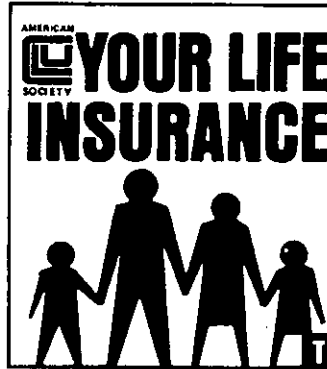
Improving reading skills can be a challenge to everyone. Setting new goals of self-improvement should include the development of better reading skills, increased vocabulary and greater comprehension. Speed reading, just reading more or enjoying the book you always wanted to read can be one of your goals.

An independent life is achieved more rapidly by the individual who has acquired reading skills. To be truly free is to be an experienced and avid reader!

*Hazel Brown is president of the Harry Lundeberg School in Piney Point, Md.—a maritime training center which has developed a successful vocational/academic program. Her innovative approach to total education—combining career training and academic enrichment—has been widely reported throughout the United States.*



However you go about keeping in trim, play the skin-care game. That includes little-by-little tanning to avoid overexposure to sun, ray-filtering face lotions for outdoor wear and a balanced, skin-building protein diet. From there on, shaving should be smooth, close-hauled sailing. And men should remember, a close shave means a near miss, if they have anyone in mind.



*Prepared by the American Society of Chartered Life Underwriters, the national society of life insurance professionals who have earned the C L U designation by meeting high educational, ethical and experience requirements.*

**Q. It's been so long since I bought my life insurance, I'm not even sure where I keep my policy anymore. Right now, I'd like to get my policies up to date. Just how do I begin?**

**A. It's up to you to start the ball rolling. Your insurance agent or company will be happy to tell you just what steps should be taken, but in the meantime, here's a few things to consider.**

**\*Keep good compact records. This will save you the trouble of hauling out the policy every time you need a scrap of information.**

**\*Work up a chart or table that will show you how you plan to have the proceeds of your policies used in case you die.**

**\*List each policy and show what the cash value of each will be every few years.**

**\*Check whether you're entitled to new benefits. Companies constantly come out with improved versions of old policies.**

**\*Check the beneficiary. Perhaps you've married since you bought the policy and want your wife instead of your parents to get the proceeds. Have you inadvertently disinherited children born since policy purchase?**

**\*Prepay policy premiums. Most companies offer bigger discounts than ever, often 5% or more, for payments in advance.**

**\*Review your insurance with a CLU. Changed circumstances may point to the need for more insurance, or less, or different uses for the same amount.**



### Aspirin-Sensitive?

Are you sensitive to aspirin? You may be, without even knowing it. After years of research, doctors have learned for sure that aspirin does produce unwanted side effects for some people under certain conditions.

"Persons with allergies or asthma, for example, are particularly prone to aspirin allergy, with reactions ranging from relatively mild skin eruptions to severe asthmatic attacks or even anaphylactic shock. Frequently the sensitive patient is unaware that aspirin is causing or contributing to his problem," says Dr. John C. Maerz of McNeil Laboratories, where extensive aspirin-sensitivity studies are continuing.

If you have an inherent bleeding disorder, peptic ulcer or other gastrointestinal lesions capable of bleeding, you should avoid aspirin. Persons with a tendency toward anemia are also quite prone to aspirin-induced bleeding, Dr. Maerz notes.

You can probably take aspirin safely and effectively if you don't fall into any of these categories — it's still the world's leading pain relief drug. But if they do apply to you, or if you're doubtful, doctors now widely recommend Tylenol as a safe, effective non-aspirin alternative without the unwanted side effects of aspirin.

In many hospitals it is now routinely prescribed instead of aspirin for post-operative pain relief.

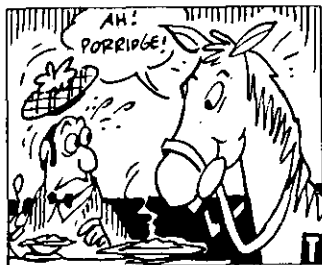


By Jack House, The Director  
Teacher's Scotch Information Centre

### POPULAR PORRIDGE

The popular breakfast dish in Scotland is porridge, which is made traditionally from oatmeal, steeped overnight in cold water, and then brought slowly to the boil and served piping hot with cream. Traditional porridge, however, is not so often met with today because there are

"instant" oatmeal mixes and cream is replaced by milk.



In olden days Scottish warriors were famed for travelling farther and faster than any other soldiers because they lost no time over meals. Each man carried

a supply of oatmeal, which he mixed with water when the company rested and then ate this primitive form of porridge.

Although porridge is internationally known, Teacher's Scotch Information Centre must regretfully point out that it has not been so acclaimed in England as it is in Scotland.

The illustrious Dr. Samuel Johnson, who wrote the celebrated English Dictionary, once remarked to a noble Scottish lady, "Oatmeal is a food given to horses in England, and to men in Scotland."

