

The Spotlight

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Five Rivers turns 20

Family Section Page 23



Vol. XXXVI No. 32

The weekly newspaper serving the Towns of Bethlehem and New Scotland

July 29, 1992

50¢

Affluence eases teen access to alcohol

By Michael Kagan

Second in a two-part series

Educators, community leaders and students all seem to agree that there is some degree of teenage alcohol and drug use in Bethlehem.

There seems to be little accord, however, on how to deal with the phenomenon, and there's even less of a consensus on the reasons for its occurrence.

The Spotlight interviewed several Bethlehem Central High School students, and all said an overwhelming majority of the school's students use or have used alcohol. Most of them estimated more than 90 percent of BCHS students have experimented with the drug. At the middle school, every pupil interviewed thought at least some portion of the school's population has tried drinking.

A study by the state Department of Substance Abuse Services released last year reported that the highest rates of substance use were found among "up-state, white youth."

"They have the money," explained Holly Billings, president of Bethlehem Oppor-

tunities Unlimited, a community organization which works to reduce youth substance abuse. "I think that in an area such as ours, where... there're a lot of two parent families who work, maybe there's less awareness of what kids are doing and maybe more disposable income to give to kids."

"Many people will assume that because young people come from wealthier communities that they have no problems," said Dr. Robert Johnson, director of adolescent medicine at the University of Medicine and Dentistry in New Jersey.

"Affluence frequently means disrupted families. In our clinic, which is located in the city of Newark, there are many children of affluent communities. The level of problems are just about the same. As a matter of fact, if you put two groups of kids

(from different socioeconomic backgrounds) together and have them talk, you really can't tell the difference," he said.

You can sponsor all the drug-free dances you want to, but I don't think that's going to stop people from drinking.

Nicole Ciotti

Dr. Robert Millman, professor of psychiatry and public health at Cornell University Medical College in New York City, said that

children of well-to-do parents in the suburbs often "have a sense of entitlement."

Wealthy kids in the suburbs often have a sense that everyone around works for their parents or is their parent, so they have the idea that they're little princes."

Underage alcohol use appears to have declined in the state since the drinking age was raised from 18 to 19, and then to 21. In 1978, according to the DSAS statewide survey of 35,000 school children, 92 percent of the state's seventh through 12th-graders had experimented with alcohol.

In December 1982, the drinking age was increased to 19, and in 1983, only 83 percent of seventh through 12th-graders

□ ALCOHOL/page 19

Final reval figures won't create major tax shift

By Mel Hyman

Final assessment figures after this year's townwide revaluation do not indicate a significant shift of the tax burden from agricultural and commercial properties to residential holdings.

That's the preliminary conclusion of Bethlehem Assessor Brian Lastra, who

has yet to file his final report with the town board, but, from all the data he's seen, said, "That's my gut reaction at this point."

Lastra said the final assessments do not seem to vary much from the initial figures announced in March before the grievance process began. At that time, the shift from agricultural/commercial to residential was only about 4 percent, he noted.

Since then, more than 1,000 grievances were filed by residents seeking to have their assessments reduced. The vast majority of those cases have been resolved, with only 100 or so properties still up in the air because their owners have opted for small claims court.

Prior to the start of the grievance process on April 1, the town board decided to adopt a two-tiered tax system whereby agricultural, commercial and public utility holdings would be taxed at a slightly higher rate than residential ones. Dubbed the Homestead provision, the board passed the local law by a 3-2 vote despite some vocal opposition from the farming and business taxpayers in town.

The town has until the end of the year to rescind the Homestead law and that could very well happen. It was never considered to be an iron-clad provision, according to Supervisor Kenneth Ringler,

□ REVAL/page 12



Town Supervisor Ken Ringler throws some muscle into a swing to benefit the Kids' Place Playground, which volunteers will build from Sept. 30 through Oct. 4 in the Elm Avenue Park. Bethlehem won the match, 13-6.

Elaine McLain

\$50K gift pushes Kids, Place to reality

A \$50,000 anonymous donation has dramatically improved prospects that plans for a state-of-the-art playground at the Elm Avenue Park will reach fruition this fall as originally hoped.

The proposed facility — dubbed Kids' Place — still has about \$15,000 to go toward its \$80,000 price tag. The

fund drive has been under way since last fall and will continue right up until late September when construction is expected to begin.

The most important thing needed right now is volunteer help to build the playground, according to project organizer Lauren Finkle.

"For the first three days, from Wednesday through Friday, we're going to need about 200 volunteers a day," she said. "It doesn't matter if you know how to use a hammer or not. We need people for day care, to serve food, the whole nine yards."

□ KIDS' PLACE/page 12

Debt, poor health cited in tragedy

By Mel Hyman

Police in Falmouth, Mass., say they believe personal debts and declining health problems of a Delmar man were the motives behind a double murder-suicide over the weekend.

On Saturday afternoon, Falmouth police discovered the bodies of Frank J. Bacher Jr., 39, Cynthia W. Bacher, 31, and Ryan Bacher, 10, in their rooms at the Sleepy Hollow Motor Inn on Cape Cod. The three family members, who live at 16 Greenock Road in Elsmere, were on vacation in the village of Woods Hole when the incident occurred.

Frank Bacher, who suffered from hemophilia and was partially disabled, killed his wife and stepson with a recently purchased .410-

gauge shotgun before turning the weapon on himself, said Sgt. Roger Gonsalves. The killings took place sometime between 8 and 11 a.m. Saturday.

Cynthia Bacher and Ryan Bacher, a student at Albany Academy, were staying on Cape Cod for the summer while Ryan attended a six-week summer program at the Children's School of Science, Gonsalves said. The Bacher's younger child, Clark, 4, was staying with relatives in Connecticut at the time, he noted.

Asked about reports that Bacher might have misappropriated funds while working as a securities broker, Gonsalves said, "It doesn't appear that way. We have no knowledge that he might have embezzled funds from his

business." Bacher had an office at 6 Automation Lane in Colonie.

Authorities did discover that Bacher had insufficient cash in his personal accounts to cover various checks written in the weeks prior to the tragedy.

Cynthia Bacher's son Ryan was found in a back bedroom while the husband and wife were found on a sofa in an adjacent room, police reported.

Ryan was preparing to enter the fifth-grade this fall. School headmaster Carmen Marnell said the handful of staff still on campus were "at a total loss to figure any of this out. Needless to say it was a shock."

"He was extraordinarily interested in science. We had taken a number of measures to encourage his interest. ... In fact, he was taking marine biology and oceanography this summer even though it was at a very basic level."

Police charge three with DWI

Bethlehem police arrested three motorists for driving while intoxicated last week.

Linda Marie Fros, 45, of Box 240, Elm Avenue, Selkirk, was arrested at about 1:10 a.m. on Tuesday, July 21, along Elm Avenue, police said.

She was stopped for failure to keep right and was later charged with DWI and operating a motor vehicle with a suspended registration. She was released pending an Aug. 4 appearance in Town Court.

David J. Tuohy, 34, of 126 Westchester Drive, Delmar, was arrested at about 12:05 a.m. on Saturday, July 25, on Cherry Avenue, police said.

He was stopped for speeding and failure to keep right and later charged with DWI. He was released pending an Aug. 4 court date.

Francis J. Zelasko, 42, of 51 Williams St., Catskill, was arrested at about 10:30 p.m. on Sunday, July 26, on county Route 55 near the General Electric plant, police said.

He was stopped for speeding and later charged with DWI. He was released pending an Aug. 4 court appearance.

Five Rivers offers insect program

The Five Rivers Environmental Education Center, Game Farm Road, Delmar, will offer an insect program on Tuesday, Aug. 11, at 7 p.m., and Thursday, Aug. 13, at 8:30 a.m.

Spotlight joins recycling effort

Beginning this week, *The Spotlight* will begin printing each week's issue on recycled newsprint.

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By Gail

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Plaza, planners forge agreement on 9W entrance

By Mel Hyman

The Bethlehem Town Planning Board has approved the redesign of an entrance and exit into the Glenmont Plaza shopping center from Route 9W, and the current developer is ready to begin construction.

This means that once the plaza owners see final blueprints, which should happen soon, work could begin on re-opening the barricaded side of the plaza which bordered 9W, and the moratorium on new certificates of occupancy for the plaza could be lifted.

The planning board has been on record since the plaza opened two years ago as being opposed to any new stores coming in until the traffic situation on 9W was resolved. The board did not believe shoppers traveling northbound on 9W could safely enter the shopping center without a left-hand turn lane.

Construction of a left-hand turn lane was made a condition for approving new certificates of occupancy, and the board also forced the plaza owners to post a \$150,000 performance bond assuring that it would be built.

When the owners reneged, citing huge expenses and difficulty in acquiring adjacent property, the board allowed a handful of additional tenants to open shop before putting an absolute ban on new stores last fall.

In conjunction with the state Department of Transportation, the town planning department has been working on a design that would eliminate the need for a left-hand turn lane and be far less costly.

"I can assure you that once the final plans have been approved we will be moving on it as quickly as possible," said Robert Agins, attorney for the plaza owners. "My clients have been begging and pleading with the town to get this thing resolved."

Planning board attorney Robert Alessi, who announced at last week's board meeting that the "window of opportunity" being provided the developer could close if the question dragged on much longer, said he was pleased that a resolution appeared imminent.

He did take issue with Agins, however, on his implication that the town has been sitting on its hands with regard to the plaza. "On at least one occasion a local attorney for the developer attended one of our meetings and said the owners were not prepared to do anything."

If anyone has been frustrated it's been the town, Alessi said, which has been anxious from the start to get the situation remedied.

Planning board member Gary Swan said the redesign, while not an ideal setup, did meet the board's safety concerns. "We're looking for a good faith response from the developer, and we're anxious to get on with a settlement."

The developer will bear all the construction costs, and there will be no expense to the town. The performance bond will only be called in if the negotiations break down, Swan said.

Three or four related entities have been involved in ownership of the plaza since it opened, and Swan said the board was tired of being "nickelled and dimed" with requests to permit new stores to open. Last year's decision to allow a footwear store and a Chinese restaurant to open were the last exceptions.

"First it was Ames and then the Grand Union," said Swan. "With the dual decision last year we sent the developer a message, that there would be no more tenants" without a resolution of the 9W situation.

Except for the Grand Union, Ames, CVS and First American, a substantial portion of the plaza remains vacant.



The current "entrance" to Glenmont Plaza.

Mel Hyman

Bar president fights for human rights

by Mel Hyman

Attorney Lois Goland of Slingerlands does not fit the stereotype.

Lawyers are not exactly held in high esteem by the public these days so it's refreshing to come across an attorney whose primary concern is not money.

With Goland, that seems to have always been the case. Recently elected president of the Capital District Women's Bar Association, she has worked as a public interest lawyer since she graduated from Albany Law School in 1980.

As a senior staff attorney with Prisoners' Legal Services of New York, she's been an advocate for prisoners' rights and, while that may not seem like a universally popular vocation, it's certainly significant to the thousands of incarcerated men and women who have no one to fall back on when their human rights are violated.

Most recently, Goland's office has been involved with trying to stop double bunking in the state



Lois Goland

prison system. Double bunking, which was always frowned upon by state correction officials, has been implemented out of necessity because of the inmate population explosion in New York.

In light of the tuberculosis epidemic sweeping the state prison system, it is not a good idea to have two prisoners in a cell, said Goland. TB is still highly contagious

and it thrives in areas where there is poor air circulation.

Goland has been with Prisoners' Legal Services for more than a decade but budget cutbacks forced by declining government aid have prompted her to start working part-time for Maxwell and Van Ryn, a private law firm in Delmar.

With this firm, she hopes to continue her tradition of helping the underdog by representing women in cases involving matrimonial and family matters, domestic violence and sexual harassment.

Goland values her work with the CDWBA and points to the recent appointment of a woman to a State Supreme Court judgeship for the upstate region as an important accomplishment.

"Up until about three weeks ago there had not been a woman on the State Supreme Court representing Albany County for 300 years," she noted. "We worked very hard to get that appointment."

Goland also serves as an adjunct faculty member at the Albany Law School.

RCS budget items on the line today

By Amy Jo Tanner

Residents in the Ravena-Coeymans-Selkirk School District will decide today, July 29, whether or not to approve funding for nine items—a total of \$846,951—to be added to the district's contingency

budget.

The items were part of the proposed 1992-93 school budget which was defeated by voters. They were not included in the contingency budget adopted by the board of education because, under state law, certain expenses cannot be part of a contingency budget. However, residents can petition for those items to be voted on separately.

Also on the ballot will be a proposition for the purchase of either eight school buses or two vans. Transportation purchases are eligible for up to 90 percent state reimbursement.

Other items up for a vote include: \$97,178 for equipment, \$78,350 for extended transportation, \$67,218 for co-curricular programs, \$67,150 for in-service training, \$34,623 for library books and \$25,000 for field trips.

When asked how he thought

the vote would go, Superintendent William Schwartz said he is optimistic that the residents will support the proposals. "These resolutions are all equally important in terms of helping the kids, and that's what we're here to do. We view all of these items as the kinds of things needed to run our programs here."

Funding for interscholastic sports is also on the line, and, if the \$175,432 resolution is passed, the junior varsity soccer team will compete once again. Stuart Nock, director of athletics, is optimistic about a positive outcome on the athletic proposition.

"All these propositions affect the education of the kids. In total education, sports programs are an extension of the classroom." A negative outcome for the sports program "would be very devastating to the district," he said.

Polls will be open from 7 a.m. to 9 p.m. at the senior high school.

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High-speed chase ends with crash

Police are still looking for a car thief who escaped on foot in Selkirk Friday, July 24, after a high-speed chase.

A Bethlehem policeman in a patrol car spotted two vehicles traveling very close together on Route 9W south at about 4 a.m. Friday. Both late model vehicles were exceeding the speed limit so the patrol car pursued, according to Sgt. Joseph Sleurs of the Bethlehem Police Department.

After a short time, one of the vehicles pulled over while the other sped off. Police pursued the escaping vehicle at speeds exceeding 90 mph until the suspect crashed near the junction of Beaver Dam Road and Route 144, Sleurs said.

At that point, the driver of the 1992 Volvo, later identified as stolen from Nemith Motors in Latham, took off through the woods.

"The guy was really traveling," Sleurs noted.

Despite the presence of a police department K-9, the culprit managed to escape. The dog initially had the scent but lost it through the woods and underbrush.

The driver of the other car was not charged with a criminal offense because he apparently had permission to use the vehicle, Sleurs said. The investigation is continuing.

Stuart hat in legislative ring

By Mel Hyman

Mark Stuart of Slingerlands must have figured he paid his political dues two years ago when he went up against one of the area's political institutions—State Sen. Howard Nolan, D-Albany.

In a predominantly Democratic District, he garnered 36,000 votes on the Republican line.

Now he's back again challenging a Democratic incumbent—this time for a seat in the Albany County Legislature.

The 10th county legislative district encompasses a large chunk of Albany and a small slice of Bethlehem including the northern part of Slingerlands. Longtime County Legislator Sal Garufi of Albany is the incumbent in the slightly-redrawn district.

Stuart, 30, knows the numbers are against him, but he's determined to visit every house in the district at least four times. And with the volatile mood of the electorate, who knows what surprises could be in store?

As a program committee coordinator for the Republican minority in the State Assembly, Stuart is no stranger to the political process. Prior to his immersion in politics he worked as a writer for the Hudson *Register Star* and *The Spotlight*.



Mark Stuart

Stuart said he supports the efforts of GOP County Executive Michael Hoblock to erase the county's budget deficit by trimming the work force rather than by raising taxes.

While some retrenchment has already occurred, there's more that could be done, he said. "A prime example of fat is the job of majority counsel which the Democrats created after Hoblock took over. The \$45,000-a-year job will not erase the county's multi-million-dollar budget gap by itself, but it's a good example of the kind

of patronage that's been around for years."

The next order of business for the new legislature come January is straightening out the mess at the Albany County Airport, he said. "We've spent a lot of money studying it yet we still have an antiquated facility. I'm in favor of a major overhaul and modernization. At this point we're losing out to places like Stewart (Airport in Newburgh) and Rochester, which are light years ahead of us."

To strengthen Hoblock's hand, Stuart favors some kind of charter reform to give the Albany County executive more power. The position is now more like a figurehead with nearly all of the real power in the county invested in the legislature.

Locally, Stuart would like to revive the traffic study done in 1989 that considered improvements to Schoolhouse, Krumkill and Blessing roads. The study was shelved and no action was taken.

Given the coming retirement of the county engineer in charge of the study, Stuart said he wants to make sure something is done about the traffic problems on these thoroughfares and that none of the neighbors is shut out of the decision-making process.

Empire archer



Delmar resident Mike Russo recently placed fifth in the scholastic boy's archery competition at the Empire State Games. Russo, 17, has been involved in the sport for nine years. Competition in the event took place over four days at Colonie High School last week. Russo didn't seem too pleased with his performance, saying Monday he got "blown away" by the competition.

Hans Pennink

CDTA gives kids a "Ticket to Ride"

Capital District youngsters will have a "Ticket to Ride" to all their favorite local spots this summer, thanks to the Capital District Transportation Authority.

CDTA has announced a special summer pass program for area youth (ages 10 to 15) called the

"Ticket to Ride." The program includes a blue and gold wrap bracelet that allows kids unlimited rides on any CDTA bus from July 1 to Aug. 28. The pass costs \$12.95, and is available at CDTA offices or through the mail.

The pass provides kids with

convenient, safe, comfortable transportation all summer long at a low cost. Since many may not have a driver's license or access to a car, Ticket to Ride provides transportation to malls, downtown areas, parks, movie theaters and libraries.

Information on the "Ticket to Ride" summer pass can be obtained by contacting CDTA at 482-3371.

Call sent for Coast Guard Academy

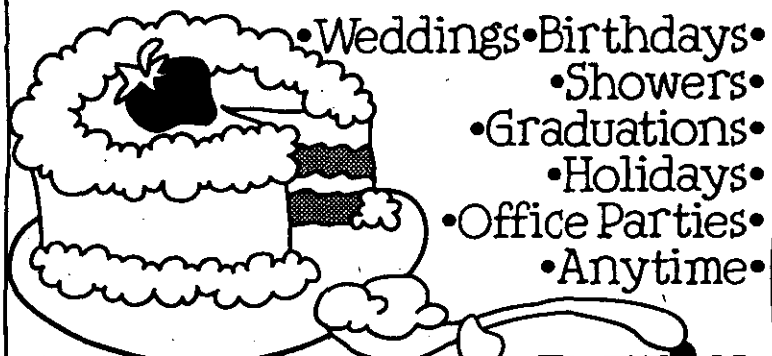
The United States Coast Guard is now accepting applications for cadet appointments to the class of 1997. Appointments are made solely on the basis of an annual nationwide competition. Congressional nominations and geographic quotas are not taken into account.

The deadline for application is

December 15. Candidates must arrange to participate in either the College Board Scholastic Aptitude Test or the American College Testing Assessment prior to the December test administrations.

For information, write to the director of admissions, U.S. Coast Guard Academy, New London, CT 06320, or call (203) 444-8501.

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The Spotlight (USPS 396-630) is published each Wednesday by Spotlight Newspapers, Inc., 125 Adams St., Delmar, N.Y. 12054. 2nd Class Postage paid at Delmar, N.Y. and additional mailing offices. Postmaster: send address changes to The Spotlight, P.O. Box 100, Delmar, N.Y. 12054. Subscription rates: Albany County, one year \$24.00, two years \$48.00; elsewhere one year \$32.00.

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Hangin' out



The Kids' Place Playground at the Elm Avenue Park sponsored a benefit softball game on Friday against the NewsChannel 13 All-Stars to raise funds to assist in the construction of the playground. Ready for action at the game were, from left, Luke Arduini, 7, Sarah McMillen, 8, Chelsea Arduini, 4, and Courtney Arduini, 7.
Elaine McLain

Sage nursing program offered for grads

The Russell Sage Colleges recently received approval from the New York State Department of Education for a part-time evening/weekend baccalaureate program in nursing for men and women

with an associate's or bachelor's degree in another field.

The program was developed in response to the demand for baccalaureate prepared nurses in hospitals, long-term care and community settings.

For information, call 270-2001.

Family program slated at Five Rivers center

Five Rivers Environmental Education Center, Game Farm Road, Delmar, is sponsoring a Family Sharing Program for parents and children on Saturday, Aug. 8, at 2 p.m.

For information, call 475-0291.

Bouton grad trying for Conners' seat

By Kate Cohen

An Albany attorney with strong local ties has begun an "uphill fight" as the Republican candidate for retiring Assemblyman Richard Conners 104th District seat.

John W. Bailey, a Voorheesville high school graduate and former New Scotland planning board attorney, was chosen earlier this month to run on the GOP line in the Democrat-dominated district.

Bailey, 42, is a resident of Guilderland and a partner in the Albany law firm of Ainsworth, Sullivan, Tracy, Knauf, Warner and Ruslander.

He is quite familiar with the 104th (which includes parts of the city of Albany and the towns of Guilderland, New Scotland, Berne and Knox) since he was born in Albany and raised in New Scotland. After high school, Bailey went on to SUNY at Albany and Albany Law School.

Though this is his first bid for public office, he has been active behind the scenes as a committeeman in the local body of the Republican Party. Bailey decided to run for public office out of a concern for "our economy and our future."

"It's scary," he says, "to have friends and clients lose jobs, businesses, healthcare coverage. Something's very wrong. Someone has to try to change things."

Bailey said that the current economic crisis stems in part from an attitude of state government and agencies that is strongly anti-private sector, "as if it's a sin to want to make a profit."

