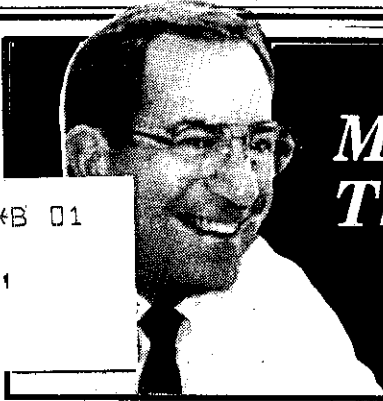


# In this issue—Health & Fitness

## THE SPOT

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**Mike Hoblock:**  
**The first 100 days**

See Point Of View/page 7

Vol. XXXVI No. 16 The weekly newspaper serving the Towns of Bethlehem and New Scotland April 8, 1992 **50¢**

# Businessmen shoot holes in homestead act

By Susan Graves

Several Bethlehem business owners say the town board's enactment of a homestead provision has defeated the purpose of property revaluation.

"I was under the impression we were going to get rid of loopholes," said Roger Smith of Roger Smith Decorative Products on Delaware Avenue in Delmar.

For Smith, it's not so much the extra dollars he will have to pay that bother him. "It's not dollars and cents, it's the principle of the thing," he said.

Last week, the board approved a local law enacting a homestead provision, which would allow the town to establish a dual tax rate. Under the provision, residential taxpayers would realize a slight reduction in taxes, with commercial and agricultural taxpayers picking up the difference. Homeowners with a property valued at \$100,000, for example, would see a reduc-

tion of about \$40 dollars a year on their tax bill.

"I think they (the town board) made the decision too quickly. They jumped a little too fast," before all the facts were in on homestead, Smith said.

The ramifications of the move, Smith

sure the three (board members) that did their thing really thought this thing out."

Charles Gunner, Sheila Fuller and M. Sheila Galvin made up the majority that voted to approve the provision, while Supervisor Ken Ringler and Frederick Webster voted against it.

***The thing that blew me out of the water is that they argue for months about passing a stop sign, and then pass something like this in a week. It's preposterous.***

Wayne Johnson

feels, will not only be hard on business but hard on the overall character of the town, since the homestead provision applies to farmers and owners of vacant land. "If I were a landowner, what choice would I have but to sell to a developer," he said. "They basically just told the landowner: sell it to a developer. That's why I'm not

"Irresponsible," is the way Robert Verstandig characterizes the town's action. "It's not the solution. It shouldn't have become a question by the town board," he said.

Verstandig, owner of Verstandig's Florist on Delaware Avenue, said he thinks homestead is inequitable and that ulti-

mately consumers will feel its effect in higher prices at businesses. "First of all in real dollars, it will come from business passing it on to consumers," which in turn can hinder businesses who might realize fewer sales, he said.

Verstandig, like Smith, believes the homestead provision defeats the purpose of reval. "Business represents the least number of property owners. (With homestead), the minority carries the burden for the majority."

Wayne Johnson, who operates Johnson Stationers on Delaware Avenue, is also unhappy with homestead. "Needless to

□ HOMESTEAD/page 18

# Kaplan's star rising in West

By Michael Kagan

One of Bethlehem's rising stars is shining brighter than ever this week. Anita Kaplan, probably the most successful basketball player ever to come out of BCHS, earned a national title Sunday in Los Angeles when her Stanford Cardinal basketball team became the NCAA Division I women's champions.

Kaplan, a 6-foot-5-inch freshman at Stanford and a 1991 graduate of BCHS, scored two points in the Cardinal's 78-62 win in the championship game versus Western Kentucky. On Saturday, Kaplan played 10 minutes in her team's 66-65 semifinal victory over the University of Virginia.

"It's very exciting," said Kaplan, speaking by telephone from the university campus. "It was like, 'Oh my

god, all our work has finally paid off. After six months, we finally did it."

Her father, Allen Kaplan, was having trouble comprehending the scope of his daughter's achievement.

"I guess it's exciting," he said. "You look at the TV every year and you see the boys and girls who win championships, and you think, 'That will never be my child.'"

He said watching the semifinal and final games from the stands was a gut-wrenching experience for him. "We were more nervous than the girls were. I think all the parents are more nervous than either the coaches or the players.

"When you win two games like that, it's always fun. I think this is one of the

□ KAPLAN/page 23



Anita Kaplan

# Local law offers town control of waste

By Susan Wheeler

A proposed law on waste disposal facilities developed by Bethlehem's Solid Waste Task Force is the first step in gaining town control of refuse disposal within its borders, according to Commissioner of Public Works Bruce Secor, the task force's chairman.

"Every solid waste management facility must come before the town board. This gives the town local control," Secor said. The local law outlines minimum criteria for siting, design, construction and operation of facilities.

"The standards become more restrictive as the use of the facility becomes more complicated," Secor said.

The law is set to come before the town board tonight at 7:30 p.m. in town hall.

Because state standards for permitting solid waste management facilities were drawn on a state-wide basis and are not tailored to Bethlehem, the task force drafted the local law, Secor said. "Now our local standards would exceed state standards," he said.

If applicable state or federal laws are more restrictive than the town's, the more

restrictive law will apply, according to the proposed law, which is titled "Permitting of Solid Waste Management Facilities."

The proposed law, drafted by Assistant Town Attorney Michael Smith, does not set limits on specific chemicals, compounds or pollutants, according to Secor. Both the consulting firm retained to provide technical support while drafting the law and Dr. Edwin Holstein of Environmental Health Associates of Cambridge, Mass., a special consultant on the project, said it was not advisable to include spe-

□ LAW/page 18

# Consensus: DARE needed

By Susan Wheeler

Drug Abuse Resistance Education will make its way into Bethlehem Central High School next year, and everyone from students to community members agree it's needed.

DARE will be incorporated into a first-year health course, said Principal Jon Hunter. DARE officers from the Bethlehem Police Department will train for the program along with the district's high school health class teachers.

***It became almost a joke that Bethlehem was tops in education and tops in drug use.***

Jennifer Matuszek

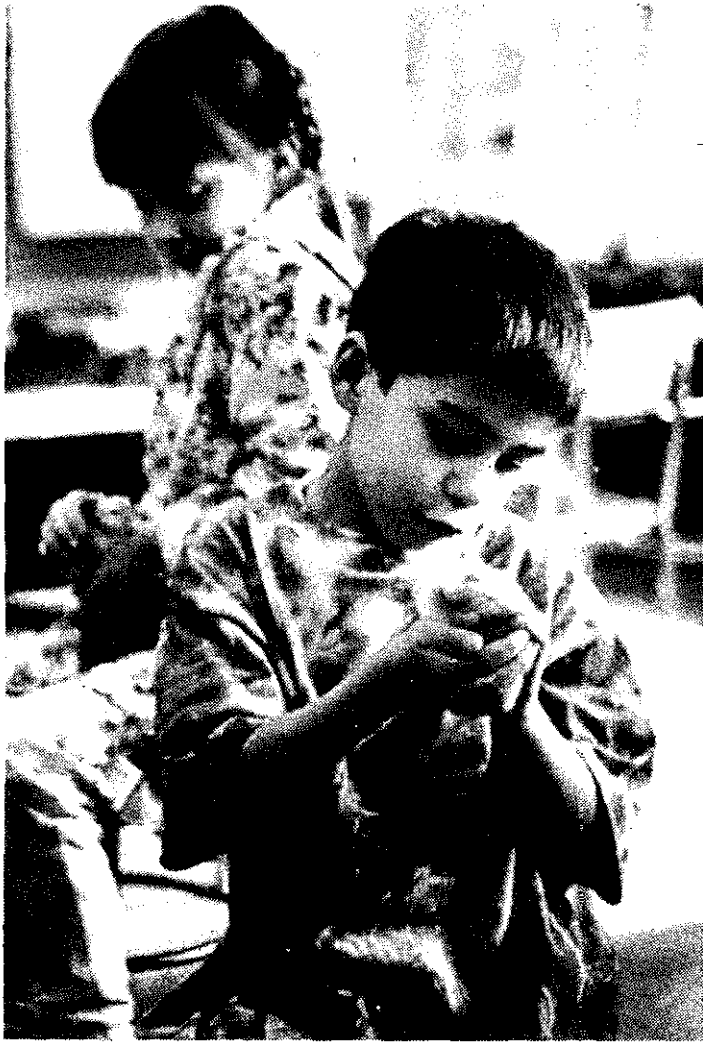
The program, given on 10 consecutive days, aims to teach students not only how to say "no" to drugs, but also how to make the best personal choices.

"You need to educate students so they can make meaning out of the facts," Hunter said, "so they can become informed decision makers and good decision makers. DARE is an important addition to our already good curriculum dealing with drug and substance abuse education."

Life-management skills, refusal or resistance skills and education are important components of the program, according to Bethlehem Networks Project Acting Coordinator Mona Prenoveau. "I don't think you can do enough," she said. "A lot

□ DARE/page 13

## Chick picks



Emma Furman and Andrew King hold baby chicks that hatched in Nancy Solsberg's first-grade class at Hamagrael Elementary School in Delmar.

Elaine McLain

## 7 vying for BC board seats 19-year-old throws hat in ring

By Michael DeMasi

In what Bethlehem Central Superintendent Leslie Loomis described as the biggest turnout ever in his five-year term, seven district residents have filed petitions to run for seats on the school board.

The seven candidates will be vying for three positions opening on the board — the expired terms of Bernard E. Harvith, George D. Sussman and Dennis J. Stevens. Two of the seats carry three-year terms and the third, currently occupied by Stevens, represents the unexpired term of Sheila Fuller and has one year remaining.

Stevens was chosen by the board in August 1991 to serve the remainder of Fuller's term after Fuller resigned to join the Bethlehem Town Board.

Harvith and Stevens both filed petitions to run for new terms with the board. Sussman announced last month he would not be running for another term.

The other candidates are:

- Daniel Blendell, 40, of Delmar. Blendell, a principal account clerk with the New York State Banking Department, has lived in the area two-and-a-half years. Blendell has three children, one of whom attends Elsmere Elementary. He said his family is going to be living in the area "for a while"

and that he felt compelled to become involved with the school board. "I felt it was maybe time to get some new ideas in there," he said. "There's too much agreement with the board."

- Joe Cardamone, 43, of Slingerlands. Cardamone is a self-employed attorney who has been a local resident since 1983. He said he moved here because of the reputation of the district and wants to help maintain the quality of the schools. He has four children, three of whom attend Slingerlands Elementary.

"This year in particular the budget crisis and property tax issue really highlighted the problems of the school district," he said. "I came to grips with the idea that I could do something about it."

- Matthew "Jim" Kelly, 38, of Delmar. Kelly is a lawyer who has lived in the district for eight years. His four children are currently enrolled at the St. Thomas school and will be attending BCHS. Kelly said he is concerned about relying on state aid for school funding and also about the effects of reassessment on the district.

"I know it's an enormous undertaking, and I recognize it's an area where the commitment is substantial," he said, of being a member of the board. "I think you need someone with fresh ideas."

- Happy Scherer, 42, of Delmar. Scherer is a community services specialist with the New York State Office of Mental Health and has lived in the area for 12 years. She is president of the Bethlehem Music Association and has three children, two of whom are in the BC schools.

"I'm really interested in being an advocate for quality education in the district," she said. "The challenge is how to ensure quality programs and keep expenditures where they are or use less."

- Jason Wilkie, 19, of Delmar. Wilkie is a freshman at the University at Albany studying philosophy and English. He graduated from BCHS in June 1991. Wilkie said he wants to form student-teacher committees that would decide on funding for extra-curricular activities and wants "non-moralistic" sex education in the district.

"I felt I'd be a different voice," said Wilkie. "I'm sure some people have initial misgivings, but as a former student I have some perspective from the inside."

A "Meet the Candidates" night is scheduled for April 28 from 7:30 p.m. to 9:30 p.m. in the BCHS auditorium. The forum is hosted by the PTA President's Council and will include an open discussion and question/answer period with the candidates.

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# BC district taxes to jump 6 percent

By Michael DeMasi

A \$31.7 million spending plan adopted last week by the Bethlehem Central School District Board of Education will increase school taxes next year by approximately 6 percent.

Board members voted unanimously to adopt the 1992-93 \$31,664,092 budget, which is a 6 percent, or \$1.8 million jump, over the current budget, which also increased taxes by 6 percent.

"I think it's reasonable," said board President Pamela Williams of the rise in taxes, "given the increase in student population and inflation."

The district projects 154 more students will attend schools next fall. In response to that increase, the board agreed to fund \$444,680 to hire additional teachers at the elementary, middle and high school levels.

"The budget represents the minimum that's necessary," said board member Bernard Harvith. "There couldn't have been less of a tax increase without a significant impact on programs."

Several expenditures fell victim to the budget ax, including the elimination of the guidance supervisor position, a 60 percent reduction for the purchase of equipment, a 33 percent decrease for funding of the "Artist-in-Residence" program and a 15 percent cut in support for school libraries.

"Everybody's going to have to bear some of the pain," said Williams.

"For the (tax) increase to be lower we would have had to cut even further," she added. "That would have been penny-wise and pound-foolish."

## Board seat, anyone??

What if they held an election and nobody ran?

That problem may be facing the Voorheesville school district this spring. With current school board member Judith Shearer stepping down after this term, no one has yet officially entered the race for her seat.

One cut not supported by the board was a 25 percent reduction in the funding for teachers to attend professional conferences. The full \$21,020 will be provided next year.

Although the district planned on losing \$280,000 in state aid, final budget figures from the state Education Department show BC will receive \$43,000 less than last year.

According to Superintendent Leslie Loomis, the extra \$237,000 now available to the district will be used by the board to help keep the tax increase down.

"This is revenue the board will utilize in determining the tax rate in August and represents good news for the district and taxpayers," said Loomis.

The district cannot specifically predict what the tax increase will be because of the town's on-going revaluation process, Loomis said. However, he said enactment of the homestead provision by the board will save residents up to 2 percent on their taxes.

A public hearing on the budget is scheduled for April 15. At that time, the spending plan will be explained and residents will have a chance to comment on it. Loomis said no changes can be made to the budget because it has already been adopted by the school board.

"We have such an open process for two months that our budget process is like a public hearing," said Williams.

The vote on the budget is slated for May 6.

"I expect the community to support it," said Harvith. "We tried to be fair about the cuts."

Petitions to file for the school board election are due this Friday, but as of Tuesday morning the board had received none, according to board president John Cole. In years past he's heard rumors from the community about possible candidates, but this year he hasn't heard a thing.

"I think the time commitment scares some people away. They see a five-year term and that's a big commitment," Cole said.

The majority of school board candidates usually have prior involvement in school activities and are interested in serving the community. Cole admits the time commitment is often substantial with monthly board meetings running anywhere from two to six hours and committee meetings usually scheduled each week.

Petitions are due into the district's central office on Friday, April 10, by 5 p.m. Board hopefuls must gather 27 signatures for the petition to be valid. The school board election will take place May 13.

Eric Bryant

## Getting their kicks



Mike Friello, owner and head instructor at Hudon Valley Tae Kwon Do & Fitness Center, watches his students, Joshua Morro, left, and Jonathan Porco, practice for an upcoming tournament, set for Saturday, April 11, at 10 a.m. at Ravena-Coeymans-Selkirk High School. Proceeds from the tournament, sponsored by Friello, will benefit the town's DARE program. Friello donated \$17,000 over the last two years for the Drug Abuse Resistance Education program.

Elaine McLain

## V'ville student smokers get blown off

By Eric Bryant

"Smoking in the Boys Room" may be a rock 'n' roll chestnut, but at Clayton A. Bouton Junior-Senior High School, it's a real problem.

Members of the high school student council presented a strongly worded letter to the board of education Monday night outlining the severity of the in-school smoking problem. The board in turn authorized the administration and student council to step up enforcement of the district's "no smoking" rule. District Superintendent Alan McCartney said penalties may be as strict as a five-day suspension for possession of cigarettes on school grounds.

According to student council secretary Noelle Crisafulli, the problem has gotten out of hand.

"At this point, smoking in the lavatories is not only annoying, it's illegal. As of January 1, 1991, state law mandates a smoke-free environment on school grounds," Crisafulli said. The problem is centered at several girls bathrooms in the senior high school and is difficult to monitor or control, she said.

"Most students find they are unable to use the bathrooms. The smoke in the lavatories makes breathing difficult and the general environment sickening," the student council's letter read.

The school board authorized the administration to test a variety

of methods to curtail the problem. First on the list, and recommended by the student council, will be the removal of outer doors on several girls bathrooms.

### Smoking in the lavatories is not only annoying, it's illegal.

#### Student council letter

"We realize this step is drastic, but the problem warrants such action. As of mid-November, students were notified that their student council would recommend to the school board the removal of the doors should no improvement of the smoking problem occur by Dec. 1. No decrease of the smoking was seen and we are following through with our decision," the letter said.

Several board members said they were concerned about the issue of privacy if the doors are removed. Looking through an open door at one of the school's bathrooms, a row of sinks is in plain view. All toilet stalls have doors. Student council members said they feel the "open door policy" would be effective because it would make it easier to spot smoke coming from the bathrooms.

High school Principal O. Peter Griffin said taking the outer bath-

room doors off was tried about 10 years ago. "It lasted about two or three days because of the privacy issue," he said.

Putting smoke alarms in the bathrooms was nixed by Griffin who told the board all smoke alarms must be tied into the main integrated alarm system.

Board members said they've been confronted with this problem in the past, but never as a formal request from the student council. Steven Schreiber, a nine-year veteran of the school board, said this is the fourth time the issue has come up during his tenure.

"Every other time we've just kind of sat here and wrung our hands. I'd support the steps that have been recommended here on a trial basis," he said.

#### In other business:

- a short term solution was found for the elementary school traffic problem. Board members voted to ban private traffic in the elementary school circle from 8 to 9 a.m. and 3 to 4 p.m.

- the board approved a final budget proposal for the 1992-93 school year. The \$10,871,702 plan represents a 4.6 percent increase over the current budget. Taxpayers will see a 5.5 percent increase in their tax levy.

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# Task force recommends waste disposal options

The following report was compiled by the town of Bethlehem Solid Waste Task Force, and sent to the town board on March 31, 1992.

In the fall of 1991, the Solid Waste Task Force issued a broad RFP looking for long-term solid waste management options for the Town. This was an attempt to gather more concrete information about the cost and feasibility of various options and also to begin to develop final recommendations to the Town Board.

Nine responses were received in December 1991. Those with specific options and facilities have been analyzed using a chart which includes eight categories of comparison. We also analyzed two additional options which do not require action from an outside vendor.

All analyses and recommendations from the Task Force are based on several assumptions. First, the need to protect human health and safety and the integrity of our environment is of the highest importance. We recognize that all solid-waste disposal activities cause some pollution. The proposed local law for permitting solid-waste management facilities is planned to complement state and federal regulations and minimize negative impacts.

Second, the Task Force intends

that all current waste-reduction and recycling programs be continued. These programs are required by State Law and have been well received by the community. In addition, the Task Force supports expansion of our recycling plans wherever possible. As more markets, MRF's, and brokers become established, additional materials should be able to be diverted from the waste stream.

Third, the Task Force recognizes that there are gray areas in the field of solid-waste management. It has not been possible for us to make direct comparison of technologies because of a lack of comparable data. Direct quantitative comparisons of the potential pollutions from an incinerator versus potential pollution from either mixed-waste composting or landfilling are not available.

Fourth, economic factors are a very real and driving force in solid waste disposal. Because the Town does not control solid-waste pickup, the flow of waste will generally follow the path of the lowest tipping fee. Therefore, any plan must not only minimize negative health and environmental impacts, but must also be done at a competitive cost.

With these factors in mind and after the investigation of many different technologies and options,

it is the finding of the Solid Waste Task Force that no single technology will solve the solid-waste problem. An integrated system of reduction, reuse, recycling, and some combination of composting, waste-to-energy, and landfilling will be required to meet the needs of the Town of Bethlehem and the region.

Based on research, field trips, expert presentations, and four years of study, three options are recommended, all of which must be viewed in detail for their health and environmental impacts. It is also expected that any final plan must meet the requirements of our proposed local law regulating solid-waste facilities, as well as state and federal regulations. The three options are as follows:

**Option "New Town Landfill":** That Bethlehem re-initiate direct talks with neighboring communities including Guilderland, New Scotland, Colonie, and Coeymans to explore possibilities of participating with the Town of Bethlehem to construct a new Sanitary Landfill and develop an Integrated Solid Waste Management System which emphasizes reduction, reuse, recycling, and composting in conjunction with a new landfill. This option addresses all of the waste streams and provides the greatest degree of local control, assuming the Town owns and operates the landfill. Our ability to attract a partner (or partners) will determine the economic and legal viability.

This option will require that waste be brought in from outside the Town.

This option requires a high level of public expense and significant economic considerations. Start-up

costs include a new sanitary landfill (\$4 to \$6 million); added facilities for convenience station, recycling, and household hazardous waste collection (\$0.1 to \$0.2 million); new yard-waste composting facilities (\$0.5 to \$0.6 million). The final combination of these facilities and services must be economically competitive so that they do not become an undue burden on the Town taxpayers.

We realize discussions were held before with some communities and did not result in a specific plan; however, this option should continue to be explored.

**Option EAC:** This option is a proposal from Energy Answers Corporation (EAC) who is the operator of the ANSWERS facilities on Rapp Road in Albany. Their proposal includes continued use of the ANSWERS facilities along with a proposed Cabbage Island Waste-to-Energy Plant, and Bask Road Recycling, C&D Recycling/Disposal, and Composting Facilities. This proposal complements the ANSWERS integrated plan for waste reduction, reuse, recycling, composting, waste-to-energy, and landfilling. It combines the advantages of continued use of facilities already paid for by the taxpayers (i.e., the Rapp Road Shredding Facility and Albany Landfill) with proposed new facilities to be sited in Bethlehem. *The EAC plan does not project the need to site a new regional Sanitary Landfill* — ash would be processed for materials recovery and reuse or be disposed of in the Albany landfill or other approved facility.

The EAC proposal presents a comprehensive approach to all of the waste streams, identifies specific sites and facilities, allows di-

rect local control of waste disposal, and provides host community economic benefits.

While the Task Force supports the EAC proposal, it is our consensus that if a regional Waste-to-Energy facility is sited in Bethlehem we should not also consider siting a regional C&D Landfill. The proposed Bask Road Regional C&D Landfill should be removed from further consideration. The Bask Road C&D recycling component could remain in the proposal.

It is not the intention of the Task Force to suggest that Bethlehem site a waste-to-energy plant in addition to the proposed plant in Green Island. Rather, we view the EAC proposal as a competing plan which may have a superior technology and is worthy of full review. If this option is considered, the New York State Department of Environmental Conservation would be in a position to compare these competing proposals and select the plant that best serves the needs of the communities.

The Task Force realizes that it may require a Town referendum to determine if our residents will support construction of a Waste-to-Energy facility on Cabbage Island. If a referendum is needed to make this decision, it should be scheduled as soon as possible.

**Alternative Option "Haul Wastes out of Town":** This option should continue to be explored in conjunction with an integrated program of waste reduction, reuse, recycling, composting, waste-to-energy and landfilling.

A number of responses suggested transfer stations to haul wastes out of Town. The location and type of final disposal must be carefully considered along with costs and long-term reliability. Contracting for such a service is also complicated by the fact that Bethlehem does not have direct control over waste collection or

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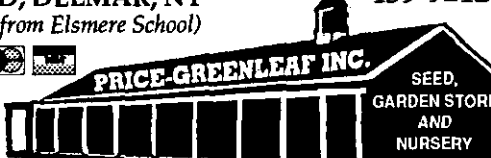
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where it is disposed of. Again, economics (lowest available tipping fee) might be the controlling factor.

Since proposals were received in December 1991, we have received inquiries from other disposal companies — Star Recycling (prime contractor for Green County Solid Waste); New England CRNC; The Aroni Group, Pittsburgh; and Adirondack Resource Recovery, Hudson Falls.

Given the state of flux in solid waste disposal, this option should also continue to be explored.

The Solid Waste Task Force was created in recognition of the volatility of solid waste management issues and the need to publicly explore possible solutions by getting residents involved and by continuing to keep the discussions as open and public as possible. Only through such a process, with grass roots efforts, can a solid

waste management program be successfully implemented. With this in mind, the Solid Waste Task Force suggests that the Town Board authorize the following:

That a Townwide informational mailing be prepared which summarizes the work of the Solid Waste Task Force, this report and the recommended options.

That a series of community informational meetings be scheduled throughout the Town to present slides, video tapes, a summary of the work of the Solid Waste Task Force, this report and discussions of the recommended options.

There is no simple solution. There is no environmentally benign solution. Solid Waste Management presents hard choices, for it is one of the most vexing municipal issues.

Please advise us how you wish to proceed in this matter.

## NEW SCOTLAND

# Board snubs Reilly meeting plan

By Eric Bryant

According to all accounts, there were a few verbal fireworks at last week's New Scotland town board meeting.

A seemingly innocuous motion by Supervisor Herbert Reilly Jr. to move the town board's meeting date from the first Wednesday of the month to the second was met with comments from the audience as well as from Reilly's fellow town board members.

Reilly said he made the motion so that he and town clerk Corrine Cossac would have more time to generate monthly encumbrance reports — a breakdown of what bills are to be paid and where the money is coming from.

The supervisor said a large number of the town meetings fall

within the first four days of the month, making it difficult to input billing into the town's computer. The town's books aren't closed until the end of each month, he said.

Reilly said the situation is not critical now but could become so at the end of the year when monetary transfers are made to balance the town budget.

Republican board member Craig Shufelt said Monday that he hadn't seen an encumbrance report from Reilly since November and balked at the idea of moving the meeting, saying that the first Monday of the month has traditionally been the meeting date. Changing it, he said, would throw off those who set aside the first Wednesday to attend the town board meeting.

In addition, both Shufelt and fellow board member Peter Van Zetten are members of the New Salem Fire Department, which has its monthly meeting on the second Wednesday.

The matter was eventually tabled but not before several members of the audience, including Village of Voorheesville trustee Dan Reh, spoke up against the move.

Reilly said Sunday that he has made a copy of the encumbrance report available each month, except January and February when the town's books had to remain open for invoices from the previous year. The supervisor said he will recommend leaving the meetings on the first Wednesday and creating a late afternoon session during the second week in which board members can get together for the sole purpose of paying the bills.

## Bank rejects offer for acquisition

National Savings Bank of Albany has announced that its board of directors voted unanimously to reject an unsolicited acquisition offer from TrustCo Bank Corp NY of Schenectady.

National's board said that the

The idea didn't sit too well with Shufelt, however, who said Monday that the proposal "created a lot of wasted time (and) ... was not thoroughly thought through."

Shufelt was also the lone board member at Wednesday's meeting who dissented on a vote to bond \$90,000 in payment on contractual fees for revaluation work in the town. The town currently owes \$25,000 for contracted data collection and Shufelt said he would prefer to bond for that amount now and save what he said would be approximately \$3,000 on interest in the long run. Other board members disagreed and the motion to float a three-year \$90,000 bond anticipation notice was passed by a vote of 4-1.

In other business, the board approved raising the debt ceiling by \$465,000 on the Clarksville Water District and also agreed to send out bids for well work that will hopefully bring nitrate-free water to district residents. A public hearing on the matter took place last Monday at the Clarksville Community Church and approximately 50 residents showed up to voice concerns.

Reilly said the water district residents were mainly concerned the project would be completed and also had concerns that Laberge Engineering and Consulting continued work on the project. A 30-day referendum in which residents can petition to oppose the debt raise is now in effect, but both Shufelt and Reilly said they don't expect any petitions to come forward.

"I think these people just want to get this over with as soon as possible," Shufelt said. Reilly said he hopes to see the well work completed as early as September or October.

proposal was inadequate in price, terms and structure and not in the best interests of National's shareholders.

This offer represents the seventh proposal in the past two years.

# Historian covets photos for chronicle

By Susan Graves

Bethlehem Town Historian Joe Allgaier is hoping to snap up as many old photos as possible to include in the bicentennial history of the town.

The historic publication, in its final stages, will soon be ready to go to press, and Allgaier, associate editor, wants to get his hands on as many photos as he can. Allgaier said he is looking for previously unpublished prints that will help to tell Bethlehem's 200-year-old story.

"A lot of pictures we've seen have already been published, we're looking for something new," he said.

"What we're looking for are photos that people may have in the attic," he said. In particular, he's hoping to get his hands on photos of the inside of the former one-room schoolhouse, the old Abbey Hotel on Route 144, Pappalou's Ice House, the Slingerlands Printing Company—or just about anything to illustrate the character of the town throughout the years.

"God knows what's out there," he said, "We'll take anything that adds to the historic story of the town."



Joseph Allgaier

He said he would welcome all photos for consideration. "We will review it and return the originals to the owners." Further, contributors would get credit for those photos that are accepted.

"Even if buildings aren't identified, the committee would appreciate looking at them," said Allgaier.

And along with the old photos, pictures from more recent times are needed. The history committee wants to know "what happened 20 years, 30 years, 50 years ago—anything that tends to support what we're writing about."

Community members who want to submit photos can call Allgaier at 439-4021 or Hugh Hewitt at 439-6540.

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## Matters of Opinion

**H-hour for the Republicans**

Seven months from today, the unparalleled opportunity for improved governmental services that 1992 offers Albany County residents will be a thing of the past, for better or worse.

As this week's "Point of View" column on the Page Opposite effectively reminds us, County Executive Michael Hoblock has been on the job for just 100 fast-moving days. He has pointed up a nice variety of hot issues, most of them tracing back to the anything-goes days of his unlamented predecessor. Underneath them all is the urgent need to revise the county charter so that the Executive can actually manage rather than shadow-box.

Seeing this as a popular cause as well as a practical necessity, Mr. Hoblock has called for a referendum on charter reform in the Nov. 3 general election. Apparently, he and his supporters have been stymied on the timing; the Democrats insist that with traditional efficiency they can't get around to consider this until sometime next year.

Nonetheless, Mr. Hoblock has created a genuine, comprehensible issue, and he holds the high ground. He can be thankful for the newly achieved articulate stance of the Republican minority in the County Legislature which can help him carry the ball. Also playing into his hands, and those of his Republican colleagues, is the fact that the 1991 County Legislature is a one-year body; all its 39 members (24 Democrats and 15 Republicans) must stand for election in November (or retire). Potentially — armed with the charter and other meaty arguments —

**Narrowing the options on waste**

Bethlehem residents owe a vote of appreciation to the Solid Waste Task Force. Last week it crowned four years of painstaking inquiry with a report that offers us three options as to what we should do with the monumental trash we are shedding every day.

The terse report, backed by supporting exhibits, is a workmanlike — we could almost say a statesmanlike — summary of our dilemma along with the most plausible solutions. The section from among the choices is up to the Town Board.

The Task Force found no magic bullet. It wisely rejects any notion that a single technology can be the answer. Specific endorsement properly is given to continuing and expanding the recycling effort. Additionally, an integrated system involving reduction,

**Surprising the schools**

The kinder and gentler State Legislature has brought in agreeable surprises for some school districts. The finalized budget, reversing the recommendations of Governor Cuomo by about \$275 million, makes possible moderate increases for a variety of districts and modifies potential decreases in others.

One of the increases, certainly a welcome one, was allocated to Bethlehem Central School District, which under the approved budget will have \$237,000 more than had been expected in the district's forecast.

In adopting its own income and outgo forecasts for 1992-93, the school board projected a tax rate that assumed a \$200,000 decrease

**Editorials**

Republicans could turn over enough seats to seize control of the Legislature for the succeeding four years and work with Mr. Hoblock to create an efficient, cost-effective county government.

\*\*\*\*\*

But the big question is: Will they really be able to muster enough drive, enough funds, enough credibility to become a viable force individually and collectively?