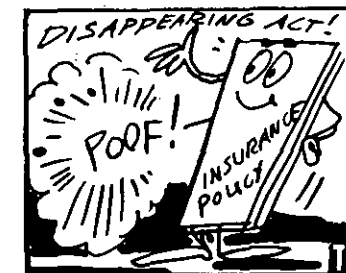
The lady was not in the least put out. She replied immediately, "And where will you see such horses and such men?"

## PLAN YOUR PROPERTY PROTECTION

Prepared by The Society of Chartered Property & Casualty Underwriters, the national professional society whose members have earned the CPCU designation by meeting high educational, ethical and experience requirements.



Q. My tailor recently told me that there is a provision called a "disappearing deductible" feature on some homeowners policies. Could you explain to me exactly what that is? My tailor may be an expert on clothes, but he really confused me with this one.



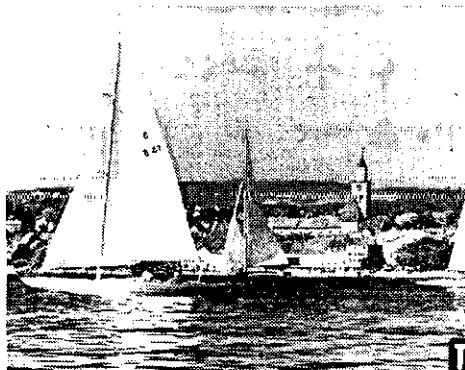
A. Let's say you have a \$50 deductible on your policy. This means that you pay for the loss up to \$50. When the loss is more than \$50 the insurance company pays for the balance, up to the limits of the policy.

A "disappearing deductible" feature provides that when the loss is over \$50 but less than \$500, the amount the policyholder pays is gradually reduced. For example, when the loss is \$500 or more, the insurance company pays the entire amount and the deductible provision simply disappears.



Men become old, but they never become good.

## THE SOUND OF MUSIC



The famed Strauss Museum in Vienna offers fond memories of this musical genius, while one can enjoy the leisure and music from the floating stage at Bregenz on Lake Constance.

It has been said that music is the food of love—and music played in the great outdoors is an even more sumptuous feast. So when summertime weather comes to Europe, music frees itself from concert hall and opera house and resounds through garden, lake and castle setting. Heidelberg becomes the real-life backdrop for "The Student Prince," Vienna the setting for Strauss waltzes, and Lake Constance, the stage for the midsummer festival at Bregenz.

From late spring through early fall, Europe is alive with the sound of music festivals and there's music in such variety that travelers cannot fail in finding concerts—from jazz to baroque, opera, ballet or musical evenings to suit their tastes and their itineraries.

Throughout the summer months the music of Austria's Johann Strauss is played from the concert halls of Vienna, to the floating stage at Bregenz on Lake Constance, to the fashionable spa of Bad Ischl.

Another Austrian, Wolfgang Amadeus Mozart, is honored annually at his birthplace during the Salzburg festival in August. Internationally-known conductors, orchestras and soloists come to Salzburg each year to perform the works of the composer many consider to be without a peer.

Salzburg is only a one-and-a-half hour drive from Munich to which Lufthansa German Airlines offers daily flights from New York.

A musical tour or sampling in the heart of Europe might start with a Lufthansa jet flight from any one of the carrier's 10 North American gateways to Frankfurt or Munich. Either city's central location makes it easy to fan out by road or rail to other parts of Germany and neighboring countries. With one of Lufthansa's many package tours, travelers get the added convenience of pre-arranged, pre-paid hotel rooms and cars with unlimited mileage.

Sigmund Romberg set his

romantic operetta "The Student Prince" in the old University of Heidelberg. During August, the work is staged twice weekly at ancient Heidelberg Castle, overlooking the town and the winding Neckar River. For those with more contemporary tastes, Heidelberg, just two hours by car from Frankfurt, also presents jazz events.

Concerts, too, in romantic old castles are a delightful feature of a German musical summer. They're given in the Imperial Castle of Nuremberg, Augustusburg Palace at Bruehl near Cologne, Herrenhausen Palace at Hannover and Leitheim Palace near medieval Donauwoerth.

Not far from Munich is Bayreuth, where the Richard Wagner opera festival is held each August.

Complete calendars of events may be obtained from each country's national tourist office. Tour literature and flight information are available from Lufthansa or by calling your local travel agent.

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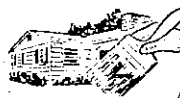
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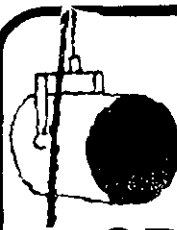
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### FAITH TEMPLE UNITED PENTACOSAL CHURCH

Westerlo Town Hall  
Westerlo, New York  
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872-1936



# SPOTLIGHT on community corner

**What:** Bethlehem Senior Citizens Picnic

**When:** August 14

**Where:** Thatcher Park

The Lions Club of the Tri-Village Area are sponsoring the picnic for the Senior Citizens. Members will be picked up by bus and taken to the Park where a picnic luncheon will be served and followed by an afternoon of games and cards.

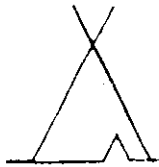
Community Corner, a public service column of important community events, is sponsored by



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