"The economic climate has got to be made fertile," and according to Bailey, the Democrats in the Assembly haven't been helping. "Their interest has been in feathering their own nest and perpetuating their political future," he said. Given the chance, he said his first priority would be to encourage the private sector by making state regulations and taxes more supportive of business growth.



John W. Bailey

The state of the economy, said Bailey, has exacerbated other social problems, such as drugs and crime. He thinks that among the educated, prosperous classes, drug use has lowered in response to the Bush Administration's anti-drug campaign. But the message hasn't gotten to the urban poor because "They think the way to prosperity is through the drug route" since they can't look forward to fulfilling employment. "The kids need role models, they need mom and dad to have good jobs," he said.

On abortion, he again stresses options, education and family. While he would not vote to outlaw abortion, he personally opposes it

and would "adopt a policy which strives for no unwanted pregnancies." Education about abstinence, birth control and adoption should be widely available, according to Bailey, and minors should have to speak to their parents before having an abortion.

The Executive Committee of the Albany County Republican Committee, gave Bailey its official endorsement on July 8. Now all he needs to do is win the support of 104th Assembly District's largely Democratic electorate. Bailey won't speculate on his chances of winning a seat that has been Democratic since reapportionment in the 1970s. But he says, "I don't believe that people are programmed to vote ... (they) do use their minds, think, make choices."

The people's other choice will be decided from among four candidates at the Democratic primary on Sept. 15. John J. McEneny, Albany County Legislator and Conner's chief of staff, has received the endorsement of the Albany County Democratic Committee. His competition consists of Helen Desfosses, Associate Provost at SUNY's Rockefeller College, endorsed by Capital District Citizen Action, a Democratic insurgent group; Josephine Herrick, an Assembly aide; and Joseph Sullivan, a state senate employee.

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Matters of Opinion

Honor to this 'senate'

Because of a conspiracy within the alphabet, the word "senior" immediately follows "senile" in your dictionary. Both derive ultimately from a Latin word meaning "old," and your dictionary will send you back to "senate" to find a further association.

Otherwise, any connection between senility and seniority is almost entirely within your mind — or, at least, that of society.

As for "senate," it is literally a council of elders. Pursuing the derivations and definitions, you will find that one description of an elder is an older person with some authority or dignity in a tribe or community.

Experience, with at least a degree of insight which can in turn lend sagacity and wisdom, are among the positive qualities with which advancing age can endow our "senior citizens." (On the other hand, there surely is a lot of truth in the expression, "There's no fool like an old fool." Age and experience always find difficulty in creating sparks without tinder.)

The special section in this week's Spotlight

Thanks for not abetting smoking

Albany County's legislators did themselves proud and did a good turn for kids and for public health last week when they defied the tobacco lobby and voted by 2-to-1 to sharply restrict the availability of cigarettes in vending machines.

A considerable percentage of boys and girls who pick up the smoking habit young are able to do so because they use those machines. Now, after Sept. 1, they will be much less able to accept such an open invitation because the machines will be out of most public places.

The legislators listened to their consciences and to good sense (as well as to the

Editorials

Newspapers devoted to the interests of the area's senior citizens, and the opportunities available to them in a variety of avenues, illustrates the vitality of the lives of many thousands who are approaching or are past the biblical allotment.

Their concern with health, finances, employment, leisure, transportation, taxes, companionship — all these, and other special needs, combine with the desire for decent respect and dignity. The community as a whole must be grateful for the efforts of agencies devoted to making life more rewarding. Similarly, the volunteered assistance of many individual citizens is a noteworthy benefit.

But to an increasing degree, today's senior citizens are finding — and capitalizing on — ways to continue broadening the independent scope of their daily lives, and enhancing in significant ways their lifelong history of improving the lot of all the people.

lung and heart associations) in rejecting such nonsense as an argument that "people should have the right to smoke if they want to."

"People" in this context meant children. The audacity of the phony excuse is amazing, but it was uttered by a man rational enough to have gained public office repeatedly. Another legislator brought out the crying towel for bar proprietors who now would have the additional "time and expense" of selling cigarettes from behind the bar.

The overwhelming vote to limit access crossed party lines, indicative of widespread common sense despite the entreaties of the pleaders for special interests.

Consideration and celebration

Consider the lilies of the field, how they grow; they toil not, neither do they spin—Matthew 6:28.

Consider the lilies of our fields, for their multitude is everywhere, every roadside, all the corner lots, many a dooryard. Their problem might be said to lie in their very numbers, for they are too easily taken for granted. As is so often the case with what is plentiful—water, fresh air, grains and grasses, amiable neighbors—they are discounted. Cultivated assiduously on the one hand, they are better known as "escapes," plants run wild.

Consider their variety—30,000 kinds of daylilies all across this country and around the globe.

Consider their hardihood. Versatile and tough, they and their flamboyant blossoms probably have long outlasted the human being who once put them where you are finding them again this season (a season that lasts from the spring until the frost).

Consider their persistence, for each daylily blooms exactly one day. It flourishes with

gay abandon, and having given us its flaming contribution, it surrenders the field to its fellows. The lily: "which today is, and tomorrow is cast into the oven." A fit text, it almost seems, for a summer sermon in a country parish.

Consider the daylily's riotous colors, everything except blue and white, and some varieties approach a whiteness. They have made pink their own favored color, and they have easily gone along with their judgment, though many of the orange shades and the yellows are more striking.

Consider, too, its competitiveness, which led Shakespeare to write of "the silent war of lilies and roses."

Some say, after consideration, that the daylily deserves to be the national flower. Actually, it's a product of Asia, where it does serious duty as a medication and a food. In America, where it was introduced probably in the mid-1700s, it has gained popularity everywhere, though perhaps nowhere so flamboyantly as in our own area. The height of the season is upon us, so enjoy!

Words for the week

Fiduciary: Designating a person who holds something in trust for another; a trustee or trusteeship. Also, held in trust. Also, valuable only because of public confidence and support.

Debilitate: To make weak or feeble.

Flamboyant: Too showy or ornate; florid, extravagant, etc. Also, flame-like in form or color.

'Where were you?' query for Coeymans officials

Editor, The Spotlight:

On Wednesday, July 22, a group of concerned citizens and members of CLAWS gathered at the Selkirk firehouse to continue the effort to respond to ANSWERS by opposing the placing of a regional landfill in B-6, C-1, and C-2 and by developing alternative local solutions.

Of our elected representatives in the area, only Peter Clouse, Albany County legislator from Coeymans, was present to hear the concerns of the people. More than conspicuous by their absence were members of the town boards of Coeymans and Bethlehem and the two town supervisors. *Where were you?*

The Republicans took control of the town government in Coeymans six months ago on a promise of open and responsive government. *Where were you?*

Site B-6 is still under consideration in the town of Bethlehem. Many people attending the meeting were from that area and brought with them questions and concerns that their elected repre-

Vox Pop

sentatives could have responded to or at least listened to. *Where were you?*

The Democrats in Coeymans, although losing the majority on the town board last November, remain as a presence with two council seats. *Where were you?*

The recent defeat of the burn plant proposal in Bethlehem should have signaled to the town officials that alternatives would be discussed and the ANSWERS issue would loom large again. *Where were you?*

Do all of you whom we have duly elected to represent our best interests feel that the public must always come to you on your terms? Do you not feel an obligation to tap in to community meetings and organizations to know how people feel and think? Is your elected position one of privilege, or responsibility? *Where were you?*

Selkirk Marc Hafensteinner

Repeated bicycle thefts dismay Elsmere family

Editor, The Spotlight:

What is happening in Delmar? It seems you can't leave your belongings alone for five minutes or they're stolen. What's next: thieves coming into your house and taking what they want?

My questions are prompted by the theft of a new bicycle on July 24 from our home on Kenwood Avenue in Elsmere. It was the third bicycle stolen from my son (all were new) in a period of 13 months. Also, a bicycle has been stolen that belonged to my grandson. We have suffered additional vandalism.

About my son's three bicycles: In June 1991, a bike that he had had for three weeks was taken. In

August I bought a new bike for my son's birthday. It was stolen two days later.

Both these bicycles were chained and locked in the garage.

The most recent outrage: It had taken a long time, but we saved enough to buy my son Michael (who is 10 years old) another bicycle. We bought it at Montgomery Ward's at 8 p.m. on July 22. The next day, we registered it with the Bethlehem police. On the second day, July 24, the bike was taken.

What is really heartbreaking about this latest theft is that Michael was outside by the front steps; I asked him to carry a box

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The Spotlight

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The Spotlight (USPS 396-630) is published each Wednesday by Spotlight Newspapers, Inc., 125 Adams St., Delmar, N.Y. 12054. Second class postage paid at Delmar, N.Y. and at additional mailing offices. Postmaster: send address changes to The Spotlight, P.O. Box 100, Delmar, N.Y. 12054.

Subscription rates: Albany County, one year \$24.00, two years \$48.00; elsewhere, one year \$32.00

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Your Opinion Matters

'In at the onset of a plague'

Look backward a full decade, specifically, to the spring of 1982.

At that time I was working with several other people on an editorial project. Three or four of us were stationed in one moderate-sized-room, rather congenial quarters though we worked independently of one another.

In one morning's perusal of The New York Times, I happened across a news story somewhere around page 21, with a one-column headline. I remember it well. The story remarked on the strange occurrence of a malady that had been observed: debilitating, with characteristic resistance to healing by a variety of infections. I believe that this was the period in which physicians and researchers had given this newcomer among afflictions a long, technical label of four words. And they had noted that the disease appeared to prevail among one class of patient: homosexual men.

I checked the story and shoved it over to the neighboring desk without comment. My neighbor responded with a raised eyebrow. One of our colleagues had been absent intermittently over the last several weeks with an infection that wouldn't heal properly.

Our young colleague, whom I will call Ron, had a sideline occupation. With a partner, he operated an antique business. In effect, they lived "over the store."

A few years passed, we each

Uncle Dudley

went our own way. Through mutual acquaintances, I heard that Ron's partner had died.

Ron moved to another city and opened a different antique store where he was (I understand) the sole proprietor. More years passed.

As readers of this column may well be aware, my daily reading of The Times always takes in the obituary page, including its paid death notices. Occasionally I find a familiar name there, and not infrequently the little tributes to the deceased are expressed in very touching and affecting phrases.

A few days ago, while scanning the tiny black type of the notices I paused at one from a different city a thousand miles distant. The man had died of AIDS, the notice stated. Among his survivors was his companion—Ron.

Whatever his stubborn infection in 1982 may have been, Ron has in any case survived two com-

panions. I have to wonder what his own future may prove to be...

The obits and notices in The Times average about a dozen a week for men who have died of this affliction with the four-word name, shortened for convenience to four all-too-familiar letters. Even so, these memorials never seem to include men and women who have been infected through the dirty needles that have eluded the war on drugs.

Over a period of time, the cumulative though only partial toll recorded from this one city in The Times' pages is shocking, much more so than the impact of mere statistical data. The medical scientists who reported the unusually resistant infections in 1982 could hardly have recognized that they were in at the onset of a plague.

How have we as a people responded to it? One notice in The Times last week said that the young man had died of AIDS and of the inattention to it by the "Reagan-Bush mis-administration." As did the two wrenching speeches by AIDS victims at the Democratic convention, it conveyed a despairing anger that one can safely say must be more furiously intense than the economic debacle that so concentrates the nation's worries.

Smithsonian's corner of delight

Quite often, in my reading of various periodicals, I find that some of the best items are hidden away in odd corners of the magazine, almost as afterthoughts or filler. I found this to be the case as I went through two recent issues of "Smithsonian," a truly quality publication that I see too seldom. I have been having the pleasure of reading several articles, short and long, in the June and July issues.

A writer named Bailey White, otherwise unknown to me, wrote the single-page, back-of-the-book light piece in June, with the nice title of "Put those damned binoculars down, Lila." It's an exquisitely told account (presumably based at least somewhat on fact) about the writer's mother and her years of use of, first, a telescope and later "tiny plastic binoculars."

"My mother got old and crippled. As her mobility decreased she grew more and more dependent" on the telescope and then on the binoculars. With the latter, "she could see the purple finches on the bird feeder at the kitchen window a bit clearer, and recognize friends and family when they came to call — a moment before they opened the screen door and said to her, 'Put those damned binoculars down, Lila.'"

"One summer we all took a vacation in a big old house on the bay side of a little island off the coast of northern Florida... At the end of our last week (a marine biologist came to the house). Today a group of us from the marine lab is going to do some work on the migration of the spiny lobster," he said to Mama. "We'll be gone about a month. We thought you might like to come along."

"The last we saw of her, she

Constant Reader

was heading for the open ocean. We stood on the dock and waved goodbye. But she didn't see us. She was leaning forward in the bow with her little plastic binoculars pressed to her eyes, peering out to sea."

And if you care to look up this little memoir, you will also have the benefit of learning about Mama's camel-bladder chandelier.

On the back page in the July issue, Barbara Holland writes about recollections of a childhood spent protecting America during World War II. She compares this with the country's concern, during the war in the Persian Gulf, that children didn't become overcome by anxiety.

"Either we're raising a generation of crybabies or war just isn't fun anymore. Not the way World War II was fun. From a kid's eye view... (that war) was the greatest game of all, the best of all possible toys. Anxiety? What anxiety? Back then, children read and were read to, and the first great lesson of kids' books was that the dragon never eats the prince. We were good, Nazis were bad... We would win. In the

meantime, all over the neighborhood the 6-to-12-year-old world pitched in to help with the war effort."

The few hundred words that follow are an hilarious rendering of youngsters' ideas of how to win the war, such as lying "on our backs in the grass all afternoon watching for German bombers" and digging trenches across people's front lawns to trip up any infantry invasions, or catching spies among the neighbors.

"From morn till night we were busy and happy, and out from underfoot. It was a wonderful toy and a glorious war, and while we rejoiced in a victory when it came, life seemed savorless for a long time afterward.

"They don't make them like they used to."

Elsewhere in the issue, Michael H. Robinson, director of the National Zoological Park (in another hidden little gem) muses about birds' "thoughts" on long flights — are they bored? — and discusses informally brains' comparative sizes and functions. I wish that I might have more space to relate some of his conclusions. And I hope that perhaps you will take the time to look it up, along with some other good articles.

You can buy "Smithsonian" for \$3 per monthly issue (if you can find it.) Otherwise, it is \$22 a year (P.O. Box 55593, Boulder CO 80322-5593).

In buying a home, know who's on your side

The contributor of this Point of View is a New York State-licensed real estate broker associate with Noreast Real Estate and a certified real estate appraiser. Her experience includes functioning in the role of buyer's agent as well as traditional seller's agent.

By Linda Horenstein

Today's home buyers may be the young couple shopping for their first home, the experienced buyer moving up to a larger home, or the investor purchasing income property.

When searching for a new home, the typical home buyer will work closely with a real estate agent who assists in locating the right home in the desired neighborhood and price range. After spending considerable time together, buyers typically considers the agent to be their advocate.

Yet the relationship between the buyer, the real estate agent, and the seller is not as clear and obvious as it may seem. In fact, three different types of relationships may exist between the home buyer, seller, and real estate agent: the buyer's agent, the seller's agent, and the dual agent.

In order to ensure that the public is aware of the relationship that prospective home buyers and sellers have established with their agent, the Department of State mandates that all buyers or sellers working with an agent must sign a statement verifying that they have been made aware of the available options.

What is a seller's agent?

It is imperative that the buyer understands the relationship between the agent and the seller when a home is listed for sale. The agent has a fiduciary relationship with the seller, and has been entrusted with working for the interests of the seller. That agent must provide the seller with any information he or she might have regarding the purchaser. The agent owes the seller complete loyalty and confidentiality, and is obligated to obtain the best possible price for the seller.

If the salesperson has done the desirable homework, he or she has established the potential buyer's financial qualifications before showing any homes, and has disclosed his (or her) position as seller's agent to the interested party.

The agent has some idea of how much money the bank is willing to lend toward the purchase of a home.

The search for a home of your choice now begins. You and the agent are spending a good deal of time together looking at houses, and getting to know each other. You are pleased with the agent and feel comfortable with this person.

It finally happens. You find a home that meets your needs and you would like to make a purchase offer. You begin to contemplate how much you want to offer for the home and, before you realize it, you begin to think aloud. You decide to offer one amount, but casually state that you will be willing to pay somewhat more if necessary.

Remember, at the onset of your relationship with "your" agent, you agreed to look for a house with a seller's agent. However, in the excitement of finding this fabulous home, you forgot that the agent has a legal responsibility to inform the seller that you are willing to pay more than you originally offered and, in fact, you are financially qualified to do so.

The best advice for a prospective buyer working with a seller's agent is not to tell the agent anything you do not want the seller to know. Remember, the State of New York requires that agent to work in the best interest of the seller.

What is a buyer's agent?

Conversely, a buyer's agent has a fiduciary relationship with the buyer and has been entrusted with working for the interests of the buyer. The buyer's agent must disclose all information he or she might have regarding the seller and/or the home to the buyer. Finally, the agent will negotiate in the buyer's best interest to obtain the best possible price and terms for the buyer. The buyer's agent will also help the purchaser determine how much the property is worth through comparative statistical data obtained from the local board of realtors computer files. The

Matters of Opinion

EAC voices thanks for public's support

Editor, The Spotlight:

During the weeks preceding the special election in Bethlehem, we at EAC had the pleasure of working with some exceptionally dedicated people who had a strong desire to see a solid-waste solution implemented for the region which would be environmentally and economically sound. As these committed individuals helped us explain our proposal to Bethlehem residents, we found that the great majority of the voters who were approached in person and who took the time to understand the logic of our approach supported the development of a resource-recovery facility in the town at our site in the Port of Albany.

We realize that standing up for an integrated solid-waste management approach which includes waste-to-energy is not always the most popular position, especially when there are opponents out in force blanketing the town with misinformation and distortion of facts.

Despite the failure of the special election in Bethlehem, I hope that our continuing efforts in the

Capital District will eventually result in a positive, integrated solution. *Patrick F. Mahoney*

*President,
Energy Answers Corporation*

Bikes

(from page 6)

up from the cellar for me in preparation for a garage sale. He left the bike on the grass by the steps. I was in the kitchen; the front door was open. In a four-minute period the bike was taken (this was at 2 p.m.). Two other bikes were in the yard as well (a grandson's and a friend's) but only the new bicycle was stolen. I called the police immediately, but there is no way we will get the bike back, I'm sure.

And there is also no way I can purchase another. We work very hard for what we get. It is such a devastating feeling of helplessness to stand by and know that nothing can or will be done about it.

What has been happening does not sound like Delmar. Nor does it sound like a good place to raise a family.

I don't know what solutions there are—but something must be done!

Shirley Herald

Buyers (from page 7)

buyer's agent can express professional opinions in critiquing any property considered by the buyer.

It should be understood that a real estate agent is not required to offer his or her services as a buyer's agent. It is an option of the agent as well as the purchaser. One must also recognize that choosing the buyer's agent option does not mean establishment of an adversarial relationship between the buyer and seller, but one in which both parties have clearly defined advocates to ensure that their best interests are considered in the transaction. This is simply another form of representation available to the buyer. The media has given his option a great deal of attention in recent months and many buyers are finding this to be a desirable option.

It is important to understand the concept of sub-agency in order to fully understand the payment of buyer's agent commission.

When a seller lists a home with a broker, they agree on a percentage of the sale price to be paid to that broker at the time of closing. The listing broker, in turn, will

offer other brokers a percentage of the sale price if they produce a ready, willing, and able buyer. The percentage the listing broker offers to other brokers is known as a sub-agency fee. The selling broker which produces a capable buyer typically receives this percentage as a commission fee.

Most buyer's agents will accept a fee equal to the sub-agency fee being offered as their compensation. With the transfer of title (closing), one of two things will occur; (1) The seller is requested to credit the previously stated sub-agency fee to the buyer so the buyer may use those funds to pay their buyer's agent. In this case, the seller will, in turn, deduct the amount from the fee they agreed to pay their listing broker now that the listing broker does not have to pay the sub-agency fee to the selling broker. Or (2) the seller pays his broker the previously agreed-upon commission and the listing broker will pay the buyer agent (or selling broker) the amount being offered as a sub-agency fee. In both these cases, the seller nets the same amount of money, the buyer spends the same amount of money, and the listing and selling brokers make the same commission.

As to why buyers continue to choose a seller's agent — very often it is simply a fear of something new. The buyer may have purchased a home previously with a seller's agent, and is comfortable and familiar with the relationship. The purchaser may be very knowledgeable about the real estate market and is not in need

of the agent's guidance. Choosing to work with a seller's agent is fine, as long as the purchaser fully understands the nature of the relationship and is aware that he or she may not want to disclose certain information to the agent.

The dual agency

A dual agency is when the broker is representing both the buyer and seller. New York State permits brokers to act as dual agent. However, to do so there must be written consent from both sell and buyer.

There are two situations when a dual agency relationship would occur. The first potential situation would occur when a purchaser has a buyer-agency agreement with the agent and that agency is also the listing agent of the home the purchasers are pursuing. The agent's role becomes that of a mediator. Loyalty and honesty are owed to both parties. However, the agent cannot disclose information he or she may have regarding one party that can be used to benefit the other party.

The second situation of dual agency to occur would exist when a purchaser is interested in a home that is listed with the same real estate company with which the buyer's agent is affiliated. Although the buyer's agent is not the listing agency of the property, the brokerage firm is representing both the buyer and seller and, therefore, becomes a dual agent.

If the buyers are uncomfortable with the relationship they have with their real estate agent, New York State law protects them and allows them to change their agency status at any time.