To keep faith with the hopeful majority it patched together in 1991 in electing Mr. Hoblock and two more legislators, the Albany County Republican Party must find and nominate — and support — first-rate, "electable" candidates in all districts. A legislative majority, once unthinkable, seems within its grasp.

Where is the Republicans' leadership at this decisive stage? It is invisible, inaudible, incoherent, indifferent. It's "in," all right. Where it needs to be — promptly — is out. We believe that Republican rank-and-file voters should now assist their party's leaders at the town level, in insisting on change that can produce an aggressive, winning campaign. Failure to act now will doom Albany County residents to endless, disastrous government-by-whim.

These next seven months can produce great results for Albany County and its residents — but only if timely, decisive action creates a winning ticket.

reuse, and some combination of composting, waste-to-energy (incineration), and landfilling will be required. Priority is recognized for human health and safety and environmental integrity.

Of the three options — "New Town Landfill," "Haul Wastes Out of Town," and acceptance of a proposal by the Energy Answers Corporation (EAC) — the third appears to be innately, though perhaps unintentionally, the Task Force's basic fall-back position.

It is interesting that this last course is the only one that includes a suggestion for carrying it forward to receive town-wide acceptance. The suggestion is for a town referendum "to determine if our residents will support construction (by EAC) of a waste-to-energy facility on Cabbage Island"

in State aid. Now that the reduction has been rescinded, the district's need for revenue from property taxes must be revised accordingly, and the tax rate along with it. To maintain the previous taxing projection and yet to accept the new windfall would not be proper. We are confident that the board will be quick to act and bring down the tax rate.

The same principle holds true for other districts where the Legislature's bounty is better than what had been projected. In Ravena-Coeymans-Selkirk, for good example, the State aid turns out to be \$184,298 more for the next school year. (Voorheesville, on the other hand, takes another hit — down \$78,372. Someone up there in Albany doesn't like that district.)

**'Special assets' sacrificed in Town Board's 'yes' vote**

Editor, The Spotlight:

I was one of the taxpayers who was not at the March 27 Town Board meeting when the board adopted the Homestead law. I have been a homeowner here for 21 years. I own one of the 8,648 residential parcels for which Sheila Fuller said she was voting for the majority. How does she know that? Her "yes" vote and those of Charles Gunner and M. Sheila Galvin certainly do not reflect my view.

Among our town's most valuable natural resources are its green spaces. It is frightening to see the Town Board enact any law

**Vox Pop**

that so directly endangers them. By making open land more expensive to maintain due to higher taxes, we will lose these special assets. I am willing to pay \$50 or \$75 more in taxes per year to keep them.

These are not renewable resources. Once the land on Fisher Boulevard, Orchard Street, Mead's Lane, Kleinke's farm on Kenwood Avenue, or elsewhere is bulldozed, built up, and black-

ASSETS/page 10

**'Homestead' will injure renters, eat green space**

Editor, The Spotlight:

I commend the "Straight-shooting Homesteaders" editorial in the April 1 *Spotlight* for highlighting the future problems we will face in the added cost of future developments and the loss of green spaces.

In addition, the concerns of the business community are real, as is the economic fallout in fewer community-service contributions.

The even more drastic impact, in my opinion, is the effect on renters (in four-family units or more). These are mostly elderly people and many single persons, as a landlord inevitably will pass

on to them the increased tax he will pay.

The school district's push to ease the effect of the 6 percent tax increase is, of course, with an eye to the successful passing of the school budget in May. How short-sighted to transfer an average of \$60 per residence (2 percent) to the commercial interests with an even weightier impact (4-plus percent).

Kudos to Ken Ringer and Fred Webster who, unlike our Governor in the Quebec power case, took a creditable long-range look

RENTERS/page 10

**Board's quick-fix vote unfairly hurts business**

Editor, The Spotlight:

I cannot believe that the Town Board buckled under the whim or quick-fix attitude of the School Board in voting for the Homestead Act. The crowd at the meeting reflected to the Town Board the concern and, in some cases, outrage about the sloppy job done by Finnegan Associates on the new assessments

Board who were once very much a part of the school district were not thinking with their usual clear heads. I can only wonder if they were sold a bill of goods by the School Board. Can they not remember just what this community has done over the years for the schools?

How many music programs would there have been without the sponsorship and donations of

BUSINESS/page 9

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## Tracking the new 'national game'

Traveling around the U.S. of A. by air (covering all the basic 48 at the rate of 100,000 miles a year), I used to be frequently struck by one scene that appeared over and over in every settled area, regardless of whatever section of the country.

That repeated scene was a greensward featuring a square corner — otherwise known as a diamond. From an airliner's window, this seemed to me to represent the most easily distinguishing view of each community, small or large.

"The national game" clearly was at home throughout the nation. Sometimes a game could be caught in progress, but more often the view was simply of this levelled field, a touch of green dedicated to boys' and men's pursuit of skill and fun and dreams.

I assume that those diamonds probably still exist out there. My opportunity to observe them is now strictly limited.

But what I see right around my own home base persuades me that the game of baseball has been supplanted as the national game. In a Sunday afternoon census over a six-month period, you'd find so many males flopped before a TV screen that you might be convinced that football has become the national game. But for the most part football is a spectator sport, to be watched and bet on and talked about. Basically, it's as

remote as the slopes of the Winter Olympics, which also seems to have temporarily entranced a bunch of viewers.

### Uncle Dudley

No, the national game is basketball. Apart from the evidence in TV programming and newspapers' sports sections, I base my opinion on visible proof right outside your own front door. It's as prevalent — more so, in fact — as baseball diamonds have been in days gone by.

When I drive a mile or so down a few residential streets, en route from home to the local business area, I can easily count a couple of dozen baskets and backboards.

They are readily countable because they are in front yards. (I imagine that there are some in back yards, as well.) Some are mounted above garage doors, but at least as many are mounted atop a pair of poles that make a strange architectural statement among the rosebushes and yew hedges.

The aspects that strike me about this development include the ubiquity of this apparatus. (Incidentally, only rarely do I happen to see it actually in use.) Boys by the hundreds in this

**Basketball's visibility supports the idea it's the No. 1 sport**

suburban area have persuaded parents that, given an opportunity to practice, they can become varsity players and perhaps also win basketball scholarships to Kentucky or Duke. Or, perhaps, some of the parents have decided that, even at the cost of defacing their little landscape, a basket out front will help keep the kid at home.

Then, taking into account the frequency with which baskets appear, it seems that shooting baskets must be a rather solitary activity. The kids down the street won't be playing in your driveway because they have their own basket. In urban areas, on the other hand, basketball seems to be much more a playground game, involving considerable numbers in a scrimmage.

There are a number of other interesting views of this phenomenon, including this one: The mounted baskets that I see on these side streets are in 99 percent white neighborhoods, whereas basketball obviously has become primarily a game for black men to play. A view of this can be found in the new movie, "White Men Can't Jump."

Anyway, as the major league baseball season begins, spare a "Long live the king" salute, for the king's throne has been usurped. But as for the front-yard baskets, I'm afraid they can't be counted from above, the way that diamonds have been.

## Two Clintons and a Kennedy

If you don't already know as much about Governor William Clinton as you wanted to know, hunt up the March 30 issue of "Newsweek." You won't have difficulty in identifying that issue because the cover carries a huge photo of the governor's head, in which he looks almost youthful enough for this picture to have been lifted from his mother's album, namely the pages recording his confirmation.

Nor will you have a problem locating the article in question, for it takes in a full dozen pages that are introduced by a black headline in 72-point type (the headline on this column is in 24-point type). And along the way you'll find a Clinton who appears quite a bit more mature (but also a selection of art beginning with him in pajamas at age 7). Ten photos altogether, plus a half-dozen graphics, including one that shows (as of now) Bush ahead by 48 to 44 percent; 20 percent of the populace inclined to hold "charges of marital infidelity" against him; and the governor outmatched badly against Bush on such matters as "strength under pressure" and "personal honesty," but topping the President on "vision for the future" and "understanding people like you."

The entire treatment is divided into several segments, among which the most fascinating (for me) was the one headed "Will

Hillary Hurt or Help?" Apart from a poll that showed her "favorable" rating exceeding the "unfavorable" by 4 to 1, the look-see doesn't

### Constant Reader

answer the question. Its main, and obvious, points are that "She is the very model of a modern political wife," but her aggressive style "makes her a prime target for the opposition." She appears in four photos on these pages, taken over a period of years, and to me she looks like a different person in each shot.

Anyway, this once-over profile of the Clintons will prove to be only a pebble in the pond as we move along to the convention and then, perhaps, November.

\*\*\*\*\*

I've noted, in past months, the attempt by "Hudson Valley" magazine to gain a credible foothold in the Capital Region. It seems to me that the March and April issues

**"The '90s are shaping up as the decade of anger: angry women, angry African-Americans, angry gays, angry taxpayers."**

—*Newsweek*, in an article about punk-rock bands and how they help to provide "anger without guilt."

represent pretty much a retreat back down the river into solid 914 territory.

The current issue, however, does include a couple of hundred words on the Albany County Airport along with Stewart and Westchester ports downstate, within a "special advertising sections."

And "Hudson Valley" has something of a minor coup this month by obtaining rights to a 4,000-word segment out of Bill Kennedy's newest novel, "Very Old Bones." The piece, which seems to me to be underplayed by the editors, is entitled "The Chandelier," and concerns the installation of one in a dwelling a few generations back; this activity happens to coincide with preparations for the funeral of a family member. I found it all something of a downer. Here is one bit of the action, which the magazine chose to highlight in bold type: "Peter, squatting, his right hand still in the box's mysterious interior, suddenly lifted the chandelier into freedom (like a magician, I could say), and with his other hand pulled away the tissue paper that surrounded it, then held it aloft. Presto! High drama there!"

The book, at 202 pages, weighs in at about 11 cents a page (\$22 for the entire story), but maybe you can get the drift in "Hudson Valley," "Playboy," and other journals that are publishing excerpts.

### Hoblock's '100 days'

## County's deficit imperils its future viable status

### Differences of philosophy and structure separate Executive and Legislature

*The contributor of this Point of View is the Albany County Executive. A lawyer, he was elected as a Republican in November 1991 and took office on Jan. 1 — 100 days ago.*

By Michael J. Hoblock, Jr.

"One hundred days" has become a traditional time to take the measure of public servants. It is the first time for

### Point of View

the new Albany County Executive to be judged by the people he represents. It's also time for the Executive to make his case to the people by telling them what he has done and what lies ahead.

I have completed 100 days on the job with a mixture of optimism and frustration. Optimism because I know I've made an impact, and frustration because I know that so much more could be done. As the 100 days end I and the County Legislature are at an impasse because we support dramatically opposed *structures* and *philosophy* — as I shall explain.



### The \$17 million problem

It has been said that I remind people that I inherited problems. I do remind them, because some people still don't want to believe there is anything wrong with this county — certainly nothing that needs major fixing.

We have real problems, the most pressing of which is our deficit of over \$17 million, which is unprecedented in this county. It is not just a recession-driven aberration as some people would have you believe. It is a problem of structure and philosophy, both of which must be addressed if the county is to remain a viable municipal corporation.

### Millions lost at airport

Many other areas — aside from, and related to the deficit — are real or potential problems. Airport development is a case in fact. Here is a project of major importance that drifted along for almost three years with millions of dollars spent. As an example, a former consultant at the airport spent millions with little or no oversight. When county officials were asked is "Who is minding the mint?" fingers pointed in all directions.

Now, when we are truly entering the development stage at the airport, some in the County Legislature are determined to let the county budget design the airport. To get an \$8 million one-shot revenue into the budget, many legislators are willing to rush the preliminary planning stages of the project so that we can sell a piece of county land to the airport.

My intentions with regard to the airport are clear: we must remember that the end goal is a safe and modern airport that serves as a gateway to the Capital District. The previous County Executive and many legislators have looked at the airport as a liquid asset to be sold whole or piecemeal just to balance the budget for another year. This is a shortsighted philosophy that endangers this project.

### 'Managed Care' in Medicaid

Another major undertaking in the county is the move to "managed care" in Medicaid. Managed care has been mandated by the State, but it appears to be a mandate that has the capacity to be the first significant reform in Medicaid. Managed care offers two promises — better medical care and stabilized costs.

In Albany County I have called on the Department of Social Services to work with the Health and Mental Hygiene Departments to offer coordinated preventative health services. With Medicaid costs rising at an annual clip of 25 percent and more, managed-care contracts offer price stability in the short term. In the long term, I believe it will lead to lower costs because the preventative care it offers will keep people healthy.

Managed care can be instituted *ahead* of the schedule put in place by the State, giving the county a quality service that is

## Matters of Opinion

### 100 days (from page 7)

more efficient than the service it replaces.

#### 9-1-1 on target date

We are instituting an Enhanced 9-1-1 service in the county. The 9-1-1 planning process was begun before I took office and it moved forward before and after that time because a number of dedicated people in this county kept working. Professionals and volunteers are working together to create an addressing and dispatching system that will allow our police, fire, and emergency services to better respond to calls for assistance. My office picked up the process and we are working toward having this vital service on line, as scheduled, in the Fall of 1993.

The county is working to reestablish an economic development presence. A bipartisan effort is under way to rebuild the county Industrial Development Agency and restore the AITech revolving loan fund.

#### Volunteers important

I am very appreciative of the assistance my office is being given by members of the community — particularly businessmen and women who have offered their services as volunteers on advisory groups to look at the ice rink and the Knickerbocker Arena. I have, in fact, been overwhelmed by the offers of people who want to help make the county a better place to live and work. I strongly feel that these people see the opportunity to have a county government that is a forum for public input — not just a depository for their taxes.

An extremely important part of the overall effort to bring good government to Albany County is the 15-member minority in the County Legislature. It develops, speaks out, and works for solutions that can become a signifi-

cant part of the needed reforms. I am grateful for their essential support and inspiration — and I look forward expectantly to the minority's becoming a majority (and my effective partner in a model of a working government) after next November's elections.

In terms of county operations, my transition team will soon make a final report to my administration. The volunteers who served on the team performed a valuable service for the county. They are largely responsible for opening up Albany County to a healthy dose of public scrutiny.

#### Unsupervised units

The fact that many full-time non-union employees in the county work a 30-hour work week was something of a revelation. So was the \$2,000 annual salary threshold to receive a full employee benefits package.

The team has reported a lack of coordination and leadership in the county — a situation where many departments and agencies operated totally independently of each other — giving us several mini-governments instead of a consolidated whole.

#### Personnel policy abuses

The transition team did find many dedicated employees, but it also confirmed many faults, such as an ineffectual Civil Service Commission. Albany County Civil Service has failed to properly classify and test hundreds of county employees. This is a long-standing problem highlighted in two separate audits by the New York State Civil Service Commission. It is a slap in the face to every employee who has taken competitive exams to properly meet the requirements of their job. We need, and I will continue to fight for, a central and professional personnel office to curb these abuses.

### Hoblock on the record

- The unprecedented \$17 million deficit arises from diametrically opposed structures and philosophy. It is our most pressing problem.

- The people of Albany County are needed to publicly arbitrate the impasse between Executive and Legislature — or the deficit will grow.

- Some people still don't want to believe there is anything wrong with this county.

- The Legislature is an unchecked power running Albany County, and the result is abuse through neglect.

- A new county charter is needed to define and balance the powers of executive and legislature — checks and balances based on equal branches of government.

- The county government's mission should be to provide services, not to provide jobs for the party faithful.

- A management advisory commission is at work on recommendations for ways to achieve a more effective and efficient administration of county government.

- My "transition team" has helped to open up Albany County to a healthy dose of public scrutiny.

- The news that many "full-time" employees work a 30-hour week was a revelation.

- Millions were spent on the airport as the project drifted for three years with little or no oversight. Some in the County Legislature are still determined to sell county property to obtain a one-shot boost for the budget. This is shortsighted and dangerous.

- We are seeking to institute "managed care" in Medicaid in this county, to bring about price stability and lower costs — and ahead of the State's schedule.

Following up on the work of the transition team, I have created the Albany County Management Advisory Commission to make recommendations on ways the county can have a more effective and efficient administration of county government. Paul L. Gioia, the former chairman of the New York State Public Service Commission, leads the group of volunteers who will take an in-depth look at how we operate and how that operation can be improved.

#### New charter needed

I referred to the structure and philosophy of county government. In regard to structure, we need a new charter to better define and equally balance the powers of the County Executive and Legislature. The Legislature is currently an unchecked power running Albany County. This structure has allowed abuse through neglect. It has let the county drift along year after year because it is run by 39

part-time legislators who meet only once a month.

We have an elected executive, but we should also have a system of checks and balances based on equal branches of government. Full executive veto power and the right for the executive to pick the heads of all county administrative units are essential ingredients to an accountable county charter.

I strongly believe we could have a new charter in place at the beginning of 1993, if the County Legislature would make this a priority. I will fight to see a charter reform referendum on the ballot for public approval this November.

On the positive side, I have found that even under this existing charter we can bring about considerable change. Where I don't have explicit authority under the charter, with public support I have been able to take a number of actions.

#### Mission: offer service

In terms of the philosophy of county government, I believe the county's mission is to provide services, not jobs for the party faithful. With a \$17 million deficit we have to make some hard choices. Over the past few years the county budget has been stripped to the bone in every area except personnel. Equipment, contract services, construction, and renovation have all been curbed to keep us going from year to year. No planning for the future — just holding the line. That doesn't work anymore. Residents of the county understandably are angry and restless.

#### Downsize government

The system needs a shock. We can't count on the endless revenues of the 1980s anymore. We have to realize that to make it over the long term, we have to downsize government and focus on providing the services that are required by law. For every person who may indicate willingness to pay higher taxes in order to avoid layoffs and pay for more county services, I believe there are two people who are fighting to keep their heads above water — people who risk losing their homes, or who are forgoing many necessities because of ever-rising property taxes.

For those who feel they can

(Continued on next page)

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## Your Opinion Matters

# Soften revaluation blow by a four-year phase-in

Editor, The Spotlight:

To soften reval's blow, Bethlehem should phase in the proposed 1992 property tax adjustments over the next four years. Joe Hesch of the State Board of Equalization and Assessment and Brian Lastra, the Town Assessor, said that the Real Property Tax Law does not forbid it.

The reassessment of residential properties in Bethlehem could shift \$2.5 million in taxes from the shoulders of the town's newcomers to the backs of old-timers and veterans. The effects of reval could exceed 10 percent of the total paid in property taxes; and, it is not hitting just a few owners. One-half of the residential properties in the town could receive increases. Twenty-five percent could have increases exceeding \$500.

Making adjustments in one year for 30 years of wrongdoing makes little sense. The magnitude of the adjustments dictates that they be spread over the time that will elapse before reval will again take place. Much of the burden will be borne by elderly and disadvantaged persons living on falling incomes. Phasing the adjustments would show that compassion and social justice are two of Bethlehem's attributes.

To learn why these big jumps have taken place, one has to look

at Bethlehem's past taxing policy. New York's Real Property Tax Law says that the tax is to be proportional to the market value of the property. Market value means what a willing buyer will pay a willing seller at any given time.

The market value of an existing property is always in a state of change because of depreciation, inflation, market conditions, etc. Assessors tell us that, at any given time, the market value of a property in Bethlehem probably will not be the same as it will be six months down the line.

Bethlehem did not comply with the law. Except for those properties that changed owners in the prior year, property taxes were not proportional to market value. Everyone is a victim of the wrongdoing.

One might argue that the newcomer knew what he/she was getting into; that old-timers, at one time, were newcomers; that the score is evened out if the old-timer's tax dollars are being used to educate the newcomer's children. One might also note that old-timers pay more than they need to for the roads, utilities, etc., so that they will be large enough to accommodate the newcomer. However, these arguments miss the point, which is: bygones should remain bygones.

Reval is producing another inequity. Finnegan Associates are setting some market values to the nearest 0.08 percent. This is too close and the numbers are unwieldy. Appraisers say that if we can consistently estimate within 5 percent what buyers will pay and sellers will accept, we have been very lucky.

Any property owner who has the nerve to challenge the cashier at the Grand Union, should challenge Finnegan's market values if they have been based upon sales comparisons. This method of setting values is so loaded with flaws that it should be thrown out.

The replacement-cost method should be used. It does not produce a selling price for setting market values, but it does produce an equitable tax base. Also, one need not invade another's privacy to compute it. The numbers are fairly consistent and it is easier to calculate the variables. Insurance companies have methods for coming up with replacement costs. Depreciation and land values are factored in for the net value.

Finally, don't be in favor of the Homestead provision; this is the "free lunch" method that politicians use to make those from whom you purchase material and services the billing agents for the taxes they impose. Besides, it will also carry the vendor's mark-up.

Reval was necessary; it need not be unjust.  
Glenmont

Bill Strong



Hoblock: 'Philosophy of change'

(Continued from page 8)

afford higher taxes, there are many worthy causes they can and should support through philanthropy. They can choose to support services that we in the county are unable to afford in the austere 1990s.

As I noted earlier, I end 100 days at an impasse with the County

Legislature because we support diametrically opposed structures and philosophy. Unless the people of the county make their wishes known and publicly arbitrate this impasse, our deficit will grow, and change will be delayed in Albany County.

I remain optimistic that the people will choose the structure and philosophy of change.

## Business

(From Page 6)

the business community, how many plays would there be, how many *Thinking Reeds* would be published, how many playgrounds would be built at the elementary schools, how many sports booster clubs would have survived, how many of those first computers would be in the classrooms without the business community helping out. What about the "Pit" at the Middle School or the joint activities for the youth that the town sponsors? And, I might add, where have donations come from for the senior citizens vans or donations for the food for Meals on Wheels?

These two board members said they voted for the people who were not there. If in fact they did, I fail to

see the reasoning. If someone really wanted to stick it to the business community, they would have been there begging for Homestead.

Couldn't these two usually cautious board members have tabled a vote until all the dust had settled on the new assessments? As for the School Board, I believe the members are not thinking clearly or do not have a handle on just how much the local business community gives to the schools.

What we need from the Town is an environment for the businesses who want to establish themselves here and keep those who support those businesses so we don't have more empty stores.

Delmar

Marge Kanuk

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## Matters of Opinion

## Renters

(From Page 6)

at the fallout from a short-term decision. (By cancelling this low-cost electric contract, our Governor is betting on a no-growth economy and a benevolent OPEC which would keep the price of oil low. Unbelievable!)

To me, the parallel in these two critical decisions is this: short-term decisions — expedients — usually are regretted at a much later date.

Final thought: Where were all the vocal environmentalists in the Bethlehem homestead case? They certainly helped to influence our politically oriented Governor in the Quebec hydroelectric power case — and are surely present in other area programs and concerns.

Time will tell!

Delmar Charles W. Reeves

## Assets

(From Page 6)

topped, they are gone forever. In addition, we will then have at least another 1,000 cars on Delaware Avenue between 10 a.m. and noon every Saturday.

What about the increased taxes to commercial property? These business people will be forced to raise their prices to pay their taxes.

## To our readers and Vox Pop contributors

The unusual volume of letters on the Bethlehem "Homestead Law" makes it impossible for *The Spotlight* to publish several letters on other topics in this issue. They and other letters received later will be published as soon as space permits in succeeding weeks. We appreciate the high degree of interest our readers consistently show in timely matters.

## Landowners held unequal to homeowners in taxes

Editor, The Spotlight:

I left the recent meeting at Town Hall with the feeling that the Homestead proposal would be defeated, since there were only two who spoke in favor and 200 obviously against it.

I was shocked to learn it had passed. Apparently the board members voting for passage felt that the majority of the people have been served. This is not the case. Those who do not live in

Delmar have been rendered a disservice. Landowners have been determined to be unequal to homeowners in the matter of taxation.

Mr. Ringler is right. An additional burden on landowners is simply unfair. Fairness dictates that the Homestead Act be repealed.

Fred Richter

Selkirk

me now, or you can pay me later."

Residential property owners in Bethlehem have been duped by the School Board and the three "Yes" votes on the Town Board. Now we will have only illusory tax savings and the wonderful setting of our town is further threatened with the likelihood of further, unneeded development.

Delmar Henry J. Steadman

## Owners of older homes suffer discrimination

Editor, The Spotlight:

Property re-evaluation in Bethlehem indicates serious generic concerns discriminating against the owners of older homes in the tri-village area. Information sent out by Finnegan Associates concerning total projected taxes is misleading.

Finnegan failed to include all special district charges; i.e., front-footage charge and water-use surcharge that was part of our 1992 town and county tax bill. This would increase the total projected tax by \$125 to \$200 per year.

There was no breakdown on land and total property assessment. This information is only available under "Street Assessment." Under the old assessment, land was generally valued at 10 percent or less for the average-sized lot in the Tri-Village area. Under the new property assessment, land represents 20 percent to 30 percent of the total property assessment — a significant increase.

Homes in the older parts of the Tri-Village are on average located on lots 10,000 square feet or less, which do not meet today's zoning requirements. Many of these lots are assessed for \$3.50 a square foot but within the same block

other lots are assessed for \$1.30 — \$2.50 per square foot!

In the newer subdivisions, lots are larger and have underground utilities, yet are assessed in the range of \$1.50 to \$2.20 per square foot. In the older areas the above-ground utilities are aesthetically unattractive and subject to disruption from accidents or ice storms. The square-footage assessment on these smaller lots is significantly greater than on lots in newer subdivisions. The assessment failed to consider acreage located in established water and sewer districts versus acreage outside these special districts.

Based on Bethlehem's re-evaluation, many older residents will become property-rich and income-poor. The state's limit on income for an older-citizen tax benefit fails to consider differences in the wealth of community, such as a wealthy school district.

Preliminary comments from U.S. Supreme Court justices suggests the court may uphold differences in property assessment. Their decision is due in July in a California case.

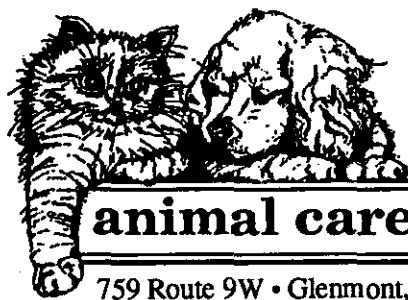
If it takes the Town Board six months to approve the location of a stop sign, is it unreasonable to suggest that the board postpone reassessment for a six-month period?

Why should land be assessed for over \$150,000 per acre in old Delmar-Elsmere and only \$60,000 to \$75,000 per acre in Adams Woods and Normansgate subdivision?

Delmar Sherwood Davies

The Spotlight welcomes letters on matters of local interest. Writers are urged to keep letters as brief as possible. Letters will be edited for taste, style, fairness and accuracy.

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## High on life



Todd Heim recently won first place in a poster contest sponsored by The Albany Citizens Council on Alcohol and Other Chemical Addictions. The St. Thomas Elementary School eighth grader was presented with a \$100 dollar savings bond for a poster of balloons that said "High on life, not on drugs." Elaine McLain

## American legion sets Easter egg breakfast

The Voorheesville American Legion Post No. 1493 on Voorheesville Ave. will have an all-you-can-eat sausage and egg breakfast on Easter Sunday, April 19, from 8 a.m. to noon.

The cost will be \$3.50 for adults and \$2.50 for children.

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## Owner to put pitbulls to sleep

The owner of three pit bulls involved in the mauling of a 10-year-old boy on Friday will have the dogs put to sleep, according to New Scotland Animal Control Officer Chet Boehlke.

Boehlke met with Robert Lewis, the dogs' owner Tuesday and said Lewis volunteered to have the dogs put to sleep. Boehlke also requested a court order which would force the procedure if the owner did not cooperate.

Simon Foulger, 10, of 4 New Scotland Ave., Feura Bush, was taken to Albany Medical Center Hospital Friday afternoon after being attacked by a trio of pit bull terriers owned by Lewis, a neighbor. Foulger suffered bites on his face and legs and was admitted to

the hospital. Lewis was eventually able to pull his dogs off the boy. Foulger was held over night for observation and released Saturday, according to a hospital spokesman.

Foulger was running in his front yard when the three pit bulls spotted him and attacked. According to sheriff's department reports, the boy was dragged to the ground and bitten on the face and legs. Lewis was allegedly taking the dogs to a pen in the rear of his home when they spotted Foulger and charged him.

Boehlke said that one of the dogs seemed to instigate the attack. That dog, a male, had previously been quarantined for fighting with another dog and is currently being held at the Menands Animal Shelter.

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# New job corps chief looks toward top ranking

By Susan Wheeler

The new director of the Glenmont Job Corps said her goal is to see the center ranked nationally as close to number one as possible. Rose Walker Cook, named center director last month, believes her goal is attainable for Glenmont, which received five awards for excellence in the last two years.

"We have the potential to be number one," she said, "and at least in the top five. The staff and students are motivated."

Walker Cook, who served as a center administrator since she began in July 1990, led the center to its first director's award for "best administration program" in Job Corps' Region II. The award was presented by the U.S. Department of Labor in January. The center was named best center in Region II in 1990, as well as having the best education, student support services, and residential living programs.



Rose Walker Cook

"A lot (of staff) contribute to an award," Walker Cook said. "You just guide. If nobody follows, you're in big trouble."

Now she will direct the center in its effort to achieve a top-five ranking. There are 100-plus cen-

ters in the United States and Glenmont's is already one of the top performing centers. She said staff and administrators work toward the shared goal of seeing that the center's students succeed.

"Anyone who's in this field cares about what happens to these young people," she said. "They have the potential to succeed. No one here works on a clock — they're always involved. You can't just walk away. Our goal is to have each student leave here a little better than when he or she came."

The national profile of an average student participating in the Job Corps program is an 18-year-old high school drop-out who reads at a seventh grade level, according to Walker Cook. Most of the students at the Glenmont center are from New York City, and the ratio between males and females is fairly even. Most are defensive when they start at the center. "They don't know what to expect, they've been through a lot" she said. "It's very rare if they

leave here with a defensive attitude."

As center administrator, Walker Cook said she saw the Glenmont Job Corps from a different view than she now does. Her responsibilities included managing center finances, food and health services, student transportation and inventory procedures. She said she gained a broad view of the center, and spent as much time as possible getting to know the students.

The staff and students often interact during the day, sharing meals together in the cafeteria. Special field days and activities are also a part of life at the center. Walker Cook said the students like the interaction with the staff, and have been supportive of her new position.

"The students are very accepting, they deal well with change," she said. "Some students were surprised because they accepted a woman, a black woman, for the job."

Although Walker Cook said her job is very demanding, it allows her more time with the students. "I want them to be able to talk to me. They can't do that if they only see me at assembly."

"I'm very reassured by the people around me. All have offered their support in doing this job — that's very rare in any work environment."

No challenge seems too great for Walker Cook, the first woman director of the Glenmont center.

"No one has expressed concerns about that. I just do my job," she said. "That's how I approach my life. I assume you're going to accept me. If you don't, then we'll talk. If there's a problem, I don't assume it's because I'm a woman or I'm black. I get to the heart of the problem."

As for now, Walker Cook has an "ocean of documents to read" and is looking forward to each day.

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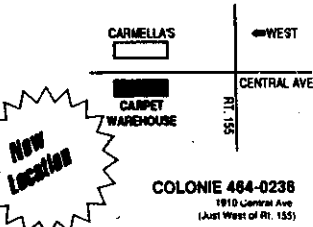
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# DARE

(From Page 1)

of students will be making decisions in a new environment. As they're growing up, they'll be faced with new choices."

Next fall's freshman class received DARE when they were in the middle school. In fact, Officer Mike McMillen said they were the first class he ever taught. He said reaching out to the kids again with a new DARE program will reinforce what they learned as sixth-graders.

Eighth-grader Gayle Chaifetz, a member of the first DARE class, said she doesn't recall anything specific about the program, but remembers liking it. "I know it told us to say 'no' to drugs, and how to handle peer pressure," she said. "It's a good idea to have DARE again in high school to keep kids off of drugs and also to help with peer pressure."

