

The Knuckleheads are Coming!



MECHANICVILLE—This Saturday, September 9 enjoy this hilarious comedic duo at the Mechanicville-Stillwater Elks Annual Steak Roast and Picnic. Michael "Hano" Hannon and Spencer "The Inspector" White have been performing their zany musical comedy since 1999. Both are professional actors/comedians/writers whose inspired musical lunacy has been featured on radio and TV commercials. The opening act will begin the laughter with the absurdity of Vito Lantz.

Buy your Steak Roast & Picnic ticket and get ready to laugh your socks off at the Mechanicville-Stillwater Elks Lodge on September 9. Show begins soon after dinner. Call 664-3345 for more details. Don't miss the fun!

The Troops Still Need Us!

MECHANICVILLE—American Legion Post 91 continues to send care packages to the troops. If you would like to help, donations of items such as canned fruit w/ popup lids, snacks, disposable razors, baby wipes, hard candy, soap, shampoo, Slim Jims, tuna in a pouch and stationery/pens/envelopes can be dropped off at Post 91 on South Main Street.

The Post is currently selling Magnetic "Support the Troops" Car Ribbons to help support this program. We also have the "POW/MIA" and "Freedom Isn't Free" Magnets available. The Car Magnets can be purchased at the Post on South Main Street. All (and we mean ALL) of the profit is used for care packages for our deployed troops. *PLEASE HELP US TO KEEP THIS PROGRAM GOING STRONG.*

Blue Star Service Banners

MECHANICVILLE—Lt. Fred H. Clark American Legion Post 91 on South Main Street in Mechanicville has Blue Star Service Banners available for families that have someone in their

home that is currently serving on Active Duty.

If you would like to receive one of these banners to display in your window at home, please call the Legion Post at 664-5333.

Food Pantry

MECHANICVILLE—The Emergency Food Pantry, located at the Mechanicville Community Center, 6 S. Main St., is in need of donations of canned and boxed foods such as peanut butter, jelly, tuna, canned veggies and juice.

The Pantry is open weekly to community residents on Tuesdays, from 11 a.m. to 1 p.m. and Thursday's from 5:30 - 7:30 p.m. The Food Pantry can be accessed one time monthly.

For more information on donating food, which can be dropped off M - F, 9 a.m. to 5 p.m., or accessing the pantry, please call 664-8322 ext. 301 ask for Heather.

Arthritis Program

MECHANICVILLE—More than one in three adults has some form of arthritis. You may, too. Exercise is one way to help relieve the pain. Join us for the "Arthritis Foundation Exercise Program" being held at the **Mechanicville Community Center**, 6 South Main Street in Mechanicville. This program will be held every Tuesday starting September 12 from 9:30 to 10:30 a.m. and run through October 31. The program is designed specifically for people with arthritis and uses gentle activities to help increase joint flexibility and range of motion to help maintain muscle strength. It is offered free of charge, but class size is limited.

Please call Beverly Custer at 664-8322 ext. 313 to register.

Don't accept rides from strange men, and remember that all men are strange.

—Robin Morgan

Toyota YARIS Raffle

MECHANICVILLE—Mike Raucci and Jim Lucia of Toyota of Clifton Park have donated a **2007 Toyota YARIS** to be raffled off by the Red Raiders Booster Club later this year. Proceeds of the raffle will help ensure the continuation of sports at Mechanicville Schools this next year.

Tickets (\$20) can be bought through any student athlete, Booster Club rep., or by writing to Donna Perkins, 10 Hemstreet Ave., Mech.; Wendy Diaco, 13 Howland Avenue, Mech.; or the Red Raider Booster Club, PO Box 95, Mech. Make checks payable to Red Raiders Booster Club.

Questions, can be directed to Ann Gaetano at 664-7106.

Class of 1956 Reunion

MECHANICVILLE—The Mechanicville High School Class of 1956 is planning a 50th Class Reunion on October 14, 2006, at the Holiday Inn, S. Broadway, Saratoga. The Committee is extending the invitation to anyone to join them in celebrating this special event.

For details, please contact Janice Foley Baisley at 664-7839; Carol Stoliaroff Urbaetis at 664-3668; Elsie Webb Hunt at 664-7685; or Joanna Zennaiter at 664-7607.

Trip to Monastery

HALFMOON—St. Thomas of Canterbury Traditional Anglican Church, 242 Grooms Rd (exit 8A off Northway, east), Halfmoon, is sponsoring a trip to Holy Trinity Russian Orthodox Monastery in Jordanville, N.Y. on Saturday, September 9. Those interested in attending should meet in the parking lot of the church at 7:45 a.m. to form carpools for the drive to the monastery. Return should be by late afternoon. The dress must be conservative, with women in long skirts and head covering; men must wear long pants. As part of the visit there will be a lengthy standing service spoken in Russian. For questions and to express interest, call Art at 664-5034.

Old Cell Phones Wanted

Residents may drop off unwanted cell phones and their chargers at any of the following locations during normal business hours: *The Express* newspaper in Mechanicville (138 N 2nd Ave.); Wiley Bros. in Schaghticoke, the Stillwater Area Community Center or the Stillwater Police Dept.

The phones will be picked up by police and delivered to the Sexual Assault Care Center of Rensselaer and the Saratoga County District Attorney's Office where they will be distributed to victims of domestic violence and sexual assault. Over 1000 phones have been collected so far and they have made their way to the victims.

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