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Your Opinion Matters

Parent says swimmers behaved at 'Toll Gate'

Editor, The Spotlight:

After reading Mr. Zautner's response to Mr. Tyrell's letter regarding the attitude and actions displayed by the staff at Toll Gate toward our swim team, I am compelled to respond. Mr. Zautner is quoted as saying "we try to make everyone happy." If this is true he would never have allowed a waitress to loudly announce as we entered the restaurant "The swim team, spare us." That statement exemplifies how they felt about our visits on Monday and Wednesday evenings after our meets during the month of July.

On the evening of July 1, the children on the team were accompanied by a minimum of 20 parents who were sitting at various booths and tables throughout the restaurant ordering ice cream, coffee, light dinners, etc. At no time during our visit did any member of the staff approach us and express concerns about our children's behavior. In fact, when placing our orders, we were treated with the same air of annoyance and brusqueness as our children were. It was indeed obvious to all of us that they did not want us there. At no time did they attempt to make us feel welcome, or happy. After Mr. Zautner had publicly humiliated our coach in front of his team and their parents by scolding him and informing him that perhaps he should be teaching them "rules of etiquette" and "proper behavior in a restaurant" at practice, several parents approached Mr. Zautner and the waitress who was so agitated, to find out exactly what the children had done to warrant such an outburst. They were unable to give us any specific examples of misbehavior except that the children often do not remain seated and interfere with the path to the kitchen.

**Zautner termed
'most patient,
calmest person'**

Editor, The Spotlight:

The letter pertaining to Bob Zautner and the Toll Gate restaurant in your July 22 edition was absurd. It is unfortunate that young people are influenced by persons such as the letter's author. He shows the inability to make the simplest of discerning judgments.

Bob Zautner is one of the most patient and calmest persons I have met. Two of my children have had the fortunate experience of being introduced to the work-world by being employed at the Toll Gate. They have observed Mr. Zautner deal with patrons for a combined total of eight years. They have never seen anything approaching the kind of behavior suggested by the letter-writer. To suggest that Bob Zautner would slap of bully anyone speaks only about the acuity of the accuser.

Yes, the Toll Gate is a lovely ice cream parlor; it just got better.

Slingerlands *Raymond L. Wolfe*

They conceded that the boys and girls are usually polite and courteous.

I am deeply saddened and disappointed by the attitudes displayed by Mr. Zautner and his waitress toward myself, my friends, and our children. We have decided to take their advice and have begun frequenting another local ice cream emporium where we are warmly welcomed and they seem to appreciate our business.

Delmar

Dee Banagan

'Letter to a friend' opens insights on priestly life

Editor, The Spotlight:

Earlier this month, I had the privilege of hearing the associate pastor at my church (the Rev. James M. Cribbs of St. Thomas in Delmar) speak of how he has found joy in his holy calling (as well as challenges).

I was so moved by his words that I asked for a copy of his notes, and was pleased to be granted my request. After reading and re-reading them, I thought Father Cribbs' thoughts worthy of sharing with many others, of all faiths.

Father Cribbs told of having received an ordination announcement from a friend who is entering the priesthood. In addition to the portions of his message that follow, his reflections were summed up in a repeated expression: "May you be as happy as I have been."

It seems to me that this "letter to a friend" speaks volumes about the man and about the priestly ministry. I am grateful to him for allowing me to submit this for publication (as well as for having brought us these candid but inspiring insights).

"There are some really difficult things about priesthood."

There are days at Mass when I feel empty inside or still get nerv-

ous, and long for an uncritical, gentle face.

There are counseling sessions in which I wish I said a lot more or a lot less.

There are times when I feel barely capable of sustaining my own life of faith, let alone the faith of others.

There are times when I feel sorry (or even angry) for the way we, the church, have hurt people in the past, and wish I didn't have to share the responsibility for it.

There are times when people are openly hostile toward the church and toward me, and it grieves me.

There are times when I wonder if any of us will truly hear and respond to the message of Jesus.

But, there is such beauty in this life that I honestly am sometimes moved to tears by it, and feel so blessed—and so unworthy to be a priest.

There is the moment when the daily chapel grows quiet and my hands lift the host and the cup and we realize the Lord is among us.

There is the moment beside the grave when an old man, like the grandfather I never knew, hugs me for my words and says "Thank you."

There are the tears in the con-

Update on Wynn Sorkin, the July 15 Point of View columnist: In his age class (70-74) at the Empire State Games, he won two golds (hammer throw and race walk) and three silvers (shot put, javelin, and discus). In his nine years of competing, he has won 20 gold, 15 silver, and 6 bronze medals.

fessional that mean pain and cleansing and forgiveness.

There are the invitations into the quiet temples of other people's loneliness, into their being born and dying; into their love.

There is the courage and the faithfulness and the commitment of a parish family—of brothers and sisters that I am embraced by and upheld by and supported by—that I have come to, not by my own merit, but by God's grace.

It is when I am away from the parish, however, and I have a chance to grow quiet and to slow down, that I begin to sense the fulfillment and the happiness that this priestly life gives me. It is then I begin to wonder what else I could be doing that would give my life such meaning and purpose. It is then I begin to recognize the gift given, so that my joy might be complete. It is then I begin to wish that someday there would be someone to walk behind the Lord in my steps."

Delmar

Alfred P. Restifo

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Check out partnership list for kids' activities

By Amy Jo Tanner

As August approaches, heralding the end of summer vacations, young people tend to grow restless and bored.

Thanks to the Community Partnership Program in Bethlehem, parents can offer alternatives to activities like television and video games.

In a four-page list of August activities gathered and published by the partnership, parents will find many suggestions to keep kids busy and amused.

The community partnership program, made up of community residents from all walks of life, was formed by a joint effort of Bethlehem Opportunities Unlimited and Bethlehem Networks Project. The program's goal is to build a community where children can reach their potential.

Mona Prenoveau, coordinator for Bethlehem Networks Project

and a founding member of the community partnership program, explained, "We target problems and try to develop solutions. It's a very specific approach — there's no b.s. We develop simple short-term solutions because if we attack it as the big problem it seems almost unconquerable."

Although drug prevention is a major goal of the group, there is a lot more to prevention than just warning kids about the dangers of drug use, Prenoveau said.

"Drug prevention doesn't mean educating them about the dangers of drugs. It means giving them better things to do. It means making them feel better about themselves and part of what's going on in the world," explained Prenoveau.

As part of this effort, the community partnership program's list of activities is an effort to involve

Bethlehem kids in worthwhile activities.

"People may ask 'What does this list of activities have to do with drugs?' she said. 'Well, the thing is, we're trying to keep kids pro-

ductive, busy, and expand their horizons."

The community partnership program meets next on Tuesday, Sept. 1, at 7 p.m. at Bethlehem Town Hall. Newcomers are encouraged to attend.

Activities on the Community Partnership Program's list include:

- Aug. 1, Beat The Heat Party, open to Bethlehem middle school age students, at Elm Avenue Park.
- Aug. 1-2, Croquet Tournament at Clermont State Historic Site, Germantown, music, lawn games, ice cream, 537-4240.
- Aug. 2, Children's Day, noon to 5 p.m., Empire State Plaza, Albany.
- Aug. 3-14, Basketball Clinic, register at Elm Avenue Park, Delmar.
- Aug. 4, Tuesday in the Park, 2 to 9:30 p.m., entertainment, activities, food, fireworks, Central Park, Schenectady.
- Aug. 4, Wildlife Education Day, Flag Acres Zoo, Hoosick Falls, 686-5981.
- Aug. 7-9, German Oktoberfest, music, dancers, traditional food, dress and crafts, Gloversville, 725-5288.
- Aug. 8, Hudson River Festival, noon to 5 p.m., entertainment, activities focused on Hudson River, Riverfront Park, Troy.
- Aug. 8-9, Listen and Remember, at Remember the Children Exhibit, State Museum, 11 to 3 p.m., experience the impact of the Holocaust on children.
- Aug. 10-14, Project Adventure, high and low ropes course, register at Elm Avenue Park, Delmar.
- Aug. 12, Wednesday on the Wild Side, wildlife presentation, 10 a.m. to 2 p.m., Grafton Lakes State Park.
- Aug. 13, Yankee Doodle Band Concert, 7 p.m. to dusk, concert at Crailo State Historic Site, Rensselaer, 463-8738.
- Aug. 15, Family Outdoor Adventure, camping experience for the novice, at Dyken Pond Environmental Education Center, Grafton, call 658-2055 to register.
- Aug. 16, Visions of Washington Irving, learn about the Hudson Valley that inspired many artists, 2 to 3:30 p.m., State Museum.
- Aug. 17-23, Altamont Fair, 10 a.m. to 11 p.m., off Rt. 146, Altamont.
- Aug. 21-23, Batteau Weekend, canal era celebration, costumed re-enactments of 18th century period encampment, food, crafts, vendors, Riverside Park, Schenectady, 382-5147.
- Aug. 26, Evening Performance for Families, 6:30 to 7:30

Driving course set at Delmar church

E & E Defensive Driving Associates will sponsor a defensive driving course on Tuesday and Wednesday, Aug. 4 and 5, at the Delmar Reformed Church, 386 Delaware Ave.

The course will run from 7 to 10 p.m. each night, in the fellowship hall of the church.

Pre-registration is required. For information, call 459-9048.



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Home Made Theater seeks director for '92

Home Made Theater of Saratoga Springs is currently accepting resumes for the position of director for their performance of "A Christmas Carol," which will open Dec. 19.

The director of the production would be responsible for all aspects of the production, especially working with the scenic, lighting and costume designers and the technical director.

For information, call 587-4427.

Troy Gateway trip to visit cottages

The Hudson Mohawk Industrial Gateway on Polk Street in Troy is sponsoring a bus trip to the Berkshire Cottages on Saturday, Aug. 29, from 9 a.m. to 5 p.m.

In the past, the Burden and Vanderbilt families lived in the cottages.

The tour will begin in the Burden Iron Works Building in Troy with an introduction to the history of the Burden and Vanderbilt families, followed by a bus trip to Lenox, Mass.

Cost is \$40 per person. For information, call 274-5267.

Bellevue Hospital sets assessment clinic

A developmental assessment clinic for children up to 2 years of age will be offered at Bellevue Hospital, Troy Road, Schenectady, on Wednesday, Aug. 5, from 10 a.m. to 4 p.m.

Areas that may be assessed include gross and fine motor development, speech and language development, feeding skills, learning/adaptive skills and social/emotional skills.

The clinic is free and open to the public.

For information, call 346-9400.



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Bethlehem Chamber of Commerce

by Marty Cornelius



Local businesses get involved

The Bethlehem Chamber of Commerce recently formed a Government Affairs Committee to better represent the chamber's almost 500 members.

Although the chamber takes the role of advocate for the local business community seriously, it is important to note that the Chamber's role is much broader

SPOTLIGHT ON Business

than that. From its inception in the 1950s, the Chamber has aimed to be a driving force in maintaining the high quality of life that has come to be associated with living and working in the Bethlehem community.

The town of Bethlehem has an effective and efficient town government. However, our elected officials can't do the job alone. It is important for all members of our community to stay involved in the town's decision-making process.

The Government Affairs Committee will serve primarily as a liaison to local government. Their function will be to stay abreast of issues, determine how they affect the local business community, and to educate the chamber's board of directors and membership about these issues.

Once the best interests of the business community have been determined, the chamber can take

an active advocacy role. A perfect example of this concept is the chamber's recent involvement in the local coalition that succeeded in influencing the school board to reject the homestead provision.

The fact that the chamber is a community-based organization underscores the value of the organization. Many of our local business people are residents of the community, and have an interest in the community as a whole.

The town has also taken an intelligent approach to the corporate presence they have encouraged in Bethlehem. In addition to a substantial tax base contribution, our corporate citizens are good neighbors. The time General Electric employees contributed to building a local playground is a good example.

Just as important is the local small businessperson who makes contribution after contribution to worthwhile local initiatives.

The bottom line is that our business community is an essential ingredient in the mix that provides an excellent quality of life in the town of Bethlehem. The Chamber of Commerce will continue to do its part to support both that community, and the broader general community.

Owens/Corning Corp. releases income report

Owens/Corning Fiberglas Corporation recently released its second quarter earnings report.

Income before extraordinary items for the quarter rose to \$22 million, or 52 cents per share, an increase of 69 percent from \$13 million, or 32 cents per share, in the second quarter of 1991.

Net sales were \$732 million, compared to \$735 million for the same period a year ago.

Dolfi gets promotion at Merrill Lynch

Robert M. Dolfi of Glenmont was recently promoted to assistant vice president of Merrill Lynch. He had previously served as senior financial consultant.

He specializes in retirement planning for businesses and individuals.

Delmar man gets accounting degree

Frank S. Venezia, CPA, of Delmar, a director in the Albany office of Marvin and Company, recently received his master's of science degree in accounting from the College of Saint Rose.

He is a 1976 graduate of the Rochester Institute of Technology.

Seniors to cruise on Hudson River

Bethlehem Senior Services is sponsoring a luncheon Hudson River cruise aboard the Spirit of St. Joseph on Wednesday, Aug. 12.

For information, call 439-4955.

Realtor named to Eddy board

Peter C. Staniels of Douglas Road in Delmar has been appointed to the Eddy care network's board of directors.

Staniels, who is currently the first vice president of the board of directors for Home Aide Service of Eastern New York, an affiliate of the Eddy, is also co-owner and president of Noreast Real Estate located in Main Square on Delaware Avenue.

The Eddy is a not-for-profit network of 14 affiliates and the most comprehensive area provider of care services, primarily for the elderly, in the Capital Region. The Eddy's services include retirement communities, supportive living apartments, skilled nursing facilities, care management programs, geriatric rehabilitation, and a range of in-home health care services.



Peter C. Staniels

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You are cordially invited to an OPEN HOUSE at The Glenmont Job Corps Center

Tuesday, August 4th from 1 pm to 5:30 pm
In recognition of the community with which we are proud to be associated, we would like to welcome everyone to come visit us and tour our center.

There will be:
Welcoming Tours 1 pm to 2:30 pm
Final Tour 4:30 pm
Ceremonies Begin at 3 pm
Refreshments

The Glenmont Job Corps is a federally funded vocational training program for New York's youth (age 16 to 21).

The center is located on Route 144 in Glenmont, just five miles south of Albany.

On behalf of Career Systems Development Corporation, and the staff and students of Glenmont Job Corps, we sincerely thank the community for their continued support. We look forward to many more years of serving the youth of New York.

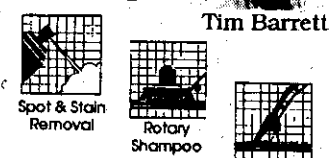
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Kids' Place

(From Page 1)

A pair of design architects from the Robert Leathers Company of Ithaca will be on hand to direct the work.

A variety of equipment is planned for Kids' Place, including an elephant slide, haunted castle, pirate ship, space tunnel, trolley ride, balance beam, several bridges and swings. Most of the equipment will be wheelchair accessible.

While Finkle is confident the \$80,000 mark will be reached, additional fund-raisers are planned, including a penny collection where everyone in town will be asked to empty their piggy banks on the floor of a local gymnasium.

If the playground committee exceeds its fund-raising goal by

\$3,000, a wheelchair swing will also be added.

The \$50,000 donation, from the estate of someone in the Bethlehem community, came as a complete surprise, Finkle said. Until the donation arrived, prospects for reaching the \$80,000 mark were not that bright.

"Lawyers for the estate asked us to draw up a mission statement," Finkle noted. The paperwork was completed in July and the money is now in hand.

Town residents should look on the construction project as a celebration, similar to barn raisings and the like that occurred decades ago. "It's going to be a big party," she said.

It sure beats the sandbox and baby swings that most of us grew up with.

Junior Museum sets whale watch trip

The Junior Museum will sponsor a trip to Gloucester, Mass., for whale watching on Saturday, Aug. 1.

This annual trip costs \$60 for adults and \$55 for children or, for

museum members, \$50 and \$45. The price includes bus transportation and the boat.

Seating is limited, and reservations are required at 235-2120.

Farm Bureau launches membership drive

The state Farm Bureau recently launched its 1993 membership drive.

The organization's membership includes farmers and rural land owners. For information, call 436-8495.

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

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Troy industrial group to sponsor mill tour

The Hudson-Mohawk Industrial Gateway on Polk Street in Troy, is sponsoring an all-day bus trip to Lowell National Historical Park on Saturday, Aug. 1, from 7 a.m. to 9 p.m.

The Lowell textile mills, founded in the 1820s, were the first to combine innovations in labor, capital and technology to mass produce cloth.

The cost is \$40 per person.

For information, call 274-5267.

Festival to conclude with dance program

The Baroque Festival 30 will conclude its season with a program of 18th century dance on Sunday, Aug. 2, at 4 p.m. at the Baroque Festival Studio, 165 Wilton Road, Greenfield Center.

Tickets are available at the Boulevard Bookstore, 15 Central Ave., Albany.

For information, call 893-7527.

Farm Family employees raise funds

In a recent ceremony, representatives of Farm Family Insurance Companies in Glenmont presented a check for \$2,960.30 to Five Rivers Limited, the non-profit citizens support group of Five Rivers Environmental Education Center in Delmar.

The money was raised through a walk-a-thon held at Farm Family on June 11.

On that day, nearly 100 Farm Family employees braved scorching temperatures and walked or jogged quarter-mile laps around the company's buildings. For each completed lap, participants earned pledge dollars from Farm Family agents, fellow employees, friends and neighbors.

In a poll of employees, Five Rivers was chosen to receive the money.

Accepting the donation were Dave Rhodes, president of Five Rivers Limited; Jim Tate, chairman of the fund-raising committee and member of the board of directors; and John Meaney, former Five Rivers Limited board president.

Officially recognized by the National Park Service as a National Environmental Study Area, Five Rivers maintains 328 acres which provide a refuge for a variety of plants, wildlife and more than 140 bird species.

percent from non-homestead to homestead.

Lastra will be on vacation until Aug. 5 and is expected to have the final assessments ready for board within a few days after his return.

"If they do decide to rescind (Homestead), I hope they do it in September or October so I have time to get the rolls in order," Lastra said.

Town board member Charles Gunner, originally a Homestead supporter, said there were a lot of variables to consider before the board decides whether to stand pat or reverse itself.

One factor in the decision is pending litigation against the town by the Niagara Mohawk Power Corp., which is trying to get the assessment on its Glenmont holdings reduced. That could further upset the equation, he said.

Mehta receives award at Emma Willard

Junior Neelam Mehta of Feura Bush recently received the Harvard Book Club Award from the Emma Willard School faculty.

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Scouts win scholarships

Scott Halligan and Doug Wuttke of Boy Scout Troop 73 received the George Oster Award at the troop's end of school year potluck dinner and awards night.

Presented in memory of George Oster, the award recognizes two scouts in the troop for their outstanding involvement, participation, and attitude toward scouting.

Each scout received a scholarship toward Camp Rotary.

Property owners receive information

A parcel description report has been mailed to all property owners in the town of New Scotland by Cole-Layer-Trumble Co., a mass appraisal firm. The information will be used to establish a full-value revaluation of all property in the town.

Property owners who find an error in the information should contact Cole-Layer-Trumble at 765-4940.

Punkintown Fair to open Aug. 1

The Punkintown Fair, sponsored by the New Salem Volunteer Fire Department, will be from Thursday, July 30, to Saturday, Aug. 1.

The event will be at the fairgrounds adjacent to the firehouse

VFW plans picnic at Slingerlands park

The annual VFW picnic, sponsored by the Veterans of Foreign Wars Post 3185, the Slingerlands Fire Department and Bethlehem Senior Services, will be on Thurs-

NEWS NOTES

Voorheesville

Susan Casler
765-2144



in New Salem. The fair will feature rides, food, shows and games. For information, contact Judy Shearer, fair co-chairman, at 765-4334.

Blood pressure clinic to resume in September

The New Scotland Kiwanis will not offer a blood pressure clinic during August. The normal schedule will resume on Tuesday, Sept. 8, at the First United Methodist Church of Voorheesville.

Swim program to feature parent/child classes

Classes have begun for the 1992 Summer Swim Program at the Clayton A. Bouton Junior Senior High School, and will continue until Friday, Aug. 21.

According to Phil Davis, activities director for the school, and Mike Fitzpatrick, swim director, the following courses will be available: beginner, advanced beginner/deep water beginner, intermediate/swimmers, water works and parent/child classes.

To register, call 765-3314.

Broken String Band to perform at library

The Broken String Band will perform traditional Irish music at the Bethlehem Public Library's Evening on the Green on Wednes-

day, Aug. 5, at 7:30 p.m.

The library is located at 451 Delaware Ave., Delmar. For information, call 439-9314.

Jane Kowalski is back.

She would like to invite all her clients to join her at the salon of

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Environmental money



Althea J. Snyder, vice president and general manager of New York Telephone, presents David Rhodes, president of Five Rivers Limited, with a \$2,000 check to fund environmental education programs at Five Rivers Environmental Education Center.

Elaine McLain

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Show off your veggies *Landfill boys perform tonight*

If you are a kid with nothing to do during the dog days of August, high tail it over to the library. These programs, specially designed for children and young adults, will have you howling for more.

On Wednesday, Aug. 5, at 2 p.m. show off your home-grown flowers, fruits and veggies at "Bethlehem Bountiful," our mini-state fair.



Share samples of a favorite recipe and gardening tips. There will be music, contests to enter and ribbons to take home. Call the library for details.

Toddlers ages 22 months to 3 years old, with an adult companion, can join Dawn Kolokowski for "Tune Up for Tots" on Monday, Aug. 10, at 10 a.m. Kolokowski, an early childhood instructor at Hudson Valley Community College, will guide youngsters in music and movement experiences through songs, games and parachute play. To sign up, call 439-9314.