Chaifetz said she hasn't had the occasion to use the resistance skills McMillen taught her through the DARE program, but she would if faced with the opportunity.

"It's essential we don't have a one-shot program," said J. Briggs McAndrews, assistant superintendent in charge of curriculum and

instruction. The district and police department have plans to implement DARE at the elementary level as well, so eventually students will be exposed to the program three times during schooling. "Students will develop a better set of decision-making skills."

Students agree the program will be more effective if repeated, especially during transition periods, such as at the beginning of middle and high school. Josh Frye, a BCHS senior and president of the student senate, said if students are given the facts about drugs when they are younger, they will be able to make better decisions when introduced to new situations in high school.

"Freshman year is the key place to go to teach DARE in the high school," Frye said. "The kids are in a new atmosphere and are introduced to new stuff there and at parties."

"If you're trying to keep kids off of drugs, it doesn't work to scare them. It's better to teach them about drugs," he said.

All of the high school students interviewed agreed that teaching younger students about drugs is a good idea, but said they will probably already have their first encounter with drugs—particularly alcohol or marijuana—by the

time they become freshmen.

According to Jennifer Matuszek, a senior at BCHS and group president of Students Against Driving Drunk, middle schoolers have access to drugs and alcohol, whether through older siblings or high school friends. "I was shocked to find out drugs and alcohol are in the middle school," she said. "I'm not saying it's rampant use. SADD was formed in the middle school, so I know there's a problem."

Matuszek said when she was younger, she heard drugs were prevalent in the high school but thought it wasn't true. Now she flips through her yearbook and pinpoints drug users. "It became almost a joke that Bethlehem was tops in education and tops in drug use," she said.

Alcohol and marijuana are the most popular drugs on the high school level, according to Frye. In addition, LSD is "making a comeback," he said. Most students he knows would rather drink than smoke pot or take other drugs, but it worries him to see sophomores and juniors drinking vodka or other hard liquor. "The only purpose would be to get really drunk," he said. "It doesn't seem reasonable."

Students agree DARE is needed to change kids' attitudes

about drugs, including alcohol. "The way things are today, the kids who prepare for their future are called nerds and no one wants to associate with them," said BCHS senior Mike Chaifetz. "The kids who smoke, drink and do drugs are more popular and have friends. It's deranged, almost psychotic."

He said by the time he was in sixth grade, he had been offered beer and marijuana. When he was in the middle school, he first came in regular contact with alcohol and drug users. "By high school, it's already a fact of life," he said.

Bethlehem junior Andy Finley said freshman year is the best time to teach DARE because the first-year students are "removed" from the rest of the students. He is currently taking a health class in which chemical use and abuse is discussed, but said by junior year "people will just do what they're going to do."

Matuszek agreed that the older students get, the harder it is to reach them. She said looking back on her health classes, it was more a case of the students teaching the teacher. "The students were already experienced with drugs. There were a lot of snickers" when the unit on drugs was taught, she said.

Hunter said he is not proud

that Bethlehem high school students use drugs, adding any drug use impacts on a student's education. "We do feel there is a community issue as well as a school issue."

The district has a three-tier approach to drug and alcohol use and abuse by students, Hunter said. The district aims to educate students from elementary age through high school. It also maintains a strong deterrent policy, including suspension, for anyone using or possessing drugs on school grounds. The third step is intervention, he said. The CORE program, just over a year old, brings together community members, school administrators and teachers, counselors and the involved student and parents. The program confronts "face on" drug and alcohol use, he said, and provides the student and parent with options.

"Education, of which DARE is an important part, deterrence and intervention are important alone— together they make a difference," Hunter said.

In addition, the school district, students, parents and community must work together to provide students with the tools and information for making the right choices, according to Hunter.

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## Stamp collection posted

It's been called the world's number one hobby, and it's a safe bet that even people who have never done more than lick a postage stamp will be fascinated by a special exhibit on stamp collecting on display at the library this month.

Created especially for library users by the American Stamp Dealers Association, the display is of interest not only to philatelists but to historians, travelers and students.

**Voorheesville  
Public Library**



A group of photographs shows the history of the postal service, while mounted stamps show different areas of collection, including banknotes, errors and other unusual examples. Various books and publications on collecting are also included in the exhibit.

The display can be viewed during the library's regular hours, Monday through Friday from 10 a.m. to 9 p.m., and Saturdays from 10 a.m. to 5 p.m.

Coming up at the library on Saturday, April 25, at 10 a.m. is an

intergenerational jewelry-making workshop led by guest artist Leslie Keeble. As one of five local libraries participating in this year's "Mini-Imagination Celebration," Voorheesville's program will center around the creation of a pin with the festival's theme of "Seeking New Horizons."

Adults and children over the age of 5 are asked to bring family photos or memorabilia to be used as raw materials for their pin.

Registration is required. To sign up, call the reference desk at 765-2791.

Story hours for the week of April 13 will center around boats. Sessions are held on Mondays at 10:30 a.m., Tuesdays at 10 a.m., Wednesdays at 4 p.m. and Fridays at 10:30 a.m. and 1:30 p.m.

Petitions for a term on the board of trustees are available at the circulation desk. Applicants for the five-year position must be registered voters of the Voorheesville Central School District and must obtain a minimum of 27 signatures.

Deadline for filing is 5 p.m. on Friday, April 10. The vote will be on Tuesday, May 12, at the high school.

—Christine Shields

## Grand old "party"



Republican Peter Van Zetten, a Town of New Scotland board member, chats with Albany County Executive Michael Hoblock Jr. at last Friday night's annual New Scotland Republican Dinner, held at the Crossgates Restaurant. Eric Bryant

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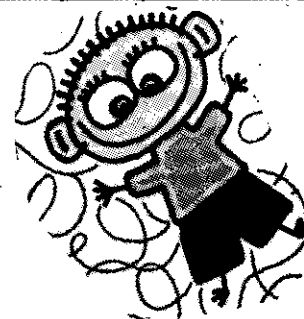
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4 Haut-Bages Averous	Pauillac	87-88	90
5 Sociando-Mallet	Haut Medoc	87-88	90
6 Meyney	St. Estephe	90-92	93
7 Duhart-Milon	Pauillac	87-88	90
8 Cantemerel	Medoc	90-91	91
9 Talbot	St. Julien	90-91	90
10 Gruaud-Larose	St. Julien	87-89	93
11 Leoville-Barton	St. Julien	89-90	94
12 Lynch-Bages	Pauillac	95-96	98
13 Pichon-Lalande	Pauillac	92-94	92
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\*Tickets must be purchased by Monday, April 20



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## Emma Willard School senior visits Spain

Emma Willard School senior Robin Parnes, daughter of Dr. Steven and Susan Parnes of Delmar, joined 15 other Spanish students on a school-sponsored trip to Spain, which ran from March 7 to 15.

The students toured the Royal Palace and the Prado in Madrid, El Greco's home in Toledo and the beach resort of Torremolinos. They also visited sites in Cordoba and Granada.

The students were chaperoned by Spanish instructors Marilyn Hunter and Diana Malecki.

## Holy Week services scheduled at church

Bethlehem Lutheran Church, 85 Elm Ave., Delmar, invites the community to worship during Holy Week.

On Palm Sunday, April 12, there will be two special services at 8 and 10:30 a.m. Music will accompany the services.

On Maundy Thursday, April 16, there will be a service at 7:30 p.m. that celebrates the Last Supper.

## RCS students earn citizenship award

Winners of the "good citizen award" at Ravena-Coeymans-Selkirk High School for the month of March are Casey Bruno, David Sylvester, Carlton Winslow, Andy Prior, Tara McKiernan, Seth Roe, Heather Ackert, Charles Seegel, Simon Cording, Teresa Osterhout, Kristina Shubert, Melissa Slater, Michelle Schaefer, Larry "Elton" Tune, Amy Wilson and Alice Wilson.

These students are being recognized for their academic accomplishments and their efforts to help other students and the community.

### Doctor displays works by young artists

Pediatrician Dr. Michael Kaiser of Voorheesville hosted his annual art reception for R-C-S High School artists on March 18.

Many young artists entered their works in the juried show, and eight were chosen to display their works for a period of one year at Kaiser's office on Maple Avenue in Voorheesville.

The winners were Nick Klercker, Becky Shufelt, Kelli Homicz, Amber Sickles, Jessica Huntsman, Jennifer Osborn, Seth Roe and Tara McKiernan.

### Building committee to discuss Ravena school

The Board of Education building and grounds committee will present plan options for the future

### NEWS NOTES

**Selkirk**  
**South Bethlehem**  
Michelle Bantz  
439-3167



of the Ravena Elementary School building on Wednesday, April 15, at 7 p.m. at the school on Mountain Road in Ravena.

The meeting is open to the public.

### Becker PTA sets meeting

The Becker school PTA will meet Tuesday, April 14, at 7:30 p.m. at the school on Route 9W, Selkirk.

### PIE plans meeting at middle school

The middle school Partners in Education (PIE) will meet Wednesday, April 15, at 7:30 p.m. at the middle school on Route 9W, Ravena.

### Ravena Free Library gets video equipment

Through the generosity of friends of the late John Macintyre, the Ravena Free Library was able to purchase a TV, videocassette player and stand to be used for public programming scheduled at the library.

Macintyre was an R-C teacher, a Ravena village board of trustees

member and a long-time village resident.

Story times are scheduled at the library on Saturday, April 11, and Thursday, April 16, at 10:30 a.m. The theme will be "caps and hats," and preschoolers are encouraged to wear silly headgear.

### Selkirk fire company plans Lenten fish fry

Selkirk Fire Company Number 1 Ladies Auxiliary will hold its final Lenten fish fry supper Friday, April 17 from 4:30 to 7 p.m. at the Selkirk fire station, Maple Avenue, Selkirk.

Cost will be \$4.50 for adults and \$2 for children ages 4 to 12 years.

### SAFER sets meeting at Selkirk firehouse

Selkirk Association for Each Resident (SAFER) will hold its annual association meeting on Monday, April 13 at 7:30 p.m. at the Selkirk firehouse on Route 396 in Selkirk.

Nominations for election of officers is planned. Membership dues will be collected, and members are encouraged to bring interested residents.

For information, call president Harold Williams at 767-2925.

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**OB/GYN Update**

By Edward J. Jacobs, M.D., F.A.C.O.G.

## "The New Hysterectomy"

Until recently, a woman undergoing a hysterectomy faced several days in the hospital, up to six weeks of painful recovery and a four-to-six inch scar. But now a new technique known as Laparoscopically Assisted Vaginal Hysterectomy (LAVH) dramatically reduces hospital stay, pain, scarring, recuperative time and costs for many patients.

More than 650,000 women in the United States undergo hysterectomy (surgical removal of the uterus) each year. A growing number of these women can benefit from the new technique that is performed through tiny incisions using new, miniature surgical instruments.

In traditional hysterectomy, patients are usually hospitalized for three to five days and cannot resume normal activities for four to six weeks. In contrast, most women undergoing LAVH leave the hospital one or two days after surgery and return to work or their normal activities in a week. Operating time can be cut by as much as an hour, compared with the traditional procedure.

The new technique is performed through four trocars, tubular devices used to create tiny openings in the abdomen, that serve as entry points for specialized instrumentation. A miniature camera, called a laparoscope, is inserted through one trocar, allowing the surgeon to view a magnified image of the patient's internal organs on a video monitor.

Next, the instrument that makes the new procedure possible—the MULTIFIRE ENDO GIA\* stapler, developed by the United States Surgical Corporation—is used to detach the uterus from its adjacent structures. In addition to serving as the surgeon's scalpel the stapler simultaneously seals each cut edge with a triple row of tiny staples, eliminating the need for tedious hand suturing. After the uterus is isolated, it is removed through the vagina.

Though LAVH is not for every patient needing hysterectomy, the recent development of the laparoscopic stapler has revolutionized this surgical technique for some patients. There is a dramatic reduction in pain and a speedy return to regular daily activities for patients. If you are interested in learning more about this procedure, please call our office at 465-3318.

## Bethlehem Recycling Corner

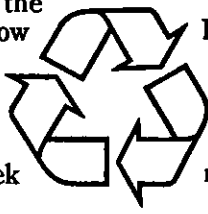
By Sharon Fisher, town recycling coordinator

The town of Bethlehem is expanding its recycling program to include magazines and catalogs on a voluntary basis.

A covered rolloff, which was recently purchased by the highway department, is now located at the Rupert Road Transfer Station. This is the same recycling bin that was located at the town hall for the two-week phone book collection.

All magazines and catalogs are acceptable. The covers must be ripped off *Reader's Digest* and *TV Guide* only. These covers are incompatible with the magazine recycling process.

All items must be stacked loose inside the recycling bin. One suggestion is to take items to the transfer station in corrugated cardboard boxes, then recycle the empty boxes.



There is a \$1 charge for recyclables only. In order to use the landfill, each vehicle must have a sticker to prove that the owner is a resident of the town.

Directions to the Rupert Road Transfer Station in South Bethlehem and stickers can be obtained at the town hall, town park, and highway garage.

Telephone books are one of the heaviest parts of our waste stream. Last week, 6.5 tons of telephone books were recycled with Kruger Recycling in the Port of Albany.

Telephone books are now being collected at the Grand Union in Elsmere or Glenmont, through April 17. Those books will be made into hospital bedpans, through a program arranged by the Albany Medical Center.

## Young thespians make drama debut

Children are noted for their acting ability and Voorheesville children are no exception.

Members of the Voorheesville Elementary School drama club will make their debut on Saturday, April 11, at 7:30 p.m. at the high school auditorium.

This stage production of the operetta "Cinderella" will be directed by teacher Pamela Hamlin and produced by Janice White, assistant principal.

The cast includes: Colin Birchler, Madeleine Bonville, Rebecca Cooper, Dan Crego, Jeff Diehl, Justin Fuld, Jason Halpin, Beth Korolewicz, Alison Leonard, Jessica Lindner, Jeremy Malloch, Brian Mathews, Doug Pike, Stefanie Pivar, Michelle Rathke, Adam Ritchie, Lindsay Rudd, Candice Speanburg, Sarah Steinkamp, Beth Tidd, Kelly Ulion, Kristen Vanderwarker and Adam Wozniak.

Tickets can be purchased at the door for 50 cents.

### Voorheesville Key Club sponsors annual show

The Voorheesville Key Club at the Clayton A. Bouton Junior Senior High School will sponsor the annual Air Band show on Friday, April 10, at 7 p.m. in the high school auditorium.

Brian Goldstein and Erin Sullivan will emcee the show, which will feature nine sketches.

Refreshments of pizza, hot dogs and beverages will be sold during the evening. Tickets will be sold at the door for \$3 per person.

### NEWS NOTES

#### Voorheesville

Susan Casler  
765-2144



will cost \$4.75. A half chicken can be ordered for \$4.25.

The dinner is takeout only. To order, call 439-6454.

### Workshop to feature money-saving ideas

A college-planning workshop for parents and students will be held at the high school on Tuesday, April 14, from 6:55 to 9 p.m. in the cafeteria.

Donald McCormick, president of Directions Unlimited, Inc. of Loudonville, will discuss ways in which families can save money.

For information, contact Robert Quackenbush, guidance director, at 765-5529.

In Delmar

The Spotlight is sold at  
Convenient-Express,  
Stewarts, Tri-Village Drugs  
and Sunoco Elm Ave.

### Mother's Time Out group to discuss decorating

Mother's Time Out meets Mondays from 10 to 11:30 a.m. at the Delmar Reformed Church on Delaware Avenue.

Mothers of pre-school children are welcome, and child care is provided.

The topic for Monday, April 13, is "Decorating within a \$500 Budget," presented by Renae Salerno of Salerno Interiors.

Mother's Time Out will not meet Monday, April 20.

### Church card party benefits building fund

A card party will take place at the Glenmont Community Church on Chapel Lane in Glenmont on Monday, April 27, at 8 p.m.

antique fashion show from the collection of Evelyn Sturdivan. Tickets are \$3, and reservations can be made by calling 465-8732.

Entertainment will include an

Proceeds will benefit the church building fund.

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## Medical, Health & Dental Services



### Views On Dental Health

Dr. Geoffrey B. Edmunds, D.D.S.

### WHY DENTAL FLOSS?

Dental plaque is the primary cause of tooth decay and gum disease. A tooth brush can help remove plaque from visible surfaces but cannot remove it from between the teeth and beneath the gum line. Unwaxed floss is most often recommended to remove plaque from these hidden areas. Here's how to use it:

Cut off about 18 inches of floss and wrap the ends around the middle fingers, leaving about 2 inches between the hands. Guide it with thumbs for the top teeth and index fingers for lowers. Pass the floss gently between two teeth, sliding several times to the gum and back along the side of one tooth. Repeat the scraping on the side of the adjacent tooth and move on until all teeth are flossed.

A word of caution: Always control the floss. Try never to snap the floss

suddenly between two teeth as the gums may be sensitive. Use a gentle, sawing motion. If gums bleed, you may be flossing too hard, or they may be in poor health. It makes sense to have your dentist or hygienist demonstrate the flossing method to you. It will help insure the future health of your teeth and gums.

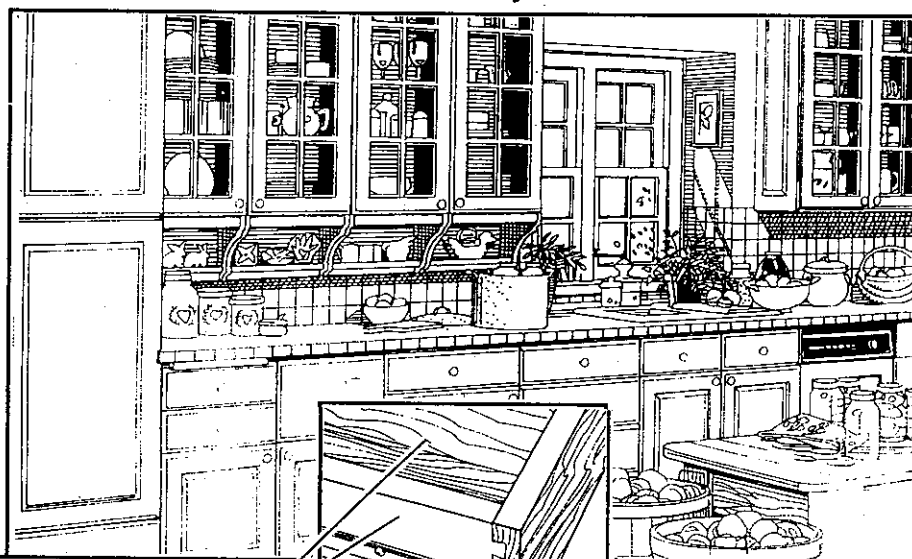
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## Homestead

(From Page 1)

say, I'm not too pleased." He thinks homestead is really discrimination against commercial interests by both the town and school boards.

"I do feel it's discrimination. It defeats the whole purpose of paying \$450,000 to Finnegan. They're talking out of both sides of their mouth," he said. Finnegan Associates was hired by the town in 1990 to reassess town properties.

The Delaware Avenue businessmen also believe Fuller and Gunner's past affiliation with the school district was a factor in their decision to vote for the homestead taxing policy. Fuller is a past-president and former member of the

school board and Gunner is a former principal of Bethlehem Central High School.

But Fuller said she's upset she's being viewed as a "school district representative," rather than a town board member. "As a town board member, I need to represent everyone and that's what I tried to do."

Gunner said there is no reason for business people to relate his vote to his former role in the district. He said he acts independently. "Citizens elected me to represent the majority, and that's what I really try my best to do," he said.

One reason he voted for the homestead provision is that "The

vast majority of residents will see a reduction," in their tax bills.

Bethlehem Chamber of Commerce President Marty Cornelius said many town business people are "confused" and feel the homestead provision came up and was acted upon too fast. The chamber board unanimously voted to ask the town board to reject homestead, she said.

The way the homestead vote was handled also bothered Johnson. "The thing that blew me out of the water is that they argue for months about passing a stop sign, and then pass something like this in a week," he said. "It's preposterous."

## Law

(From Page 1)

cific limits, he said.

"Dr. Holstein said if we set individual chemical standards, we're never going to accomplish anything," said Secor.

A March 2 task force memo reiterates the concern. If limits on specific chemicals, compounds or pollutants are included, the law "would lead us down a path so technically complex and litigious that it could jeopardize any possible successful outcome of our efforts," the memo stated.

In addition, Secor said the task force does not have the technical expertise or finances available to develop detailed standards and defend them if challenged in court.

The town's building inspector

would be in charge of enforcing the law, while the town's highway superintendent is in charge of implementing solid waste management programs, Secor said.

Other items to come before the town board tonight include a presentation on the Solid Waste Task Force's recommendations on solid waste management options.

The committee is recommending the board review three options. Construction of a waste-to-energy garbage incinerator by Energy Answers Corporation on Bethlehem's Cabbage Island and re-initiating talks with neighboring municipalities about developing an integrated solid waste management system are among the first two options.

The third option, hauling Bethlehem's waste out of town, will be presented as an "alternate option."

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## SPOTLIGHT ON

## SPORTS

Eagles sprint to top three finish  
as Fritts sets BCHS hurdle record

By Jared Beck

On April 4, the Bethlehem Central High boys' outdoor track team finished in the top three at a meet in Bennington, Vermont against nine other schools.

Although coach Dave Banas described the early morning conditions there as "cold and windy," the team's performance was anything but icy. The Eagles racked up 55 points — good enough for a finish in the top three.

Bethlehem's high placement came on the strength of two first place finishes, two second place

showings, and three third places. Taking first was Matt Dugan, who ran the 800-meter in 2:41 seconds, and the mile relay team (Mike Fritts, Andy Christian, Josh Dianni, and Dugan) which finished with a time of 3:41.

Coming in second were Gary Hurd, who turned in a 4:23 1500 meter, and Fritts, who set a new BCHS record in the 300-meter hurdles with a time of 31.4 seconds.

Fritts added a third place finish in the 800-meter, with a time of 2:08. Christian took third in the

200-meter sprint with a 23.9, as did the 400-meter relay squad (Steve Sarsfield, Christian, Dugan, and Dianni) which was clocked at 47 seconds.

Also coming up with an impressive performance was Ryan Lillis, who scored a triple jump of 34 feet—5 inches, good for sixth place.

"I really was pleased with the sophomore and freshmen runners, and those who competed in the field events," said Banas. "You couldn't ask much more from them."

## Champions crowned



Members of the League Champion Bethlehem Basketball Club Biddy "A" Travel Team include (left to right): Front row — Marc Borzykowski, J.J. Kasarjian, Geoff Linstruth, Kevin Russell and Paul Patane; Back row — Nicole Conway, Geoff Hunter, Tom Hitter, Matt Tulloch and Mark Svare.

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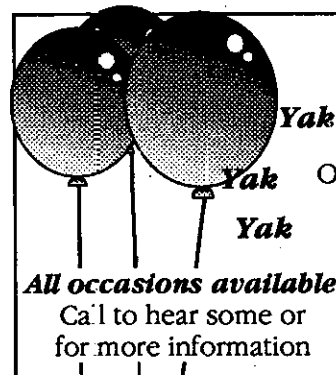
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# Eagle laxers 'stick' it to Hoosick Falls, 4-1



Members of the Bethlehem Central High varsity lacrosse team crowd around their coach during a break in the action at the Colonie Tournament Saturday.

Seth Hillinger

By Josh Norek

Bethlehem Central High varsity lacrosse players got their first taste of victory Saturday, April 4, as they defeated Hoosick Falls 4-1 in the consolation round of a pre-season tournament at Colonie High School.

BCHS lost to Troy High on Friday in the first round game.

The Eagles jumped to a 1-0 lead in the first quarter against Hoosick Falls when Mike DeCecco scored a goal with an assist from Mike Koroluk. Hoosick Falls then followed suit, bringing the score to 1-1.

DeCecco added a second goal to the effort in the second quarter on an assist from Tim Mooney.

"The team felt like it had an obligation to win after the loss to Troy," said DeCecco. "Everyone felt this game was important."

The defensive line of Adam Trent, Matt McGuire, and Greg Zornow were successful in stopping Hoosick Falls from scoring again. Two more BC goals were posted in the third quarter, one by Tim Mooney and the other by Merlin Gordon on an assist from Chris Hansen.



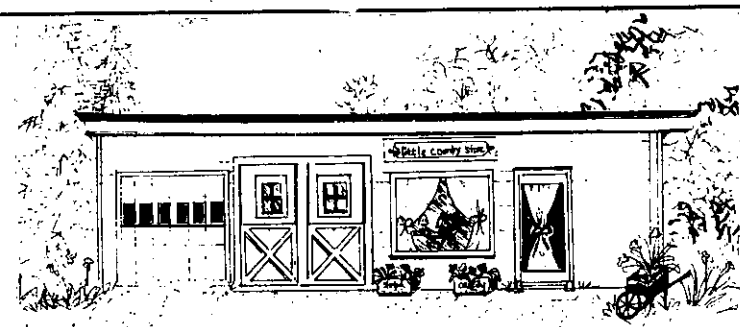
Bethlehem Central High senior Merlyn Gordon looks upfield during Saturday's lacrosse tournament at Colonie High.

Seth Hillinger

## Bike tour planned to benefit MS society

The fifth annual Roll by the Hudson Multiple Sclerosis 150 mile bike tour will be held July 11 and 12 starting in Columbia County. Overnight stay will be at Vassar College.

The Century Ride for MS - the Adirondack 100 - will be held August 26 starting in South Glens Falls. There is a choice of a 25, 50 or 100 mile scenic country rides.



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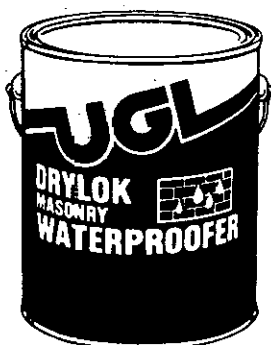
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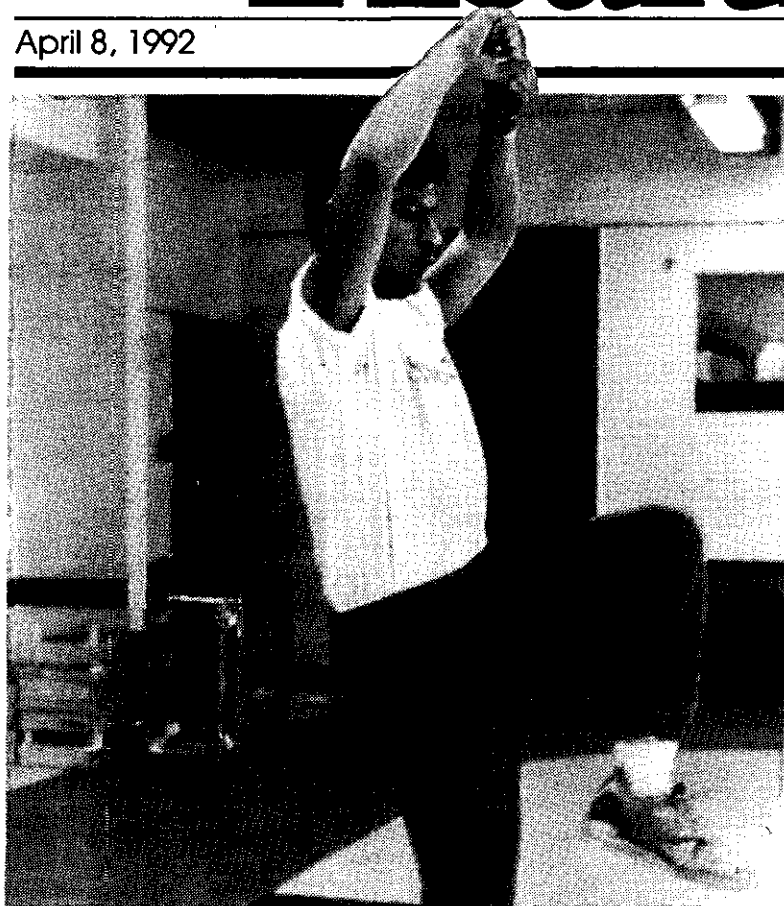
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# Health & Fitness

April 8, 1992

A section of The Spotlight and the Colonie Spotlight



## Step up to aerobics

By Susan Graves

Despite the recession, more and more people are stepping up in the world. Step aerobics, the "new exercise for the '90s," is not only a means to move ahead in life but also an efficient way to fight flab, according to YMCA instructor Michael Hernandez.

Hernandez, who is certified by the Aerobics and Fitness Association of America, said he enjoys teaching step because it addresses the needs of exercisers at all fitness levels. "You can increase the intensity of work through higher steps and by adding hand-held weights," he said.

"Step burns more fat and calories," and is an appropriate cardiovascular exercise. But step alone won't work miracles as far as unwanted pounds are concerned. "You have to watch what you're eating as well," Hernandez cautioned.

Step aerobics is also suited for all ages. At the Y, senior citizens can take step in the Forever Fit program.

Steps range from 4 to 12 inches and can be made of wood or plastic and, for practice at home, an ordinary stair is fine, Hernandez said. Beginners or first-time stepers are encouraged to start with the 4-inch step and work their way up. (In class, Hernandez uses a 10 inch step.)

For best results, he said, step, like all fitness programs, should be done at least three times a week. A benefit of step is that, as the exerciser moves both horizontally and vertically, the workload on the body is increased and the body burns off fat. And, as with regular aerobic routines, warm-up, stretching and cool-down exercises are essential.

Another must for step aerobics is keeping the body hydrated be-

fore, during and after the workout, he said. "In a step workout, you perspire more than usual" because the core temperature of the body increases. Cold water helps to lower the core temperature and prevent dehydration, he added.

Hernandez, 29, who has always enjoyed working out and keeping fit, said he was encouraged by Regina Cornell, aerobics director at the Y, to become an instructor. From there, he went through training in exercise, stretching, kinesiology and physiology followed by a six-week mentoring program.

Since last year, he's been teaching step classes at both the Albany and Troy YMCA's. "I have a lot of fun with all my classes."

Hernandez's goal is to be the best he can be as an aerobics instructor and in his full-time job as headwaiter at the Stone Ends restaurant in Glenmont.

Michael Hernandez goes through a high-stepping routine in his aerobics class at the YMCA in Troy. Susan Graves

## Swingers practice and play at batting center

By Mike Larabee

Has there ever been a baseball fan not given to the occasional fantasy?

Seventh game of the World Series, each side has three wins.

The hitter — a rookie brought in at midseason to replace an injured veteran. An overnight sensation. The consummate underdog. Snatched from the ranks of everyday life by the keen eye of the team's top scout.

The pitcher — the visitors' ace fastballer.

Bottom of the ninth, two on, two out. The crowd on its feet. A billion television viewers across the globe hold their breath.

Home team down by two.

Two, two count.

Batter is set, pitcher checks the runners, goes into the stretch.

And the pitch ...

In your head, it's always a homer, clearing the 420 foot mark in right center by 30 feet. Or maybe you knock it clean out of the park, the ball lining past the highest seat in the upper deck, still rising. Regardless, the crowd roars, your teammates carry you on their shoulders, the television announcer shouts and screams your name.

But if you put the fantasy to the test at the National Batting Center in Colonie, don't be too surprised if you strike out or squib an easy grounder to an infielder for the series-ending out.

Owner Sean Baker said new customers, former high school or

Babe Ruth players, sometimes grab an aluminum bat and unwisely step into a cage to take on the center's 80 mile-an-hour machine — its fastest. "They haven't hit in ages but they think they still have it," said Baker. "They don't touch it."