Through Aug. 13, 30-minute Sleepytime Storytimes for families of preschoolers are being held every Thursday evening at 6:45. There is no need for registration and children can come in their

pajamas.

Preschoolers ages 3 to 6 are invited to "Ride 'm Cowboy," a rip-roaring adventure on the library range, on Monday, Aug. 17, at 10:30 a.m. Wear your 10-gallon hats for this round-up of wild west tales and activities. Registration is requested.

School-age children can learn about two of America's legendary tall tales at "Summer Films" on Thursday, Aug. 20, at 2 p.m. Robin Williams narrates the story of *Pecos Bill*, rider of cyclones and creator of the Great Salt Lake, and Jonathan Winters presents the hilariously exaggerated logging adventures of *Paul Bunyan*.

All library programs are free and open to the public. For information, call 439-9314.

Anna Jane Abaray

Delmar man named Albany Med professor

Dr. Thomas B. Edwards of Delmar was recently appointed assistant professor of medicine at the Albany Medical College and will practice in the division of allergy in the college's department of medicine.

A graduate of the New York University School of Medicine, Edwards just finished a fellowship in allergy and immunology at the University of South Florida College of Medicine.

There will be something for everyone tonight when The Landfill Mountain Boys perform their eclectic mix of country, bluegrass, folk and '50s and '60s rock at the library's "Together at Twilight" series.

The free concert, beginning at 7 p.m. on the library lawn, will feature a combination of musical styles ranging from Bob Dylan to



Chuck Berry played on guitar, mandolin and fiddle. The group has played in many of the Capital District's most popular folk venues, including Caffe Lena and The Eighth Step.

A classic animated film, *The Point*, will be shown as a part of the Cool Kid's Cinema series Thursday, July 30, at 2 p.m.

Adults and children should enjoy this charming tale of a boy who has no point when everyone else does. Music by Harry Nilsson and a timeless message about ignorance and prejudice make the film an unforgettable experience. Popcorn will be served.

The Summer Reading Club continues this week with "Mountain Merriment" planned for children going into grades four through six. Storyteller Carol Connolly will share some tall tales that give a glimpse into the lives of the men and women who settled in the Catskills and Adirondacks. The program runs from 2 to 3 p.m. today, July 29.

Reptiles In and Out will be the subject on Tuesday, Aug. 4, at the



The Landfill Mountain Boys will bring their unique brand of music to the Voorheesville library this evening at 7 p.m.

SRC meeting for children in kindergarten through third grade. The Rensselaer County Junior Museum will introduce children to some state reptiles, and the group will make puppets to take home. Sign-up is required.

The library would like to thank Price Chopper for donating supplies for this year's club.

Younger children and their families are welcome to attend Summer Story Hour sessions on Mondays at 10:30, Tuesdays at 10 and Fridays at 10:30. Upcoming themes include "Who's That Pig?" on July 31, to tie in with the Altamont Fair, and "Camping with Bears" for the week of Aug. 2.

There is no minimum age and registration is not required.

The Village Quilters' exhibit of contemporary quilts crafted by the group will open on Aug. 2 and run through the month.

In addition to the quilt exhibit, the library's display case will feature sculpture by Tom Corrado of Slingerlands. Truly a Renaissance man, Corrado is also active in the library's Poetry Writer's Group and the author of *From the Notebooks of Boofers Bogs*. His sculpture can be seen Monday through Friday from 10 a.m. to 9 p.m., and his poem are available at the circulation desk.

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viewpoint
on addictions

by William P. Rockwood, PhD.

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Unfortunately, young people and heavy drinkers are the advertiser's primary target population. Evidence indicates that alcohol advertising contributes to an increase in consumption by young people and serves as a potent force for negative socialization.

Keep in mind that approximately one third of all Americans choose not to drink; one third drink occasionally and one third drink regularly. Also ten percent of the drinking population consume 60% of all the alcoholic beverages produced in this country.

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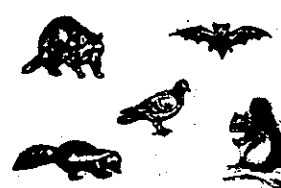
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Selkirk firefighters win first prize

The Selkirk Fire Department won first prize last week in the 65th annual Hudson Mohawk Volunteer Firemen's Association dress parade held recently.

The prize was for Best Appearing Unit in standard dress uniform with 15 or more participants.

Incorrect dates were given for the Selkirk Fire Department Number Two carnival in last week's column. Correct carnival dates are this Friday and Saturday, July 31 to Aug. 1, and next week on Aug. 7 and 8.

Food booths open at 6 p.m., and games and rides open at 7.

Also part of the event is a giant flea market with over 200 booths scheduled for Saturday, Aug. 1, from 9 a.m. to 5 p.m. Rain date is Saturday, Aug. 8.

An egg and sausage breakfast will be served the morning of the flea market.

Residents to vote on budget items

Residents can vote until 9 p.m. today, July 29, on proposed items to be added to the Ravena-Coeys-Selkirk school budget.

Items on the ballot include inter-scholastic sports, sports transportation, purchase of equipment and supplies, library books, club activities, in-service staff training, field trips, extended transportation for students living within two or three miles of school and a choice of two bus purchase proposals.

The voting place is the senior

NEWS NOTES

Selkirk
South Bethlehem
Michele Birtz
439-3167



high school on Route 9W in Ravena.

Board meeting set to discuss survey

The RCS Board of Education has scheduled a meeting on Monday, Aug. 3, at 7:30 at the board office, 26 Thatcher St., Selkirk.

The agenda will include results and discussion on the state Compact For Learning survey distributed to residents last spring.

Readers to create map at Ravena library

The Ravena Free Library, 106 Main St., has named Wednesday, Aug. 5, "Map Day," as the summer reading program continues.

The fun will begin at 1:30 p.m., when participants will create a wall-size map of New York State to display in the library.

The last program of the Wednesday afternoon summer reading events will be a puppet show on Wednesday, Aug. 12, at 1:30 p.m.

Be sure to be there for food, prizes and fun at the big end-of-program party at Mosher Park in Ravena on Saturday, Aug. 15, from noon to 2 p.m.

Sunshine seniors to host luncheon

The Sunshine Seniors club invites all seniors 55 and older from Glenmont, Selkirk, South Bethlehem, Delmar, Feura Bush and Westerlo to attend a covered dish luncheon on Monday, Aug. 10, at noon at the Henry Hudson Park Pavilion, Route 144, Glenmont.

A general meeting will follow the luncheon at 1 p.m. Entertainment is planned. For information, call 439-7179.

School group to perform musical

The Doane Stuart School's drama society is presenting the musical *The Fantasticks* on Friday, July 31, and Saturday, Aug. 1, at 8 p.m. at the school on Route 9W in Albany.

Based on the play *Les Romanesques* by Edmund Rostand, *The*

Newman joins Horizons Program faculty

Stewart Newman of Delmar is currently serving on the faculty of the Horizons Program at the New Canaan Country School.

He is one of 23 selected from 200 applicants by the Association of Yale Alumni to participate in

Fantasticks opened off-Broadway in 1959 and is still performed today, making it the longest-running show in the world.

Tickets will be available at the door.

For information, call 945-1580.

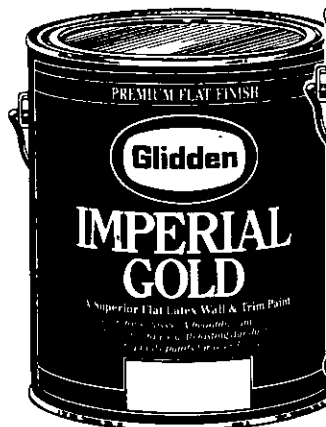
social programs around the United States.

Newman is a junior at Yale University in New Haven and is majoring in history. He is a member of the Zeta Psi fraternity, the Yale Political Union and the rugby team.



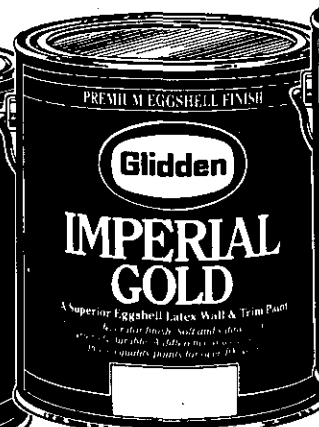
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SPOTLIGHT ON

SPORTS

Bethlehem youth prepare for life in the water

By Emily Church

The popularity of the Bethlehem Park and Recreation Department's summer swim program is proven every spring. On the first day of registration for the Learn to Swim and Tiny Tot programs a line of lawn chairs forms outside of the Town Hall as parents wait to sign up their children for the limited number of openings.

The demand for swimming lessons at the Town Park has increased in past years, which causes problems as there are only three, two-week sessions per summer. The Park provides for approximately 950 students in the Learn to Swim and Tiny Tots program. The demand for additional lessons spills over into the private lesson requests.

The reasons for the program's success are clear. The Bethlehem Town Park is one of the finest facilities in the area, with an Olympic-sized pool, a shallow pool and a diving lane. "This is a great facility, and is ideal for teaching kids," said Fred Rudolfsky, who taught lessons for three years and has been the head lifeguard at the Park for four years.

The quality of instruction has also made the program popular. There are 27 instructors on staff, 15 of which teach the group lessons in learn to swim. With a maximum of 70 kids per each half hour in the Learn to Swim classes, the ratio of student to instructor is approximately 4 to 1. In the Tiny Tot program the instruction is always one-to-one, a plan unique to Bethlehem.

Jay Zimnicki, a parent who has two children enrolled in the program, is especially happy with the teaching staff. "The younger instruction is very important."

Zimnicki said. "It is easier for the kids to relate when there are teenagers teaching."

Gretchen Coyner has a 5-year-old daughter enrolled in the Tiny Tot program, and has seen a great deal of improvement since her daughter began a year ago. "The friendliness of the instructors, the individualized attention, the variety of techniques used and the equipment really increase and improve the skills learned."

Molly Lundy is the head supervisor for the program, with Mary Jo Phillips and Dan Cohen as assistants. Lundy, who has prior water experience with the YMCA in Rochester, N.Y., and with Camp Gorham in Eagle Bay, N.Y., believe that this is one of the best run facilities she has seen.

"From my experience, I am very impressed with the program and the facilities," Lundy said. "The background support from the community, the supervisors, the instructors, and the lifeguards really make everything run smoothly."

The program has been in existence for about 20 years, but the main focus still remains the same: To help children become more comfortable with the water. "The overall goal is unquestionably to build kids confidence in the water," said Dan Cohen.

The supervisors and instructors stress that the goal is to improve, not to obtain Red Cross swimming cards. "The program is centered around the children and the progression of their ability and making them comfortable in the water," Lundy said. "The competitive attitude should not enter into the program, and there should be less emphasis on getting the cards."



Jennifer Coon works with Catie Vincent, 4, retrieving rings at the Bethlehem Town Pool on Friday as part of the Tiny Tots swim program. Elaine McLain

The program has a definite impact on the community. It teaches children the skills to protect themselves, and many children who pass out of the Learn to Swim program go on to swim competitively.

"It is the most successful Parks and Rec program," Rudolfsky said. "A lot of the kids who go through it end up swimming at the Varsity level."

Although a need for improvement in the instructor to pupil ratios has been voiced, along with an investment into pool covers to

stop heat loss, neither are economically feasible or truly necessary.

The quality of the Bethlehem

Wrestling club schedules practices

The Voorheesville Wrestling Club will practice every Tuesday and Thursday evening from 7 p.m. to 8:30 p.m. at the Voorheesville High School cafeteria. The Club membership dues are \$30.00 per person.

Membership is open to the experienced and inexperienced grappler from the first through 12th grade in all surrounding com-

munities. Tee-shirts will be available for \$8.50.

For information please contact Don Cootware at 765-2761, Jim Domermuth at 765-2192 or Dennis Robinson at 765-4470.

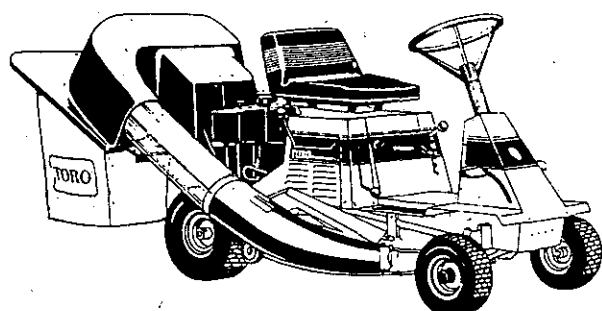
AHS class of 1937 plans 55th reunion

The Albany High School class of 1937 will have its 55th reunion on Friday, Sept. 11, at the Normanside Country Club in Delmar.

For information, call Nancy Dawes at 439-6627.

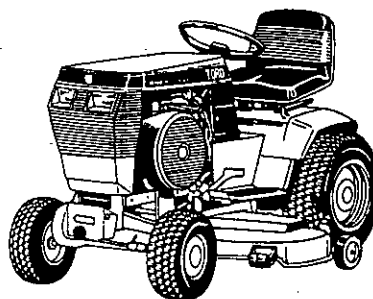
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Tri-Village wins district before losing in tourney

By Joshua Kagan

The 12-year-old Tri-village Little League baseball team won the District 13 championship for the first time since the 1960's, but lost in the first round of the Section II tournament.

On Wednesday, July 22 the Tri-village team defeated Colonie 2-0 at Veteran's Memorial Park in Albany to win the district championship. It was the first time since 1982 that Colonie did not win the District 13 tournament.

"They're a very good team. We had some success last year as 11-year old All-Stars. This year we've come together as a team and played well. The hitting wasn't great, but we scored enough runs to win," Tri-village coach John Tulloch said about his team's successes.

New Hartford's team beat the Tri-villagers 5-3 on Saturday, July 25 in New Hartford, N.Y. Greg Bartoletti went two for three plus an outstanding catch in right field and Geoff Linstruth doubled for Tri-village.

Matt Tulloch shutout Colonie 2-0 in the district championship game. Tulloch struck out seven batters while walking only one in his six innings of work. Tri-villager's runs came as a result of

wild pitches. Cory Czajka singled, stole second then scored on two wild pitches. Brian Davies was replaced after being hit by a pitch by Mark Katz who eventually scored on a wild pitch.

On Saturday, July 18 the Tri-village team shutout Pine Bush National 3-0. Matt Tulloch pitched all six innings, racking up nine strikeouts. Tulloch did not allow a base on balls. Tri-village scored two runs in the third inning. Kevin Russell started the rally with a single. Dan Conway drove in Russell with a double. Tulloch then hit an RBI single to help his own cause.

Tri-village defeated Whitehall 5-2 on Sunday, July 19. Two runs were scored in the third inning by Tri-village. Geoff Hunter singled and scored on Cory Czajka's double. Mark Svare then singled home Czajka. Czajka drove in another run in the fourth inning when Greg Bartoletti scored on his sacrifice fly. Rory McInerney pitched a complete game for Tri-village.

The Tri-village little league team also includes: Geoff Hunter, Brian Davies, Matt Kelly, Chris Gerber, Keith Campbell and Aaron Smith. Kyle Snyder assisted with the coaching duties.



The Tri-Village Little League District 13 champs include the following team members: Rory McInerney (l) bottom, Keith Campbell, Chris Gerber, Kevin Russell, Greg Bartoletti, (top) Geoff Linstruth, Mark Svare, Geoff Hunter, Brian Davies, Coach Kyle Hunter, Mark Katz, Cory Czajka, Matt Tulloch, Assemblyman John Faso and Manager John Tulloch.

Saratoga polo match sponsored by CSR

The College of Saint Rose Board of Associates will sponsor the Saint Rose Cup Polo Match on Saturday, August 15.

The event will begin with a champagne buffet at 5:30 p.m. and will continue until 8:30 p.m. Polo matches begin at 6 p.m. at the Saratoga Polo Field in Saratoga Springs.

World-famous artist Christo will

also be on hand to award the first awarded to an incoming student Jeanne-Claude and Christo Visual majoring in studio art, graphic Arts Scholarship at the college. design or art education. The annual scholarship will be

Triathlon set for Lake Taghkanic

The 5th Annual Hudson Historical Triathlon will take place September 13 at Lake Taghkanic State Park, Columbia County.

The race will be sanctioned by Tri-Fed and is an Olympic distance

run with a one-half mile swim, 26-mile bike and six-mile run.

The Hudson Historical Triathlon was recently featured in the May 1992 issue of Triathlon Today magazine.

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Oldest Tomboys look to improve

The Bethlehem Tomboys' all-star squad in the 17-18 year age group competed recently in the Hudson-Mohawk tourney held at the spacious Clifton Common.

Manager John Goggins' team is headed to the Syracuse area this weekend for another round of games against top flight competition.

Five games were played over the weekend of July 10-12. Friday night's opener under the lights was a tight pitching duel between the Tomboys' Kathy Bleyman and the Latham Lassies' Lauren Calcagni. It ended in a Latham victory, 4-3.

After trailing 4-1 at the end of six, the Tomboys, sparked by Carolyn Myers' leadoff single, scored twice in the seventh inning but went down with the tying run at third base.

Saturday's action involved a tripleheader beginning at noon and ending in the early evening, with no intermissions. The first opponent was formidable - the favored East Greenbush Express team with fastballer Chris Nalley doing the pitching.

The Tomboys played well defensively and reached Nalley for six hits, but were beaten 13-3. The fleet Bethlehem outfield of Jen Banks, Stephanie Sodergren and Bleyman made several outstanding plays against their power-hitting opponent. Regina Conti and Wendy Wright pitched for the Tomboys.

The middle game saw the Bethlehem bats come to life as they collected 11 hits in routing the Classie Lassies from Wynantskill, 15-5. Clarksville's Lisa Dornmuth sparked at third base, as she did throughout the entire tournament, and Kathy Bleyman pitched a solid game. Offensive stars were leadoff hitter Sodergren, Marilou Flynn and Kirsten Kullberg, who contributed seven hits and a like number of runs scored.

The host Miss Shen team won the final Saturday game, 11-7, behind the pitching of Mary Nagle, another area mound standout. The Tomboys picked up 12 hits off the swift deliveries of Nagle. Shortstop Lynda Smith homered and singled for Bethlehem, and catcher Emily Barnes and Kullberg collected five hits between them. The spirited Tomboys rallied twice from behind, in the sixth and seventh innings. Kathy Stornelli handled the pitching chores.

In the Sunday finale, the Tomboys lost to the East Greenbush team by a score of 12-3. The Express scored nine runs in the first inning to establish an early lead and held Bethlehem to five hits. Becky Goggin pitched a brilliant five innings in relief for the Tomboys.

The Tomboys' defense was consistently good through all five games. Reserve catcher Brigid Shogan played well as did Jessica

Banks and Maureen Nuttall. Tomboys' manager John Goggin praised his team's aggressiveness and spirit throughout the tournament.

Bethlehem breezes in youth tennis

It was victory all around for Bethlehem tennis buffs last week in the 15-Love Youth Tennis Program.

In singles, Sal Baizman of Bethlehem defeated Brennan Claus of Troy, 6-0 and Jen Piorkowski of Bethlehem defeated Rebecca Dinan of Troy 6-1.

In doubles, Baizman and Piorkowski defeated Keith Diamonte and Chris Leece of Troy, 4-0. In a second match, Baizman and Piorkowski defeated Claus and Jeff Tomer of Troy, 4-0.

SEFCU open 5K run set for Labor Day

The State Employees Federal Credit Union (SEFCU) will sponsor the fourth annual Labor Day 5K on Monday, Sept. 7. The race will start at 9 a.m. from the Casino in Schenectady's Central Park. The race course consists of 3.1 miles of roadways in and around the park.

The race is open to runners of all ages and abilities. Day of race registration will begin at 8 a.m. at the Casino. The entry fee is \$10. The first 300 registered runners will receive free commemorative T-shirts.

Trophies will be presented to the first three male and female finishers. Age group awards will be presented to top males and females in 10 age divisions. Refreshments will be available to all runners at the end of the race.

Cooper-Varney Church Softball

Current Standings

Wynantskill	13 - 1	Onesquethaw Valley	6 - 7
Presbyterian	11 - 2	Glenmont Community	6 - 7
Westerlo	9 - 4	Clarksville	6 - 7
St. Thomas II	9 - 4	Beth Community	5 - 8
St. Thomas I	8 - 4	Bethany I	4 - 10
Bethany II	8 - 5	Voorheesville	3 - 10
Methodist	7 - 6	St. Andrews	2 - 11
Delmar Reformed	7 - 7	Beth Lutheran	1 - 12

Youngest Tomboys shine in local tournament play

The Bethlehem Tomboys' 10-and-under tournament softball team recently competed in the Hudson-Mohawk Tournament held at the Colonie Town Park. This is the first time the league has entered girls at this age level in tournament play.

Bethlehem got off to a great start in an exciting matchup with Colonie in the first game of the day. Both teams scored three runs in the first inning. Then the defenses dug in and wallowed no more runs for the next three innings.

Colonie took the lead with one in the fifth but Bethlehem came back to tie the score at four in the seventh. In the extra-inning tiebreaker, Bethlehem scored twice with the help of a key hit by Jessica DeFlumer to take the lead. Then the girls held off a rally by Colonie when catcher Megan Fish tagged out the tying run for the final out of the game and a Bethlehem 6-5 win.

In the second game, the girls' bats came alive quickly with four runs in the first off hits by Jenna Grant and Bridget Murray. Bethlehem added four more runs in

the 5th with the help of singles by Tara Gerber and Angela Caruso, eventually winning 11-7. Denise Chisholm turned in an excellent performance, pitching all 15 innings of the first two games. Bethlehem was eliminated from the tournament in their third game of the day by losing to a strong pitching and hitting team from Brunswick. The other members of the team included Lindsay Allen, Lauren Murray, Jackie O'Brien, Elena Oldendorf, Becky Parafinczuk, Nicole Privitera, Emily Waniewski and Kate Wiley.

Caccamo scores ace on Glenmont course

Vince Caccamo of Delmar had reason to celebrate Saturday when he aced the seventh hole at the Colonial Acres Gold Course in Glenmont.

He used a seven wood on the 143-yard, par three seventh hole. The feat was witnessed by Bill Warner, Ray Harvey and Joe Forcinella. It was the fourth hole-in-one this year at the Glenmont course.

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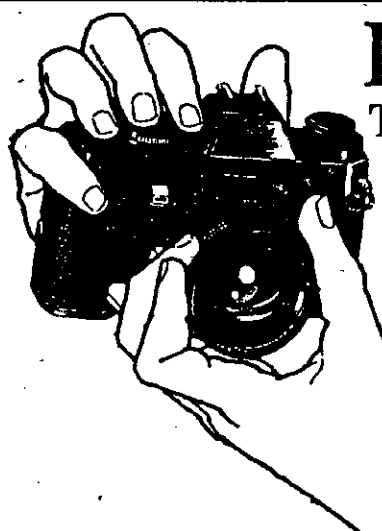
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when the Albany Colonie Yankees take on the London Tigers at 7:05 pm at Heritage Park

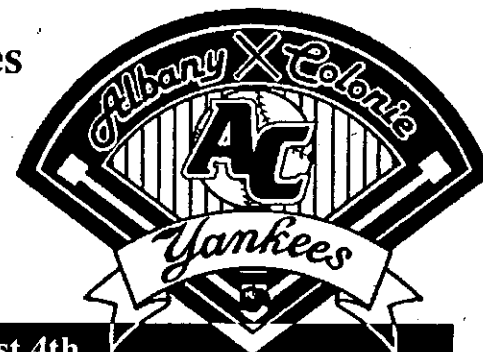
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Alcohol

(From Page 1)

said they had experimented with alcohol. The age limit was changed to 21 in December 1985, and in 1990, 75 percent of the students questioned for the study said they had experimented with alcohol.

According to Sgt. James Kurr of the Bethlehem Police Department, DWI crashes involving 19 and 20-year-olds declined 15 percent the year after the drinking age was raised to 21. Nationally, he said, there are 15 percent fewer alcohol-related accidents in states with a 21-year-old drinking age.

"It's a lot harder to pass yourself off for 21 than it is for 18," said Detective James Corbett of the department's youth bureau. He said the town police have tried to limit the availability of alcohol to minors by setting up sting operations where underage people buy alcohol to catch local vendors who are breaking the law.

Adding photographs to driver's licenses, he said, has also made it harder for minors to purchase alcohol. "I think it's a combination of a lot of different things."

Even if alcohol is somewhat harder to get for teenagers, drinking rates continue to soar. In 1990, as many as 81 percent of seventh through 12th-graders in upstate New York used alcohol, according to the DSAS survey. A number of philosophies abound on how best to deal with this reality.

"I don't think there's an easy answer," said Billings. "What we're trying to do with BOU is increase awareness of what is actually happening and educate the community of the dangers of not being involved in health decisions of children or youth. The other thing is we try to create as many alternatives to illicit behavior as we can."

Providing alternative activities accomplishes very little, said BCHS senior Nicole Ciotti. "You can sponsor all the drug free dances you want to, but I don't think that's going to stop people from drinking."

Dr. Jon Hunter, BCHS principal, said schools should take a three facet approach to the problem, including education, programs for students who have already begun to experiment with chemicals, and a deterrence policy.

At BCHS, students are required

to take two separate health courses with substance abuse included in the curriculum, one during the freshman year, and one for juniors and seniors. While he said the two-class program is unique among public high schools in the state, he cautioned that the educational process needs to start much sooner than the first year of high school.

"The sooner you start the education program the better," he said. "If high school's the first shot at educating students, then it's too late."

For those who are already involved with drugs and alcohol, Hunter said there should be facilitated "insight and discussion groups," in which students can talk about their problems with others in similar circumstances. He said the school does not have a very extensive program of this type yet, although the guidance office did begin to offer a few group discussion programs during this past school year.

Also, he said, "There has to be some deterrence program" to set a "standard" of behavior. There have been incidents of intoxicated students at school events, including the school's senior ball this past June. "It shows us again that deterrence is not in itself the answer," he said.

Due to the prevalence of teen drinking, Kristin Mahony, president-elect of the BCHS's chapter of students against drunk driving, said that in addition to providing information on the dangers of alcohol, health classes should place an emphasis how to be responsible when drinking. She recommended alcohol be addressed in the same manner as sex education, for which the curriculum indicates that the safest choice in abstinence, but also instructs students on how to be responsible and safe, should they decide to participate in the activity.

Hunter said BC's health classes already provide some information on how to be safer while drinking, particularly in relation to drinking and driving, pregnancy and drinking, as well as the added danger of communicable diseases with intravenous drug use.

Middle School pupils also receive substance abuse education. "We talk about drugs and alcohol very specifically in our health classes in sixth, seventh and eighth grade," BCMS Principal Frederick Burdick said. BCMS also has the DARE program, which empha-

sizes decision-making and practical methods of dealing with peer pressure.

"We think the DARE program is having a very good effect on the students. All of our students, sixth, seventh, and eighth grade have received the DARE program now, in sixth grade, so I think that's been one very positive effect," he said.

"It's a stage," Ciotti said, "I think they're gonna do it until they realize what the consequences are. It's really hard to convince teenagers about things through education. I don't think lecturing teenagers is going to solve any problems."

Mona Prenoveau, coordinator of Bethlehem Networks Project, also a community organization working to reduce youth substance abuse, said talking to children about drugs should begin earlier than even middle school, and that parents should get involved in the prevention process. "I think that it's best addressed by beginning very young," she said. "When you're little, like, 4, 5, 6, 7, 8, you think your parents are wonderful and you listen to everything they say. Well, that's the time to start talking."

"When they get to middle school, they start thinking that maybe their parents aren't as

wonderful as they thought they were. When they're listening, let's tell them, not wait. Let them practice making decisions when they're young. You don't send them out to play volleyball without giving them a net."

She said practical decision-making skills are extremely important. "Although education is good, it's only one aspect of it," she said. "You can learn all the rules and all the things about tennis, but you're never going to play tennis."

There's only so much that schools can do, said Johnson. "The first thing that you start with in prevention is always education, but the best way for parents to avoid the problem is to set up lines of communication within their family," he said.

"Parents need to be more involved with their kids. I don't think parents need to be on top of their kids all the time, but they need to spend time with their kids. Kids should go out to dinner with them. The kids should go on vacation with them. They should have some idea what's happening in their lives."

Billings agreed. "We think that it's important to keep being involved and keep communication open with kids, even if they disagree with what their views are, as many parents do," she said.

"The parents need to set the example. If the parents abuse drugs, particularly with alcohol, they really can't expect their kids not to," Johnson said.

Several students said parents are sometimes aware of, or even involved in, their children's use of alcohol. "It's a very old argument," said Johnson. "If the parents have made a decision that they're going to allow their kids to drink, they should do that. If the parents made a decision that they don't want their kid to drink, then they should enforce that rule. I'm very leery of dictating to parents."

He warned, however, that parents should not condone drinking simply because they think their child will do it even if it's forbidden. "They can't say, 'We're going to do this because 90 percent of kids do it anyway.' They have to really take responsibility. So if they're saying that it's OK for their children to drink, fine. It may be illegal, but if that's the decision they've made, then they need to make that decision in such a way that the kids can drink responsibly."

Some, however, debate whether teenagers are capable of drinking responsibly. "I think the words 'teenager' and 'drinking' are mutually exclusive," Prenoveau said. "I don't think kids can drink

□ ALCOHOL/page 20

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Alcohol

(From Page 19)

responsibly. I don't think they can be taught to be responsible. First of all, they don't know their bodies well enough, or their abilities. Second of all, they're still growing, so they're unpredictable."

"I just don't think that a 13- or 14-year-old can or does drink responsibly," said Billings. "Statistically, even older, even in college, you get a lot of binge drinking. Many kids who drink drink to get drunk. They aren't just doing it to be polite."

The DSAS survey reported that 14 percent of seventh through 12th graders engage in heavy use of alcohol, defined as five or more drinks at one sitting at least once a week.

"The reason why alcohol is dangerous for young people is not just that they tend to drive after they've been drinking. It's also that their liver is not as mature in terms of reducing wastes, and they're still in a growing mode and things aren't always synchronized and their hormones are obviously not regulated," she said. "There are physical problems with absorbing pretty much any amount of alcohol just because of their age."

As they become more affected by teen drinking, some adults become less willing to prohibit it. In a Networks survey of 210 parents published in March, only 23 percent of parents of pre-school and elementary school pupils said those under 21 should be allowed to drink. Among parents of middle and high school students, more than 37 percent advocated legalizing underage drinking.

Many anti-substance abuse programs, including DARE and the "Just Say No" campaign of the 1980s, have focused primarily on teaching young people to make decisions without being influenced by peer pressure. Outside pressure, though, is often not the primary reason for using alcohol and drugs, some students and adults said.

Ciotti said teens use alcohol because they enjoy its effects, not due to peer pressure. Teens use drugs, she said, because "It's just something that they like the effects of better than alcohol and because it gives more effects the more you use it."

"The general motivation for kids that use it is just to have fun," said Johnson.

Peer pressure does have a big influence, said Prenoveau. "If you ask them, they'll say, 'Oh, no, no,

no. I'm not influenced by peer pressure.' And they're wearing their little preppy shoes and their little preppy hats. And they're saying, 'Oh, no, I don't even look and see what everyone else is doing. I make my own decisions,'" she said.

Senior Mike Futia said peer pressure does have "a little" influence. He also criticized the explanation that lack of alternative activities leads teens to drink. "They say there's nothing else to do, but there is something else to do," he said. "They use that as an excuse. I think there is enough activities. There are so many other things to do, but they just choose not to. (They say) 'Oh, that's not cool,' but they've never done it, so how do they know?"

"Some kids end up with the wrong friends," said Burdick, "Some kids wind up with older students at the high school level who are involved."

Mahony said kids abuse chemicals, "to rebel against their parents, because of peer pressure, and I guess because they think it'll loosen them up."

BCHS junior Beth Borofsky provided two explanations. "Because everyone else is doing it" and "they do it because they think it's fun."

"Role modeling is very important," Prenoveau maintained. "I see these two parents smoking down at the mall the other night, on July 4th, and I turn around and the teenage kid's smoking too. I mean, that's not a coincidence."

If those who deal with the issue regularly agree on anything, it's that teen substance use is not going to completely disappear anytime soon.

"It's (alcohol) so accepted in American society, I don't think there's really any way you can deter kids from using it," Mahony said. "At some point in their life, they're going to experiment with it. Experimentation is normal. ... We'd have to change the whole society. We'd have to live in a utopia for people to not drink. More education might help, but it's not going to stop it."

"I think experimentation, if it could be pushed back the other

direction so that instead of being earlier and earlier as a junior you might experiment with alcohol and decide it wasn't for you," said Billings. "But that's very high in the sky and probably unrealistic."

"I think that people have a right to expect that, like parents have a right to expect that their kids won't drink," said Borofsky, adding, "but I don't think that'll ever happen."

Prenoveau said that it is realistic to expect the drinking and drug use rate among teenagers to decrease substantially. "I do think it can happen," she said. "I think it's unrealistic to say that nobody's going to use because there's always going to be people who don't develop those skills. There's always going to be people who we can't reach, for one reason or another, but I don't think it's unrealistic to say that we can't certainly improve on what's going on right now. We can get better."

Hosts sought for exchange students

Host families are being sought for European high school exchange students for the 1992-93 school year. The students are sponsored by the American Inter-cultural Student Exchange.

The students, ages 15 through 17, will arrive in this country in August, attend a local high school,

and return to their home countries in June 1993. They are fluent in English, have been screened by school representatives in their home countries, and have spending money and medical insurance.

Host families may deduct \$50 per month for income tax purposes. For information, call 1-800-SIBLING.

HVCC fall classes to begin Aug. 31

Fall classes at Hudson Valley Community College will begin Monday, Aug. 31, rather than Monday, Aug. 24, school officials announced recently.

HVCC officials said an announcement of the schedule would

be mailed to each of the 10,000 students enrolled for fall courses. The new schedule will still allow for 15 weeks of instruction and a week of exams.

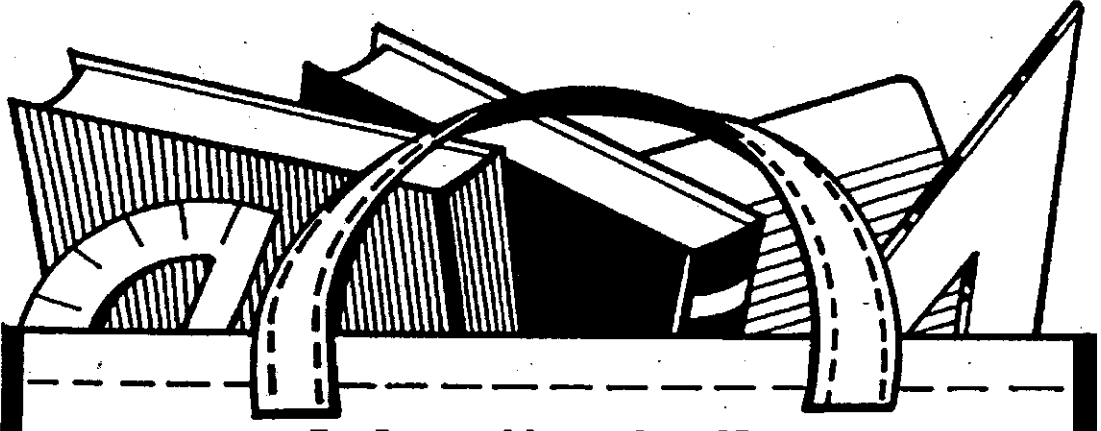
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Kimberly Rowland and Peter Flood

Rowland, Flood marry

Kimberly A. Rowland, formerly of Delmar, daughter of Doris and Christopher Hoyer of Plainview, and Thomas Rowland of Kingston, and Peter Thomas Flood, son of Thomas and Margarita Flood of Mexico, Oswego County, were married May 30.

The Rev. Christopher Hoyer, the bride's stepfather, conducted the service in the Good Shepherd Lutheran Church in Plainview.

Meissa and Amy Rowland, sisters of the bride, were maids of honor. Claire Choppy and Laura Quinlan were bridesmaids.

Terence Timlin, the groom's brother-in-law, was best man. Carmine Mastropolo, Frederick

Goodrum and Mark Klouse were ushers. Salvatore Mastropolo, nephew of the groom, was ring bearer.

The bride is a graduate of Bethlehem Central High School and Hudson Valley Community College. She is currently attending Empire State College and is employed by Olsten Health Care in Albany.

The groom is a graduate of Hudson Valley Community College and Siena College. He is owner of Precision Plus Carpet and Upholstery Cleaning in Clifton Park.

After a wedding trip to Jamaica, the couple resides in Clifton Park.

Births

Albany Medical Center
Girl, Apryl Leah, to Dr. and Mrs. Hugh F. Jacobs, Selkirk, May 30.

Girl, Elysse Nicole, to Patty and Steve Lescarbeau, Slingerlands, May 31.

Boy, Barrett Thomas, to Lee and Tom Smith, Slingerlands, June 2.

Boy, Michael Christensen, to Diane Christensen and John E. Rondinaro, Glenmont, June 2.

Apicelli named chief at St. Peter's Hospital

Dr. Albert Apicelli of Delmar was recently appointed chief of obstetrics and gynecology at St. Peter's Hospital.

Apicelli, who has been on the St. Peter's staff since 1971, is a graduate of Fordham University.

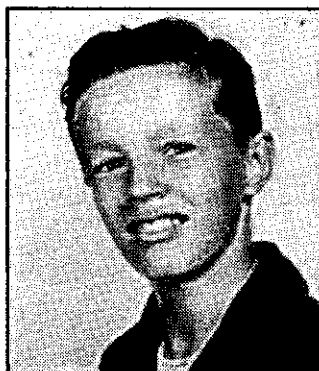
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The Spotlight would like to publish your engagement, wedding or anniversary announcement and photo.

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Gary Valentine and Deborah Broderick

Broderick, Valentine to wed

Mr. and Mrs. Daniel Whyland Broderick of Selkirk have announced the engagement of their daughter, Deborah Lynne Broderick, to Gary John Valentine, son of Mr. and Mrs. Michael R. Valentine of Stamford, Conn.

Broderick is a graduate of Ravena-Coeymans-Selkirk High School, Becker Junior College and Syracuse University. A registered nurse, she is employed in the maternity unit at The Stamford Hospital, and as office nurse for

Dr. Leonard and Dr. Vito Ferrucci.

Valentine is a graduate of the University of Connecticut. He is coordinator of fitness and exercise programs for cardiac rehabilitation at The Stamford Hospital, and is current heavy weight weight lifting champion of Connecticut. A performing musician, he is also owner of Valentine Music Company in Stamford.

A September wedding is planned.



'Evening on the Green' to feature Broken String Band

The Broken String Band will perform traditional Irish music at the Bethlehem Public Library's Evening on the Green on Wednesday, Aug. 5, at 7:30 p.m.

The library is located at 451 Delaware Ave., Delmar. For information, call 439-9314.

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Obituaries

Charles Kaulfuss

Father Charles Howard Kaulfuss, 70, of Elizabethtown, Essex County, died Monday, July 20, at Elizabethtown Community Hospital.

Born in Troy, he served as rector of St. Stephen's Church in Delmar from 1952 until his retirement in 1987.

Father Kaulfuss graduated from Hobart College, Geneva, Ontario County, and Berkeley Divinity School, New Haven, Conn. He was ordained to the diaconate in 1948 and to the priesthood in 1949.

He served as curate at St. Andrew's Church in Albany from 1948 to 1949 before serving at Calvary Church in Burnt Hills, All Saints Church in Round Lake and Grace Church in Jonesville from 1949 to 1952.

Father Kaulfuss was a member of the Elizabethtown Kiwanis Club and a life member of the Nathaniel Adams Blanchard Post 1040 in Delmar.

Survivors include his wife, Jane McClelland Kaulfuss; a daughter, Karen Pelletier of Delmar; four sons, Mark Kaulfuss of Scotia, Stephen Kaulfuss of Cadyville, Clinton County, Michael Kaulfuss of Cropseyville and Gary Hanley of Chateaugay, Franklin County; and 12 grandchildren.

Services were from Church of the Messiah, Glens Falls. Burial

was in Pine View Cemetery, Queensbury. Arrangements were by the Regan and Denny Funeral Home, Queensbury.

Contributions may be made to the Elizabethtown-Lewis Volunteer Ambulance Squad, Elizabethtown, or to the St. Stephen's Church Memorial Fund, Delmar.

Martin C. Traudt

Martin C. Traudt, 88, of Normanskill Road, Voorheesville, died Friday, July 24, at Albany Memorial Hospital.

Born in Canajoharie, he moved to Richfield Springs in 1929. He lived there for many years and was a self-employed greenhouse operator. After retiring, he was a custodian at the Richfield Springs Central School and later at the local post office. He moved to Voorheesville in 1987.

Mr. Traudt was active with the fire department and was the first fire coordinator for Otsego County from 1952 to 1957. He was a past president of the Richfield Springs Fire Department and was a member of the Exempt Firemen's Association. He was instrumental in establishing a mutual-aid system in 1948 in Otsego County. In 1983, he was voted Fireman of the Year by the Otsego County Fireman's Association.

He served with the Navy Seabees in World War II.

He was husband of the late Margaret Conolly Traudt.

Survivors include a son, Richard Traudt of Voorheesville; two daughters, Margaret Rapenske of Liberty, Sullivan County, and Patricia Ezell of Pleasant Hill, Mo.; a brother, Fred Traudt of Canajoharie; a sister, Sophie Wheeler of Canajoharie; 20 grandchildren; and 22 great-grandchildren.

Services were from St. Joseph's Church, Richfield Springs. Burial was in St. Joseph's Cemetery in Richfield Springs.

Arrangements were by the J. Seaton McGrath Funeral Home.

Contributions may be made to the Richfield Springs Fire Department, Richfield Springs 13439.

John F. Quirk

John F. Quirk, 85, of Delmar, a former accountant, died Tuesday, July 21, at his home.

A native of Albany, he moved to Delmar five years ago. He was an accountant for the Sun Oil Company in East Greenbush for 30 years before retiring. He then worked for six years in the trust department of Key Bank in Albany.

Mr. Quirk graduated from Cathedral Academy in 1926 and later from the Magilton Albany School of Accounting. He was an Army Military Police veteran of World War II.

A communicant of Church of St. Thomas the Apostle in Delmar, he was a former parishioner

of Blessed Sacrament Church, Albany, for 54 years.

Mr. Quirk was also a member of Ambrose J. Skully American Legion Post 1019 and was former vice president and treasurer of the local chapter of American Association of Retired Persons.

Survivors include his wife, Marian E. Flood Quirk; two daughters, Marguerite Quirk Britting of Bloomfield, Conn. and Marian Quirk Choppy of Delmar and two sons, William Copeland of Albany and Terrence Copeland, Sr., of New Paltz; 11 grandchildren; and three great-grandchildren.

Services were from Church of St. Thomas the Apostle. Burial was in Bethlehem Cemetery, Delmar. Arrangements were by the Copeland Funeral Home, New Paltz.

Contributions may be made to the Bethlehem Volunteer Ambulance Squad, Selkirk 12158.

Mary G. Brown

Mary G. Brown, 85, of Delmar, died Friday, July 17, at her home.