Baker, 27, opened National Batting Center in indoor space behind Northway Mall at the end of 1990. A one-year veteran of minor league baseball who still competes in an Albany-based twilight league, he said he started the business with an eye toward drawing in

local ballplayers of all ages who have almost nowhere to go for batting practice much of the year. His older brother, also a former minor leaguer, runs a successful batting cage in New Jersey, he said.

Altogether, National Batting Center has five baseball and two softball pitching machines. The hitter stands at the far end of an area surrounded on all sides by netting, while a single metal arm slingshots yellow baseball- and softball-sized rubber balls toward him. The baseball machines pitch strikes at a rate of about one every five seconds at speeds ranging from 45 to 80 miles per hour.

The batting center's equipment has an advantage over more common machines that use wheels to fire pitches, said Baker. "This has an arm just like a pitcher's natural motion," he said, "You can time it just like a pitcher."

"It's just about the closest you can come to facing live pitching because it's got the arm," he said.

The two softball machines — one set for fast pitch and one for slow — are intended to attract participants in the area's many adult softball leagues, Baker said.



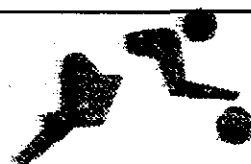
National Batting Center owner Sean Baker swings at an 80-mile-per-hour pitch hurled by the facility's fastest machine. The center is located behind Northway Mall in Colonie.

Mike Larabee

□ SLUGGERS/page 6

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# Will your way to good health with biofeedback

By Kathleen Shapiro

Migraine headaches, back pain, upset stomach, hypertension, insomnia.

For many people living in today's busy world, stress-related illness has become all too common.

That's the bad news.

On the bright side, research has shown that many who suffer from anxiety and its physical side effects have the power to heal themselves without drugs or medical treatment.

The answer lies in the imagination.

By using mental imagery and relaxation techniques, an increasing number of people are learning to release tension and control body and muscle functions, essentially thinking themselves back to health.

"People have to come in here with the idea that they want to help themselves," said Martin Marazzo, clinical director for Behavioral Health Specialists, a psychological treatment center with offices in both Latham and Albany. "Some people would rather go to a doctor and have them prescribe medication, and that's that. These days, though, a lot of people don't like to take medicine."

That's when many of them turn to Marazzo or the handful of other health professionals in the Capital District who practice biofeedback therapy.

Developed more than 20 years ago, biofeedback uses highly sensitive electronic equipment to amplify and monitor signals generated by the body, including

muscle tension, skin temperature, heart rate and brain waves. Patients are taught to recognize those signals and use deep relaxation techniques and mental imagery to produce desired physical changes like increased circulation, higher body temperature or decreased muscle tension.

**People have to come in here with the idea that they want to help themselves.**

Martin Marazzo

"The equipment does absolutely nothing to the person other than provide them with a signal," said Marazzo, who has patients sit in a reclining chair during each 45-minute session. With the machine's sensory electrodes attached to the patient's arm or forehead, he begins to talk them through a series of mental relaxation exercises. If the patient tenses, the machine will alert them by letting out a high-pitched tone. When they relax again, the tone diminishes.

With practice, most patients can learn to become more sensitive to their bodies and control physical responses before the problem gets out of control, Marazzo said. "Headaches are a good example," he noted. "By the time you start to feel it, the muscles are already tense. If you can detect that tension at a lower level, you can do something about it before the pain starts."



Dr. Martin Marazzo, clinical director for Behavioral Health Specialists in Latham, and Carol Marazzo, administrative director, demonstrate some of the equipment used during biofeedback therapy. By attaching sensory electrodes to the forehead, patients monitor factors such as skin temperature, muscle tension and heart rate, and eventually learn to control them.

Kathleen Shapiro

Different exercises can be applied, depending on the target area, said Marazzo. For stress-related tension or muscle pain resulting from an injury or accident, deep breathing and relaxation exercises can be helpful. For migraine sufferers, learning to raise the skin temperature in their hands, by picturing "hot" images such as drinking coffee or sitting on a beach have proved effective, since the increased temperature allows for better blood circulation and a lessening of pain.

After several weeks of training sessions and practice at home, patients are ready to begin using the skills they've learned in the outside world. "I can teach almost anyone to relax in an armchair, but the real key is making it work in real life," said Marazzo.

The therapy, which is usually covered by health insurance, takes an average of five to 10 sessions for most patients to master the techniques, he said, comparing his job to that of a coach. "I'm teaching

them and talking them through the process so they come away with a skill they can use for the rest of their life."

Although biofeedback therapy is not always an appropriate substitute for drugs or conventional medical treatment, an increasing number of physicians are beginning to recognize it as a useful tool, he added.

"Clearly, it's not a fad," he said, noting that most patients seek the therapy at the suggestion of their doctor. "A tremendous amount of research has been done over the years demonstrating exactly what it can and can't do."

## Olympic hopefuls team up for fitness

While many athletes are preparing for the 1992 Summer Olympics, future Olympic hopefuls are teaming up for fitness during a unique athletic event for youngsters.

Hershey's National Track and Field Youth Program, the largest youth sports program of its kind in the U.S., is in its 15th year of promoting friendship, participation, sportsmanship and physical fitness.

Volunteers in all 50 states and the District of Columbia hold track meets for children between the ages of 9 and 14. Over a million children participated in the program in 1991.

The Hershey Youth Program is sponsored by the President's Council on Physical Fitness and Sports, the National Recreation and Park Association, and the National Association for Sport and Physical Education. Hershey Foods Corporation is the sole funding sponsor.

For information, call 1-800-465-1714, or write to Jim Johnson, National Director, Hershey's National Track and Field Youth Program, P.O. Box 810, Hershey Pa. 17033.

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# Cardiac rehab helps patients overcome medical mountains

By Susan Wheeler

Thinking about exercising is easier than doing it, and for those recovering from a heart attack or open-heart surgery, it may seem like an impossible task.

However, rehabilitation programs offered by several Capital District hospitals help many make the transition from patient to active person again. The programs are designed to motivate participants to take part in physical exercise routines and to make the wisest decisions about diet, stress reduction and other health matters.

"We hope to influence them so they make the healthy decision," said Timothy Raymond, director for cardiac rehabilitation for Albany Medical Center. "When they finish, they feel more like people than patients."

center, they see others in the same boat. They encourage each other when they've made improvements, or if someone needs a little support."

According to Raymond, rehab patients often believe they can't do the exercise routines, but the group sessions show them they can. "Many fear they can't do it," he said. "But they bond with others and the staff. It's an incentive to return. It's a very supportive atmosphere."

In addition, cardiac rehab participants who had open-heart surgery heal faster, Raymond said.

Diet modification is also given attention during the rehabilitation program. Gosstola said participants are asked to adapt to a diet low in cholesterol, sodium and fat. Diet guidelines, patient education literature from the American Heart

Because patients are referred to rehab programs by their cardiologists, some are unaware that the programs even exist. According to Raymond, some cardiologists in the Capital District are reluctant to refer patients to these "proactive" programs.

Rehabilitation programs are often covered, at least in part, by most major insurance companies, Gosstola said.

For those who suffered a cardiac event but were not referred to rehab, it may not be too late, Raymond said. Patients should check with their doctor and insurance company before beginning a program, he said.

## Americans wake up to sleep problems

Most Americans are aware that proper nutrition and regular exercise play significant roles in maintaining good health.

Many people, however, do not realize that getting enough sleep is an equally important health concern.

The National Sleep Foundation estimates that, in any given year, more than 50 million Americans will experience a significant sleep problem. For many, sleep problems are chronic, having an enormous impact upon their quality of life.

Insomnia is the inability to achieve continuous sleep at night.

Causes of general insomnia include stress from a family crisis, work-related pressure, medical problems, use of alcohol or other drugs, changes in sleep schedule and depression.

People with chronic sleep problems should see a physician to discuss available treatments, experts say.

## At the cardiac rehab center, they see others in the same boat.

Christine Gosstola

The rehab program at Albany Medical Center, as well as one at St. Peter's Hospital in Albany, focuses on developing patients' strength and increasing their endurance. Both offer the program on an in-patient and out-patient basis.

The core of both programs is a three-month rehabilitation period where the patient visits the center three times a week. Each session lasts approximately an hour and includes warm-up exercises, a cardiovascular workout, a cool-down period and time to talk with center personnel about individual concerns. Patients' heart rates are monitored throughout the exercise routine.

Raymond said Albany Medical Center's three-phase program takes individuals from when they are recovering in the hospital to when they are post-rehab participants. Although the third phase is on a doctor-recommended basis only, many visit weekly.

According to Christine Gosstola, R.N., patient care coordinator of St. Peter's Hospital cardiac services, the 5-year-old program at St. Peter's has a 75 percent success rate.

Once participants finish at the rehab center, they are given guidelines to follow or directed to other community resources. Although St. Peter's Hospital's success rate is higher than the national average for such programs, Gosstola said she would like to see more take advantage of it.

During the rehab program, exercise routines are tailored to each individual, but they work out in small groups. According to Gosstola, this is one of the biggest motivating factors for participants.

"Motivation is very difficult," she said. "At the cardiac rehab

## Nurse eases pain of long hospital stay

By Susan Graves

For me, a stay at the hospital has always been something best forgotten as soon as possible. But that's not easy when a loved one is destined for a lengthy hospital sojourn.

Coping with the uncertainty, the loss of dignity, the over-heated rooms, the medications, the insufferable PA messages and the depressing atmosphere all takes its toll on patient and family members alike.

My stepfather recently suffered his third stroke. He's been a real trouper despite endless proddings and pokings. But it hasn't been easy for him or for the family who have been on tenterhooks throughout the ordeal.

There is, however, one shining light at St. Mary's Hospital in Troy — Sally Kersey. Sally somehow manages to give the patients on the third floor a home away from home.

That's not easy to do for someone who came from the intensive care unit to progressive care to a semiprivate room. "I feel like a tossed salad," my stepfather Bill Andrews said when he was finally settled in on the third floor.

Bill, still paralyzed on his left side, calls Sally a real gem, and she gets a kick out of that. Sally is a real gem, who ministers to her patients as if each one were a close relative.

Working a double shift last Friday in another section of the hospital didn't dampen her spirits or stop her from a brief visit to check on Bill. When she left, he felt better and so did we. She helped his on-duty nurse prepare him for the night and stayed a few minutes just to visit.

Somehow everything seems all right or at least normal when she's around. Sally's enthusiasm for life is contagious. She shares a little bit of herself with everyone, chitchatting about family, including her elderly parents who live in Pittsfield. "The car seems to know the way there," she said.

In her spare time last week, she sat with an elderly woman while the woman's children ran errands. I overheard her telling my stepfather that the children tried to pay her \$6 an hour.

"Why, I could never take that much," she said.

Sally's sense of fairness transcends the going pay rate for nurses. "I can't stand people who take advantage of old folks."

She said she took \$3 an hour for a total of \$15 for the evening. "And that's that!" she said. Sally, by the way, lives in Easton in Washington County, an hour's drive from where the woman she sat with lives.

From my perspective, Sally is the embodiment of the term "caregiver." Always professional, yet always personal, she has made a very difficult time more bearable.

She has also taught me a lesson about the value of nursing. I used to think it was a second-class career and that nurses should all be doctors.

How wrong I was.

If that were true, Bill and the rest of the family would be in much worse shape.

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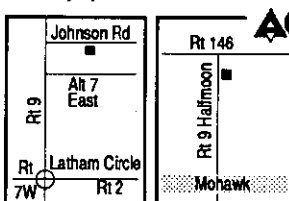
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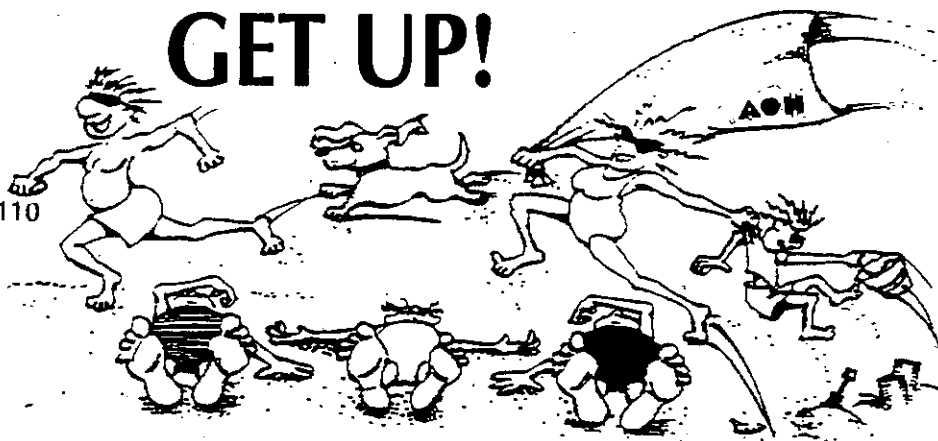
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# Couch potatoes, arise, and spring into motion

By Michael DeMasi

Sufferers of cabin fever and assorted couch potatoes take note: Spring is here and it's time to get out of the chair, stretch that aching back and those shriveled, wimpy muscles, and get back into shape.

But before you lace up your sneakers and sprint out the door for a 10-mile run, keep in mind that although your will power is in high

gear, your body needs some time to catch up.

"People get tricked by their bodies," said John Repsher, a physical therapist and the owner of the Athletic Training Room in Albany. "Whatever the activity, they get the body warmed up, and the body sends a message that everything's fine."

But, Repsher said, this feeling of euphoria is usually replaced the

next day by soreness because many people go too far, too fast.

"They often do too much the first time around," he said.

In addition, many exercisers don't spend enough time preparing their body for a workout.

"Stretching is one of the most important parts of a complete fitness program," he said, but too often people overlook stretching or simply choose not to do it.

By not stretching, exercisers risk developing tendonitis in and around the joints. Tendonitis is an inflammation of the tendons, the tough, fibrous tissue that connects muscles to bones.

"When a person starts training, the muscles become stronger quickly, but the tendons, joints and tissue train at a slower pace," he said.

For weight lifters and racquet ball players, rotator-cuff tendonitis is most likely, since those activities involve the group of muscles that control shoulder rotation. Anterior knee pain is likely for those who run, bike or row.

To help prevent these injuries, Repsher said, it's important to maintain flexibility.

"Flexibility is the single most important thing," he said.

Repsher said, ideally, exercisers should spend at least 15 minutes stretching before taking off on their bike or jumping in the water for a long swim.

This is especially true as people get older.

"Subtle changes take place as you get older," he said. "It's important you maintain flexibility."

Once you start exercising, the American College of Sports Medicine recommends that you do it between three and five times per week.



Physical therapist John Repsher monitors Vinny Constantino of Menands as he exercises on a treadmill at the Athletic Training Room in Albany.

Elaine McLain

"You have to make sure you're not just doing it on weekends," said Repsher. "Perhaps start off with every other day."

If you exercise more than five times per week, the ACSM says, you will get only a very small addi-

tional increase in physical fitness, and there is a much greater chance of injury.

ACSM also recommends a workout of between 20 and 60 minutes, plus time for stretching and a five-to 10-minute cool-down period afterward.

## Sweatsuits should be durable, comfortable

Sweatsuits have become a staple of American leisure fashion.

While they may all look the same, experts recommend that consumers look for specific features to ensure durability and comfort:

Wickability is important for clothing to be used for exercise. Wickable fibers draw moisture from the skin to maintain a dry feeling.

Movement of the arms and legs causes stretching. Look for garments made of fibers like acrylic, which are known for their shape retention.

Purchase oversized clothing so movement won't be restricted. Beware of fabrics which tend to shrink.

Clothing with pockets is helpful for holding small objects or warming hands on cold days.

## Use age to figure hearty exercise rate

According to the American College of Sports Medicine, your target heart rate when you work out should be between 60 and 90 percent of your maximum heart rate.

To determine an estimate of your target heart rate:

- First, calculate your approximate maximum heart rate by subtracting your age from 220.

Next, multiply this number by 0.9.

This will be your maximum heart rate.

- To determine your minimum heart rate, subtract your age from 220 and multiply by 0.6.

For example, a 32-year-old man would have a maximum heart rate of 169:  $(220 - 32 = 188)$   $(188 \times 0.9 = 169)$ . His minimum heart rate would be 113  $(188 \times 0.6 = 113)$ .

Bear in mind that maximum heart rate decreases with increasing age and varies considerably at all ages, as much as 25 beats per minute or more. Therefore, to get a precise target heart rate, consult a physician or a certified exercise professional and take an exercise test.

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# Senior puts muscle into workout routines

By Robert Webster Jr.

Like a lot of people, I have always harbored a mental picture about gyms and health centers that involve a sweaty, malodorous room filled with guys who bench press the rough equivalent of a tractor and were always discussing the value of immense carbohydrate intakes.

The truth is, persons of all ages and all walks of life can be found at your average health and fitness center. Seniors in particular are becoming a major part of the

Leg lifts, free weights for the arms and an overall workout for flexibility and strength was how Correale described her first few workouts, which have since accelerated to a twice-weekly, hour-long workout that includes free weights, the use of Nautilus equipment to strengthen the legs and chest, stairmasters and cycling.

Coupled with swimming three times a week, White said Correale's program "is an all over workout. She has improved her endurance, strength and flexibility."

*They put you in here with these guys lifting 50,000 pounds and here I am.*

Virginia Correale, 74

health and fitness craze, as Virginia Correale, a 74 year-old retired schoolteacher, proves.

The program began nearly 10 years ago for Correale after a visit to her physician when "I began tripping and was unable to get back up on my own after falling."

Exercise was recommended to alleviate the problem, but Correale found that a personal program on her own "just wasn't working out. I would exercise some days and not others and it really wasn't helping."

It was in March of 1991 that the Watervliet native saw an advertisement for the newly opened Accent on Health fitness facilities in Latham—a year later she said her life has changed immensely.

"I have really seen a difference," Correale said. "I didn't have the strength before that I do now, and I have the peace of mind to know if I fall down I can get up again."

Like Correale, every individual who goes to the club has a program designed especially for their needs, said Mark White, Correale's personal trainer. A complete physical before beginning a program is also essential.

Exercise has improved not only her physical strength, but the overall quality of her life as well. "It really expands what you can do. I'm out every day, either driving or shopping, and I've got my household chores and I still entertain guests at home."

Although she uses a cane to get around, Correale said "I really don't need it as much as I used to. I have a lot more faith in myself since I've gotten back to where I can be more independent."

There are some days at the gym, Correale admits, when she feels "out of my element."

"They put you in here with these guys lifting 50,000 pounds and here I am," she laughed. "They use me as an example to the others, 'You see that lady over there? You could end up like her if you don't work harder.'"

"Looking back at all the work she has put in so far, does Correale have any regrets?"

"Only that I didn't start sooner," she said. "Thirty years ago I should have started, even ten would have been better, but I'm glad I started at all."



74-year-old Virginia Correale gets a leg workout on a Nautilus machine at Accent on Health in Latham.

Robert Webster Jr.

"The others who work out here they say, 'If that old lady can do it, I can do it,'" she laughed. "I'm glad I have this."

## Juice drinks may not contain vitamin C

Depending on your taste and nutrition preferences, you may not be getting what you expect from your favorite juices and juice drinks, experts say.

Juices are often relied upon to provide vitamin C, a nutrient which helps the body heal wounds, absorb iron and fight infection. However, many juices do not contain a substantial amount of vitamin C.

If vitamin C content is a priority, experts recommend that consumers research their favorite juices and juice drinks.

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## Swinger

(From Page 1)

But Baker said his best customers are the players with the most vivid baseball imaginations — the Little Leaguers.

"Just imagine if this place was here when you were a kid," Baker said. "Kids love this place." Young would-be major leaguers are often crowded around the cages during the center's busiest periods, waiting in line to take cuts at the best of the machine hurlers have to offer.

• Be prepared to pay for the opportunity to swing away at National Batting Center. One round at token-run machines — a total of

18 pitches — costs \$1.50 and is over in less than two minutes. Five rounds — or 90 pitches — is \$6. One-half hour's use of a machine costs \$18 and an hour of hitting is \$30.

In addition to the pitching machines, the batting center has an indoor basketball court on which it hosts a regular three-on-three league. Because the hoops are set at 9 feet 6 inches — 6 inches below regulation height — many players can slam dunk, and games on the court have added punch, Baker said.

National Batting Center also has a pro shop with sporting equipment on sale.

## Take stress out of travel

Travel can often lead to increased mental and physical stress, making a long-awaited vacation a miserable one, experts say.

The American Physical Therapy Association recommends that vacationers take these precautions to prevent travel pains:

• When driving long distances, stop every one- to one-and-a-half hours for a stretch break.

• Most car and airline seats are uncomfortable for long trips. Try

while buttocks and shoulders are back against the seat. This should make the seat more comfortable and keep the lower back in good position.

• Be careful when lifting luggage. Use two smaller suitcases instead of one large one.

• When lifting luggage from a car trunk, make sure to position yourself in front of the trunk, bending at the knees and hips when reaching into the trunk. Keep your feet apart and your back erect, and bend your knees.

• Be sure to properly warm up before you start any activity and do not try to get a year's worth of activity into one week.

## Build a solid foundation for best exercise program

By Barry M. Scheinfeld, MD

*Board Certified, American Board of Physical Medicine and Rehabilitation; Assistant Clinical Professor, Albert Einstein College of Medicine; Private Practice, Orange and Sullivan Counties.*

What's the best exercise program for you? One that you'll follow, and that means one that takes into account individual abilities, likes and dislikes. To help build the best program for you, I've outlined six key elements to consider.

**1. Motivation** Why do you want to start exercising? What do you expect to gain from it? Here are some of the possible motivations and benefits to be achieved by following a regular exercise program.

• Proper exercise can help relieve everyday aches and pains.

• The exercise habit can be a healthy substitute for unhealthy habits, such as smoking and other inappropriate attempts to reduce stress.

• Exercise is a natural complement to any weight reduction program.

• By lowering blood pressure and cholesterol levels, exercise can help decrease the risk of heart disease.

• Exercise can increase your aerobic capacity, the ability of the body to deliver oxygen-rich blood and fuel to its cells, and make the heart a more efficient pumping machine.

**2. Realistic Expectations.** Don't charge into an exercise program with the idea that it can reverse or stop the natural process of aging, and don't overdo it. Before starting an exercise program, have a medical evaluation by your physician. If you don't have a personal or family physician, contact your county medical society for a referral to a physician appropriate to your medical needs.

The medical evaluation can help you select an appropriate exercise regimen and set realistic goals. The evaluation should assess several factors, including the condition of your heart and lungs and any underlying medical problems, such as high blood pressure,

and range of motion and muscle strength. If you are over 40 and have not lately led an active life, you should have a stress test. Blood tests can also be useful in measuring cholesterol and other health indicators.

**6. Attention to the Details.** A sound exercise program should include stretching. You would be surprised how tight and taut muscles become from activities of daily living. Notably, the thigh muscles thicken and the neck and

**To fully integrate exercise into your life requires commitment and self-discipline.**

**3. Determining What's Important to You.** If you prefer to exercise away from your home, make sure the exercise facility is conveniently located and there is enough room to exercise. Do you feel comfortable there? Does it meet your standards of cleanliness? What kind of equipment is available, free weights, weight machines, aerobic devices, such as treadmills, stair masters, rowing machines? Are instructors available to help you use the equipment safely?

**4. Consistency.** If exercise is to make a difference in your looks and lifestyle, it must be done consistently. You should exercise at least three times a week. Choose a time and stick with it.

**5. Commitment.** To fully integrate exercise into your life requires commitment and self-discipline. As you progress, your commitment can only grow. You will also become increasingly aware of proper nutrition and the important roles diet and proper rest play in maintaining good health.

back muscles tighten with daily stresses and strains.

When you stretch, be sure to incorporate proper and controlled breathing into your routine. Aerobic exercise (that which increases your uptake of oxygen) performed three times a week is the minimum required to achieve measurable benefits. I have found it useful to first become proficient at one specific type of exercise — such as stationary bicycling, jogging, or using a stair master or cross-country skiing machine — and then "cross-train," that is, alternate the types of exercise. This will help you avoid stagnation in your exercise program and help you maintain a high level of interest. The addition of upper body aerobic exercise, such as using a rowing machine, is also important since a whole different part of the body is exercised and the aerobic benefits also differ.

Once you have begun exercising, it will hopefully become an integrated part of your life and promote continued change, health and wellness.

## Common exercise myths

The Aerobics and Fitness Association of America has done some legwork to help dispel a few common myths.

• **Fallacy:** Exercise can turn fat into muscle.

• **Fact:** You can't turn fat into muscle. There are two different types of body mass that can change in volume but not in substance.

• **Fallacy:** Exercising twice a week is wasted effort.

• **Fact:** A sedentary individual who begins a well-rounded fitness program will benefit from exercising as infrequently as twice a week.

• **Fallacy:** Repeated leg lifts will eliminate saddlebags.

• **Fact:** Leg-lifts help strengthen thigh muscles. Flab and excess fat is reduced by doing aerobic exercise and decreasing fat in the diet.

### Fungus can creep up on active people

Active people often have to deal with athlete's foot.

Experts recommend the following preventative methods for dealing with this fungus:

• Wear properly fitting shoes and clean, dry, well-fitting, preferably cotton, socks.

• Keep feet clean, and wash them after physical activity. Dry feet thoroughly as well.

• Remove damp socks and shoes after activity.



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# Massage makes muscles more manageable

By Hilary Lesser

A massage can be a nerve-racking experience until you start feeling comfortable lying on a table with nothing but a towel to cover you in front of a total stranger.

In order to write this story, I thought it would be a good idea to have a massage or two. It's a tough job, but someone has to do it.

Here's what I found: whether you're tired, stressed, have sore muscles or just want to relax — a massage will do the trick.

Local massage therapists advocate many types of massage to alleviate soreness, emotional strain and tension or to increase a person's exercise efficiency.

I had the benefit of experiencing two massages. One really worked the muscles in a relaxing atmosphere. The other was equally relaxing, but with a more soothing approach.

For those of you who haven't experienced a massage, it's almost better than the new mini bite-size Oreos.

I received my first massage from Norman Early, a local massage therapist who has been practicing for 14 years. Currently he works at the Created Equal Salon at 13-14 A Central Ave. in Colonie.

My second massage was from Jennifer Seer, another licensed massage therapist who works out of her home on Hudson Avenue in Albany.

Seer combines Swedish massage, polarity, energy balancing and acupressure. She said her goal is for her clients to become more aware of their bodies.

She believes massage "is a time for people to be peaceful and still." She finds that massage not only helps both her clients and herself to be more balanced, but also relieves tension and stress.

Seer, who restricts her clientele to women, plans to target pregnant women. "Many of them feel horrible about their bodies," she said.

"My intention is to help them feel better about their bodies, and help them realize it's a baby, not a beer belly."

Both therapists agree that there are a variety of effective techniques, and that it's important to find one that is well-suited to a particular individual's needs.

Early explained that he tries to cater to each individual based on his or her needs. In my own case, I needed more of an athletic, stronger massage, due to not enough stretching, and running six miles after eating too much Ben & Jerry's chocolate chip cookie dough ice cream.

Early said, "Muscles work like an orchestra and a really good massage therapist is in tune with your body."

He described one type of massage as the structural approach, where the therapist works on the body like an auto-mechanic to fix a muscle problem. This is commonly referred to as Swedish massage.



Jennifer Seer, a massage therapist who has a business at her home on Hudson Avenue in Albany, demonstrates an energy balancing technique on her husband Paul.

Hilary Lesser

The second type of massage involves energy work. The Japanese method called shiatsu, where the therapist uses finger pressure to balance the energy in the body, is an example of this type. It is more of an abstract concept that deals with a person's meridian lines of energy.

Early described the third method, the somatic approach to massage, as an attempt to awaken one's emotional memories. This approach is used if someone experiences stress which traps itself in the muscles.

According to Early, everyone should experience massage. "A

person shouldn't have to live with overwhelming muscle pain," he said.

Massage also helps to alleviate stress and help people feel good about themselves. "Anything you can do to help your self-esteem is good," said Early.

He also feels that massage can help both athletic performance and efficiency. Massage can not only encourage a longer, more productive workout and increase blood circulation, it also aids in the absorption of nutrients and develops better muscle tone, he said.

When you work out, your body produces acids which work as lubricants for the musculature, he said. Early explained that when a person stops exercising, these

acids turn into lactic acids, a waste chemical that can cause uncomfortable stiffness and pain.

He said massage can break down lactic acid, and gently reduce those and other toxins and fatigue products. This means less pain and more gain in a person's workout.

From experience, I found it was easier to run after I received a massage. I actually felt revived instead of relaxed and my legs were looser.

For maximum benefit, Early recommends that people go for a massage as often as once or twice a week, or as little as once a month. Early charges \$35 per hour and Seer charges between \$25 and \$40 dollars an hour.

## Allergy sufferers can workout safely in aquatic activities

Water sports are ideal for allergy prone athletes since they involve not exposure to plant allergens.

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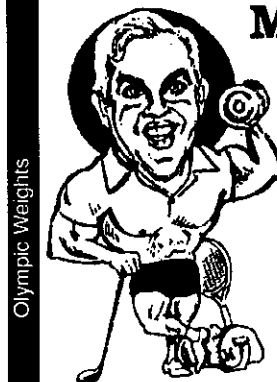
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# Eastern exercise soothes stress for students

By Eric Bryant

Dusk filters through the shaded windows of a nondescript Albany storefront and, inside, Jianye Jiang turns on a tape player, turns down the lights and settles his students into a 15-minute exercise in chi kung — a rhythmic ballet of synchronized movement and intense concentration.

A kind of Chinese New Age music rises and falls to their movements and Jiang calls out gentle instructions as he joins the circle of students in the center of the mirror-lined studio space.

Just watching the choreographed body movements is soothing, but the participants seem in a trance — away from the bustling cars outside and the troubles of the workday.

The music ends, the students are finished and Jiang instructs them to find a partner and apply gentle pressure with their hands on each other's shoulders. They have gathered a pool of energy from within themselves, and now they are sharing it in a concentrated massage.

Welcome to the world of t'ai chi ch'uan, an ancient Chinese martial art which is rapidly gaining popularity in the Capital District and across the United States. With graceful movements, deep breathing and meditative concentration, t'ai chi attempts to place the mind

## It pays to shop around for best value in care

A recent consumer survey indicated that the average American family spends \$4,300 on health care every year.

These escalating costs are making it increasingly essential for consumers to make their health care purchases carefully.

Experts recommend several tips which consumers should follow in purchasing health care:

- Treat health care the same as you would other major purchases. Shop around for the best value.

- Question doctors about the procedures they recommend. This keeps a doctor attuned to the health care needs of the patient, prevents unnecessary procedures and saves money.

- Find out if your company offers a managed care plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). These plans often provide richer benefits at lower cost.

- Compare your health plan with your spouse's. Pick the one that best suits your needs and finances. Being insured under two plans can mean duplicating contributions for little increase in coverage.

- Keep yourself informed about your policy and what it covers.

## Sensitive teeth affect 25 percent of adults

One out of four adults in America is affected by tooth hypersensitivity, which can be caused by wearing away of enamel or receding gums.

and body in harmony. Like the eternal circle of yin (passive) and yang (active), t'ai chi helps strike a balance between the two universal forces, Jiang said. Breaking away from everyday pressure and anxieties, it acts as a way to center and regenerate the body's energy.

"This is an internal martial art. It combines physical and mental aspects," said Whitson Brathwaite, a teacher in the Albany City School District who also assists Jiang part time. Brathwaite said his two years of training with Jiang has increased his endurance and calmness, and even when he's in front of a classroom of noisy kids, he can "do (t'ai chi) mentally."

Jiang's students come from all walks of life and range in age from a six-year-old to Bessie Forsyth — a spry and bright-eyed 77.

"I can come in here so tired and

afterwards, well, I just feel real good," Forsyth said. The Colonie native had read a book about t'ai

*I can come in here so tired and afterwards, well, I just feel real good.*

Bessie Forsyth, 77

chi and decided to join in when Jiang moved from the Saratoga area to Albany.