Born in Halifax, Pa., she grew up in Harrisburg and moved to Delmar in 1986.

Mrs. Brown was a member of the Delmar Progress Club and the Bethlehem Senior Citizens. She belonged to the Delmar Methodist Church and was a member of its Women's Service Guild. She had been a member of Stevens Memorial Church in Harrisburg, Pa., for more than 70 years.

She was the widow of Elwood W. Brown.

Survivors include a daughter, Jeannette Hall of Delmar; a sister, H. Kelsey Robinson of Harrisburg, Pa.; a brother, Ray Grimm of Halifax, Pa.; and two grandchildren.

Services were from the Orville W. Kimmel Funeral Home in Harrisburg.

Arrangements were by the Applebee Funeral Home, Delmar.

Contributions may be made to St. Peter's Hospice, 315 South Manning Boulevard, Albany 12208, or Delmar Seniors Projects, care of Karen Pelletier, 445 Delaware Ave., Delmar.

James F. Van Ness

James F. Van Ness, 84, of Adams Street, Delmar, a former bookkeeper, died Saturday, July 18, at the Daughters of Sarah Nursing Home in Albany.

Born in Mechanicville, he lived in Delmar since 1955 and worked for the Woodward Company in Albany until he retired in 1974.

Mr. Van Ness was a former trustee of First Church in Albany, Reformed, and was a former board member of South Mall Towers, Albany.

Survivors include his wife, Helen L. Van Ness; two daughters, Christine V. Torey of Castleton and Suzanne V. Boe of Hyde Park; and four grandchildren.

Services were from First Church in Albany, Reformed. Arrangements were by the Tebbutt Funeral Home, Albany.

Contributions may be made to the First Church in Albany, Reformed.

J. Omer Laplante

J. Omer Laplante, 74, of Nathaniel Boulevard in Delmar, a former financial officer, died Thursday, July 23, at his home.

A native of Plattsburgh, he worked as a newspaper reporter and briefly as the city editor of the former Plattsburgh *Daily Republican* before World War II. After the war he worked for 17 years as a Plattsburgh chief financial officer.

In 1956 Mr. Laplante founded and became the first president of the New York State Society of Municipal Finance Officers. The society established a scholarship in his name, which is awarded annually to a graduate student in public administration.

Before retiring in 1979, he worked for 16 years as assistant executive director of the New York State Conference of Mayors in Albany, where he worked as a municipal finance specialist and local government management consultant.

Mr. Laplante was a B-29 navigator with the 20th Army Air Force squadron in the Western Pacific Ocean during World War II. He was awarded the Distinguished Flying Cross with two clusters and the Air Medal.

A communicant of Church of St. Thomas the Apostle and a former member of the Delmar Kiwanis Club, he was a volunteer for the Town of Bethlehem Senior Citizens Services Department.

Survivors include his wife, Alice Hall Laplante; three sons, Kevin J. Laplante of Saranac Lake, and Mark H. Laplante and Bruce Laplante, both of Delmar; two daughters, Mary Lynn Bernier of Sicklerville, N.J., and Lisa A. Laplante of Schenectady; two brothers, Lawrence W. Laplante of Latham and Gerald A. Laplante of New York City; a sister, Anita M. Laplante of Plattsburgh; and six grandchildren.

Arrangements were by the Tebbutt Funeral Home, Albany.

Contributions may be made to the American Cancer Society.

Celebrant Singers to perform at church

Jon Stemkowski's Celebrant Singers will perform contemporary Christian music on Sunday, Aug. 2, at 7 p.m. at the Bethlehem Lutheran Church, 85 Elm Ave., Delmar.

For information, call 439-4328.

Seniors to cruise on Hudson River

Bethlehem Senior Services is sponsoring a luncheon Hudson River cruise aboard the Spirit of St. Joseph on Wednesday, Aug. 12.

For information, call 439-4955.

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SPOTLIGHT ON

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Family Entertainment

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Animals and people flock to share Five Rivers center

By Michael Kagan

Don't buy those airplane tickets!

You don't need to travel to national parks to see the beauties of nature. Just hop on your bike or slide in behind the wheel and mosey on over to Five Rivers Environmental Education Center on Game Farm Road in Delmar.

The 300-acre public facility turned 20 this year at a time when environmental awareness is coming back into style. At the same time, the animals are coming back to Five Rivers.

"It is a place, wildlife-wise, that people can come and see quite a lot," said director Alan Mapes. Canada geese, ducks, great blue heron and deer abound, while foxes, coyote and mink also make appearances from time to time. Otter and beaver are on a comeback.

So far this year, 147 species of birds have been seen on the grounds, with 60 of them setting up nests.

"The deer and the large birds are quite easy to see," he said. "Other things take more patience and persistence."

Aside from these furry residents, human beings also frequent the center. Approximately 87,000 of them visited last year in fact.

"We have quite a good visitation year round," said Mapes. "The purpose of the area over these 20 years has been to teach about the environment and offer people a spot that they can come to both to learn in formal and informal ways about the natural resources and the environment of the state."

The center features four formal nature trails, each highlighting a different type of habitat. The Vlomankill trail tours a forest community while following a creek. Showing life earlier in the natural succession is the Old Field Trail, which explores a meadow habitat.



A wooded trail curves around a pond at the Five Rivers, while an owl inside the game center greets all visitors.

Elaine McLain

The Beaver Tree Trail circles a pond, while the Woodlot Trail takes visitors through a small woods with wildlife which could live in a wooded backyard.

Most of the trails are about half a mile

long, although the handicapped accessible Woodlot Trail is somewhat shorter. Also, paved inner roads and mowed paths make it easy to get at any of the habitats on

the grounds. There's also the North Loop Trail, a popular two-and-a-half mile long hiking and cross-country ski trail.



Park series to feature fiddler, fisherman



Francoise Ouimet, a French Canadian wheel-rug weaver, demonstrates his craft at the 1989 Riverfront Arts Festival.

By Robert Webster Jr.

Looking for some home-grown fun? Why not spend the day enjoying the talents of some fine local artists?

They may not be Van Gogh or Mozart, but these folk artists follow a distinct and rich heritage.

In celebration of those individuals who find their call to artistry without formal schooling, the state Office of Parks, Recreation and Historic Preservation and the Rensselaer County Council for the Arts are sponsoring a "Folk Art in the Park" series at Grafton State Park through August.

Now in its fourth year, the series was designed as a way "to not only preserve the work of folk artists, but present it to the public," said Debby Gardner, a spokesperson for the RCCA.

Like most art forms, folk art fluctuates from being immensely popular to almost non-existent, and the folk series is just one way to ensure that it doesn't disappear altogether.

"When traditions become less evident, they eventually die out," said Gardner. "This series was created so these artists are visible and that doesn't happen."

□ PARK/page 34

"If we have snow, we have a lot of people cross-country skiing and snowshoeing. The last couple of years haven't been great as far as snow, but I hope we get killed this winter," Mapes said.

To maintain the variety of habitats, the center mows various lawns periodically to prevent trees from taking over. The staffs' concern for the upkeep of the facility also prevents visitors from doing some of the things that are allowed at other nature centers.

Picnic tables are available, but barbecues are not welcome.

"We're trying to keep it a good quiet learning atmosphere out here," Mapes said. "We don't have picnic grills. We ask people not to have fires. We try to discourage the rowdy ball games. We don't want to be just a community park or state park. We try to maintain a serious study and learning atmosphere, but it's something

□ FIVE RIVERS/page 33

ARTS and ENTERTAINMENT

THEATER

FIDDLER ON THE ROOF

Spotlight Players Community Theater, Columbia High School, East Greenbush. July 31 and Aug. 1, 8 p.m. Information, 477-2290.

LA CAGE AUX FOLLES

comedy, The Mac-Haydn Theatre, Chatham, through Aug. 9. Wed., Thurs., Fri., 8 p.m.; Sat., 5 and 8:30 p.m.; Sun., 2 and 7 p.m. Information, 392-9292.

WEST SIDE STORY

musical, Park Playhouse, Washington Park, Albany, through Aug. 16. Information, 434-2035.

MUSIC

SKIP PARSONS

Riverboat Jazz Band, Pruyn House, 207 Old Niskayuna Road, Newtonville. Aug. 5, 7:30 p.m. Information, 783-1435.

THE CRAVEN HISTORICAL DANCERS

Baroque 30; Greenfield Center. Aug. 2, 4 p.m. Information, 893-7527.

FLASHBACK

classic top 40 style, Vee's Paddock Bar & Restaurant, Schenectady. July 31 and Aug. 1, 10 p.m. Information, 372-1114. Dominicks, Watervliet-Shaker Road, Latham. Aug. 7-8, 14-15, 21-22. Information, 785-6412.

BROKEN STRING BAND

traditional Irish music, Bethlehem Public Library. Aug. 5, 7:30 p.m. Information, 439-9314.

LITTLE FEAT

with George Thorogood, SPAC, Saratoga. Aug. 2, 8:15 p.m. Information, 584-9330.

THE PHILADELPHIA ORCHESTRA

works of Copland, Tchaikovsky, Mendelssohn, Bach, Schuman and Bernstein, SPAC. July 30, 2 p.m. Aug. 5-6, 8:30 p.m. Information, 584-9330.

LOLLAPALOOZA '92

Red Hot Chili Peppers, Ministry, Pearl Jam and others, SPAC, Saratoga. Aug. 4, 1 p.m. Information, 584-9330.

CLARINET MARMALADE

concert, Bethlehem Library, Delmar. July 29, 7:15 p.m. Saratoga Celebration, July 31, Aug. 1. Information, 439-2310.

A GERSHWIN CELEBRATION

with guest artists Stewart Goodyear, Roberta Laws and Reginald Pindell, SPAC. July 30, 8:15 p.m. Information, 584-9330.

A CONCERT OF OPERETTA SELECTIONS

The Glimmerglass Opera's Young American Artists, The Rensselaerville Institute. Aug. 1, 8 p.m. Information, 797-3783.

MR. REALITY

blend of acoustic rock, Alive at Five 92, Albany Tricentennial Plaza. July 30, 5 p.m. Information, 434-2032.

THE MAGIC FLUTE

Mozart, Glimmerglass Opera, Cooperstown. Through Aug. 3. Information, (607) 547-5704.

THE SECRET MARRIAGE

Cimarosa, Glimmerglass Opera, Cooperstown. Through Aug. 10. Information, (607) 547-5704.

THE TURN OF THE SCREW

Britten, Glimmerglass Opera, Cooperstown. Through Aug. 9. Information, (607) 547-5704.

CONCERTS IN THE BARN

Lee Shaw, local jazz pianist, The Pruyn House, Newtonville. July 29, 7:30 p.m. Information, 783-1435.

FREE EVENTS AT THE PLAZA

New Storyville Stompers, July 29; St. Rose Jazz Ensemble, July 30; New Venture, July 31; Teknochik'n, Aug. 3; School of Orchestral Studies, Aug. 4; 11:30 a.m.-1:30 p.m., West Capitol Park, Albany. Information, 473-0559.

SUMMER SEASON '92

concerts, Riverfront Park, Troy; Bill Fuller Quartet, July 29; Aug. 5, Four of a Kind; Aug. 12, John Hines Quartet. 12:15-1:45 p.m. Information, 272-0652.

REGIS PHILBIN & KATHIE' LEE

performing, Starlite Music Theatre, Latham. July 31, 8 p.m. Information, 783-9300.

BARBARA MANDRELL

concert, Starlite Music Theatre, Latham. Aug. 1, 8 p.m. Information, 783-9300.

STEVEN WRIGHT

concert, Starlite Music Theatre, Latham. Aug. 2, 8 p.m. Information, 783-9300.

AIR SUPPLY WITH DAN HILL

concert, Starlite Music Theatre, Latham. Aug. 3, 8 p.m. Information, 783-9300.

BOBBY VINTON

concert, Starlite Music Theatre, Latham. Aug. 6, 8 p.m. Information, 783-9300.

THE ELIXIR OF LOVE

Berkshire Opera Company, Cranwell Opera House, Lee, Mass., July 29, 31, and Aug. 1. Information, (413) 243-1343.

DEMONSTRATIONS

FOLK ART IN THE PARK presented by RCCA and the state Office of Parks, Recreation and Historic Preservation, Grafton Lakes State Park. African drum-making techniques and stone carving. July 31. Information, 273-0552.

TOURS

TOUR OF WEST POINT

day trip, sponsored by the State Museum. Aug. 1, 8 a.m.-5 p.m. Information, 474-5877.

GUIDED TROLLEY TOURS

different tours each week, departs from Albany Visitor's Center, Quackenbush Square, through September, Thurs., 2-4 p.m.; Fri., 2-3:30 p.m. Information, 434-6311.

VISIONS OF WASHINGTON IRVING

tours and workshops, State Museum, Albany through Sept. 6. Information, 474-5801.

HISTORIC SCHENECTADY:

A Walking Tour, including Proctor's Theater, July 26, 10 a.m.-3 p.m. Information, 474-5801.

CLASSES

DRAWING CLASSES

by Julie Hill-Williams, Saratoga County Arts Council, through August, in Adirondack Trust Bank, Saratoga Springs. Information, 584-4132.

CAMP DAYS

gallery tours, art making activities, The Hyde Collection, Glens Falls. July and Aug. Information, 792-1761.

TIME TUNNEL SUMMER CAMP

an Adirondack celebration, State Museum, Albany. Aug. 3-14, Mon.-Fri. 9 a.m.-4 p.m. Information, 474-5801.

LECTURES

PRELUDES

talks by local choreographers prior to each of the Empire State Performing Arts Center dance events, Lewis A. Swyer Theatre, 7 p.m. Information, 473-1845.

FAMILY ACTIVITIES

REPTILE SHOW

The Junior Museum's show at Grafton Lakes State Park. July 29, 2 p.m. Information, 235-2120.

WHALE WATCHING

from Gloucester, Mass., day trip with The Junior Museum. Aug. 1. Information, 235-2120.

IVY VINE PLAYERS

puppet theatre, Grafton Lakes State Park. Aug. 5, 2 p.m. Information, 235-2120.

THE GREAT CAMPS AND BEYOND

a weekend at the historic Sagamore, sponsored by the State Museum. Aug. 1-2. Information, 474-5877.

FESTIVALS

HATS OFF TO SARATOGA FESTIVAL

lifestyles day at Saratoga Race Course, July 31, Aug. 1-2. Information, 783-1333.

COUNTRY MUSIC FESTIVAL

Aug. 5-9, Hunter Mountain. Information, 263-3800.

COXSACKIE RIVERSIDE FESTIVAL

craft fair, entertainment, food, fireworks, Riverside Park, Coxsackie. Aug. 1, Information, 731-2908.

NATIONAL POLKA FESTIVAL

featuring Jimmy Sturr and his orchestra, Hunter Mountain. July 30-Aug. 2. Information, 263-3800.

FOLKS ART IN THE PARK

Adirondack fiddlers Bill Roberts and Paul Hoffman, Grafton Lakes State Park. July 31, noon. Information, 273-0552.

WORKSHOPS

TREES AND PLANTS

experiment with seeds, vegetables and fruits, The Junior Museum, Troy. Aug. 3, 10 a.m. Information, 235-2120.

DANCE WORKSHOPS

collaboration between Bennington College and the Jacob's Pillow Dance Festival, Aug. 8-23. Information, (802) 442-5401.

SUMMER JAZZ PROGRAM

performance and instruction, through Aug. 14. College of Saint Rose, Albany. Information, 454-5195.

AUDITIONS

TALENT SHOW

4th annual talent showcase at the Altamont Fair. Registration deadline, Aug. 1. Information, 861-6671.

VISUAL ARTS

QUILTS

by the Village Quilters, Voorheesville Public Library. Aug. 2-31, Mon.-Fri. 10 a.m.-9 p.m. Information, 765-2791.

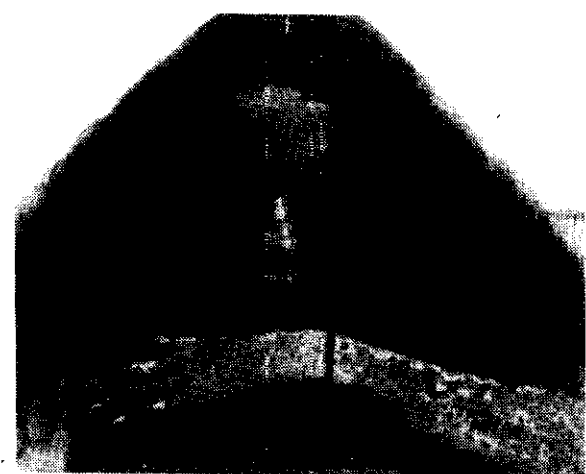
MARJORIE SCILIPOTE

oils, watercolors and pastels, Bethlehem Public Library. Aug. 1-31, Mon.-Fri. 9 a.m.-9 p.m., Sat. 10 a.m.-5 p.m. Information, 439-9314.

CAROL TURNER

oils and acrylics, Bethlehem Public Library. Aug. 1-31, Mon.-Fri. 9 a.m.-9 p.m., Sat. 10 a.m.-5 p.m. Information, 439-9314.

Sun kissed



"Sarah" is among more than 50 photographs by Joel Meyerowitz in "A Summer's Day: Photographs by Joel Meyerowitz" on exhibit at the NYS Museum through Oct. 4.

19TH CENTURY UPPER HUDSON

VALLEY CERAMICS

story of the ceramics production, Albany Institute of History & Art. Through Nov. 15. Information, 463-4478.

VISIONS OF WASHINGTON IRVING

exhibit to honor Irving, State Museum, Albany through Sept. 6. Information, 474-5877.

A SUMMER'S DAY

photographs by Joel Meyerowitz, State Museum, Albany, through Oct. 3. Information, 474-5877.

CELTIC ILLUMINATIONS

ceramic wall pieces and photographs by Rev. T. Kyle Grennan and Sally Bogardus, Rensselaerville Institute, through August. Information, 966-4208.

INNER VISIONS

members group show, Visions Gallery, Albany. Aug. 3-Oct. 28. Information, 453-6645.

REMEMBER THE CHILDREN

exhibit organized by the U.S. Holocaust Memorial Museum, State Museum, Albany, through Sept. 18. Information, 474-5877.

A VIEW OF THE AMERICAS

photographs by Connie Frisbee Houde, Simple Gifts, Albany, through August. Information, 465-0241.

STATELY BUILDINGS

State Museum, Albany, through October, Mon.-Fri., 9 a.m.-5 p.m. Information, 473-8037.

IMPRIMATUR

exhibition, The Albany Institute of History & Art, through Sept. 6, Tues.-Sat., noon-5 p.m.

NATIONAL MUSEUM OF DANCE

through Sept. 7, Saratoga Springs, Wed.-Sun., 11 a.m.-7 p.m. Information, 584-9330.

WORLDS OF ART

Fenimore House, Cooperstown, through October, 9 a.m.-6 p.m. daily.

CHESTERWOOD

summer home and studio of sculptor Daniel Chester French (1850-1931), through Oct. 31. Information, (413) 298-3579.

FORMATIONS

group show, with sculptures by Sharon Bates, Nadia Miriam Dabul, Jeanne Flanagan and David Kreple at Russell Sage College, Troy. Mon.-Fri., 9 a.m.-4:30 p.m.; Sun., noon-4 p.m. Information, 270-2246.

EXHIBIT

paintings by George Van Hook at Dietel Gallery, Emma Willard. Information, 273-0552.

DREAMSCAPES

color photographs, Museum of the Hudson Highlands, Cornwall-on-Hudson. Information, 534-7781.

HANGING BY A THREAD

handcrafted fiber art, William K. Sanford Town Library, 629 Albany-Shaker Road, Colonie, through July 30.

HAGGERTY'S

RESTAURANT & PUB

Wednesday July 29

TEEN NITE

9:00pm Live Music
\$2.00 cover

Thursday July 30

KARAOKE

9:00pm No cover

Friday July 31

LIVE MUSIC

The GET GO

\$2.00 cover 10:00pm

155 Delaware Ave.,

Delmar • 439-2023

(Across from the Delaware Plaza)

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MUSIC with BIG WALLY from 3-7

~ EVERY FRIDAY NIGHT ~

Guitar Music, 8pm to Midnight

Includes coffee & assorted pies or apple kuchen

Children's menu available

Every day 12 noon til 3 for Lunch,

4 til 9 for Dinner, Sunday 1 til 9 for Dinner.

For information and reservations call

872-9912

NORTHWAY INN

DINNER SPECIALS!

Twin Lobsters.....\$15.95

Alaskan King Crab

Full lb.....\$12.95

Prime Rib.....\$10.95

Baby Back Ribs.....\$7.95

Complimentary Glass of
Wine or Beer with Dinner

SUNDAY COMPLETE

DINNERS

\$8.95

Wed & Thurs is Karaoke Night!

1517 Central Ave. 869-0277

AROUND THE AREA

**WEDNESDAY
JULY 29**
ALBANY COUNTY
**VEGETARIAN LASAGNA
DINNER**

sponsored by Save the Pine Bush, First Presbyterian Church, State and Willett Streets, Albany, 6 p.m. Cost is \$8 for adults, \$5 for students and \$2 for children. Information, 462-0891.

FARMER'S MARKET

through November, Evangelical Protestant Church, Alexander and Clinton Streets, Albany, 11 a.m.-2 p.m.

BABYSITTING

Albany Jewish Community Center, 340 Whitehall Rd., Albany, 5:30-8 p.m. Information, 438-6651.

SQUARE DANCE

St. Michael's Community Center, Linden St., Cohoes, 7:30 p.m. Information, 664-6767.