"I don't practice at home as much as I'd like to, and when we have to do the leg lifting parts my balance isn't that great, but I really enjoy this ... He makes me sick, the things he can do with his body," she said with a laughing glance at Jiang.

A native of Shangdong Province in northeastern China, Jiang taught t'ai chi, kung fu and gym-

nastics for many years in his homeland. He is an award-winning calligrapher and has appeared in

martial arts movies in China, Australia and Japan.

Jiang spent a year teaching at Saratoga's Skidmore College, and now divides his time between the physical education department at the University at Albany and his own private lessons.

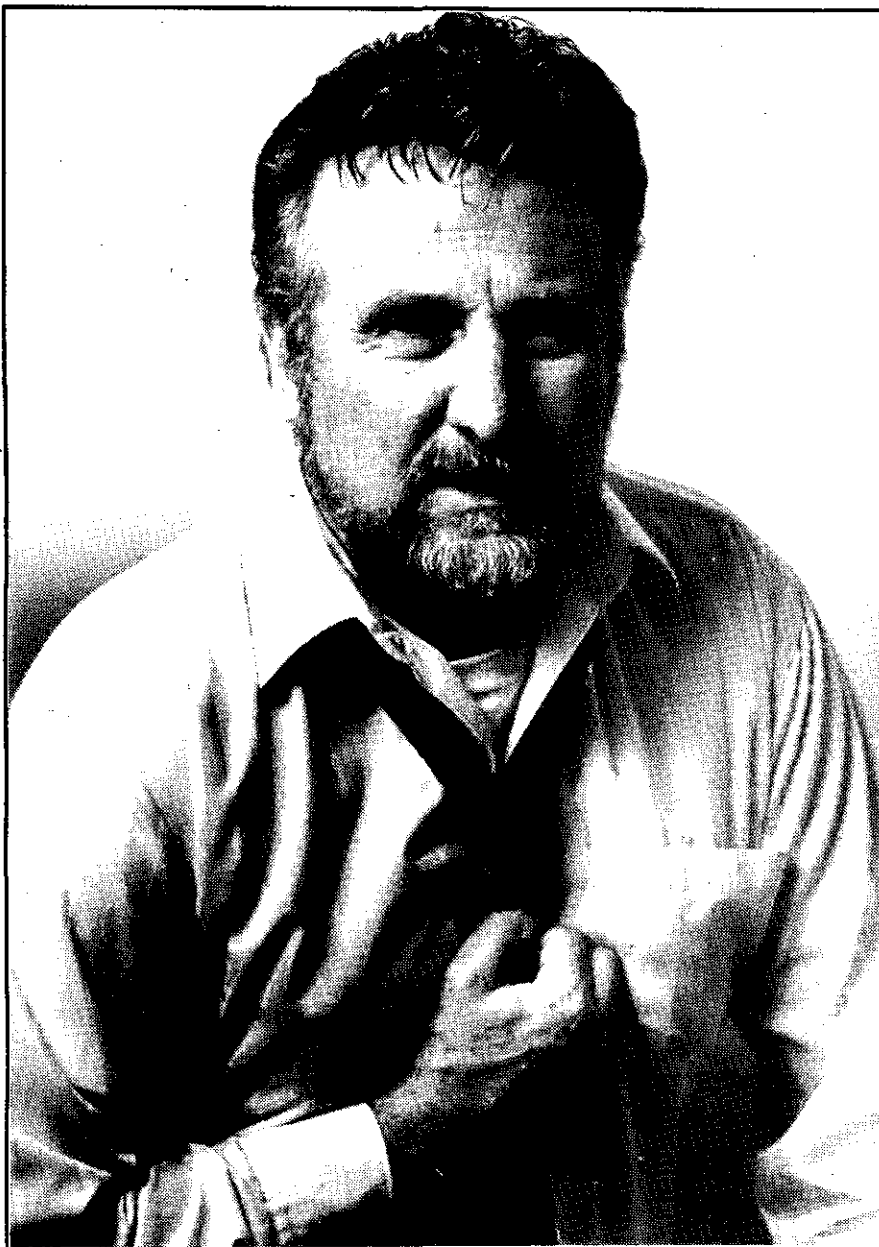
One of his most popular sessions is a weekly routine with state workers, who toss off the coil of bureaucracy for an hour-long lunchtime t'ai chi period once a week. He also teaches through

the Knowledge Network, the eba Dance Studio and the Albany Academy for Girls and hopes to expand with several other group lessons.

Brathwaite attributes t'ai chi's burgeoning popularity to its ability to reduce the stress of everyday life. With its graceful and meditative action, t'ai chi is also thought to reduce the pain of arthritis and other degenerative disorders.

"I think it's catching on because everything else has been tried. People are desperately looking for something to reduce stress, and this is proving itself to be extremely worthwhile ... it's regenerative to the psyche, the spirit of a person," he said.

For information about area t'ai chi classes, call the Capital District Tai Chi Association at 436-5645.



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## Eagles set to soar in girls' track

By Emily Church

The Bethlehem Central High girls' track season looks optimistic after two recent scrimmages. Their first invitational was at Christian Brother's Academy on April 1 and their second at Bennington, Vermont on April 4.

In the past few years the team has not been at the top of the standings, but with a large contingent of talented middle school students moving up, the future looks promising.

There is a considerable amount of young talent on the team.

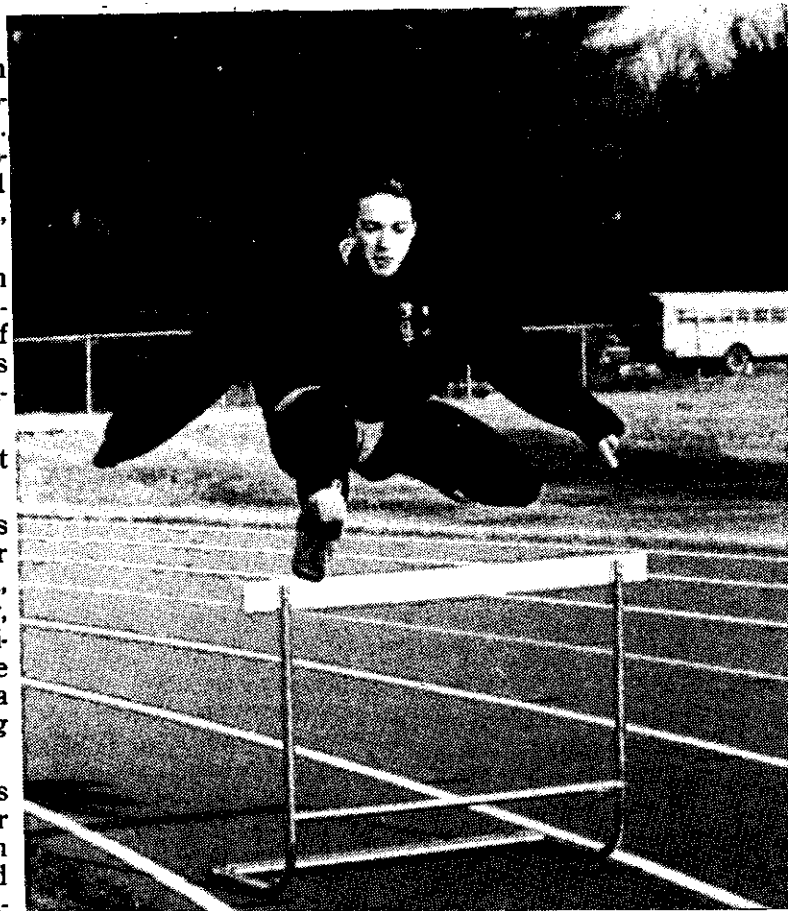
Kristen Russo, a sophomore, is especially strong in the 400-meter and 800-meter runs. Jen Christian, a freshman, is a powerful sprinter, and Meg Beyer looks to be formidable in the pentathlon. Simone Brewer, Debbie Stuart and Jessica Ramano are also expected to bring in points for BCHS.

The Eagles are led by captains Amy Winters, Kerry Cross, Beyer and Russo. The team is much larger than last year's squad, and their depth should pay off in competition.

"It seems like everyone is serious about the season," said coach John Waldron. "The future looks bright."

The girls' two major rivals this year will be Mohonasen and Guilderland, and the captains are optimistic about strong team performances.

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The Spotlight is sold at  
Brooks Drugs, CVS,  
GrandUnion,  
and Johnson's Stationary*



Bethlehem Central high runner Megan Beyer clears a hurdle during practice last week. The next girls' track meet is Thursday, April 9, at Mohonasen. *Elaine McLain*

## Straw: 1st place certain for BC tennis

By Joshua Kagan

"We will come in first," Bethlehem Central High varsity tennis coach Thomas Straw confidently declared recently.

He believes experience and leadership from captains Josh Bloom and Charles Watson and juniors Dave Rosenberg and Bryan Staff will help his team improve over last year's third place finish and 1-5 league record (10-5 overall).

Straw said this year BCHS has an advantage over Suburban Council rival Niskayuna because all of Bethlehem's top six seeds are returning. Straw said Niskayuna lost nine of 12 starters to graduation.

He also said that winning against Bethlehem's other chief rival, Shenendehowa, will be difficult because of Shenendehowa's consistently strong tennis program. "Last year we lost to Shen 5-4," he said. "The next day we could have beaten them 6-3. It was that close. It came down to one match that went all three sets."

The Plainsmen didn't lose many starters to graduation.

Among the Eagle's returning players are last year's Suburban Council doubles champions Charles Kawas and Josh Bloom and semifinalists Dave Rosenberg and Bryan Staff. Bloom, Rosenberg and Watson are battling for the team's top three seeds. The third through sixth seeds will be fought over by Staff, junior Ed Lomotan and sophomore Jeremy Bollam.

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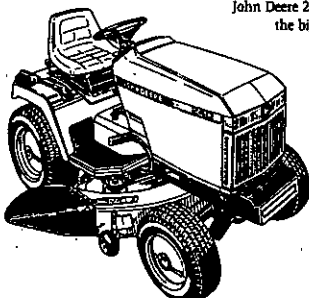
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# Bethlehem wrestlers place in top four Voorheesville softball pumping with new blood

The Bethlehem wrestling team finished strong in the junior modified tournaments held at Burnt Hills/Ballston Lake High School on March 21 and Niskayuna High School on March 28, with several team members placing in the top four in their weight class.

At Burnt Hills, there were several top finishers. In the 7 to 8-year-old category, Dan Hazen finished third (67 pounds) and Lucas Singleton finished fourth (60 pounds). Top finishers in the 9 to 10 year old category were: 67 pounds (Dean Kawczak, third, and Bob Hazen, fourth). Andy Loux finished second in the 11 to 12 year old bracket (75 pounds). In the 13 to 14 year old bracket, top finishers were: 85 pounds (Jon

Wagoner, third), and 142 pounds (Matt Carotenuto, third).

At Niskayuna, Andy Loux defeated three opponents to place first in his weight class. Top finishers in the 13 to 14 year old level were: 110 pounds (Hank Tripp, third), 142 pounds (Matt Carotenuto, third), and 150 pounds (Jeff Brown, third). Placing by winning three matches in the 9 to 10 year old level were: 65 pounds (Dan Tripp, third) and 70 pounds (Dean Kawczak, third). Guy DeGennaro finished fourth in the 11 to 12 year old category (85 pounds).

All of the tourney athletes from Bethlehem have been participating in the town's Parks and Recreation Department wrestling

program for students in grades three through nine. The program, which runs every year from late February to early April, focuses on the development of wrestling skills, basic conditioning activities and group participation skills.

Varsity head coach Rick Poplaski, junior varsity coach Craig Walker, freshman coach John DeMeo and assistant John Sorady conduct the program, while varsity wrestlers assist at practices.

*In Delmar  
The Spotlight is sold at  
Convenient-Express,  
Stewarts, Tri-Village Drugs  
and Sunoco Elm Ave.*

By Greg Sullivan

The Voorheesville High girls varsity softball team is gearing up for a new season under the direction of veteran head coach Chris Canata.

The Ladybirds, who finished 6-8 last year for fifth place in the Colonial Council, will need to blend the talents of their new and inexperienced players with those of the few seasoned returners in order to produce a team capable of success.

Only four players from last year's team have returned—Kate Kepasquale, Pam Harms, Erin Sullivan and Kelly Griffin—and they will definitely be looked to for leadership in a cast of new faces.

Sullivan, in her fourth year at varsity, will work at first base, while Kelly Griffin, a freshman already in her second year of varsity work, will receive the bulk of the pitching duties.

Harms, in her third year, will be put to use in the infield, while Depasquale, also in her third year, is at home in the infield, the outfield or on the mound.

The loss of three key seniors from last year's team, all of whom were solid fielders and hitters, will leave a gap to be filled by the team's younger players. Canata said the way in which these younger players step forward could be a major key to success for this year's team.

"The kids are young," said Canata. "I expect to win more games at the end of the year than in the beginning."

Of the seven remaining players, three are freshmen, two are sophomores and only two are juniors. One junior, Marcia Guadio, did see time at the varsity level last year when she was moved up from jayvee for the sectionals. She will probably play in the infield, but could also see time in the outfield.

Beth Lucia, the only other junior on the team, and freshman Jen Person should both receive outfield duties, while another frosh, Darcy Langford, will round out the infield staff.

Freshman Kristie Area will move into the catcher position with sophomores Sam Tuttlebee and Carmina Scanipico closing out the roster.

The Colonial Council should be very competitive this year, with tough games from Holy Names and Lansingburgh, plus the addition of two new teams, Emma Willard and Averill Park. Voorheesville will open their season Monday, April 6, at home against Emma Willard, followed by a trip to Cohoes on Wednesday, April 8.

## Kearse to give speech at Williams graduation

Brendan Kearse, a senior at Williams College, has been elected by his classmates to be class speaker for the class of 1992.

As speaker, Kearse will be one of three students to deliver an address at the commencement ceremonies in June.

Kearse is the son of Mr. and Mrs. Edward Kearse of Delmar and is majoring in history at Williams.

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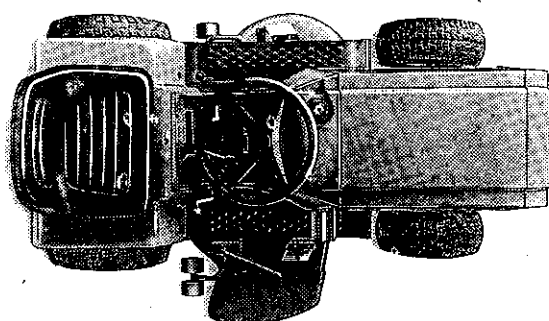
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## Kaplan

(From Page 1)

things Anita really wanted, and we're very glad she was able to get it. It's exciting. We're all very happy for her."

"It was really great to have all my closest friends and my family out here," Anita said.

Kaplan has long been able to find a way to climb to the top. At BCHS, she scored 2,445 career points, third best in Section II history, and led the section in scoring her junior and senior years. Her junior year, she was named to the "Parade Magazine" All-American third team. In her senior year, she averaged 29.9 points, 17 rebounds, and 6.1 blocked shots per game and was one of only 10 girls named to the Parade All-American first team.

"You can pick all the superlatives and they apply to her," said Kaplan's high school coach, Bill Warner. "She just worked very hard and really was very good. She got a lot of credit here, but I don't think people realized how good she was."

"People thought she just scored a lot of points. She's a ferocious rebounder, and a great defensive player. She's a great all-around

player. Somebody like this comes along once every two lifetimes."

After finishing her final high school season, Kaplan predicted college basketball would be "a huge transition" and that "the college game is a thousand times tougher."

Now, after completing one season at Stanford, she said, "I think it's been a pretty smooth transition. It's a lot of work, but it's been fun."

"I think the competition in college is incomparable to that in high school," she added. "People put a lot more into it. It matters more to people. It's a lot more fun."

The added pressure of playing in front of a national television audience didn't bother her. "We had played on ESPN a couple of times, so it wasn't really all that new," she said. "We were trying not to focus on that."

Although she hasn't seen the same playing time in college as she did in high school, Kaplan has been a stand-out player. She averaged seven points and four re-

bounds per game as Stanford compiled a 30-3 record. She's also earned an "A" in most of her classes.

"I've definitely learned a lot about the game," she said. "There's a lot of things a bigger person like myself needs to learn how to do. I just want to keep improving."

She said her team's success came as no surprise to her. "I knew we would have a good team. They have a good team every year at Stanford."

Her father attributed the team's success to its coaching. "I think that during the Virginia game, it was the coaching that made the difference," he said. "We're very pleased with the school. She's getting a great academic experience, and she has 12 very nice young women around her, and the coaching staff can give her nothing but good habits."

"You can't find a kid that works harder than Anita," said Warner. "I think you're just going to see her become one of the best players in the country. She's got the incentive and she works really hard."

## Spotlight names Kieltyka manager of ad projects

Robert Evans, advertising director for Spotlight Newspapers, has announced the appointment of Frances J. Kieltyka as the newspapers' special projects manager in charge of new advertising projects and promotion.

A Gallupville resident, Kieltyka has an extensive background in both sales and the arts, having previously served as program and grants coordinator for the Schoharie County Arts Council and as a sales representative for the *Times Journal*, a weekly newspaper in Cobleskill.

From 1978 to 1980, she was also a part-time photographer for *The Spotlight*, the *Colonie Spotlight's* Bethlehem-based sister publication.

As special projects manager, her responsibilities include creat-



Frances J. Kieltyka

ing new marketing ideas for advertisers, as well as designing promotional materials for special supplement sections frequently published by the newspapers.

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## Area embroiderers plan Boston trip

The Capital District Chapter of the Embroiderers' Guild has planned a bus trip to Boston on April 15 to view a needlework exhibit, "Celebrating the Stitch," being shown in two Boston area galleries.

Some of the artists represented are Wilke Smith, Barbara Smith, Marion Spanjerdt, D.J. Bennett and Sally Broadwell.

Also on April 15, the guild will sponsor a slide presentation called "American Samplers and Needlework Pictures," at the Delmar United Methodist Church, Kenwood Avenue, Delmar, from 10 a.m. to 2 p.m. Members' samplers will also be shown.

Guests may attend two monthly meetings a year for a small fee. A bag lunch is suggested.

For information, call Susanne Kimura at 393-7347.

## Bowdish honored

Bethlehem Police Officer Christopher Bowdish recently received two awards for outstanding work with fingerprinting identification.

One of the awards, the Chief's Achievement Medal, was given to him for bringing acclaim to the department as an evidence technician, according to Bethlehem Chief Richard LaChappelle.

# Local 'stars' ready for reading debut

"Stars" in the community have chosen the books they will read tonight, April 8, at Bethlehem Public Library's "Great New York ReadAloud" celebration.

Beginning at 7 p.m., there will be separate, concurrent "read-ins" for children and adults, and refreshments will be served in the Library's community room after the program.

Holly Billings of Bethlehem Opportunities Unlimited found the ReadAloud the perfect opportunity to share her family's favorite book, Patricia Coomb's *Lisa and the Grompet*. "Even though my kids are older now, we're all still nostalgic about it," says Billings.

"A Grompet is a cute, furry thing that sits on your shoulder," she explains, "and the story is about how adults are always telling kids what to do. But the book is really an ageless lesson about childhood. I think it's neat and the drawings are marvelous. I've sent copies to friends."

Also reading to families and children in the community room will be Bethlehem Town Supervisor Ken Ringler. He will present

two adventure stories, *Who Is the Beast?* by Keith Baker and *Alistair Underwater*, by Marilyn Sadler.

## Check It Out

Bethlehem Public Library

Joyce Strand, library board of trustees president and a fabric arts enthusiast, will read tales by two outstanding illustrators, *Chicken Soup with Rice* by Maurice Sendak and *Little Mouse, the Red Ripe Strawberry and the Big Hungry Bear* by Don Wood.

Both children and adults will have fun as director of the Bethlehem Chamber of Commerce Marty Cornelius reads *Quacky-Quack-Quack* and *Three Billy Goats Gruff*.

Pediatric cardiologist Dr. Eric Spooner will read the African folk tale, *Anansi and the Moss-covered Rock*.

Hamagrael Elementary School Principal Joseph Schaefer will read the humorous stories *The Wolf's Chicken Stew* and *Pig Pig Gets a Job*.

The library's reference and adult services librarian Rosamond

Tift will read the poems *If I Were a Cricket* and *Paddiwak and Cozy* accompanied by Delmar resident Margaret Tubbs playing the flute.

Meanwhile, in the the board room, adults will hear Bethlehem Central Schools Superintendent Leslie Loomis read his choice, Martin Luther King's *Letter from the Birmingham Jail*.

President of the Friends of the Library Debbie Rohrbach will read from Richard Adams' modern classic *Watership Down*, a book she says "I read a long time ago, and thought then that if I ever had children, I'd have to read it to them." She is currently reading it aloud to her six-year-old daughter.

"Grandpa's speech," from Moss Hart's play *You Can't Take It with You*, and excerpts from *I'd Pick More Daisies* by Nadine Stair are the choices of Village Stage founder Pat DeCecco.

Children's room library assistant Polly Hartman will read a new book, *The Owl and the Pussycat*, by Edward Lear, with illustrations by Jan Brett. Hartman explains that Brett journeyed to the Caribbean to do studies for her wondrous drawings of flowers, fish, shells and other tropical life.

Hartman will also read "Perfection" from *The Devil's Storybook* by Natalie Babbitt, an ironic tale to which every parent can relate.

Richard Ahlstrom, editor and publisher of *The Spotlight*, will read "A Letter from a Sober Friend," from the paper's "Uncle Dudley" column.

Executive Director of the New York Library Association, and Delmar resident Susan Lehman Keitel's choice is *Fahrenheit 451*, Ray Bradbury's chilling futuristic tale of a world without books.

A saxophone ensemble from Bethlehem Central High School

will play and the Friends of the Library will have free refreshments after the ReadAloud.

In honor of National Library Week, local author Alexandra Siy (pronounced "sigh") will visit the Bethlehem library on Thursday, April 9 at 7 p.m.

Siy, currently a Slingerlands resident, is the author of the *Circle of Life* ecology series, published by MacMillan in 1991. Geared for use by fourth and fifth graders, the series is about endangered ecosystems. It includes *Alaska National Wildlife Refuge*, *Ancient Forests of the Pacific Northwest*, *Hawaiian Islands* and *Native Grasslands*.

Siy is a graduate of Clarksville elementary and BC high school, and has a degree in biology from Plattsburgh State. Siy says she began writing as a child and has had a life-long interest in the environment. She published an article in *Adirondack Life* magazine while a college student.

"After college I lived in different parts of the country which helped me see how regional differences relate to the environment," she says. "I enjoy the craft of writing and, while researching my books, I learn more about the environment. I get excited and want to pass on the information."

Siy has been using the Bethlehem library, especially the interlibrary loan service, to research a new series she is writing about endangered cultures. *Global Vilages* is due out in the fall.

School-age youngsters and interested adults are invited to hear her talk about the start-to-finish process of producing her books using slides and demonstrations. She will autograph copies of her books which will be available for purchase.

Anna Jane Aberay

## THE YOUTH NETWORK

### Middle school works out exercise program

An innovative program at the Bethlehem Middle School exemplifies the spirit of community partnership which was the goal of the recent Bethlehem Networks overnight training program.

Last year, Yvonne Doberman, middle school student assistance counselor, created a before-school workout program. It was based on a Harvard study which documented dramatic change in self-image, self-esteem and anti-social behavior of young inmates who participated in a physical exercise program for six months.

The middle school program, known as the Student Wellness and Training, or S.W.A.T. team, invited students to come to school one hour early twice a week, to work out and share a healthy breakfast.

The goal of the program was to promote wellness and enhance self-esteem. The program was highly successful and many students reported the unanticipated benefits of making new friends and being much more alert in school on the days they exercised.

Unfortunately, the grant money for the program was not available for this school year. So, to help out, physical education teacher Robert Salamone and Spanish teacher Roberta Lovell volunteered to come to school early and exercise with the students.

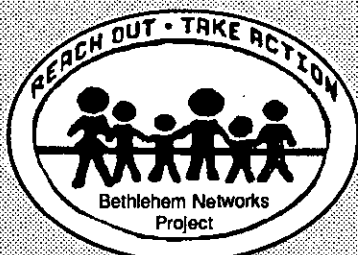
Physicians Health Plan, an insurance company which is committed to preventive medicine, made a donation to fund breakfast for the program for the entire year.

Mike Friello of Hudson Valley Tae Kwon Do and Fitness Center donated one month of free instruction to each long-term participant in the program.

Mike Mashuta of Nautilus Center teaches S.W.A.T. team members two mornings a week.

Rewards for participation also came from Del Lane, Ben & Jerry's and Friendly's. Bethlehem Networks solicited a donation from Price Chopper, and Bethlehem Opportunities Unlimited provided money for trophies.

For information on helping to continue this program should contact Yvonne Doberman at the middle school guidance office at 439-7461.



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• Tuesday, 10 p.m.

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## Ryan, Tillett to wed

Neil and Lee Ryan of Winslow, Ark., formerly of Delmar, have announced the engagement of their son, Delmar resident Michael Kevin Ryan, to Crysta Danielle Tillett of Delmar, daughter of Richard and Vicki Tillett of New Bern, N.C.

The bride-to-be is a graduate of Delaware Academy and Central School in Delhi, N.Y., and Bay

Path Junior College in Longmeadow, Mass. She is employed by Albany Medical College's Division of Orthopedic Surgery.

Her fiancé is a graduate of Bethlehem Central High School and the University of Wyoming. He is employed by Ferraro and Brown, Inc. in Delmar.

An Aug. 22 wedding is planned.

## Simmons, Pellettier wed

Martha J. Simmons, daughter of William Simmons of Slingerlands and Deloris Simmons of Delmar, and William R. Pellettier, son of John R. and Ann Pellettier of Delmar, were married March 21.

State Supreme Court Judge Edward Conway conducted the ceremony at the bride's father's home in Slingerlands.

Penny Bonanno was maid of honor.

Robert Bonanno was best man.

Both the bride and groom are graduates of Bethlehem Central High School and Hudson Valley Community College. The bride is self-employed by Health Education Services. The groom is employed by Agfa Division of Miles.

After a wedding trip to Paradise Island, the couple resides in Delmar.

## Spotlight on the Services

Marine Pfc. David A. Woods, a resident of Delmar recently completed recruit training.

During the training cycle at Marine Corps Recruit Depot, Parris Island, S.C., recruits are taught the basics of battlefield survival, introduced to typical military daily routine, and personal and professional standards.

Woods is a 1991 graduate of Bethlehem Central High School.

Marine 1st Sgt. Michael J. Jubrey, son of Kathleen Frasier of Delmar, was recently deployed with the 24th Marine Expeditionary Unit, based at Camp Lejeune, N.C., for a six-month deployment to the Mediterranean.



Mr. and Mrs. Frederick Veltman

## Root, Veltman wed

Barbara A. Root, daughter of Violet G. Root of Delmar and the late Richard H. Root Sr., and Frederick William Veltman, son of Iva Veltman of Delmar and the late Herbert E. Veltman, were married Feb. 29.

State Supreme Court Judge Edward Conway conducted the ceremony at the Desmond Americana.

Nancy Panza was maid of honor. Susan Eickhof, Jessica Sunasarian, Sylke Chesterfield and Ann Veltman were bridesmaids. Nicole Panza and Cortney Coates were junior bridesmaids.

Steven Veltman was best man. David Veltman, Paul Root, Shawn Veltman, Donald Veltman, Tim Veltman, and Robert Veltman were ushers. Scott Veltman was ring bearer.

The bride and groom are both graduates of Bethlehem Central High School.

The bride is general manager for My Place & Co. in Delmar.

The groom is a chemical engineering technician for GE Plastics in Selkirk.

After a wedding trip to Aruba, the couple resides in Delmar.

## In the courts

Timothy P. Whitbeck, 38, Lower Flat Bush Road, Feura Bush, arrested for felony driving while intoxicated Jan. 19, recently pleaded guilty in Albany County Court before state Supreme Court Justice Thomas W. Keegan and was sentenced to five years on probation.

David J. Wells, 27, 160 Clapper Road, Selkirk, arrested for misdemeanor DWI Feb. 13 pleaded guilty to a reduced charge of DWAI, a violation, in Bethlehem Town Court on Feb. 24 and was fined \$250 with a \$25 surcharge and a 90-day license suspension.

## Church sets events for month of April

Grace United Methodist Church, 16 Hillcrest Drive, Ravena, has announced several upcoming events.

The chancel choir will rehearse at 7 p.m. on Thursday, April 9.

Sunday school will begin at 9 a.m. on Sunday, April 12. Morning worship, "Celebration of Confirmation," will be at 10:30 a.m., followed by a coffee and fellowship hour at 11:30 a.m.

The junior choir will rehearse at 6:30 p.m. on Monday, April 13, and the bell choir will rehearse at 7 p.m. There will be an AA meeting at 7 p.m.

Troop 744 will meet from 6:30 to 7:30 p.m. on Tuesday, April 14, and troop 244 will meet from 7 to 8:30 p.m.

The TOPS club will meet at 6:30 p.m. on Wednesday, April 15, and Al Anon will meet at 7 p.m.

## Births



### St. Peter's Hospital

Boy, Tanner Anthony, to Amy and Frank Penzabene, Ravena, Jan. 8.

Girl, Courtney Louise, to Kimberly and Matthew McCall, Delmar, Feb. 22.

### Two Bethlehem natives make president's list

University at Oswego — Jeffrey P. Hauser, Delmar.

Springfield College — William J. McFerran, Slingerlands.

### Anderson graduates

Alfred University — Peter C. Anderson, B.S., Glenmont.

### Quilters to meet

Quilters United in Learning Together will meet on Friday, April 10, at 9:30 a.m. in the United Methodist Church, 428 Kenwood Ave., Delmar.

## Here's to a WONDERFUL WEDDING!



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Village Shop, Delaware Plaza, 439-1823. FREE GIFT for registering.

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# Community Corner

## Lions plan breakfast

The Bethlehem Lions Club's annual pancake breakfast will be on Palm Sunday, April 12, from 8 a.m. to 1 p.m. at the Blanchard Post of the American Legion, Poplar Drive in Delmar.

Co-chairmen for this year's event are Richard C. Clark and Daniel J. Ryan.

An all-you-can-eat breakfast of pancakes, sausage, coffee, tea, milk and juice will be served.

Cost for adults will be \$4, senior citizens over 62 will cost \$3.50, and children under 12, \$2.50. Preschoolers will be free.

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## Obituaries



### J. Wallace Campbell

J. Wallace Campbell, 87, of Village Drive in Delmar died Sunday, March 29, at the Guilderland Center Nursing Home in Guilderland Center.

Born in Durham, Greene County, he was a Delmar resident for 61 years.

Mr. Campbell served as an engineer for New York Telephone for 46 years, retiring at the age of 65. He was also a professional photographer, and worked as a freelance photographer for the late Nat Boynton, former owner and publisher of *The Spotlight*. He attended Rensselaer Polytechnic Institute.

During World War II, he was a volunteer for the War Emergency Radio Service.

Mr. Campbell was a former president of the American Association of Retired Persons in Delmar and a member of the Albany Men's Garden Club and the Knights of Columbus. He was a volunteer for the Boy Scouts of America and for the American Red Cross.

He was a member of Church of St. Thomas the Apostle in Delmar.

Survivors include his wife, Miriam Phillips Campbell; two sons, J. Phillips Campbell of Lawersville, and Kenneth W.

Campbell of Kennebunkport, Maine; and a daughter, Ellen Carter of Arlington, Va.

Services were from Church of St. Thomas the Apostle. Burial was in Oak Hill Cemetery, Oak Hill.