RENSSELAER COUNTY
CHORUS REHEARSAL

sponsored by Capitaland Chorus, Trinity Episcopal Church, 11th Street and 4th Avenue, North Troy, 7:30 p.m. Information, 237-4384.

SCHENECTADY COUNTY
**RIVER VALLEY CHORUS
MEETING**

Glen Worden School, 34 Worden Rd., Scotia, 7:30 p.m. Information, 355-4264.

SUNSET GARDEN TOUR

self-guided tour, sponsored by the Cornell Cooperative Extension. Maps can be picked up from 4:30-7:30 p.m. at the parking lot of Grand Union, 1520 Balltown Road in Schenectady, or Pedricks Glass Gardens, 35 Saratoga Road in Schenectady. Information, 372-1662.

LECTURE ON MEDICAL ETHICS

Union College, 17 South Lane, Schenectady, 7:30 p.m. Information, 370-6172.

**THURSDAY
JULY 30**
ALBANY COUNTY
**"WOMEN: ICONS, REBELS OR
SAINTS?"**

lecture sponsored by the Laity of the Roman Catholic Diocese of Albany, the College of Saint Rose, St. Joseph's Hall, Madison Ave., Albany, 7 p.m. Cost is \$10. Information, 453-6625.

FARMER'S MARKET

through November, Townsend Park, Central and Washington Avenues, Albany, 11 a.m.-2 p.m.

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.

SCHENECTADY COUNTY
FOR MOTHERS ONLY

postpartum discussion group, Woman's Hospital, 2210 Troy Road, Schenectady, 7:30 p.m. Information, 346-9410.

**FRIDAY
JULY 31**
ALBANY COUNTY
FARMER'S MARKET

through November, Ten Broeck Street and Manning Blvd., Albany, 3-6 p.m.

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 LUNCHESES

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
AUGUST 1**
ALBANY COUNTY
"ALL ABOUT OAKS"

lecture and walk, Landis Arboretum, Lape Road, Esperance, 10 a.m. Information, 875-6935.

**HUNTING THE KARNER BLUE
BUTTERFLY**

meet at the flag poles at the SUNYA circle, Washington Avenue side of campus, 10:15 a.m. Approximately 2 hours in length. Information, 462-0891.

FARMER'S MARKET

through November, First Congregational Church, Quail Street and Maple Avenue, Albany, 9 a.m.-noon.

RENSSELAER COUNTY
TEXTILES TOUR

tour of Lowell, Mass., sponsored by the Hudson Mohawk Industrial Gateway, Polk Street, Troy, 7 a.m.-9 p.m. Cost is \$40. Information, 274-5267.

**SUNDAY
AUGUST 2**
ALBANY COUNTY
SCOTTISH DANCING

Unitarian Church, Washington Ave., Albany, 7-10 p.m. Information, 377-8792.

COLUMBIA COUNTY
**WASHINGTON IRVING
PROGRAM**

sponsored by the Columbia County Historical Society, Route 9H, Kinderhook, 2 p.m. Information, 785-9689.

**MONDAY
AUGUST 3**
ALBANY COUNTY
BABYSITTING

Albany Jewish Community Center, 340 Whitehall Rd., Albany, 5:30-8 p.m. Information, 438-6651.

SENIORS LUNCHESES

Jewish Community Center, Whitehall Road, Albany, 4:45 p.m. Information, 438-6651.

RECOVERY, INC.

self-help group for former mental and nervous patients, Unitarian Church, of Albany, 405 Washington Ave., Albany, 7:30 p.m. Information, 346-8595.

SCHENECTADY COUNTY
SCOTTISH DANCING

Salvation Army, Smith St., Schenectady, 8-10 p.m. Information, 783-6477.

RECOVERY, INC.

self-help group for former mental and nervous patients, Unitarian House, 1248 Wendall Ave., Schenectady, 7:30 p.m. Information, 346-8595.

**TUESDAY
AUGUST 4**
ALBANY COUNTY
NATURAL FAMILY PLANNING

course, St. Peter's Hospital, 315 South Manning Blvd., Albany, 7:30 p.m. Information, 458-2644.

FARMER'S MARKET

through November, St. Vincent de Paul Church, 900 Madison Avenue, and Washington Park, Central and Washington Avenues, Albany, 11 a.m.-2 p.m.

SINGLE PARENTS MEETING

sponsored by Parents Without Partners Chapter 380, Colonie Community Center, Central Ave., Albany, 7 p.m. Information, 869-0870.

BINGO

Albany Jewish Community Center, Whitehall Rd., Albany, 7:30 p.m. Information, 438-6651.

BABYSITTING

Albany Jewish Community Center, 340 Whitehall Rd., Albany, 5:30-8 p.m. Information, 438-6651.

SAMARITANS SUPPORT GROUP

for suicide survivors, 160 Central Ave., Albany, 7:30 p.m. Information, 463-2323.

SENIORS LUNCHESES

Jewish Community Center, Whitehall Road, Albany, 12:30 p.m. Information, 438-6651.

SAFE PLACE

support group for those who have lost a loved one to suicide, St. John's Lutheran Church, 160 Central Ave., Albany, 7:30 p.m. Information, 463-2323.

CIVIL AIR PATROL

Albany Senior Squadron, Albany Airport, 7 p.m. Information, 869-4406.

SCHENECTADY COUNTY
SECULAR SOBRIETY GROUP

group for recovering alcoholics, Temple Gates of Heaven, corner of Ashmore Ave. and Eastern Parkway, Schenectady, 7:30 p.m. Information, 346-5569.

EATING DISORDERS GROUP

Union College, fourth floor campus center, Schenectady, 7:30-9:00 p.m. Information, 465-9550.

SARATOGA COUNTY
ARTS AND CRAFTS FAIR

100 juried crafters from NYS and throughout New England, Congress Park, Saratoga. Information, 439-8379.

**WEDNESDAY
JULY 5**
ALBANY COUNTY
**RESPONDING TO
EMERGENCIES**

three-day course through Friday, Albany Area Chapter of the American Red Cross, Hackett Blvd., Albany, 8 a.m.-4 p.m. Cost is \$72. Information, 462-7461.

SPOTLIGHT

By Martin P. Kelly

Capital Repertory Company nears fund-raising goal for fall season

Last week, the Capital Repertory Company announced it had come within approximately \$65,000 of attaining its goal of erasing an almost \$450,000 deficit it revealed back in February.

At that time, artistic director Bruce Bouchard said that the "Save Cap Rep" campaign had set a goal of erasing the debt by July 1. Although this goal wasn't reached, newly-elected board president Matthew Bender IV said in a July 23 press conference that the theater had raised almost \$385,000. While not announced, it is understood that Bender's firm donated almost \$100,000 of this figure.

Both Bouchard and Bender were pleasantly surprised that more than \$200,000 of these funds were given by individual theatergoers.

During the time of the fund-raising, Bouchard and his staff drew up a new budget of \$1.1 million for the 1992-93 season, a cut of almost \$300,000 from the original budget.

It will mean shows next season will have small casts, particularly the one-woman show, *Shirley Valentine* (Feb. 12) which will feature Broadway actress Anita Gillette. It was also announced that the final show of the six-production season will be the two-character, *I Do, I Do* (May 7).

As part of the budget-cutting process, the play *The Gang on the Roof* which was to star John Amos, has been postponed until the 1994 season. The reason given was the anticipated high cost of the production. In its stead, *The Substance of Fire*, has been scheduled for Jan. 1 opening.

The theater's 11th season will open with *Lips Together, Teeth Apart* on Oct. 2. Other plays in the season include: *Absurd Person Singular* (Nov. 13) and *Cat On A Hot Tin Roof* (March 25). For information, call 462-4531.

Lake George Opera to open after donation of \$15,000

Two anonymous donations totalling \$15,000 has made it possible for the Lake George Opera Company to open Thursday, Aug. 1 with its production of *Porgy and Bess*.

Earlier this month, the company announced that it needed \$150,000 to ensure this summer's three productions which includes *Daughter of the Regiment* and a concert performance of *Aida*.

While it hasn't reached the \$150,000 figure it said it needed, the opera company has enough funds to open and hopes to attract other donors and sufficient audiences to permit the season to continue.

Proctor's schedules award-winning musical as production for the fall

Proctor's Theater in Schenectady has scheduled the Tony Award-winning musical, *City of Angels*, for three performances Oct. 26-28.

The musical, now on national tour, features Barry Williams who plays the dual role of a detective novelist writing his first screenplay in 1940s Hollywood and the Humphrey Bogart detective he's created in his writing.

Williams cut his teeth as Greg, the big brother on television's successful *The Brady Bunch*.

Single tickets for *City of Angels* will go on sale Aug. 8. Call 346-6204 for information and reservations.

A.R. Gurney play enjoying success at Berkshire Theatre Festival

A.R. (Pete) Gurney's play, *The Cocktail Party*, has found a suitable home through Aug. 8 at the Berkshire Theatre Festival in Stockbridge, Mass.

Gurney's play about a WASP playwright who returns home to ask permission of his parents to write a play about them, rings close to his own background. Gurney has taught for years at MIT and has written extensively about the white Anglo-Saxon Protestant upper-middle class he's known.

As the producers had hoped, the production is getting popular response. For more info, call (413) 298-5576.

AROUND THEATERS!

La Cage Aux Folles, outrageous musical at Mac-Haydn Theater in Chatham through Aug. 9 (392-9292)...*Hotel Oubliette*, new play about American hostages with Hal Holbrook at Williamstown Theatre Festival through Aug. 9 (413-597-3400)...*I Ought To Be In Pictures*, Neil Simon comedy at Lake George Dinner Theater through Oct. 15 (668-5781)



Martin P. Kelly

36th ANNUAL GLENMONT FIREMAN'S FAIR

COME TO THE FAIR

THIS WEEKEND

FIREHOUSE GLENMONT ROAD, GLENMONT JULY 31ST & AUG. 1ST

GIANT FLEA MARKET Sat. & Sun, Aug. 7th & 8th

Cook Shed — Clam Bar, Hot Dogs, Hamburgers, Pizza
Italian Sausage, Sandwiches — "Moon Walk"

GAMES—PRIZES—GAMES

PLENTY OF FREE PARKING
AT TOWN SQUIRE PARKING AREA
STARTS AT 7:00 EACH NIGHT

The Spotlight CALENDAR

WEDNESDAY
JULY 29
BETHLEHEM

EVENING ON THE GREEN
outdoor concert with Skip Parsons Quartet, Bethlehem Public Library, 451 Delaware Ave., Delmar, 7:30 p.m. Information, 439-9314.

YOUTH EMPLOYMENT SERVICES

every Wednesday, Parks and Recreation Office, Delmar, 9:30 a.m.-noon. 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.

NEW SCOTLAND

NEW SCOTLAND SENIOR CITIZENS
every Wednesday, Wyman Osterhout Community Center, New Salem. Information, 765-2109.

MOUNTAINVIEW EVANGELICAL FREE CHURCH
every Wednesday, evening service, Route 155, Voorheesville. Information, 765-3390.

MOUNTAIN MERRIMENT
tales of the Adirondacks and Catskills for children grades four to six, storyteller Carol Connolly, Voorheesville Public Library, 51 School Road, Voorheesville, 2 p.m. Information, 765-2791.

TOGETHER AT TWILIGHT
featuring the Landfill Mountain Boys, bluegrass, folk and rock music, Voorheesville Public Library, 51 School Road, Voorheesville, 7 p.m. Information, 765-2791.

THURSDAY
JULY 30
BETHLEHEM

PUNKINTOWN FAIR
New Salem Volunteer Fire Department, 7 p.m. Information, 765-4334.

YOUTH EMPLOYMENT SERVICES

every Thursday, Parks and Recreation Office, Delmar, 9:30 a.m.-noon. Information, 439-0503.

PARENT SUPPORT GROUP
every Thursday, sponsored by Project Hope and Bethlehem Opportunities Unlimited, First United Methodist Church, Delmar, 7:30 p.m. Information, 767-2445.

NEW SCOTLAND

THE POINT
animated classic film, Voorheesville Public Library, 51 School Road, Voorheesville, 2 p.m. Information, 765-2791.

FEURA BUSH FUNSTERS
every Thursday, 4-H group for ages 8-19, Jerusalem Church, Feura Bush, 7-8 p.m.

FRIDAY
JULY 31
BETHLEHEM

PUNKINTOWN FAIR
New Salem Volunteer Fire Department, 7 p.m. Information, 765-4334.

NEW SCOTLAND

YOUTH GROUP MEETINGS
every Friday, United Pentecostal Church, Route 85, New Salem, 7 p.m. Information, 765-4410.

SATURDAY
AUGUST 1
BETHLEHEM

CHABAD CENTER
every Saturday, services and kiddush, 109 Elsmere Ave., Delmar, 9:30 a.m. Information, 439-8280.

SUNDAY
AUGUST 2
BETHLEHEM

CELEBRANT SINGERS
contemporary Christian music, Bethlehem Lutheran Church, Delmar, 85 Elm Ave., Delmar, 7 p.m. Information, 439-4328.

BETHEL BAPTIST CHURCH
worship service, 10:15 a.m.; Sunday school, 9:15 a.m.; Tuesday Bible study, 7:15 p.m., at the Auberge Suisse Restaurant, New Scotland Road, Slingerlands. Information, 475-9086.

BETHLEHEM COMMUNITY CHURCH
worship service, nursery provided, 9:30 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, 8 a.m.-noon, 85 Elm Ave., Delmar. Information, 439-4328.

DELMAR REFORMED CHURCH
worship and Sunday school, nursery care provided, 10 a.m., 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.

SLINGERLANDS COMMUNITY UNITED METHODIST CHURCH
worship service, church school, 10 a.m.; fellowship hour, adult education programs, nursery care provided, 1499 New Scotland Road, Slingerlands. Information, 439-1766.

SOLID ROCK CHURCH
morning worship, 11 a.m., 1 Kenwood Ave., Glenmont. 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.

UNITY OF FAITH CHRISTIAN FELLOWSHIP CHURCH
Sunday school and worship, 10 a.m., 436 Krumkill Road, Slingerlands. Information, 438-7740.

LORD OF LIFE LUTHERAN CHURCH
worship meeting, Bethlehem Grange Hall 137, Route 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., followed by coffee hour, nursery care provided, Clarksville. Information, 768-2916.

FIRST UNITED METHODIST CHURCH OF VOORHEESVILLE
worship, 10 a.m., church school, 10:30 a.m. 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, Route 155, Voorheesville. Information, 765-3390.

NEW SALEM REFORMED CHURCH
worship service, 11 a.m., nursery care provided, corner Route 85 and Route 85A, New Salem. Information, 439-6179.

ONESQUETHAW CHURCH
worship, 9:30 a.m., Sunday school, 10:45 a.m., Tarrytown Road, Feura Bush. Information, 768-2133.

PRESBYTERIAN CHURCH IN NEW SCOTLAND
worship, 10 a.m., church school, 11:15 a.m., nursery care provided, Route 85, New Scotland. Information, 439-6454.

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.; Route 85, New Salem. Information, 765-4410.

FAITH TEMPLE
Sunday school, 10 a.m.; worship, 11 a.m., New Salem. Information, 765-2870.

MONDAY
AUGUST 3
BETHLEHEM

MOTHER'S TIME OUT
every Monday, 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.

BLANCHARD POST MEETING
first Monday, Poplar Drive, Elsmere, 8 p.m. Information, 439-9819.

DELMAR KIWANIS
every Monday, Sidewheeler Restaurant, Days Inn, Route 9W, Glenmont, 6:15 p.m. Information, 439-5560.

AL-ANON GROUP
every Monday, support for relatives of alcoholics, Bethlehem Lutheran Church, 85 Elm Ave., Delmar, 8:30-9:30 p.m. Information, 439-4581.

DELMAR COMMUNITY ORCHESTRA
every Monday, rehearsal, Bethlehem Town Hall, Delmar, 7:30 p.m. Information, 439-4628.

BETHLEHEM ARCHAEOLOGY GROUP
every Monday and Wednesday morning, excavation and laboratory experience for volunteers, archaeology lab, Route 32 South. Information, 439-6391.

TEMPLE CHAPTER 5 RAM
first and third Mondays, Delmar Masonic Temple.

NEW SCOTLAND

4-H CLUB
first and third Mondays, 7:30 p.m., home of Marilyn Miles, Clarksville. Information, 768-2186.

QUARTET REHEARSAL
every Monday, United Pentecostal Church, Route 85, New Salem, 7:15 p.m. Information, 765-4410.

STORY HOUR
every Monday, Voorheesville Public Library, 51 School Road, 10:30 a.m. Information, 765-2791.

TUESDAY
AUGUST 4
BETHLEHEM

DEFENSIVE DRIVING COURSE
sponsored by E and E Driving Associates, second part, Aug. 5, Delmar Reformed Church, 386 Delaware Ave., Delmar, 7-10 p.m. each night. Information, 459-9048.

YOUTH EMPLOYMENT SERVICES
every Tuesday, Parks and Recreation Office, Delmar, 9:30 a.m.-noon. Information, 439-0503.

DELMAR ROTARY
every Tuesday, Days Inn, Route 9W, Glenmont. Information, 482-8824.

ONESQUETHAW LODGE 1096 F&AM
first and third Tuesdays, Delmar Masonic Temple.

MEDICARE FORM AID
first and third Tuesdays, sponsored by AARP, Bethlehem Town Hall, Delmar, 10 a.m.-2 p.m. Appointments required, 439-2160.

NEW SCOTLAND

STORY HOUR
every Tuesday, Voorheesville Public Library, 51 School Road, 10 a.m. Information, 765-2791.

ESTATE AUCTION — ON SITE SAT., AUG. 15, 1992

10:00 AM (INSPECT 8:30 AM or by appointment)

Real Estate & Complete Contents of 65 Delmar Place, Delmar, NY

Final Settlement of the Estate of Grace Nordquist Manne,

By Order of: Dr. John E. Manne

Distinguished 3 bedroom home on 3/4 acre corner lot w/inground Gunite pool, hardwood floors, 2 car garage, custom formica kitchen, large living room w/ fireplace, formal dining room, 2 patios, attached in law apt. or professional office or pool house, full attic, full basement, new gas fired heating system and central air conditioning installed in June 1992. Matured landscaping with perennial gardens and complemented by massive pine trees.

TERMS: \$15,000 down payment at "knockdown" in cash or cashier's check payable to the buyer. 10% buyer's premium by 8/20/92. Close by 10/15/92. Seller financing available to pre-qualified prospective buyers. Broker participation invited-must phone for details in advance.

Complete contents will be sold- Chinese carpets, Furniture, Sohmer baby grand piano, Lowery organ, furs, 8hp Toro mower, 1980 Suzuki GS 1000 cycle, Etc.

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Uncle Sam AUCTIONS & Realty Inc.

Ralph F. Passonno Jr. CAI, AARE, ISA, President

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WE OFFER:

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The Learning Center

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24 Colvin Avenue • Albany • 459-8500
(in the rear of the Otis Elevator Bldg.)

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SUMMER SCHOOL
NOW THRU AUG. 14TH

Classes with
Rochelle Zide-Booth
7/27-31

call:

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25 Monroe St., Albany

Director: Madeline Cantarella Culp



COMPUTER CAMP AT THE COLLEGE OF SAINT ROSE

for children 11-15 years of age
Monday, Aug. 10-Friday, Aug. 14
9:00 a.m. - 4 p.m.

Activities

9:00-11:30 Morning session-hands on training on a Macintosh
11:30-12:30 Lunch
12:30-1:30 Swimming
1:30-4:00 Afternoon session-individual computer time

Fee - \$195.00

For more information or to register, call: (518) 454-5143 or 454-5144

THE COLLEGE OF
SAINT ROSE

Office of Adult and Continuing Education
432 Western Ave.
Albany, New York 12203

LEGAL NOTICE

In the matter of Extending WATERDISTRICT NO. 1 of the TOWN OF BETHLEHEM ALBANY COUNTY, NEW YORK

WHEREAS, a written petition from owners of taxable real property (a copy of which is annexed hereto) has been presented to and filed with the Town Board of the Town of Bethlehem, Albany County, New York, requesting an extension of Water District No. 1 of said town to include their properties, and showing the boundaries of the proposed extension, together with a map and plan of the proposed water system; and

WHEREAS, there has been filed in the office of the Town Clerk of said Town, a map as referred to in the annexed petition, plan and report prepared by Kenneth Fraser & Associates, P.C., engineers duly licensed by the State of New York, setting forth the details of the proposed extension; and

WHEREAS, the boundaries of the proposed extension to the said District are set forth in the annexed petition; and

WHEREAS, the maximum amount proposed to be expended for the said improvement is the sum of \$300,000; and

WHEREAS, the HMC Associates, 163 Delaware Avenue, Delmar, New York have Agreed to pay all costs and disbursements incurred by said water District in connection with said application, including legal, engineering costs, and labor and material; and

WHEREAS, said map, plan and report describing said improvements are on file in the Town Clerk's office for public inspection.

NOW, on motion of council person Galvin, seconded by Council person Webster hereby

ORDERED, that the Town Board of the Town of Bethlehem shall meet and hold a public hearing at the Town Hall, 445 Delaware Avenue, Delmar, New York on the 12th day of August, 1992 at 7:30 o'clock, p.m. on that day, to consider said map, plan and report, and hear all persons interested in the subject thereof concerning the same, and take such action thereon as is required or authorized by law, and it is further,

ORDERED, that the Town Clerk be and she is hereby directed to publish and post copies of this order at the time and in the manner provided by law.