Contributions may be made to the Memorial Fund of Church of St. Thomas the Apostle or the American Red Cross.

### Alexander Rokicki

Alexander J. Rokicki, 88, of Tierney Drive in Delmar, died Sunday, March 29, at his home.

Born in Cambridge, Mass., he worked as a general construction engineer for New York Telephone Company in Buffalo for 36 years, retiring about 22 years ago. Mr. Rokicki received a master's degree in electrical engineering from Massachusetts Institute of Technology in 1925.

Survivors include his wife, Beatrice Fisher Rokicki; a daughter, Barbara J. Porter of Durham, N.H.; and a son, John W. McLoughlin of Jupiter, Fla.

Services were from Church of St. Thomas the Apostle, Delmar. Burial was in St. Agnes Cemetery in Menands.

Contributions may be made to the Bethlehem Senior Projects Inc., 445 Delaware Ave., Delmar.

### Allean M. Herbst

Allean Mabel Herbst, 80, of Kenwood Ave., Delmar, died Wednesday, March 25, at St. Peter's Hospital in Albany.

Born in North Hudson, she worked as a shirt color matcher for the former Cluett, Peabody and Company in Troy, retiring in 1981. She later worked in the Bethlehem Central Middle School cafeteria.

Mrs. Herbst was a member of Church of St. Thomas the Apostle in Delmar.

She was widow of Harold E. Foster and William G. Herbst. Survivors include four daughters, Lorraine Connor of Delanson,

Barbara A. Wango of Schenectady, Katherine Kristopherson of Minnetonka, Minn., and Gay Myers of Glenmont; a son, Spencer Herbst, of Pine Plains, Dutchess County; three sisters, Sophronia Riley of Jacksonville Fla., Shirley Loeper of Cohoes, and Leona Heitzman of Colonie; eight grandchildren; and five great-grandchildren.

Services were from Church of St. Thomas the Apostle. Burial was in Bethlehem Cemetery.

### Stephen Kawczak

Stephen Kawczak, 64, of Indian Fields Road, Feura Bush, died Sunday, March 29, at St. Peter's Hospital, Albany.

Born in Albany, he worked as a bus mechanic for the Bethlehem Central High School for 22 years before he retired. He had worked as a painter for 20 years for the Voorheesville Army Depot.

Mr. Kawczak served in the Army as a technician fifth class from 1945 to 1946.

Survivors include his wife, Beverly Vroman Kawczak; five sons, Stephen N. Kawczak, Donald W. Kawczak, Dennis P. Kawczak and Stanley A. Kawczak, all of Feura Bush, and Peter J. Kawczak of Voorheesville; four daughters, Catherine Slaver of Delmar, Susan Banahan, Selkirk, and Betty Kawczak and Martha Kawczak, both of Feura Bush; and 12 grandchildren.

Services were from Meyers Funeral Home, Delmar. Burial was in Onquesethaw Cemetery, Feura Bush. Contributions may be made to the Onquesethaw Volunteer Fire Company, Feura Bush 12067, or the Visiting Nurse Association, 50 Colvin Ave., Albany 12206.

### Edward Stringham III

Edward B. Stringham III, 64, formerly of Delmar, died Saturday, April 4, at Portsmouth Regional Hospital.

Born in Beacon, Dutchess County, he spent his early years in Hopewell Junction and Poughkeepsie. He attended Bethlehem Central Schools from 1939-45. After high school graduation, he served in the Army.

He received a bachelor's degree in management science from

the Massachusetts Institute of Technology in 1951 and a master's degree in education from Lesley College in Cambridge, Mass., in 1980, where he studied psychology and personal development.

Mr. Stringham served as president and chief executive officer of Penetryn Systems International in Colonie until the firm was sold in 1978. After moving to Portsmouth in 1978, he opened and operated numerous businesses including the Poco Diablo restaurant in 1982, Portsmouth Speedy Sign-A-Rama, U.S.A. in 1989 and acquired and reopened Molly Malone's restaurant in 1991.

At the time of his death, he was serving as director of G W Plastics of Bethel, Vt., Stow Manufacturing of Binghamton, and Altair Restoration Systems of Orlando, Fla.

While in Delmar, Mr. Stringham joined the Young Presidents Organization at the age of 34 and was active in Albany-Delmar area politics. He ran for Bethlehem town supervisor in 1978 and served many terms as Albany County Democratic committeeman.

After moving to the Portsmouth, N.H. area, he was active in the Portsmouth Rotary, New Castle Public Works and many other civic organizations. He also provided counseling to individuals at the Rockingham County Prison in Brentwood, N.H.

Survivors include his wife, Mary Anne Dresser Stringham; three sons, Ned Stringham of Lincoln, Neb., Scott Stringham of New Castle, N.H. and Jerry Stringham of Mansfield, Mass.; a daughter, Jennifer War of Lawrenceburg, Ind.; and four grandchildren.

A memorial service was held in the New Castle Congregational Church in New Castle, N.H.

Contributions may be made to either the Habitat for Humanity, Americus, Ga 31709, or the Futures Fund, Suite 2A, 500 Market St., Portsmouth, N.H. 03801.

Arrangements were by the Remick Funeral Home, Hampton, N.H.

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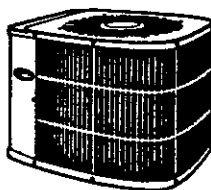
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April 8, 1992

# Family

## Shirley's universal appeal touches the heart in one-woman show

By Mike Larabee

There's a vignette in English playwright Willy Russell's play "Shirley Valentine" for which actress Eileen Schuyler holds special affection.

In the first act, the title character is recalling the first, and last, theatrical performance of her now-grown son Brian, who played Joseph in his school's nativity as a child. Though Brian has been practicing for weeks in his bedroom, when he gets to the point where he's told there's no room in the inn, he improvises a slight alteration to the script.

Instead of leaving to find shelter elsewhere, Brian's Joseph turns to challenge the innkeeper.

"Full up?" protests Joseph. "We booked! I've got my wife waiting out there on a donkey. She's having a baby any minute. It's snowing and there's six-foot

**The language is marvelous. It's about real life and you laugh because it's so familiar.**

Actress Eileen Schuyler

drifts! You're trying to tell me you're full up!"

The startled innkeeper, Valentine tells us, decides he has to do something for the poor couple. So, following Brian's lead, he

makes his own revisions. "I was only joking, mate," he replies after a pause. "We've got room. You can come in if you like."

Like much of what Valentine has to say in the one-woman performance, the story of the wrecked nativity has a universal quality, conjuring images of countless similar performances by other schoolchildren. The universal themes are what make the play, and Valentine herself, so special, says Schuyler.

"She's ordinary, she says so herself," the actress said. "But what she feels is so familiar."

"That's why you like her, because she's telling what it's all about."

Russell's "Shirley Valentine" is playing at the Steamer No. 10 Theater, at the intersection of Madison and Western avenues in Albany, a final weekend this Thursday, Friday, Saturday and Sunday. Schuyler, who hails from Delmar, plays the lead role, a middle-class, middle-aged woman from Liverpool stuck in a marriage and day-to-day existence she feels has gutted the life from the person she used to be.

While, literally, talking to the walls, Valentine (her maiden name) recounts episodes from her life, some recent, some from days far past. She mimics the voices of her children, her husband and her neighbors, playing all parts in vignettes like her son's nativity performance while ruminating on marriage, love, sex, loneliness and life.

The monologue revolves on a friend's offer of a two-week vacation to Greece and, after a blow-up with her husband Joe

over a chips-and-egg dinner, Valentine decides to take the trip in an attempt to recover her identity.

"The language is marvelous," Schuyler said. "It's about real life and you laugh because it's so familiar."

"To me, the very very best kind of theater and the best kind of literature is funny," she said. "You relax and become very vulnerable because you're enjoying yourself. Then, when one of the characters says something that's meaningful or touching or true, it sinks in."

Remaining performances of "Shirley Valentine" at Steamer No. 10's 120-seat theater are set for 8 p.m. Thursday, April 9, Friday, April 10, and Saturday, April 11, while a final matinee show has been scheduled for Sunday, April 12, at 4:30 p.m.

### Tucker to perform comedy at Steamer No. 10 Theatre

Nancy Tucker, singer, songwriter, guitarist and comedienne, will perform for Kids' Fare on Saturday, April 11, and Sunday, April 12, at 2 p.m.

Both performances will be at the Steamer No. 10 Theatre in Albany.

In Tucker's performances, she inhabits a crazy world of ridiculous animals, animated objects and virtuoso guitar work. She often uses an overstuffed blue suitcase that spills colorful props, bringing her audience into a world of outrageous comedy.

Tickets for the Kids' Fare performances are \$3 for children and seniors, and \$6 for adults.

For information and reservations, call 438-5503.

## Local activities highlight National Library Week

By Michael DeMasi

Area libraries are celebrating National Library Week this week (April 5th through 11th) with a variety of activities relating to the theme "Your Right to Know: Libraries Make It Happen."

The theme calls attention to the crucial role libraries play in a free society by ensuring access to information for all citizens.

**Bethlehem Public Library**  
451 Delaware Ave.  
439-9314

**"All Of Us Together in Harmony"**  
Wednesday, April 8, 7 p.m.

"Stars" in the community will read aloud favorite pieces of writing and verse.

Reading to families and children will be Ken Ringler, Bethlehem town supervisor; Joyce Strand, president of the Library Board of Trustees; Holly Billings of Bethlehem Youth Opportunities; and Marty Cornelius, director of the Bethlehem Chamber of Commerce.

Reading to adults will be Dr. Leslie Loomis, superintendent of Bethlehem Central Schools; Debbie Rohrbach, president of the Friends of the Library; and Susan Lehman Keitel, executive director of the New York Library Association.

There will be musical entertainment and a combined reception with refreshments in the community room after the program.

**"Meet the Author: Alexandra Siy"**  
Thursday, April 9, 7 p.m.  
(recommended for grades three and up)

Local author Alexandra Siy will show the start-to-finish process of producing her books, using slides and hands-on demonstrations.

Siy is the author of "Circle of Life," a series on the endangered ecosystems of the world, and the soon-to-be-published "Global Villages."



A free teen workshop led by hypnotherapist Geoffrey Scott-Alexander is just one of the events featured at area libraries this week.

**"Creative Coping for Teenagers"**  
Saturday, April 11, 10 a.m. to 1 p.m.

Geoffrey Scott-Alexander, a certified Clinical Hypnotherapist, will present a free workshop on expressive therapy.

Expressive therapy uses the arts — including drawing, dramatics, movement and music — to express hidden ideas and to enable people to deal creatively with real-life situations.

**Albany Public Library**  
Delaware Branch  
485 Delaware Ave.  
463-0254

**"Winnie the Pooh"**  
Thursday, April 9, 3:30 p.m. to 4:30 p.m.

Children's librarian Eileen Purcell will read from A.A. Milne's books "Winnie the Pooh" and "The House at Pooh Corner."

After the readings, food prepared with honey will be served.



Actress Eileen Schuyler wraps up her portrayal of Shirley Valentine this weekend at Steamer No. 10.



# ARTS & ENTERTAINMENT

## THEATER

### LOST IN YONKERS

Neil Simon's play, Proctor's Schenectady, April 11, 3 and 8 p.m. Information, 382-3884.

### THE SUM OF US

story of a father and his gay son, Capital Rep., Albany. Through April 28, Tues.-Fri. 8 p.m., Sat. 4:30 and 8:40 p.m.; Sun. 2:30 p.m. Information, 462-4534.

### A COUPLA WHITE CHICKS SITTING AROUND TALKING

zany off-Broadway hit, Home Made Theater, Saratoga Springs, April 10-11, 24-25, May 1-2, 8:15 p.m.; April 26, 2 p.m. Information, 587-4427.

### ENDGAME

student production, Bennington College, April 11-13, 8 p.m. Information, (802) 442-5401.

### THE MYSTERY OF EDWIN DROOD

Victorian vaudeville melodrama, RPI Players, RPI Playhouse, Troy, April 10-12, 16-18, 23-25, Thurs.-Sat. 8 p.m., Sun. 2 p.m. Information, 276-6503.

### TARTUFFE

comedy, The College of Saint Rose, Albany, April 9-11, 7:30 p.m. Information, 454-5209.

### A MIDSUMMER NIGHT'S DREAM

University at Albany Performing Arts Center, April 9-11, 22-25, 8 p.m. Information, 442-3995.

### TWELFTH NIGHT

Vincent J. Crummies Acting Troupe, Bethlehem Central High School, Delmar, April 9-11, 7:30 p.m. Information, 439-4921.

## THE THREEPENNY OPERA

musical, Skidmore College, Saratoga Springs, April 9-11, 8 p.m.; April 5 and 12, 3 p.m. Information, 584-5000.

## GODSPELL

musical, Siena College, Loudonville, April 10-11, 23-25, 8 p.m.; April 9, 10 a.m.; April 12, 2 p.m. Information, 783-2527.

## MUSIC

### SKIP PARSONS' RIVERBOAT JAZZ BAND

second weekend every month, The Fountain, Albany. Information, 439-2310.

### LOU & PETER BERRYMAN

western and Old World to ragtime and rock, Old Songs Concerts, First United Methodist Church, Voorheesville, April 13, 8 p.m. Information, 765-2815.

### THE MARTIN LUTHER KING GOSPEL ENSEMBLE

2nd annual benefit concert, First Church of Albany, April 11, 5 p.m.

### UTAH PHILLIPS

folksinger/storyteller, The Eighth Step, Albany, April 10, 8 p.m. Information, 434-1703.

### NOT NECESSARILY THE BLUES

Jeff Gonzales and John Ragusa, The Eighth Step, Albany, April 11, 8 p.m. Information, 434-1703.

### ALBANY SYMPHONY ORCHESTRA

The Grand Symphony Ball, Empire State Plaza Convention Hall, April 11, 6:45 p.m. Information, 465-4755.

## JAZZ CONCERT

Teri Thornton, vocalist; David Leonhardt, pianist/composer, The Hyde Collection, Glens Falls, April 10, 8 p.m. Information, 668-2616.

## SCHENECTADY BRASS QUINTET RECITAL

Schenectady County Community College, April 8, 8 p.m. Information, 346-6211.

## FRANKLY ROMANTIC

Frederick Moyer, piano, Nancy Green, cello, Troy Savings Bank Music Hall, April 12, 3 p.m. Information, 273-0038.

## OUT OF CONTROL

Rhythm and Blues Band, Pauly's Hotel, Albany, April 10, 10:30 p.m. Information, 797-3939.

## MUSIC AT NOON

Douglas Moore, cello, Doris Stevenson, piano, Troy Savings Bank Music Hall, April 14, noon. Information, 273-0038.

## THE LAKE GEORGE CHAMBER ORCHESTRA

concludes its tenth season, The Hyde Collection, Glens Falls, April 12, 2 p.m. Information, 792-1761.

## MUIR STRING QUARTET

concert presented by Friends of Chamber Music, Emma Willard School, Troy, April 11, 8 p.m. Information, 273-8135.

## ALL-BEETHOVEN CONCERT

University at Albany Performing Arts Center, April 12, 3 p.m., April 13, 8 p.m. Information, 442-3995.

## INDIAN CLASSICAL MUSIC CONCERT

musicians from India, Zakir Hussain and Sultan Khan, Union College, Schenectady, April 8, 7:30 p.m. Information, 370-6118.

## FUGAZI

concert, Bennington College, April 10, 8:30 p.m. Information, (802) 442-5401.

## ONE HEART

Ken Shea and Maureen DeLuxe, every Thursday, 9:30 p.m.-12:30 a.m., Monaco's Village Inn, Information, 899-5780 or 393-5282.

## NOONTIME CONCERTS

Findlay Cockrell, and Gene Zilka, Proctor's Theatre, Schenectady, April 14 and 28, May 12 and 26. Information, 374-3321.

## DANCE

### A SALUTE TO FRED ASTAIRE AND GINGER ROGERS

dancers of the New York City Ballet, Proctor's Schenectady, April 10, 8 p.m. Information, 382-3884.

### ALTAMONT STATION SQUARES

square and round dance, Guildford Elementary School, April 10, 8-10:30 p.m. Information, 438-7387.

### DANCE IMPROVISATION

Third Annual Vermont Gathering for Dance Improvisation, Bennington College, April 11, 10 a.m.-6 p.m. Information, (802) 442-5401.

## TOURS

### ART TALKS SERIES

Albany Institute of History and Art, "Art Since 1945," April 9, 12:10 p.m. Information, 463-4478.

## LECTURE

### HUMAN RIGHTS BEYOND THE COLD WAR

Mansour Farhang, Bennington College, April 14, 8:15 p.m. Information, (802) 442-5401.

## THE HISTORY OF WOMEN'S POETRY

trace the history of women's poetry from ancient Chinese civilization to the present, The College of Saint Rose, Albany, April 8, noon. Information, 458-5385.

## THE LA NAPOULE DRAWINGS

presented by artist Bruno La Verdiere, The Hyde Collection, Glens Falls, April 11, 4 p.m. Information, 792-1761.

## LEONARD F. TANTILLO

Hudson river Vessels and New York State History, in Twenty-Six Paintings, The College of Saint Rose, April 8, noon. Information, 454-5105.

## FORM OF ALIENATION

lecture/film, The Sage Colleges, Albany, April 8-May 6, 7 p.m. Information, 270-2246.

## FIRST LADIES OF THE THEATER IN THE RENAISSANCE PERIOD

presented by Maria Aronson, The College of Saint Rose, Albany, April 15, noon. Information, 454-5102.

## PORTRAIT OF THE ARTIST

video series, State Museum, Albany, Paul Cezanne: The Man and the Mountain; Picasso, April 16; Kandinsky, April 23, noon. Information, 473-7521.

## AUDITIONS

### JOEL DOLVEN VOLCAL AWARD COMPETITION

students between the ages of 16-30, sponsored by the Mendelssohn Club of Albany. For applications, call 438-8068.

## FILM

### BABETTE'S FEAST

1985 Danish film, Siena College, Loudonville, April 8, 7:30 p.m. Information, 783-2431.

## READINGS

### AUDRE LORDE

poet to read from her work, University at Albany's downtown campus, April 14, 8 p.m.

## THE WRITER AS TEACHER

Don Byrd, Eugene Garber, Judith Johnson and Eugene Mirabelli will read from their work, University at Albany's uptown campus, April 9, 8 p.m.

## VISUAL ARTS

### COUNTRY FOLK ART SHOW & SALE

Saratoga Springs harness raceway, grandstand building, April 10-12, Fri. 5-9 p.m.; Sat.-Sun. 10 a.m.-5 p.m.

### BRUNO LAVERDIERE:

The La Napoule Drawings, The Hyde Collection, Glens Falls, through May 24. Information, 792-1761.

### THE SILENT MUSE

contributions of women to music, University at Albany library, through April 30. Information, 442-3558.

### WORKS ON PAPER: CHRISTIANS IN THE VISUAL ARTS

national juried art show, Visions Gallery, Albany, Through May 29, Mon.-Fri. 8 a.m.-8 p.m. Information, 453-6645.

### JUDE LEWIS

exhibition, RCCA: The Arts Center, Troy, Through May 2. Wed.-Sat. 1-4 p.m. Information, 273-0552.

### UNDERGRADUATE SHOW

juried exhibition of recent works, The College of Saint Rose, Albany, Through April 14, Mon.-Fri. 11:30 a.m.-4:30 p.m., Sun. 1-4 p.m. Information, 432-6960.

### A NEAT PLAIN MODERN STYLE

plans, drawings, photographs and architectural fragments from 76 buildings, Albany Institute of History and Art, through June 28. Information, 463-4478.

### JANET SORENSEN

prints, Dietel Gallery, Troy, through May 10, 9 a.m.-9 p.m. Information, 274-4440.

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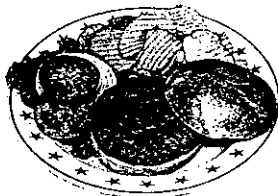
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## AROUND THE AREA

WEDNESDAY  
APRIL

8

## ALBANY COUNTY

ATTENTION DEFICIT DISORDER  
ASSOCIATION

meeting, Capital Cablevision,  
130 Washington Avenue  
Extension, Albany, 7:30 p.m.  
Information, 371-6268.

EXPATRIATE AFRICAN-  
AMERICANS IN FRANCE

part of the Sage Colleges'  
lecture series on alienation,  
Albany Campus Center, Room  
224, 140 New Scotland Ave.,  
Albany, 7 p.m. Information, 445-  
1762.

## PMS LECTURE

Woman's HealthCare Plus, 2093  
Western Ave., Guilderland, 7-  
8:30 p.m. Information, 452-3455.

## RESOLVING INFERTILITY

Woman's HealthCare Plus, 2093  
Western Ave., Guilderland, 7-  
8:30 p.m. Information, 452-3455.

## AFRICA SOUTH OF THE

SAHARA  
part of Great Decisions lecture  
series, Albany Public Library,  
Washington Avenue, Albany,  
noon-1 p.m. Information, 475-  
1326.

## COPING WITH AGING

workshop on the aging process,  
The Pastoral Center, 40 North  
Main Avenue, Albany, 7 p.m.  
Cost is \$18. Registration, 489-  
4431.

## BABYSITTING

Albany Jewish Community  
Center, 340 Whitehall Rd.,  
Albany, 5:30-8 p.m. Information,  
438-6651.

## RENSSELAER COUNTY

EATING DISORDERS SUPPORT  
GROUP MEETING

Russell Sage College, Sage Hall  
Counseling Center, Troy, 7:30-9  
p.m. Information, 465-9550.

## CHORUS REHEARSAL

sponsored by Capital and  
Chorus, Woodward St., Troy,  
7:30 p.m. Information, 383-8051.

## SQUARE DANCE

St. Michael's Community  
Center, Linden St., Cohoes, 7:30  
p.m. Information, 664-6767.

## SCHENECTADY COUNTY

## RIVER VALLEY CHORUS

MEETING  
Glen Worden School, 34  
Worden Rd., Scotia, 7:30 p.m.  
Information, 355-4264.

SCHENECTADY  
PHOTOGRAPHIC SOCIETY

meeting, First United Methodist  
Church, corner of Lafayette  
and State Streets, Schenectady,  
7:30 p.m. Information, 463-1674.

THURSDAY  
APRIL

9

## ALBANY COUNTY

## ALZHEIMER'S ASSOCIATION

MEETING  
St. Paul's Church, 21 Hackett  
Blvd., Albany, 7 p.m.  
Information, 438-2217.

## PARKINSON SUPPORT GROUP

meeting, Center for the  
Disabled, 314 South Manning  
Blvd., Albany, 7 p.m.  
Information, 439-5872.

## BICYCLE TUNE-UP

demonstration, sponsored by  
the Hudson-Mohawk Group  
Sierra Club, St. Michael's  
Episcopal Church, Kilean Park,  
Colonie, 7:30 p.m. Information,  
783-5869.

## ASSOCIATION OF RENTAL

PROPERTY OWNERS  
meeting, Travelers Motor Inn,  
1630 Central Ave., Albany, 7:30  
p.m. Information, 869-1277.

## OH, MY ACHING BACK!

lecture on avoiding back pain,  
Woman's HealthCare Plus, 2093  
Western Ave., Guilderland,  
noon-1 p.m. Free. Information,  
452-3455.

## OPEN HOUSE

for expectant parents, Albany  
Medical Center Hospital, New  
Scotland Avenue, Albany, 7-9  
p.m. Information, 445-5162.

## "ART SINCE 1945"

lecture on modern art, Albany  
Institute of History and Art, 125  
Washington Ave., Albany, 12:10  
p.m. Information, 463-4478.

## FREE LEGAL CLINIC

sponsored by the Capital  
District Women's Bar  
Association, the Women's  
Building, 79 Central Ave.,  
Albany, 4-7 p.m. Information,  
465-1597.

## "UNDERSTANDING CASH

"FLOW"  
seminar, State University of New  
York at Albany, 9 a.m.-5 p.m.  
Reservations, 442-3932.

## SENIOR CHORALE

Albany Jewish Community  
Center, Whitehall Rd., Albany, 1  
p.m. Information, 438-6651.

## BABYSITTING

Albany Jewish Community  
Center, 340 Whitehall Rd.,  
Albany, 5:30-8 p.m. Information,  
438-6651.

CONCERNED FRIENDS OF  
HOPE HOUSE

meeting, support group for  
families of substance abusers,  
Child's Nursing Home  
auditorium, 25 Hackett Blvd.,  
Albany, 7:30 p.m. Information,  
465-2441.

## SCHENECTADY COUNTY

## PUBLIC SCHOOL REFORM

lecture, College Center  
Auditorium, Union College,  
South Lane, Schenectady, 11:30  
a.m. Information, 370-6172.

FRIDAY  
APRIL

10

## ALBANY COUNTY

## BAKE SALE

the Greek Ladies of  
Philoptochos, Saint Sophia  
Parish Center, 440 Whitehall  
Road, Albany, 10 a.m.-6 p.m.  
Information, 489-6106.

## "UNDERSTANDING CASH

"FLOW"  
seminar, State University of New  
York at Albany, 9 a.m.-5 p.m.  
Reservations, 442-3932.

## "CIVIL UNREST: IMAGES OF

"CONFLICT"  
as part of the "Artful Look"  
gallery tours, Albany Institute of  
History and Art, 125 Washington  
Ave., 12:15 p.m. Information,  
463-4478.

## MOTHER'S DROP IN

sponsored by the Capital  
District Mothers' Center, First  
Congregational Church, Quail  
St., Albany, 9:30 a.m.-noon.  
Information, 482-4508.

## SENIORS LUNCHEONS

Jewish Community Center,  
Whitehall Road, Albany, 12:30  
p.m. Information, 438-6651.

## SCHENECTADY COUNTY

## RECOVERY, INC.

self-help group for former  
mental patients and former  
nervous patients, Salvation  
Army, 222 Lafayette St., Hillard  
Rm., Schenectady, 10 a.m.  
Information, 346-8595.

SATURDAY  
APRIL

11

## ALBANY COUNTY

## YOGA FOR CHILDREN

Woman's HealthCare Plus, 2093  
Western Ave., Guilderland, 10-  
11:30 a.m. Information, 452-  
3455.

## DERBY

to benefit the Senior Service  
Centers of the Albany Area  
Foundation, Dutch Manor  
Stables, Guilderland, 6-9 p.m.  
Information, 465-3322.

## LIVING WELL WITH ASTHMA

lectures and activities,  
Desmond Americana, 660  
Albany-Shaker Rd., Colonie, 9  
a.m.-2 p.m. Information, 459-  
4197.

## PALESTINIAN DINNER

St. Patrick's Church, 283 Central  
Ave., Albany, 7 p.m. Tickets are  
\$12. Information, 458-8001.

CHRON'S AND COLITS  
FOUNDATION

Capital District Chapter,  
meeting, Albany Memorial  
Hospital, Conklin Conference  
Room, 600 Northern Blvd.,  
Albany, 10 a.m.-noon.  
Information, 439-0252.

MARTIN LUTHER KING GOSPEL  
ENSEMBLE

to perform, First Church of  
Albany, 110 North Pearl Street,  
Albany, 5 p.m. Information, 462-  
5450.

## SUBSTANCE ABUSE WORKSHOP

College of St. Rose, Western  
Avenue, Albany, 9 a.m.-4 p.m.  
Cost is \$43. Information, 454-  
5143.

SUNDAY  
APRIL

12

## ALBANY COUNTY

## SCOTTISH DANCING

Unitarian Church, Washington  
Ave., Albany, 7-10 p.m.  
Information, 377-8792.

## "CIVIL UNREST: IMAGES OF

"CONFLICT"  
as part of the "Artful Look"  
gallery tours, Albany Institute of  
History and Art, 125 Washington  
Ave., 1:30 p.m. Information, 463-  
4478.

## SPOTLIGHT

By Martin P. Kelly

Capital Rep nears \$200,000  
In fund-raising drive

The fund-raising drive begun in February to save the 11-year old  
Capital Repertory Company in Albany has reached near \$200,000 in  
contributions toward erasing its deficit of \$475,000.

This deficit has threatened the existence of the theater which has  
produced 64 plays over the past decade for a total of 2,000 performances.

What has been most rewarding in this fund-raising campaign,  
according to Lynn Pauguette, chairperson  
of the theater's board of directors, has been  
the fact that 95 percent of the contributions  
has come from subscribers and individual  
ticket purchasers. Approximately \$20,000  
of the \$175,000 has been donated by area  
businesses.

The immediate cause of the financial  
trouble this season has been the loss of  
much of the governmental funding and cor-  
porate and foundation contributions. This is  
similar to what has happened to most arts  
organizations around the country.

The Equity theater, based on North Pearl Street in Albany, also took  
artistic measures to counter the financial stress announced in February.  
The current play, *The Sum of Us*, was substituted for *Baltimore Waltz*, the  
latter being considered too challenging for these dire economic times.

The previously announced *Broadway Bound*, Neil Simon's success-  
ful play, will be presented May 8 for a run through June 7. It will feature  
Rick Lawless and Todd Merrill, the two actors who created the roles of  
the brothers at the center of the action in the previous production of  
*Brighton Beach Memoirs*.

For more information on fund-raising or the productions, call 462-  
4534.

Albany Symphony Orchestra announces  
season despite heavy debt load

The new musical director of the Albany Symphony Orchestra struck  
the upbeat note at a press conference announcing the 1992-93 season.

David Allen Miller, a young Californian with a sunny attitude, was  
enthusiastic about a new series of Sunday afternoon concerts at the  
Palace Theater in Albany which are designed to introduce new audi-  
ences to classical music.

Miller, who could do standup comedy if his musical talent deserted  
him, will also play a 500-year old man (with apologies to Mel Brooks) at  
these concerts to give the background to the time and influences on the  
music of the masters.

Hoping to make music more accessible, Miller said he plans to make  
his base of operations in Albany where he will also direct a series of eight  
symphony concerts that will be played in both the Troy Music Hall and  
the Palace Theater through the eight-month season.

Three new works will be introduced at these eight concerts, only one  
of which will cost the Albany Symphony a fee. One is being donated and  
the other is funded by an outside foundation.

The Albany Symphony Orchestra carries a debt of \$100,000 to  
\$175,000, "depending on what day we check," according to president  
Barry Richman. Most of the deficit is \$100,000 owed in back pay to  
musicians. This must be raised before next season begins in October.

Fund-raisers planned before this season's end include the Grand  
Symphony Ball on Saturday, April 11, and the Vanguard Showcase in  
May. The Vanguard, a fund-raising arm of the Symphony, will sponsor  
next season's Sunday afternoon concerts.

For more info on next season and this season's fund-raising, call 465-  
4755.

Ballet dancers salute Rogers & Astaire  
in Proctor's Theater production

Principal dancers of the New York City Ballet will present *A Salute  
to Fred Astaire and Ginger Rogers* Friday (April 10) at Proctor's Theater.

Darci Kistler and Robert LaFosse, principal dancers with the ballet  
company will recreate some of the famous dances introduced by Astaire  
and Rogers in the 1930s movies.

Later, the two dancers will be joined by other members of the New  
York City Ballet to do a program of ballet, including dances choreo-  
graphed by George Balanchine.

Darci Kistler began as a chorus member of the New York City Ballet  
and moved up to principal dancer in 1983. She danced leading roles in  
eight ballets by Balanchine. Leading roles were also created for her by  
Jerome Robbins and Peter Martins.

Robert LaFosse began his career with the American Ballet Company  
and joined the New York Ballet Company in 1986 as principal dancer. He  
also appeared on Broadway in Bob Fosse's *Dancin'* and Jerome Robbins'  
*Broadway*.

For more info, call 346-6204.

## Around Theaters!

*A Couple White Chicks Sitting Around Talking*, comedy about  
housewives at Home Made Theater in Saratoga Friday through May 2,  
(587-4427)...*Godspell*, Biblical musical at Siena College, Thursday (April  
9) through Sunday, (783-2527)...*Sherlock's Last Case*, different slant to  
Sherlock Holmes at Theater Institute, through Sunday, April 12, (442-  
5373)...*Shirley Valentine*, one-woman show about English housewife at  
Steamer No. 10 Theater, Albany through Sunday, April 12 (462-5503)...  
*Lost in Yonkers*, Neil Simon's Tony Award winning play on Saturday,  
April 11 at Proctor's in Schenectady.

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SUNDAY  
DINNER  
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## Roast Turkey

Sliced Breast of Turkey over stuffing topped  
with giblet gravy and cranberry sauce.

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Grilled Ham Slice topped with pineapple ring

## Roast Beef Dinner

Slices of Roast Beef topped with brown beef gravy.

All dinners served with mashed, baked potato or rice pilaf and  
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Peel & Eat Shrimp Cocktail

Roast Lamb, Baked Ham,

Roast Turkey - stuffing,

Roast Beef au jus,

Baked Scrod - rice pilaf,

Cold Poached Salmon

assorted salads, waffles, eggs &  
omelets, fresh fruit & deserts

## Holiday Dinner Menu

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## CALENDAR

WEDNESDAY  
APRIL

8

## BETHLEHEM

## YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Delmar, 2-4:30 p.m. Information, 439-0503.

## ECUMENICAL BIBLE STUDY

"The Last Supper," Rev. Arthur Hagy Jr., Delmar Reformed Church, Delaware Ave., Delmar, 9:30 to 11 a.m. Information, 439-9929.

## TESTIMONY MEETING

First Church of Christ Scientist, 555 Delaware Ave., Delmar, 8 p.m. Information, 439-2512.

## WELCOME WAGON

newcomers, engaged women and new mothers, call for a Welcome Wagon visit, Mon.-Sat. 8:30 a.m.-6 p.m. Information, 785-9640.

## NORMANSVILLE COMMUNITY CHURCH

Bible study and prayer meeting, 10 Rockefeller Rd., Elsmere, Information, 439-7864.

## SOLID ROCK CHURCH

1 Kenwood Ave., Glenmont, evening prayer and Bible study, 7-9 p.m. Information, 439-4314.

## BETHLEHEM ARCHAEOLOGY GROUP

provides volunteers with excavation and laboratory experience Monday and Wednesday mornings, archaeology lab, Rt. 32 South. Information, 439-6391.

## RED MEN

second Wednesdays, St. Stephen's Church, Elsmere, 7:30 p.m. Information, 439-3265.

## SECOND MILLER'S LUNCHEON MEETING

First United Methodist Church, Delmar, noon. Information, 439-6003.

## DELMAR FIRE DISTRICT COMMISSIONERS

meet second Wednesdays, Delmar firehouse, Adams Place, Delmar, 7:30 p.m. Information, 439-3851.

## NEW SCOTLAND

## NEW SCOTLAND SENIOR CITIZENS

every Wednesday, Wyman Osterhout Community Center, New Salem, 6:30 p.m. Information, 765-2109.

## STORY HOUR

Voorheesville Public Library, 51 School Road, Voorheesville, 4 p.m. Information, 765-2791.

## NEW SCOTLAND ELKS LODGE

meets second and fourth Wednesdays, 22 South Main St., Voorheesville, 8 p.m. Information, 765-2313.

## MOUNTAINVIEW

EVANGELICAL FREE CHURCH evening service, 7:30 p.m.; Bible study and prayer, Rt. 155, Voorheesville. Information, 765-3390.

THURSDAY  
APRIL

9

## BETHLEHEM

## YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Delmar, 2-4:30 p.m. Information, 439-0503.

## WELCOME WAGON

newcomers, engaged women and new mothers, call for a Welcome Wagon visit, Mon.-Sat. 8:30 a.m.-6 p.m. Information, 785-9640.

## CHILD ABUSE: SIGNS AND SYMPTOMS

discussion, Bethlehem Community Church, 201 Elm Ave., Delmar, 7:30 p.m. Information, 439-3135.

## CHP DELMAR HEALTH CENTER

open house, second Thursday of every month, 250 Delaware Ave., Delmar, 6 and 8 p.m. Information, 783-1864.

## BETHLEHEM WORK ON WASTE

meeting, Bethlehem Public Library, 451 Delaware Ave., Delmar, 7 p.m. Information, 449-5568.

## BETHLEHEM SENIOR CITIZENS

meet every Thursday at Bethlehem Town Hall, 445 Delaware Ave., Delmar, 12:30 p.m. Information, 439-4955.

## KABBALAH CLASS

In Jewish mysticism, every Thursday, Delmar Chabad Center, 109 Elsmere Ave., 8 p.m. Information, 439-8280.

## OVEREATERS ANONYMOUS

meeting every Thursday, First United Methodist Church, Kenwood Ave., Delmar, 7 p.m. Information, 439-9976.

## PARENT SUPPORT GROUP

sponsored by Project Hope and Bethlehem Opportunities Unlimited, meets Thursdays, First United Methodist Church, Delmar, 7:30 p.m. Information, 767-2445.

## BETHLEHEM LUTHERAN CHURCH

85 Elm Ave., Thursdays. Bible study, 10 a.m.; Creator's Crusaders, 6:30 p.m.; senior choir, 7:30 p.m. Information, 439-4328.

## LADIES AUXILIARY

of Delmar Fire Department, regular meeting, 8 p.m. at firehouse, second Thursday of every month except August.

## BETHLEHEM MEMORIAL VFW POST 3185

meets second Thursday, post rooms, 404 Delaware Ave., Delmar, 8 p.m. Information, 439-9836.

## ELSMERE FIRE COMPANY AUXILIARY

second Thursday, firehouse, Poplar Drive, Elsmere, 8 p.m.

## BOWLING

sponsored by Bethlehem Support Group, for parents of handicapped students, Del Lanes, Elsmere, every Thursday, 4-5:30 p.m. Information, 439-7880.

## NEW SCOTLAND

## FEURA BUSH FUNSTERS

4-H group for youths 8-19, meets every Thursday, Jerusalem Church, Feura Bush, 7-8 p.m.

## FAITH TEMPLE

Bible study, New Salem, 7:30 p.m. Information, 765-2870.

FRIDAY  
APRIL

10

## BETHLEHEM

## RECOVERY, INC.

self-help for those with chronic nervous symptoms. First United Methodist Church, 428 Kenwood Ave., Delmar, every Friday, 12:30 p.m. Information, 439-9976.

## WELCOME WAGON

newcomers, engaged women and new mothers, call for a Welcome Wagon visit, Mon.-Sat. 8:30 a.m.-6 p.m. Information, 785-9640.

## DELMAR PROGRESS CLUB

drama group, New York City Ballet at Proctor's Theatre, Schenectady, leave the town parking lot at 7 p.m. Information, 439-3916.

## CHABAD CENTER

services and discussion followed by kiddush, Fridays at sunset, 109 Elsmere Ave., Delmar. Information, 439-8280.

## NEW SCOTLAND

## STORY HOUR

Voorheesville Public Library, 51 School Road, Voorheesville, 10:30 a.m. and 1:30 p.m. Information, 765-2791.

## YOUTH GROUP MEETINGS

United Pentecostal Church, Rt. 85, New Salem, 7 p.m. Information, 765-4410.

SATURDAY  
APRIL

11

## BETHLEHEM

## RUMMAGE SALE

sponsored by Slingerlands Nursery School, Slingerlands Methodist Church, New Scotland Road, 9:30-1:30.

## GLENMONT CRAFT FAIR

sponsored by Glenmont Elementary School PTA, Glenmont School, Rt. 9W, 10 a.m. to 4 p.m.

## WELCOME WAGON

newcomers, engaged women and new mothers, call for a Welcome Wagon visit, Mon.-Sat. 8:30 a.m.-6 p.m. Information, 785-9640.

## CHABAD CENTER

services followed by kiddush, 109 Elsmere Ave., Delmar, 9:30 a.m. Information, 439-8280.

SUNDAY  
APRIL

12

## BETHLEHEM

## BETHEL BAPTIST CHURCH

Sunday worship service, 10:15 a.m.; Sunday school, 9:15 a.m.; Tuesday Bible study, 7:15 p.m. Meetings held at the Auberge Suisse Restaurant, New Scotland Road, Slingerlands. Information, 475-9086.

## BETHLEHEM COMMUNITY CHURCH

morning worship service, nursery provided 10:30 a.m. Sunday school 9 a.m.; evening fellowship, 6 p.m., 201 Elm Ave., Delmar. Information 439-3135.

## BETHLEHEM LUTHERAN CHURCH

worship services, 8 and 10:30 a.m.; Sunday school, 9:15 a.m. Nursery care available 8 a.m.-noon, 85 Elm Ave., Delmar. Information, 439-4328.

## DELMAR REFORMED CHURCH

worship and Sunday school, nursery provided, 9 and 11 a.m. adult education and children's program, 10-10:50 a.m. Nursery care available. 386 Delaware Ave. Information, 439-9929.

## DELMAR PRESBYTERIAN CHURCH

worship, church school, nursery care, 10 a.m.; coffee hour and fellowship, 11 a.m.; adult education programs, 11:15 a.m.; family communion service, first Sundays, 585 Delaware Ave., Delmar. Information, 439-9252.

## FIRST CHURCH OF CHRIST SCIENTIST

service and Sunday school, 10 a.m.; child care provided, 555 Delaware Ave., Delmar. Information, 439-2512.

## FIRST REFORMED CHURCH OF BETHLEHEM

church school, 9:30 a.m.; worship, 11 a.m.; youth group, 6 p.m. Rt. 9W Selkirk, Information, 767-2243.

## FIRST UNITED METHODIST CHURCH OF DELMAR

worship, 9:30 a.m.; church school, 9:45 a.m.; youth and adult classes, 11 a.m.; nursery care, 9 a.m.-noon, 428 Kenwood Ave., Delmar. Information, 439-9976.

## GLENMONT REFORMED CHURCH

worship, 11 a.m.; nursery care provided; Sunday school, 10 a.m. 1 Chapel Lane, Glenmont. Information, 436-7710.

## NORMANSVILLE COMMUNITY CHURCH

Sunday school, 9:45 a.m.; Sunday service, 11 a.m. 10 Rockefeller Rd., Elsmere. Information, 439-7864.

## ST. STEPHEN'S EPISCOPAL CHURCH

Eucharist followed by breakfast, 8 and 10:30 a.m., followed by coffee hour, nursery care provided, Poplar and Elsmere Ave., Delmar. Information, 439-3265.

## SLINGERLANDS COMMUNITY UNITED METHODIST CHURCH

worship service, church school, 10 a.m.; fellowship hour and adult education programs, nursery care provided, 1499 New Scotland Rd., Slingerlands. Information, 439-1766.

## SOLID ROCK CHURCH

1 Kenwood Ave., Glenmont, morning worship 11 a.m. Information, 439-4314.

## SOUTH BETHLEHEM UNITED METHODIST CHURCH

Sunday school, 9:30 a.m.; worship, 11 a.m., followed by coffee hour, Willowbrook Ave., South Bethlehem. Information, 767-9953.

Summer Dance Festival '92  
Learning and Fun!Children's Dance Camp / Teen Dance Workshop  
Children 6-12 / 12 yrs and upClasses: Ballet, Modern Dance, Jazz  
Drama, Red Cross Swim, Arts and Crafts  
Field Trips,—Beginner—AdvancedJuly 6-July 31 For Info, Phone  
2 and 4 week sessions (518) 393-4640  
on RPI Campus

Daily Transportation Available

COUNTRY FOLK ART  
SHOW & SALEAPRIL 10-11-12, 1992  
Saratoga Springs, New York  
SARATOGA HARNESS RACEWAY,  
GRANDSTAND BLDG.I-87 to Exit #13, North on Rt. #9. Follow signs to Saratoga Raceway  
THE LEADING FOLK ART SHOW IN THE NATION FEATURING  
OVER 150 QUALITY FOLK ARTISANS FROM ACROSS THE COUNTRY  
Friday evening, 5 p.m. to 9 p.m. Adm. \$6.00 (Early Buying Privileges)  
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Country &amp; painted furniture; pierced &amp; stenciled lamp shades; teddy bears; spongeware; salt glaze stoneware; baskets; Scherenschnitte; Windsor chairs; samplers; tinware; blacksmith; dolls &amp; toys; grained frames; tole painting &amp; stenciling; rag, braided &amp; hooked rugs; carvings; country clothing &amp; textiles; theorems; calligraphy; weather-vanes; decoys; Shaker boxes; folk art paintings; whirligigs; floorcloths; dummy boards; quilts; fireboards; dried florals; candles; gourmet delights; French Country, Victorian, Southwest &amp; Country-Western items. All Country decorating needs for sale.

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(313) 634-4151Folk Art Shows, Inc.  
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Publishers of Country Folk Art MagazineRHONDA BLAKELY  
(313) 634-4153ST. MATTHEW'S ROMAN CATHOLIC CHURCH  
INVITES YOU TO WORSHIP WITH US

Mountainview Road, Voorheesville

## HOLY WEEK SCHEDULE - April 15 - 19th

Wednesday, 7:00 PM, Penitential Service



Holy Thursday, 7:00 PM, Mass of the Lord's Supper

Good Friday, 3:00 PM, Children's Stations of the Cross  
7:00 PM, Passion and Death of the LordHoly Saturday, 8:00 PM, EASTER VIGIL SERVICE  
Easter Sunday, Masses at 8:30, 10:00, and 11:30 AMSPECIAL NOTICE TO ALL PARENTS  
OF SCHOOL AGE CHILDREN...In light of continuing and damaging cutbacks in  
school programs, the LEARNING CENTER shall,  
EFFECTIVE IMMEDIATELY, offer:

## \* FREE TESTING

(with parent conferences on results)

## \* SCHOLARSHIP HELP

(for all students as needed)

The  
Learning  
Center"Preparing students for the  
twenty-first century"

• Albany

459-8500

• Clifton Park

371-7001



**UNITY OF FAITH CHRISTIAN FELLOWSHIP CHURCH**  
Sunday school and worship, 10 a.m., 436 Krumkill Rd., Delmar. Information, 438-7740.

**LORD OF LIFE LUTHERAN CHURCH**  
worship meeting, Bethlehem Grange Hall 137, Rt. 396, Beckers Corners. 11 a.m. Information, 235-1298.

#### NEW SCOTLAND

**JERUSALEM REFORMED CHURCH**  
Sunday school, 9:30 a.m.; worship, 10:30 a.m., followed by coffee hour, Route 32, Feura Bush. Information, 732-7047.

**CLARKSVILLE COMMUNITY CHURCH**  
Sunday school, 9:15 a.m.; worship, 10:30 a.m., coffee hour following service, nursery care provided, Clarksville. Information, 768-2916.

**FIRST UNITED METHODIST CHURCH OF VOORHEESVILLE**  
worship 10 a.m., 10:30 a.m., church school. Information, 765-2895.

**MOUNTAINVIEW EVANGELICAL FREE CHURCH**  
Bible hour for children and adults, 9:15 a.m.; worship service, 10:30 a.m.; evening service, 6:30 p.m. nursery care provided for Sunday services, Rt. 155, Voorheesville. Information, 765-3390.

**NEW SALEM REFORMED CHURCH**  
worship service, 11 a.m., nursery care provided, Rt. 85 and Rt. 85A, New Salem. Information, 439-6179.

**PRESBYTERIAN CHURCH IN NEW SCOTLAND**  
worship, 10 a.m.; church school, 11:15 a.m., nursery care provided, Rt. 85, New Scotland. Information, 439-6454.

**ONESQUETHAW CHURCH**  
worship, 9:30 a.m. and 10:45 a.m., Sunday school, Tarrytown Rd., Feura Bush. Information, 768-2133.

**UNIONVILLE REFORMED CHURCH**  
worship, 10:30 a.m., followed by fellowship time, Delaware Turnpike, Delmar. Information, 439-5001.

**UNITED PENTECOSTAL CHURCH**  
Sunday school and worship, 10 a.m.; choir rehearsal, 5 p.m.; evening service, 6:45 p.m. Rt. 85, New Salem. Information, 765-4410.

**FAITH TEMPLE**  
Sunday school, 10 a.m.; worship, 11 a.m. New Salem. Information, 765-2870.

MONDAY  
APRIL 13

#### BETHLEHEM

**MOTHER'S TIME OUT**  
Christian support group for mothers of preschool children Delmar Reformed Church, 386 Delaware Ave., Delmar, nursery care provided, 10-11:30 a.m. Information, 439-9929.

**DELMAR KIWANIS**  
meets at Sidewheeler Restaurant, Days Inn, Rt. 9W, Glenmont, 6:15 p.m. Information, 439-5560.

**HANDIVAN**  
sponsored by Cornell Cooperative Extension, screen/window repair, library, 517 Delaware Ave., Delmar, 6 to 8 p.m. Information, 765-3500.

**WELCOME WAGON**  
newcomers, engaged women and new mothers, call for a Welcome Wagon visit, Mon.-Sat. 8:30 a.m.-6 p.m. Information, 785-9640.

**BETHLEHEM ARCHAEOLOGY GROUP**  
provides volunteers with excavation and laboratory experience Monday and Wednesday mornings, archaeology lab, Rt. 32 South, Information, 439-6391.

#### NEW SCOTLAND

**QUARTET REHEARSAL**  
United Pentecostal Church, Rt. 85, New Salem, 7:15 p.m. Information, 765-4410.

**VOORHEESVILLE BOARD OF EDUCATION**  
meets in the Clayton A. Bouton Junior-Senior High School library, 7:30 p.m. Information, 765-3313.

**STORY HOUR**  
Voorheesville Public Library, 51 School Road, 10:30 a.m. Information, 765-2791.

TUESDAY  
APRIL 14

#### BETHLEHEM

**AARP INCOME TAX ASSISTANCE PROGRAM**  
Bethlehem Town Hall, 445 Delaware Ave., Delmar, 9 a.m.-4 p.m. For reservations, 439-4955.

**DELMAR PROGRESS CLUB**  
literature group, Community Room of the Bethlehem Library, 1:30 p.m., "First Lady from Plains," by Rosalynn Carter, reviewer Eunice Spindler. Information, 439-3916.

**YOUTH EMPLOYMENT SERVICES**  
Parks and Recreation Office, Delmar, 2-4:30 p.m. Information, 439-0503.

**ELSMERE FIRE DISTRICT**  
meeting of Board of Fire Commissioners, 15 Poplar Dr., Delmar, 7:15 p.m. Information, 439-9144.

### Siena Greyfriar Film Series to feature Danish film

The 1985 Danish film "Babette's Feast" will be shown in the Roger Bacon Hall auditorium at Siena College, Route 9 in Loudonville, at 7:30 p.m. on Wednesday, April 8.

The film, based on Isak Dinesen's story

of a servant who brings the joys of French cuisine to a dour Scandinavian village, is being presented as part of the English department's Greyfriar Film Series.

The film is free and open to the public. For information, call 783-2431.

### Museum workshops show Indian weapons, rocks

Parents and children can have fun and learn together in a special hands-on workshops with Paul Weinman at the state museum on two Saturdays, April 18 and May 9, from 10:30 a.m. to noon.

Fees are \$6 per adult and \$3 per child. Museum members pay \$5 per adult and \$2 per child.

The first workshop, "When Longhouse and Wigwam Were Home," will be held

April 18. Kids and their parents can handle, use and learn about the tools and spear points the first New Yorkers used 10,000 years ago. Fireside tales of the Iroquois and the sounds of woodland music will also be featured.

"Rock With Mountain Minerals" will be held on May 9. Families can hold a giant quartz crystal, try to lift a hunk of magnetite, and check out the latest earthquake in this lively workshop.

### State museum to sponsor April 25 tour of Ellis Island

Retrace the footsteps of your ancestors on a special guided tour of Ellis Island sponsored by the New York State Museum on Saturday, April 25, from 6:30 a.m. to 10 p.m.

Cost is \$48 per adult and \$45 per child. Museum members pay \$40 per adult and \$37 per child. Fee includes transportation and all admissions. Preregistration is required by April 10.

Participants will tour the restored facility with an expert guide and then spend time on their own exploring the place to which one of every four Americans can trace their roots. Museum educator Sharon Kolodny will accompany all tours.

The afternoon will also include a visit to the South Street Seaport, with a guided tour of the restoration.

For information or to register, call 474-5801.

## Weekly Crossword

"April 15: A Taxing Time"

By Gerry Frey

#### ACROSS

- 1 Tax schedules
- 5 Prepares the present
- 10 Money drawer
- 14 Gulf of
- 15 Concubines' dwelling
- 16 Understanding words
- 17 Author's words
- 18 Tax preparer
- 20 Boston from N.Y.
- 21 Pints
- 22 Lowest female voices
- 23 Wind pointers
- 25 Broad
- 27 Slopes
- 29 Sales Tax assessor?
- 33 Moist adhesive
- 34 Bell hop at times
- 35 Pay dirt
- 36 Eye part
- 37 Turns ashen
- 38 Skier's delight
- 39 Self
- 40 Zodiac sign
- 41 Reagan's Atty. Gen'l.
- 42 1040 EZ anthithesis
- 44 Tax court expert
- 45 Eye parts
- 46 Trunk
- 47 In a tizzy
- 50 Fido's feet
- 51 Vacation wheels
- 54 Tax
- 57 Notion
- 58 Shopping concourse
- 59 Vibes
- 60 of Dep.
- 61 Fr. female Saints: abv.
- 62 Twist
- 63 Tax shelters: Abv.

#### DOWN

- 1 Mechanical learning
- 2 Hymn ending
- 3 Capone's crime: 2 wds.
- 4 Doorway: Abv.
- 5 Harpoon targets
- 6 Speed contests
- 7 Circle parts
- 8 Precedes "PLE": Humans
- 9 Texas Univ.
- 10 Distinguishing names
- 11 The IRS the door
- 12 Carson backup
- 13 Allows
- 19 Consumer advocate
- 21 Feed the kitty
- 24 Farm dwellers?
- 25 W-2 taxable item
- 26 French islands
- 27 Carny's pitch
- 28 One of Florida's Keys
- 29 Witch city
- 30 "Attach check or" IRS instruction.
- 31 Stood up
- 32 More modern
- 34 Poker holdings
- 37 Goad
- 38 Mends
- 40 Earlier

#### \* Homophonic Pairs \*

BATS	BEROS	WHIT
UNIT	ENERO	ROSE
STRA	STREP	OPEN
SERVE	IRAN	TEIN
EARS	TRE	
AAM	RITAS	OHARA
KNOW	SNOS	SNORED
ROTH	SAINT	ENO
ONT	ME	DIAMETER
NOON	E	SEPTA
ESSE	SETB	
WACW	HACK	ERATO
AMOT	SAL	ER
DERN	ENTER	SALT
SNEE	STETS	ERLE



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### THE Spotlight

125 Adams Street, Delmar, NY 12054 • (518) 439-4949

☐ NEW SUBSCRIPTION

☐ RENEWAL SUBSCRIPTION

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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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PLEASE CHECK ONE

ALBANY COUNTY	OUT OF COUNTY
<input type="checkbox"/> 24 months at \$48.00	<input type="checkbox"/> 24 months at \$64.00
<input type="checkbox"/> 18 months at \$36.00	<input type="checkbox"/> 18 months at \$48.00
<input type="checkbox"/> 12 months at \$24.00	<input type="checkbox"/> 12 months at \$32.00

## LEGAL NOTICE

NOTICE OF PUBLIC HEARING  
ANNUAL BUDGET VOTE AND  
ELECTION OF MEMBERS OF  
BOARD OF EDUCATION OF  
RAVENA COEYMANS SEL-  
KIRK CENTRAL SCHOOL  
DISTRICT

NOTICE IS HEREBY GIVEN that in accordance with the provisions of Section 2017 of the Education Law the Board of Education of the Ravena Coeymans Selkirk Central School District will hold a public hearing on the 30th day of April, 1992 at 7:30 o'clock in the evening at the Senior High School, Ravena, New York for the purpose of discussion of the expenditures of funds and the budgeting thereof for the school year July 1, 1992 to June 30, 1993.

NOTICE IS ALSO HEREBY GIVEN that the copies of a detailed statement of the amount of money which will be required for the said school year may be obtained by any taxpayer of the school district during the eight (8) days immediately preceding the 13th day of May, 1992, that being the day when the school district budget will be voted upon, except Saturdays and Sunday, between the hours of 8:00 a.m. and 4:30 p.m. at the District Office of the Ravena Coeymans Selkirk Central School District, 26 Thatcher Street, Selkirk, New York.

Petitions nominating candidates for the Board of Education for three (3) full terms of three (3) years each must be filed with the Clerk of the District no later than April 10, 1992 between the hours of 8:00 a.m. and 4:30 p.m. at the District Office of the Ravena Coeymans Selkirk Central School District, 26 Thatcher Street, Selkirk, New York. Each Petition must be signed by at least thirty-five (35) qualified voters of the district with their addresses and said petition must state the name and residence of the candidate. Vacancies on the board of Education of the Ravena Coeymans Selkirk Central School District shall not be considered separate specific offices and the nominating petitions shall not describe any specific vacancy for which the candidate is nominated in accordance with Section 2018 of the Education Law. Candidates receiving a plurality of the votes cast respectively for the several

## LEGAL NOTICE

offices shall be declared elected in accordance with the provisions of Section 2034 of the Education Law.

The following vacancies are to be filled on the Board of Education:  
Term Name of Last Incumbent  
3 Year Term — James

Feuerbach

3 Year Term — Wayne Fuhman

3 Year Term — Mona Selover

TAKE FURTHER NOTICE that

on Wednesday May 13, 1992 between the hours of 7:00 a.m. and

9:00 p.m. at the Senior High School, Route 9W Ravena, N.Y. votes will

be taken upon the following:

1. Upon the appropriation of the necessary funds to meet the estimated expenditures of said school district and authorize the levy of taxes therefor;

2. RESOLVED: That the Board of Education of Ravena Coeymans Selkirk Central School District, in the Counties of Albany and Greene, New York, is hereby authorized and directed to purchase six (6) school buses and expend therefor a sum not exceeding \$220,000 and to levy the necessary tax therefor and to issue obligation in anticipation of the collection of taxes in accordance with Education Law and Local Finance Law.

Rodger Lewis  
District Clerk

Dated: March 3, 1992  
(April 8, 1992)

## TOWN OF BETHLEHEM

## ALBANY COUNTY

## NEW YORK

## BOARD OF APPEALS

## 445 DELAWARE AVENUE

## DELMAR, NY 12054

## (518) 439-4955

## NOTICE OF PUBLIC HEARING

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, April 15, 1992, at 7:45 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Selkirk Cogen Partners, L.P., One Bowdoin Square, Boston, Massachusetts 02114 for Special Exception under Article VI, of the Code of the Town of Bethlehem for the construction of a cogeneration facility as a public utility use, using natural gas at premises General Electric Company's Plastics Division manu-

## LEGAL NOTICE

facturing complex at premises Selkirk, New York.

Charles B. Fritts

Chairman

Board of Appeals

(April 8, 1992)

## TOWN OF BETHLEHEM

## ALBANY COUNTY

## NEW YORK

## BOARD OF APPEALS

## 445 DELAWARE AVENUE

## DELMAR, NY 12054

## (518) 439-4955

## NOTICE OF PUBLIC HEARING

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, April 15, 1992, at 7:30 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Kenneth C. Herr, 55 Boylston Drive, Delmar, New York 12054 for Variance under Article XVII, Side Yard, Section 128-76, Fences and Walls and Article XVIII, Rear Yard, 128-82, Fences and Walls, of the Code of the Town of Bethlehem to maintain an existing solid cedar fence 7 to 8 feet in height at premises 55 Boylston Drive, Delmar, New York.

Charles B. Fritts  
Chairman  
Board of Appeals

(April 8, 1992)

## TOWN OF NEW SCOTLAND

## TOWN HALL

## R.D., SLINGERLANDS, N.Y.

## 12159

## 439-4865

## PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the Planning Board of the Town of New Scotland, Albany County, New York will hold a Public Hearing pursuant to article 111 Section 3.500 of the Zoning Ordinance on the request of Anna Kohler for special use perit #335 to reconstruct a dwelling located on Derbyshire Road, an R.F. District, in the Town of New Scotland.

Said Public Hearing will take place on Tuesday April 14, 1992 at 7 p.m. in the New Scotland Town Hall, New Scotland, New York.

By order of the New Scotland Planning Board

s/ Ray MacKay, Chairman  
Dated: March 26, 1992  
(April 8, 1992)

SPOTLIGHT  
TEENSCENE

By Erin Elizabeth Sullivan

As the weather improves, water-skiing, tubing and boating will become popular outdoor activities.

So, to keep teenagers and young people safe on the water, the town of Bethlehem Police Department and Bethlehem Senior Services, in conjunction with the New York State Department of Parks and Recreation and Historic Preservation, will begin accepting reservations for the Young Boater Safety Course.

Available to ages 10 through 16, this course is offered in two sessions, on Saturday, May 2, and Saturday, May 9, from 9 a.m. to 1 p.m. in room 106 of the Bethlehem Town Hall. Both sessions must be completed in order to receive certification.

There is no fee for this course, but pre-registration is required. Early registration is recommended due to limited class size.

For information or reservations, call Joyce Layman at 439-4955.

Now that winter is coming to an end and bathing suits are on the way, teens can shed those extra winter pounds in a fun Danskinetics course.

Any teen who loves dancing will enjoy this energizing exercise class designed to improve stamina, flexibility, muscle tone and cardiovascular fitness.

The class, which will be at the Woman's Healthcare Plus facility on 2093 Western Ave., Guilderland, will run for 10 weeks, every Thursday from April 9 to June 11.

The fee for the course will be \$50. Call

452-3455 for registration.

Anyone who has ever been a babysitter knows that watching children can be a demanding responsibility. Teens in grades five through 12 can take a babysitting course, sponsored by the Albany Area Chapter of the American Red Cross, which will take place at the Albany Chapter House on Hackett Boulevard on Friday, April 24, from 8:30 a.m. to 4:30 p.m.

There is a course fee of \$20, which includes all books and materials. Pre-registration is required by calling 462-7461, ext. 270.

An exciting way to learn the culture of another country is to become an international exchange student, or be a host family for a foreign student. Local families are being sought to host high school exchange students from many different countries for the 1992-93 school year.

The program is sponsored by the American Intercultural Student Exchange (AISE).

The students, ages 15 through 17, will arrive in the United States in August, attend a local high school, and return to their home countries in June 1993. The students are fluent in English, so don't worry about the language barrier!

AISE also has opportunities available for American high school students who are interested in participating in summer homestays or school year programs throughout Europe and Australia.

For information on either program, call 1-800-SIBLING.

## CLASSIFIEDS

Minimum \$8.00 for 10 words, 30 cents for each additional word, payable in advance before 4 p.m. Friday for publication in Wednesday's newspaper. Box Reply \$3.00. Billing charge for business accounts \$2.50. Submit in person or by mail with check or money order to Spotlight Newspapers, 125 Adams Street, Delmar, New York 12054. Phone in and charge to your Mastercard or Visa.

439-4949

## ADVERTISING

YOUR 25 WORD CLASSIFIED AD will run in the New York State Classified Advertising Network (NYSCAN) of 242 weekly newspapers Statewide for only \$240. You can also advertise your classified in specific regions (Western, Central and Metro) for only \$176 for two regions and \$97 for one region. Call or visit The Spotlight Newspapers, 518-439-4949.

## ANNOUNCEMENTS

JOURNALISM STUDENTS - \$2,500 Scholarship available for qualified NYS journalism undergraduate students. For application or further information contact New York Press Association, Executive Park Tower, Albany NY 12203. 800-322-4221.

NEW YORK PRESS ASSOCIATION announces its PRESS RELEASE MAILING SERVICE. For \$100 NYP will send you 1 pg press release to 300 New York State community newspaper publishers. For more information, contact NYPA, Executive Park Tower, Albany NY 122-3, 800-322-4221.

## APPLIANCES

WANTED: Good Used Appliances, working or non working. Refrigerators, Ranges, Air Cond. (any make) Sears, Kenmore & Whirlpool Washers & Dryers 439-0912.

## BABYSITTING SERVICES

CARE FOR YOUR CHILD, my Albany/Delmar area home. Experience/references 436-4188.

CHILDCARE: In my home located on Route 9W. for information call 427-0669.1

BABYSITTING: Full-time, part-time or temporary. Call Kathy 475-1756.

LOVING MOM, Preschool teacher to provide secure "home away from home" for your child. Reasonable rates, meals, snacks, plenty TLC provided, PT/FT. 475-0551.

PLAYMATES, games, stories & fun for your child in our Albany home off Hackett Blvd. Summer openings also available. Call Allison at 427-8258.

WILL COME TO YOUR HOME for part time 2-3 days per week. Experience/references. Must take taxes out 465-3970

VERY EXPERIENCED MOM, any age, weekdays only 765-4542

BABYSITTING HELP  
WANTED

BABYSITTER NEEDED - Occasional nights and weekends. My Colonie home. (Students welcome to apply.) Please call 459-4263.

SITTER NEEDED - Occasional evenings. HS junior or older. References 439-7828.

## Spotlight Newspapers

We've got a good  
thing growing!HOME & GARDEN  
ISSUE

Coming APRIL 22, 1992  
Advertising Deadline: April 15th

Call your advertising representative today!

CURT BAGLEY • LOUISE HAVENS • FRAN KIELTYKA

BARBARA MYERS • BRUCE NEYERLIN

BOB EVANS

Advertising Director

(518) 439-4940

FAX (518) 439-0609

Automotive  
Classifieds  
on page  
39

**CLASSIFIED ADVERTISING****To place an ad, Use Mastercard or Visa — Call 439-4949****BUSINESS OPPORTUNITY**

**CAREER WITH A CONSCIENCE** Internationally known company has an ideal business opportunity for those who want to work from home. Start earning immediately marketing health and environmentally sensitive products. Flexible hours. Possible bonus car. Attend local meeting to hear details. TRI-S 756-9440

**TRAIN AT HOME FOR A CAREER IN PHOTOGRAPHY.** Unique videotape - audiotape instruction from America's largest photo school. Earn money from your hobby, spare-time of full-time. **FREE CATALOG.** No obligation. **NEW YORK INSTITUTE OF PHOTOGRAPHY.** Founded 1910. 1-800-351-6100. Operator C12.

**EXISTING LAWN CARE/snow plowing business,** equipment and customer lists included. 89 Chevy Silverado pick-up, loaded, telephone, bedliner, tool chest, Fisher plow/12 foot landscaper trailer, 2 one year old 44 inch Toro electric start commercial mowers and other needed equipment. Please call anytime 439-8641.

**CLEANING SERVICE**

**CLEANING/ODD JOBS** to your specifications, thorough, reliable references 432-5338

**HOUSECLEANING** Thorough, reliable, 11 years experience, reference, 439-5219; not after 8P.M.

**WE CLEAN APARTMENTS, HOMES & Offices.** Reliable, 15 years experience. Ins. & bonded, references. Call 426-3137.

**WANTED:** House cleaning jobs, reliable, references, call Marion at 479-3121.

**COMPUTER SERVICES**

**COMPUTER EXPERTISE:** Hardware/software, IBM PC/compatibles, installation, programming, tutoring 439-9667.

**ELECTRICAL**

**EVANS ELECTRICAL** - all your electrical needs. Fully insured, free estimates 479-7664.

**ENTERTAINMENT**

**CAPITAL DJ** - Wedding Experts, leave your wedding in safe experienced hands 439-6984.

**FURNITURE REPAIR**

**RENAISSANCE:** In home repairs, refinishing, restoration, Monday-Friday 9-5pm 283-5317.

**HANDYMAN/CARPENTER**

**HANDYMAN:** Carpentry, painting, electrical, tile, telephone repair, small repairs, 475-0603.

**HOME IMPROVEMENT**

**RELIABLE REPAIRS & REMODELING:** The results you want at the right price. Fully insured. 887-5354 messages.

**GARDENING**

**HOME GARDENS/LAWNS** ROTOTILLED Troy Bilt way, reasonable, Dick Everleth 439-1450.

**FINEST QUALITY LANDSCAPING MUCH AND TOP SOIL:** Truckload delivery or yard pickup. J. Wiggan & Sons, Glenmont 434-8550.

**HELP WANTED**

**CASHIERS WANTED** for the 1992 summer season June-October interviews starting April 20th. For appointment call 765-2208 Levies Farm Market, Maple Road, Voorheesville.

**MAJOR TELEPHONE COMPANY** now hiring. Technicians, installers, account service reps., operators. No experience necessary. For information call (219) 736-9807 ext. T5709 9a.m.-9p.m. 7 days.

**PART-TIME ANIMAL** control officer, must have knowledge of domestic and wild animals. For information contact Lt. Clark at 439-9973

**PART-TIME FASHION/COSMETIC** consulting earn \$300-500 in 15-20 hours offering color analysis cosmetics fashion and more. No experience necessary training provided (315) 824-2579

**MEMBERS OF THE PRESS:** FREE classified ad service for job hunting members of the press looking for employment with a weekly newspaper in New York State. Send your ad to NYPA Newsletter. Executive Park Tower, Albany, NY 12203.

**PART TIME DRIVER:** Sell and deliver Spotlight newspapers to newsstands. Drive company vehicle, outgoing personality and excellent driving record required. 439-4949.

**MUNSON TRANSPORTATION INC. WANTED:** Professional, experienced OTR drivers. Offered: Dignity and respect. Other benefits: Comfortable earning potential. Excellent equipment/easy to drive. Secure company/great customer base, friendly people, Safety First, pay and bonus for experience. If you are looking for a stable environment where you can enjoy the experience of driving, the comfort of one-to-one management and appreciation for your talent, then come to MUNSON. Proud, progressive and particular. If you qualify, CALL TODAY 1-800-423-7629

**DRIVERS TAKE CHARGE** ... of your career and your life. Drive for J.B. Hunt and earn top pay and benefits. We pay for your OTR experience - up to \$0.28 per mile. 1-800-451-3353. EOE/subject to drug screen.

**COLLEGE STUDENTS OR EQUIVALENT** for retail vegetable farm in the Hamptons. Varied duties, sales. Room, board, salary. Walk to the beach. Apply: Summer Job, Box 111, Bridgehampton, NY 11932.

**P/T SALES HELP** needed Monday, Wednesday & Saturday, 10-6pm. Experience necessary. Large Size Woman's Boutique in Colonie, \$5.50/hr. Call 482-6158

**RN Case Manager** wanted, Rehab, Discharge Planning, No Fault or Worker's Compensation experience preferred. Please send resume to M. Dix, Rehab Dept., 15 Computer Drive West, Albany, NY 12205

**INSTRUCTION**

**DIESEL MECHANIC** TRAINING 7 months hands-on program. Next class April 6th. Diesel Tech. Institute, Enfield, CT 1-800-243-4242.

**JEWELERS**

**LEWANDA JEWELERS, INC.** Delaware Plaza. Expert watch, clock and jewelry repairs. Jewelry design, appraisals, engraving. 439-9665. 30 years of service.

**LAWN/GARDEN**

**MOWING, fertilizing** and raking, free estimates, reliable 433-9714 after 5:30pm

**LAWN MAINTENANCE:** lawns mowed, raked, cleaned, fertilized. Free estimates. Call Marc 475-9685 or 439-5280

**LAWN CARE** mowing, trimming and other yard work. Call 459-8358

**"OFF LAWN MOWERS"...** Mow tall weeds, brush 1/2" thick, even saplings with the amazing TROY-BILT Sicklebar Mower! Clear along fencerows, create firebreaks, maintain roadsides and more. **FREE CATALOG.** CALL TOOL-FREE 1-800-344-9393

**RAKING:** Free estimates, reliable. 433-9714 after 5:30p.m.

**GARDEN TILLERS...** Rear-tine TROY-BILT Tillers at low direct from factory prices. **SPECIAL SAVINGS NOW IN EFFECT,** and Model Guide. Call TOLL FREE 1-800-669-3737 Dept 1.

**MISCELLANEOUS FOR SALE**

**PURE MAPLE SYRUP:** Fresh 1992 syrup available now. Sugarbush Farm, Knox 872-1456.

**ALISUN & WOLFF TANNING BEDS.** New Commercial-home units from \$199.00 Lamps, lotions, accessories. Monthly payments low as \$18.00. Call today **FREE NEW Color catalog** 1-800-228-6292.

**THOMAS ORGAN,** like new, cost \$5000 must sell, \$1800. Albany 489-6361.

**POST & RAIL:** fencing \$100, 90 feet, 489-8702.

**CHAIN LINK FENCE:** Make offer 439-7091

**ERGOETER:** Exercise bike \$75, 475-9724.

**86" HERITAGE SOFA:** Mint condition. Cost \$1600, sell \$300, 439-5267 evenings and weekends.

**SOFA BED:** Immaculate 80W, celery green, blue, ivory stripes \$450., 475-0249 evenings.

**50% OFF:** Filters, softeners, drinking water systems. Our 17th year serving you 370-3946.

**CLASSIC METRONOME:** Futon, cotton with foam core, Sears sewing machine, Exercycle, Fisher stereo, punchbowl set, Olivetti Lettera 25 typewriter. 439-6219

**CHANDELIERS HANGING TIFFANY STYLE:** Melon/white burnished brass large ornate marbleized brass trim small 439-6219.

**MOVING**

**?? MOVING ?? NEW YORK EXPRESS** will do it for less. A teacup to a townhouse. Local, long distance, partial loads, cars, antiques. Licensed/Insured. 800-343-4461, (914) 855-3052 (R886)

**MUSIC**

**STRING INSTRUMENT REPAIR.** Bow rehairs. Instruments bought and sold. 439-6757.

**PAINTING/PAPERING**

**QUALITY DECORATING.** 30 years experience, fully insured. Residential, commercial, interior, exterior, wallpaper hanging, painting, carpet and floor installation. Local references. Decorating problem? Let Tom CUR-IT!! 439-4156.

**WANT TO CHANGE** the color of the rooms in your home? Hire a man with 15 years experience in painting, wallpapering etc. Call today for free estimates and prompt, professional service. Bruce Hughes 767-3634.

**PERSONALS**

**ADOPTION:** A LOVING CHOICE. Caring couple wants to give your baby a happy home, security and, most important, LOVE. Call Kathy and Jack collect anytime 1-802-235-2312.

**A WONDERFUL FAMILY EXPERIENCE.** Scandinavian, European, South American, Japanese High school exchange students... arriving AUGUST. BECOME A HOST FAMILY / AMERICAN INTERCULTURAL STUDENT EXCHANGE. Call 1-800-SIBLING.

**ADOPTION:** Happily married couple pray for newborn child. Opportunity for much love, beautiful home, education. Please answer our prayers. Call Lisa/Bob collect (914) 736-3686. Expenses paid.

**PETS**

**FREE** to a good home; pretty, domesticated, long hair cat, altered male, shots, under 1 year old 767-9558.

**HANDSOME, LOVABLE HIMALAYAN** chocolate point, altered male cat seeking new home with lotsa love 765-4478.

**GOLDEN HASA APSO:** Four months old, golden brown with papers. \$200., 475-9724.

**EASTER BUNNIES:** Dutch and White \$7. Pure bred mini Lops \$15. Also cages \$25 \$35.

**PET PRODUCTS & SUPPLIES**

**HAPPY JACK MANGE LOTION:** promotes healing & hair growth to any mange, hot spot, fungus on dogs & horses without cortisone. At better farm feed & hardware stores.

**PIANO TUNING**

**THE PIANO WORKSHOP** Complete Piano Service. Pianos wanted; rebuilds sold. 24 hr. answering service. Kevin Williams 447-5885.

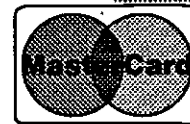
**PONY RIDES**

**PONY RIDES** starting April 1st, for birthday or any occasion. Please call 439-2541.

**SITUATIONS WANTED**

**MATURE LADY:** Looking for child-care for the summer. Non-smoker, excellent references. Call after 6 p.m. 439-1067.

**Phone in your  
classified ad with  
Mastercard  
or Visa  
439-4949**

**PART-TIME TELLERS**

**M-W-Th 10:30-2:30  
Friday 11:30-2:30  
Saturday 8:30-10:30**

Trustco Bank is seeking part-time tellers for its Delmar branch location. Good math skills and customer relations skills are essential. Must be available some Saturdays and for a four-week paid training period.

Interested individuals should contact the Personnel Department for an appointment at (518) 381-3647.



**TRUSTCO BANK**  
Your Home Town Bank

320 State Street Schenectady, NY 12305 • (518) 381-3647  
An Equal Opportunity Employer

**Newsgraphics  
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**QUALITY AND DEPENDABILITY  
YOU CAN AFFORD**

125 Adams Street  
Delmar, NY 12054

**439-5363**



**CLASSIFIED ADVERTISING****To place an ad, Use Mastercard or Visa — Call 439-4949**

**WILL DO HOUSEWORK:** experienced with references. Call Christine 439-0599.

**LIGHT OR HEAVY:** Cleaning, repairs, painting. References. Delmar native. 439-5530.

**SPECIAL SERVICES**

**ED's ODD JOB SERVICE.** Painting, roofing, yard work, garage & basement cleaning, water-proofing. Much more. Best references 439-8304.

**WANTED ONLY 19 MORE PEOPLE:** to lose up to 29 pounds in 30 days with the "cellular nutrition" program 100% guaranteed. Call now 1-800-242-8597. Earn \$\$\$ while losing weight!!!

**PET-SITTING** - An alternative to kennelling. Local college student will feed, walk and provide the TLC your pet deserves while you're away. Honest, reliable. Call Eric 439-4072.

**GARAGE SALES****FLEA MARKET**

**VILLAGE WIDE GARAGE SALE & FLEA MARKET:** June 6th & 7th, Balston Spa, NY; Booth space available. Contact John Stanislawsky 518-885-8389 or Eleanor Dillon 518-885-6627.

**GARAGE SALES**

**SLINGERLANDS NURSERY SCHOOL:** Saturday, April 11, 9:30 a.m. to 1:30 p.m. Slingerlands Methodist Church, New Scotland Road. Clothing, books, toys, household, miscellaneous.

**RESUME AND COVER LETTER CONSULTING,** design and preparation services from a personnel specialist at low prices. Rush services available. Top-notch computer system and laser printer to give your resume a professional look. Call 899-6736 after 5:30pm.

**TYPING, WORD PROCESSING** - Resumes, letters, term papers, labels, etc. Prompt & reliable. 439-0058

**PROFESSIONAL KNIFE SHARPENING:** one dollar per knife 475-0078.

**SWIMMING POOLS**

**WE OVERBOUGHT SWIMMING POOLS.** Distributor liquidating 1991 above-ground pools complete with sun deck, fencing, more. **BUY NOW-HUGE SAVINGS.** 100% financing. Low monthly payments. 1-800-688-3131.

**DANA COURT:** Across BCHS April 11, 9 a.m. to 1 p.m. Multiple family wide variety. Sixty assorted golf clubs, electronic produce scale, toys F.P., kitchen.

**112 UNION AVENUE:** Infant and children's clothes. Most 25 cents to one dollar. Nintendo set, games, bikes, books.

**SLINGERLANDS NURSERY SCHOOL:** Saturday, April 11, 9:30-1:30; Slingerlands Methodist Church, New Scotland Road. Clothing, books, toys, household, miscellaneous.

**TOPSOIL**

**FINEST QUALITY TOPSOIL & LANDSCAPING MULCH:** Truckload delivery or yard pickup. J. Wiggand & Sons, Glenmont 434-8550

**TAX PREPARATION**

**ACRTAXSERVICE.** Personal & small business. Your home or my office 439-4050.

**WANTED**

**TWIN STROLLER** in good condition 439-3358.

**OLD BOOKS, paintings, frames, civil war letters, Albany Print Club prints, travel posters, obsolete stock certificates, any older hand written papers.** Dennis Holzman 449-5414 or 475-1326 eves.

**DESIRE TO BUY** contents of attics, basements etc. Please call 439-8584.

**OLD JEWELRY:** all kinds, Rhinestone, costume, etc. Call Lynn 439-6129.

**OLD SWIRL marbles** with figurines inside 767-9572.

**WEDDING MUSIC**

Don't hire a DJ - Too expensive! Live music by Eddie Kilgallon. \$375/4 hrs. Non stop music. Free demo tape 479-3814.

**REAL ESTATE CLASSIFIEDS****REAL ESTATE FOR RENT**

**2 BEDROOM DUPLEX Rt 9W:** Garage, laundry room, \$500 plus. Available immediately 756-6372.

**DELMAR & NEW SCOTLAND:** location for lease. 300sf to 1200sf. Call for prices and uses. Pagano/Weber Inc. 439-9921.

**ROOM FOR RENT \$375:** Includes all utilities, laundry, share kitchen and bath. Available May 1., 439-1339. after 5 p.m.

**DELMAR:** Two bedroom, superior neighborhood, quiet clean and available. 5/15/92, \$600/month. Call 482-4200.

**DELMAR:** Furnished apartment; Available 5/1/92, \$450-utilities and garage included. Security required. Call after 6pm 439-4891.

**OFFICE SPACE AVAILABLE,** Delmar's best location, 500 Kenwood Ave. Up to 5000 Sq.Ft. Will build to suit. 439-9955.

**OFFICE SPACE w/ varied uses.** 721 SF @ \$549+; 300 SF @ \$300 gross.. 1200 SF @ \$700/mo. Pagano Weber 439-9921.

**DELMAR:** 2 bedroom apartment, on busline; by appointment only; \$430+ utilities 374-1367.

**\$900 DELMAR KENAWARE:** Three bedroom, garage available May 1. 439-4556 or 475-1351.

**COLONIE ONE BEDROOM:** \$450 plus utilities. Off street parking, large yard, quiet. 459-2360.

**\$500 nice 1 bedroom** apartment with use of washer/dryer. Includes all utilities, on busline. Call Jim 439-5028.

**DELMAR DUPLEX \$625 plus** utilities, 3 bedrooms, A/C 439-9481

**LATHAM:** 2 bedroom duplex, appliances, washer/dryer hook-ups, basement, garage, no pets, security, lease. \$535 + 765-3113 after 5pm.

**DELMAR:** 1 room office, Professional Bldg, Delaware Ave., Separate entry, OS parking, \$150 per month, available April 1. Call 439-8237.

**DELMAR: 2 BEDROOMS, 1-2** Baths, \$550 + utilities, available immediately, no pets, modern appliances 439-9703, 439-6295

**SELKIRK:** One bedroom apartment \$450 includes heat. Plus security. 439-7471.

**DELMAR: 1 BEDROOM \$415** + Utilities, no pets, available immediately 439-9703, 439-6295.

**DELMAR \$550:** Three bedrooms, garage, basement. No pets, 785-9095

**REAL ESTATE FOR SALE**

**150 ACRES, 150 year old, 12** room farmhouse and barn, open fields, borders state owned Catskill mountain, off Route 23 Cairo NY, magnificent views, hiking, horseback riding and cross country ski trails, turkey and deer abound, near Windham, Hunter ski areas, \$350,000 (518) 634-7183.

**TWO PLUS ACRES:** Town of Coeymans, driven well with approved perk test. 767-2180.

**YOU SAVE! CATSKILL MOUNTAIN LAND LIQUIDATION!** Only \$6,500. 5+ surveyed, wooded and open acres! Beautiful Views! Many others, Low downpayment! Easy payments! Call owner (518) 725-6266.

## Classified Advertising... It works for you!

**Spotlight Classifieds Work!!****WRITE YOUR OWN...**

Minimum \$8.00 for 10 words, 30¢ for each additional word. Phone number counts as one word. Box Reply \$3.00. Business ads to be charged to account \$2.50 extra.

Write your classified ad exactly as you want it to appear in the newspaper. Do not abbreviate. Telephone # is one word. Be sure to include the telephone # in your ad. It is not necessary to include the category in your ad.

Classified Advertising runs in both

**THE SPOTLIGHT** and the **COLONIE SPOTLIGHT**

35,000 readers every week

\$8.00 for 10 words

30¢ each additional word

**CLASSIFIED DEADLINE - 4:00 PM FRIDAY** for next Wednesday's papers

1	2	3	4	5
6	7	8	9 \$8.00	10
\$9.30	11 \$9.60	12 \$9.90	13 \$9.20	14 \$9.50
\$9.80	16 \$10.10	17 \$10.40	18 \$10.70	19 \$11.00
\$11.30	21 \$11.60	22 \$11.90	23 \$12.20	24 \$12.50
\$12.80	26 \$13.10	27 \$13.40	28 \$13.70	29 \$14.00
\$14.30	31 \$14.60	32 \$14.90	33 \$15.20	34 \$15.50
\$15.80	36 \$16.10	37 \$16.40	38 \$16.70	39 \$17.00
40				

Classified ads may be phoned in and charged to your MasterCard or VISA at **439-4949**

or submit in person or mail with check or money order to:

**Spotlight Newspapers**  
125 Adams Street  
Delmar, NY 12054

Category \_\_\_\_\_

I enclose \$ \_\_\_\_\_ for \_\_\_\_\_ words

Name \_\_\_\_\_

Address \_\_\_\_\_

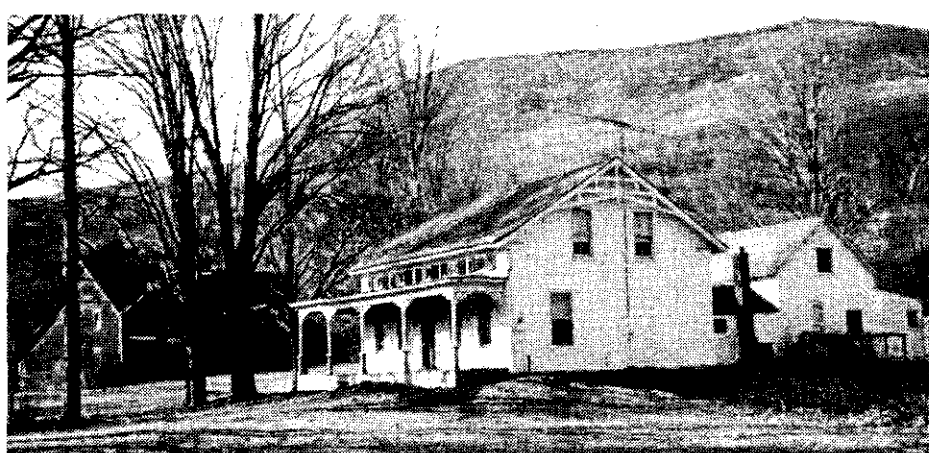
Phone \_\_\_\_\_

Please run my ad on the following Wednesday issues: 1x \_\_\_\_\_ 2x \_\_\_\_\_ 3x \_\_\_\_\_ 4x \_\_\_\_\_ ☐ 'Til I Call to Cancel

## Country Retreat or Commute to Albany



- 175 Year Old Catskill Farmhouse
  - 1 Acre
  - 10 Rooms
  - Brookside
  - Screened Porch
- \$90,000**  
Shown by appointment  
**634-7183**



150 year old twelve room farmhouse and barn, 150 acres, borders state owned Catskill mountain, magnificent views, open fields, hiking, horseback riding and cross country ski trails through the woods, turkey and deer abound, off Route 23 Cairo, NY, near Windham, Hunter ski areas, \$350,000 (518) 634-7183.

## REAL ESTATE CLASSIFIEDS

**KNOX COUNTRY SETTING:** New hose on three acres. Large family room, 2 1/2 baths, fireplace, two decks, quiet deadend street. \$133,500. Call 489-7105.

**OPEN DELMAR SUNDAY** APRIL 12: 2 to 4 p.m. BY OWNER 89 Kenaware Avenue, \$184,900 four bedroom, 2 1/2 bath, Colonial, family room with fireplace, screened porch. From 4 Corners Kenwood, left on Kenaware. 439-5463.

**65 B HANCOCK DR., GLENMONT:** Saturday, April 11, 9 a.m. to 1 p.m. Bikes, mowers, household, clothes, miscellaneous.

**COMMERCIAL:** Zoned properties in prime Delmar locations. Call today for information on these excellent opportunities. Pagano/Weber Inc. 439-9921.

**DELMAR:** charming 2 bedroom cape, room for expansion, large corner lot, Hamagrael area. \$125,000 Principals only call 439-2551.

**NORTH CAROLINA'S CRYSTAL COAST** - Oceanfront Vacation Rentals, sales and construction. For information call TETTERTON MANAGEMENT GROUP at 1-800-334-2727 for FREE BROCHURE.

**DELMAR BY OWNER:** 4 Bedroom Colonial, 2 1/2 baths, family room with fireplace, Screened porch, Slingerlands Grade School, Many extras, must be seen; realistically priced \$184,900. 439-5463

**COASTAL N.C. HOMES IN A FRIENDLY GOLFING COMMUNITY.** Low taxes, mild seasons, FREE Club Membership & Annual Golf Cart. Homes from \$130,000 near beach. Brick Landing Plantation 1-800-438-3006.

**HAMAGRAEL Elementary** area: 4 bedrooms, 2 1/2 baths, \$160's, Noreast Real Estate 439-1900.

**GOT A CAMPGROUND MEMBERSHIP** or timeshare? We'll take it! America's oldest and largest Resale Clearinghouse. Call 1-800-423-5967. Resort Sales International

**175 YEAR OLD 10 room** brookside Catskill mountain farmhouse, off route 23 Cairo NY, near Windham, Hunterski areas, one acre, \$90,000 (518) 634-7183.

## VACATION RENTAL

**CAPE COD RENTAL:** West Dennis and Dennisport - Two and three bedroom homes near water. Immaculate, TV, phone, gas. 371-4051.

**RHODE ISLAND:** New 4 bedroom, oak frame home, 3 acres, beach & more. 185 miles to Albany \$650/week 439-0346.

**CAPE COD: BREWSTER;** 3 bedroom, 2 bath, home sleeps 6, near beaches, bike path, in-season, off-season rentals 439-7232 eves.

**DELMAR \$199,000**  
4 BR, 2.5 BTH COL, Tastefully Decorated, Family Room w/Fireplace, Vaulted Ceiling in Family Room, White Brick FP. 439-2888

**BRUNSWICK \$104,900**  
3 BR Ranch Starter Home On Large Lot, Hardwood Floors, Country Kitchen, Deck. 439-2888

**DELMAR \$205,000**  
Newly Decorated 4 BR, 2.5 BTH COL In Move-In Condition, Mstr w/4 Closets, Finished Basement, FR w/FP. 439-2888

**DELMAR \$179,900**  
Gracious 3 BR, 2 BTH Cape Near Golf Course, Family Room, 2 Fireplaces, Deck Overlooking Private Yard. 439-2888

**BLACKMAN & DESTEFANO**  
Real Estate

**OCEAN CITY, MARYLAND.** Best selection of affordable vacation rentals. Call now for FREE BROCHURE. 1-800-638-2102. Open seven days, weekdays 'til 9pm. Holiday Real Estate.

**NORTH MYRTLE BEACH** - Vacation Rentals. Choose from a large selection of oceanfront and second row cottages, condos and homes. Affordable prices, quiet family atmosphere, friendly service. FREE BROCHURE, call Elliott Realty. 1-800-525-0225.

**MARTHA'S VINEYARD:** 4 bedroom house near Edgartown, weekly May-Oct, \$400-\$1100, call for flyer 439-5287.

**DISNEY WORLD** - Condos & homes minutes from attractions. Full kitchen, fully furnished/equipped, all amenities, pool, 1-4 bedrooms from \$59/nt. Concord Condominiums 1-800-999-6896

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**CAPE COD, DENNISPORT** - 2 bedrooms, walk to ocean beach, restaurants, entertainment. Golf and fishing nearby. VCR, cable. July-August \$595. per week, others \$395. (617) 449-0986.

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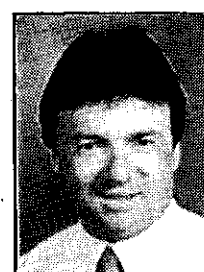
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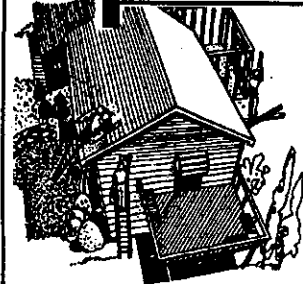
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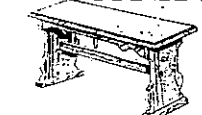
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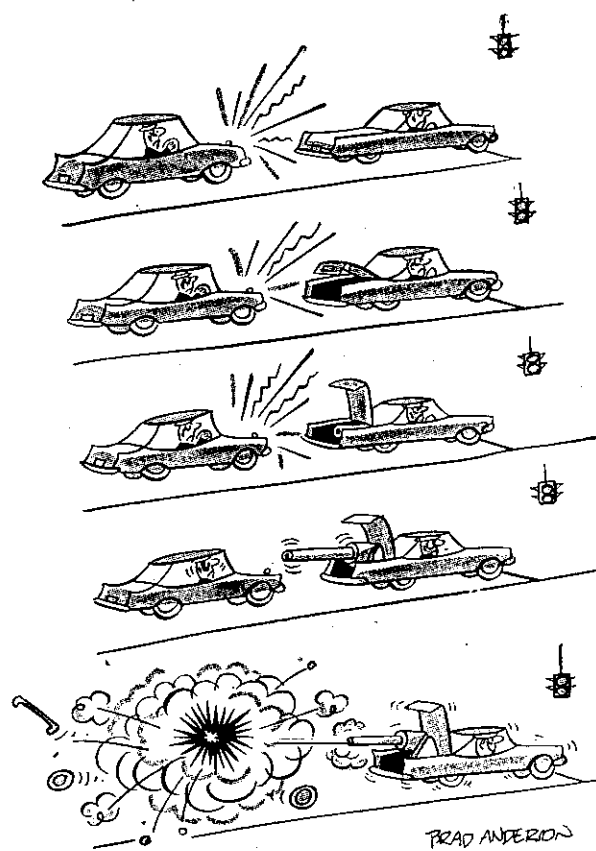
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FORD TRUCK 15 INCH RIMS,  
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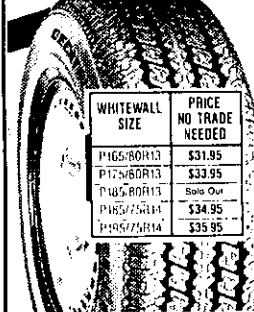
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Chevettes, Fords, light trucks, 4 wheel drive vehicles  
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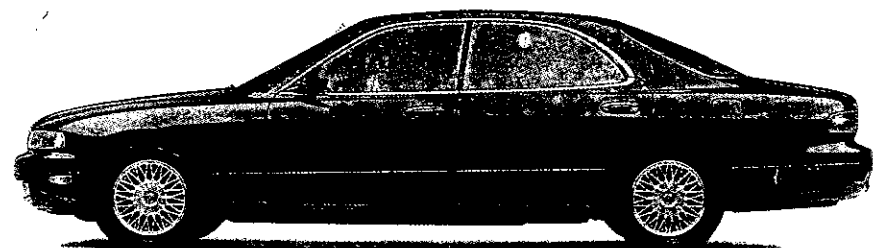


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\$19,188.48. Capitalized cost \$26,776. Customer may choose  
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Fee of \$100. Lessee liable for mileage charge of \$.12 per mile  
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tear, and Disposition Fee of \$350 at lease end. Must take  
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