The adoption of the foregoing order was put to a vote and upon roll call, the vote was as follows:

AYES: Mr. Ringler, Mr. Webster, Mr. Gunner, Ms. Galvin, Mrs. Fuller. Noes: None

Dated July 8, 1992

BY ORDER OF TOWN BOARD
TOWN OF BETHLEHEM
Kathleen A. Newkirk
Town Clerk

(July 29, 1992)

NOTICE

At a regular meeting of the Town Board of the Town of Bethlehem, Albany County, NY held on the 22nd day of July, 1992 at the Town Hall, 445 Delaware Avenue, Delmar, NY

PRESENT: Mr. Ringler, Mr. Webster, Mr. Gunner, Ms. Galvin, ABSENT: Mrs. Fuller.

The Town Board of the Town of Bethlehem, Albany County, New York does hereby amend the Traffic Ordinance adopted on the 17th day of July, 1968 and last amended on the 27th day of May, 1992 as follows:

1. Add the following to Article I, Section 1, Stop Intersections to read as follows:

(KKKK). The intersection of Park Edge Lane at the Delmar By-pass Extension;

(III). The intersection of Juniper Drive at the Delmar By-pass Extension at VanDyke Road;

(mmmm). The intersection of the Delmar By-pass Extension at VanDyke Road;

(nnnn). The intersection of Vadeney Road at VanDyke Road. The foregoing amendment to the Traffic Ordinance will take effect ten days after publication.

The foregoing amendment to the traffic Ordinance was presented for adoption by Mr. Webster and seconded by Ms. Galvin and was duly adopted by the following vote: AYES: Mr. Ringler, Mr. Webster,

LEGAL NOTICE

Mr. Gunner, Ms. Galvin. NOES: None.

Absent: Mrs. Fuller.

Dated: July 22, 1992 (July 29, 1992)

STATE OF NEW YORK
COUNTY OF ALBANY
VOORHEESVILLE CENTRAL
SCHOOL DISTRICT
VOORHEESVILLE, NY 12186
NOTICE TO BIDDERS

Sealed bids will be received at the Voorheesville Central School District office located in the Clayton A. Bouton Jr. Sr. High School Building, Route 85A, Voorheesville, New York until 9 a.m. Tuesday, August 4, 1992 for:

MILK

Specifications and bid forms may be obtained at the District Office on or after 11:00 a.m. Wednesday, July 22, 1992.

Contracts will be awarded to the lowest responsible bidders. The Board reserves the right to reject any and all bids, also to reject any bid which fails to meet specifications.

Dated July 14, 1992

Valerie Ungerer
District Clerk
(July 29, 1992)

STATE OF NEW YORK
COUNTY OF ALBANY
VOORHEESVILLE CENTRAL
SCHOOL DISTRICT
VOORHEESVILLE, NY 12186
NOTICE TO BIDDERS

Sealed bids will be received at the Voorheesville Central School District office located in the Clayton A. Bouton Jr. Sr. High School Building, Route 85A, Voorheesville, New York until 9 a.m. Tuesday, August 4, 1992 for:

BAKED GOODS

Specifications and bid forms may be obtained at the District Office on or after 11:00 a.m. Wednesday, July 22, 1992.

Contracts will be awarded to the lowest responsible bidders. The Board reserves the right to reject any and all bids, also to reject any bid which fails to meet specifications.

Dated July 14, 1992

Valerie Ungerer
District Clerk
(July 29, 1992)

STATE OF NEW YORK
COUNTY OF ALBANY
VOORHEESVILLE CENTRAL
SCHOOL DISTRICT
VOORHEESVILLE, NY 12186
NOTICE TO BIDDERS

Sealed bids will be received at the Voorheesville Central School District office located in the Clayton A. Bouton Jr. Sr. High School Building, Route 85A, Voorheesville, New York until 9 a.m. Tuesday, August 4, 1992 for:

ICE CREAM

LEGAL NOTICE

Specifications and bid forms may be obtained at the District Office on or after 11:00 a.m. Wednesday, July 22, 1992.

Contracts will be awarded to the lowest responsible bidders. The Board reserves the right to reject any and all bids, also to reject any bid which fails to meet specifications.

Dated July 14, 1992

Valerie Ungerer
District Clerk
(July 29, 1992)

BOARD OF EDUCATION
BETHLEHEM CENTRAL
SCHOOL DISTRICT
90 Adams Place
Delmar, New York 12054

Notice is hereby given that the annual inspection for 1992 of the school buildings of the Bethlehem Central School District for fire hazards which might endanger the lives of students, teachers and employees therein has been completed and the report thereof is available at the office of the Health and Safety Coordinator, 65 Elm Avenue, Delmar, New York for inspection of all interested parties.

Dated: July 20, 1992

Board of Education
Franz K. Zwickbauer,
District Clerk
(July 29, 1992)

BETHLEHEM CENTRAL
SCHOOL DISTRICT
NOTICE TO BIDDERS

The Board of Education of the Bethlehem Central School District hereby invites the submission of sealed bids in accordance with Section 103 of the General Municipal Law for the following:

EXTERIOR PLANT RESTORATION

Bids will be received until 2:00 p.m. on August 18, 1992 at the office of the Assistant Superintendent for Business, 90 Adams Place, Delmar, New York, at which time and place all bids will be publicly opened. Specifications and bid forms may be obtained at the Operations and Maintenance facility, 65 Elm Avenue, Delmar, New York.

The Board of Education reserves the right to reject any or all bids. Any bids submitted will be binding for 90 days subsequent to the date of the bid opening.

Board of Education
Kathy Haegge,
Deputy Clerk
Dated: July 24, 1992
(July 29, 1992)

PUBLIC NOTICE
TOWN OF NEW SCOTLAND

At a special meeting of the Town Board of the Town of New Scotland, Albany County, New York, held at the Town Hall, in

LEGAL NOTICE

Slingerlands, New York, in said Town, on the 9th day of July, 1992, at 5:40 o'clock P.M., Prevailing Time.

PRESENT: Herbert W. Reilly, Jr., Supervisor; John Sgarlata, Councilman; Craig Shufelt, Councilman; Richard Decker, Councilman.

In the matter of Adopting a Dog Control Law for the Town of New Scotland.

ORDER CALLING FOR PUBLIC HEARING

WHEREAS, the Town Board of the Town of New Scotland has received several complaints concerning dangerous dogs and dogs running loose; and

WHEREAS, the original Dog Ordinance adopted by the Town of New Scotland as Local Law No. 1 of 1978, appears to be inadequate at addressing the conditions as they exist; and

WHEREAS, citizens of the Town of New Scotland have petitioned the Town to adopt a dog control law; and

WHEREAS, it appears to be in the interest and benefit and safety of the town residents to adopt such a law; and

WHEREAS, it is necessary to call a Public Hearing in order to adopt such law;

NOW THEREFORE, it is ordered by the Town Board of the Town of New Scotland, as follows:

SECTION 1. A Public Hearing will be held at the Town Hall in the Town of New Scotland on the 12th day of August, 1992, at 7:00 o'clock P.M., to consider the question of adopting a new dog control law for the Town of New Scotland, and to hear all persons interested in said subject thereon and in relation thereto, as may be required by law,

LEGAL NOTICE

or as may be proper in these premises.

SECTION 2. The Town Clerk of the Town of New Scotland is hereby authorized and directed to cause a copy of this order to be published once in the official newspaper of the Town, and copy thereof to be posted on the signboard of said Town maintained pursuant to Subdivision 6 of Section 30 of the Town Law, both publication and posting to be made no more than twenty (20) days before the date set for the public hearing herein.

SECTION 3. This Order shall take effect immediately.
(July 29, 1992)

THE DMC PARTNERSHIP, L.P.

A New York Limited Partnership

NOTICE IS HEREBY GIVEN that the persons herein named have formed a Limited Partnership for the transaction of business in the State of New York and elsewhere and have filed a Certificate of Limited Partnership with the Office of the Secretary of State of the State of New York, the substance of which is as follows: (1) The name of the Limited Partnership is THE DMC PARTNERSHIP, L.P.; (2) the character of the partnership's business is to acquire for investment all manner and form of real and personal property and to own, develop, manage, finance, refinance, mortgage, lease, exchange, sell or otherwise transfer and deal in such property as the partnership shall acquire; (3) the principal place of business of the partnership shall be in the County of Albany, State of New York; (4) The name and place of residence of each member is as follows: D.M. Associates, General Partner, c/o Tobin and Dempf, 100 State Street, Albany, New York

LEGAL NOTICE

12207; Callanan Industries, Inc., Limited Partner, South Bethlehem, New York 12161; (5) The term for which the partnership is to exist is from the date of the filing of this original Certificate in the Office of the Secretary of State of the State of New York, to wit: June 2, 1992, to December 31, 2091; (6) The amount of cash contributed by the General Partner is \$95.00; the amount of cash contributed by the Original Limited Partner is \$5.00. The General Partner shall receive an interest in the profits and losses of the partnership of 50%; the Limited Partner shall receive an interest in the profits and losses of the partnership of 50%; (7) Unless otherwise specified at the time of the admission of additional Limited Partners, no Limited Partner shall have the right to substitute an assignee as contributor in his place; (8) Additional Limited Partners may be admitted at the discretion of the Partners; (9) No Limited Partner shall have any right or any priority over any other Limited Partner; (10) Unless otherwise specified, no Limited Partner shall have the right to demand or receive property other than cash in return for his contribution; (11) The contribution of the Limited Partners is to be returned upon termination of the partnership, but such contributions may be returned prior to termination of the partnership at the discretion of the General Partner; (12) Upon the death, retirement, bankruptcy or insanity of the General Partner, the Partnership will be dissolved unless 100% in interest of the Limited Partners shall elect to continue the partnership; (13) The Certificate referred to above has been acknowledged and sworn to by all of the General Partner named herein.
(July 29, 1992)

Weekly Crossword

"Cooperstown Famers"

By Gerry Frey

ACROSS

- 1 Gait
- 5 Greek five
- 10 the ball: Error
- 14 Timetable abrevs.
- 15 Pseudonym
- 16 Hemp
- 17 Frolic
- 18 *Pirate Hall of Famer*
- 20 *Hall of Famer Cal Hubbard, Eg*
- 21 Partner
- 22 Stop in nautical
- 23 Actor's whisper
- 25 Chopped liver
- 27 *Yankee Hall of Famer*
- 29 *Dodger Hall of Famer*
- 33 Notions
- 34 Peter O' : Actor
- 35 Philippine tree
- 36 Officially
- 37 Coquettishly
- 38 Musical group
- 39 Every
- 40 Opera solos
- 41 Javelin
- 42 *Pirate Hall of Famer*
- 44 Bench : Player in waiting
- 45 Poetic word: Pl.
- 46 South African black
- 47 Make amends
- 50 Sensible
- 51 Melancholy
- 54 *Yankee Hall of Famer*
- 57 Wharf
- 58 Get up
- 59 Blusher
- 60 Scarlet's house
- 61 River to the North Sea
- 62 Word with man or bowl
- 63 Pigpen, eg

DOWN

- 1 Lima's country
- 2 Mite
- 3 *Dodger Hall of Famer*
- 4 Sixth sense
- 5 Memorial Day festivity
- 6 Fill with joy
- 7 Egyptian river
- 8 Beer keg necessity
- 9 Fire residue
- 10 "Pure as the snow"
- 11 Ms. Barrett
- 12 Poetic word: Pl.
- 13 Saucy
- 19 Ms. Couric
- 21 Wire measures
- 24 Dog command
- 25 World series kitties
- 26 Skillfully
- 27 King with a touch
- 28 Grown up
- 29 Majestic
- 30 *Cardinal Hall of Famer*
- 31 Prevention measuring unit
- 32 Consumer advocate
- 34 Labors
- 37 North American Indian tribe
- 38 Marge's son
- 40 Concur
- 41 Alley

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- 43 Lessor
- 44 Roam
- 46 River boat
- 47 Askew
- 48 Not that
- 49 French river
- 50 Consommé
- 52 Space and dynamic lead in
- 53 Murky
- 55 Time meas.
- 56 Scottish drunk
- 57 Torpedo boats

* Barcelona Oro *

R	O	B	E	A	L	F	I	E	P	R	A	M
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Mature Lady Looking for Child care work fulltime or part-time starting in September. Non-smoker. Excellent references. Call after 6PM 439-1067.

Experienced Day Care teacher willing to babysit evenings and weekends. Please call 756-6994.

BABYSITTING HELP WANTED

Colonie- Start Sept., two nice boys before/after school, Kindergarten and 3rd, Saddlewood, FT your home, nonsmoker. 456-7987 after 5PM.

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DEALERSHIP LOG HOMES. America's finest Log Home manufacturer needs quality wholesalers. Earn excellent profits. Full or part-time. Lifetime warranty. Call Mr. Jones for FREE dealer info. 1-800-321-5647. Old Timer Log Homes, Mt. Juliet, TN.

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Housecleaning: Need a helping hand? Dependable, references 355-0409 Linda.

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TAYLOR WATERSTOVES. Outside wood fired hot water furnaces. Heats your entire home and domestic hot water from a wood fire outside your home. 1-800-545-2293.

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The Kids Club is now hiring for September. Looking for fun and work at the same time. 765-2043.

FRIENDLY HOME PARTIES has openings for Demonstrators. No cash investment. No Service Charge. High commission and hostess awards. Two catalogs, over 600 items. Call 1-800-488-4875.

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Teacher P.E. Elementary 1-2 hours weekly, Colonie 783-8185.

Remedial Reading and Math lab aid wanted to work with students at BCMS, full-time (10 months). Call Mrs. Cass 439-7460.

Animal Hospital Assistant: H.S. or college student, 16 years of age or older for afternoon and weekends. 439-9361 9-4 weekdays.

PARTTIME cleaning positions available in Guilderland, Westmere and Colonie areas. Work in beautiful modern buildings. If you like working evenings and take pride in your work join our professional team at Albany Janitor Service! To apply call 449-5454 after 11:00 am.

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□ Five Rivers (From Page 23)

that people can use on a casual basis."

Pets aren't allowed on the grounds, either. "We're trying to keep the wildlife on the ground not tame but less afraid, perhaps, than they would be if people were walking dogs around," he said.

Over the summer, Five Rivers features two major guided walking programs.

On Thursday mornings and Tuesday evenings through Aug. 27, free interpreted outings are offered. Topics include fishing, Vlomankill ferns, insects and wetlands. No registration is required, and an exact schedule can be obtained from the center office.

There's also the Summer Family Program, a four-day session in which parents and children work together in a variety of nature activities, from catching field insects to examining stream life.

"We've found that the formula of adults and kids together works real well, learning from both sides," Mapes explained.

The fee for the program is \$22 per family. Sessions still open are Aug. 4 through 7 and 18 through 21. "It's good if people call as early as possible because it does fill up fast," he said.

On the second Saturday of each month, beginning at 2 p.m., there are free Family Sharing Programs in which parents and children spend an afternoon working on activities similar to those in the Summer Family Program.

Workshops for teachers have also been a mainstay at the center.

"When we say teachers," said Mapes, "we mean it in a wide sense. 4-H leaders and Scout leaders also are welcome and can benefit."

Three teacher workshops are planned for this year: Project Wild, on Tuesday, Aug. 25, from 10 a.m. to 1:30 p.m.; Aquatic Project Wild, on Wednesday, Aug. 26, from 10 a.m. to 1:30 p.m.; and Project Learning Tree, on Thursday, Aug. 27, from 10 a.m. to 4 p.m.

For drop-in visitors, the center's main building, which houses several small displays of live animals, including an owl, is open seven days a week.

"We're unique in that the place is free for people to come to," Mapes said. "The only charges are for special, extensive programs."

The land Five Rivers sits on was originally a game farm opened by the state in the mid-1930s. In June 1972 it became an environmental education center, one of three now operated by the state Department of Environmental Conservation.

"Wildlife focus and management has changed over the years, from a very strong focus on raising and releasing animals for hunting purposes to concentrating more on habitat and people management," Mapes said.

The grounds are not fenced in, except

for crumbling enclosures dating from the game farm era.

"We feel especially fortunate that Five Rivers is located in a spot that's close to the center of the Capital District and yet in a country-like area," he said.

Being so close to civilization, however, has its drawbacks.

"There's certainly a lot of building that's heading this way," Mapes said. "We're in a spot where the soil is not advantageous to building, so even though we're only five miles from the Albany city line the sprawl has not come this way in the past."

Partly for this reason, the center added 83 acres to its property with a purchase in December 1989.

Mapes said, "The addition of the 80 acres made a big difference. Being the size of now 300 acres, looking down the road 20 years, it can be a viable place even if we do have more housing built up around the place."

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Benefit dinner slated

The Spencertown Academy is sponsoring a benefit chicken barbecue dinner and hoedown at the David Seth Michaels barn, Route 203, Spencertown, on Saturday, Aug. 8, beginning at 6:30 p.m.

The festivities will include square dance at 8 p.m.

The cost is \$35 per person, or \$10 for children. Proceeds will benefit the academy.

For information, call 392-3693.

Grammy winner to perform at Hunter Mt.

Six time Grammy winner Jimmy Sturr and His Orchestra will appear daily at the National Polka Festival from tomorrow through Sunday, Aug. 2, at Hunter Mountain.

The festival's dance contest will be tomorrow night at 7 p.m.

For information, call 263-3800.

Free concert at Plaza

The Great American Swing Band will play a free concert, "A Tribute to Benny Goodman," on Wednesday, Aug. 12, at 8 p.m. at the Empire State Plaza.

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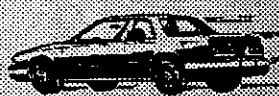
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☐ Park (From Page 23)

Even if a few individual folk art forms fall by the wayside, the series keeps their spirit alive for future reference, she said. "If we can remember them, maybe there will be a resurgence of interest and we can revive them."

The series opens with one of the oldest of the folk arts — fiddling — on Friday, July 31.

Starting at noon, Adirondack fiddler Bill Roberts will recreate some classic fiddling structures that became the basis for rounded square dancing in the 1930s, an art form that Roberts was instrumental in bringing to the public's attention, said Gardner. His son-in-law Paul Hoffman will accompany him on guitar.

At 1 p.m., Barry Irving, a founding member of the African-influenced group Guardian Drummers, will demonstrate African drum-making techniques passed down from his grandfather and father.

From the other side of the globe, at 2 p.m. Richard Stefanazzi will display the stone-working techniques he learned from his father and grandfather in Italy. Stefanazzi will be assisted by his son, Richard Jr., who is apprenticing to become the fourth generation of stone carvers in the Stefanazzi clan.

The series will continue with a traditional polka and accordion music-fest led by Don Nikolski on Friday, Aug. 7, from noon to 12:45 p.m.

A water dowsing workshop led by Ted Kaufman and members of the American Society of Dowsers will be offered from 1 to 2 p.m., an art that Gardner said "you

don't believe it until you see it done."

The afternoon will close with a stone-wall building demonstration by Larry Jackson, who also learned his craft from his father, from 2 to 3:15 p.m.

The Friday, Aug. 14, program will feature artists from the north, with French Canadian music performed by Bernard Ouimet and French Canadian rug weaving by Francoise Ouimet from noon to 2 p.m.

The rug weaving is really a special kind of art that "very few people still practice anymore," said Gardner.

Utilizing a wooden wagon wheel as a framework, Ouimet creates circular rugs that are very unusual. "They are a little different than what people might ordinarily expect," she said.

The program will close with a lobster trap building demonstration and "fish stories" from commercial fisherman Joe Cole from 2 to 3 p.m.

The series concludes on Saturday, Aug. 15, with an afternoon-long program of demonstrations featuring boat-building, lobster-trap building, dowsing and rug weaving, beginning at noon.

Performances for the afternoon will include the Guardian Drummers from 1:30 to 3 p.m. and traditional Irish music and Irish stepdancers from 3 to 5 p.m., said Gardner.

All of the events, which are free and open to the public, will be held in the park amphitheater. There is a fee to enter the park.

For information, call the RCCA at 273-0552.

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New BMW Sport Wagon model in Glenmont

The new BMW 525i Touring, a model that combines the driving pleasure of a sports sedan with the utility of a station wagon, arrived at Capital Cities Imported Cars, Route 9W.

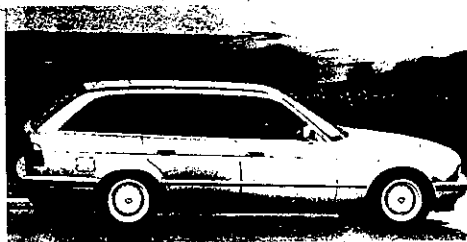
Conceived as a thoroughbred BMW sports sedan with additional practicality and versatility, the 525i Touring sport wagon will carry five people in traditional BMW comfort, with no sacrifice of BMW's renowned performance and spirit.

Based on the 525i sedan, the Touring uses that model's 2.5-liter dual overhead-cam six-cylinder engine teamed to a four-speed automatic transmission. This ad-

vanced powerplant produces 189 horsepower, yet delivers commendable fuel efficiency and requires virtually no periodic maintenance beyond oil, filter and sparkplug changes. Self-leveling rear suspension keeps the car level regardless of the load carried.

As on all BMWs, a Supplementary Restraint System (SRS) driver's side air bag and anti-lock brakes (ABS) are standard equipment. The suggested retail price of the model is \$38,600.

Comfort and convenience features abound. Standard equipment includes 10-way power front seats, a 10-speaker sound



The new BMW 525i Touring. For all practical purposes, it's a dream car. Arrange for a test drive at Capital Cities Imported Cars, Glenmont.

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At first blush, a station wagon wearing the familiar BMW badge might seem a bit out of character—both for station wagons and for BMW. Yet, the station wagon has its roots not in family transportation, but as a specially vehicle to carry travelers. The term "station wagon" was first used to describe luxuriously appointed horse-drawn wagons employed by hotels and private estates to collect guests and VIPs from train stations.

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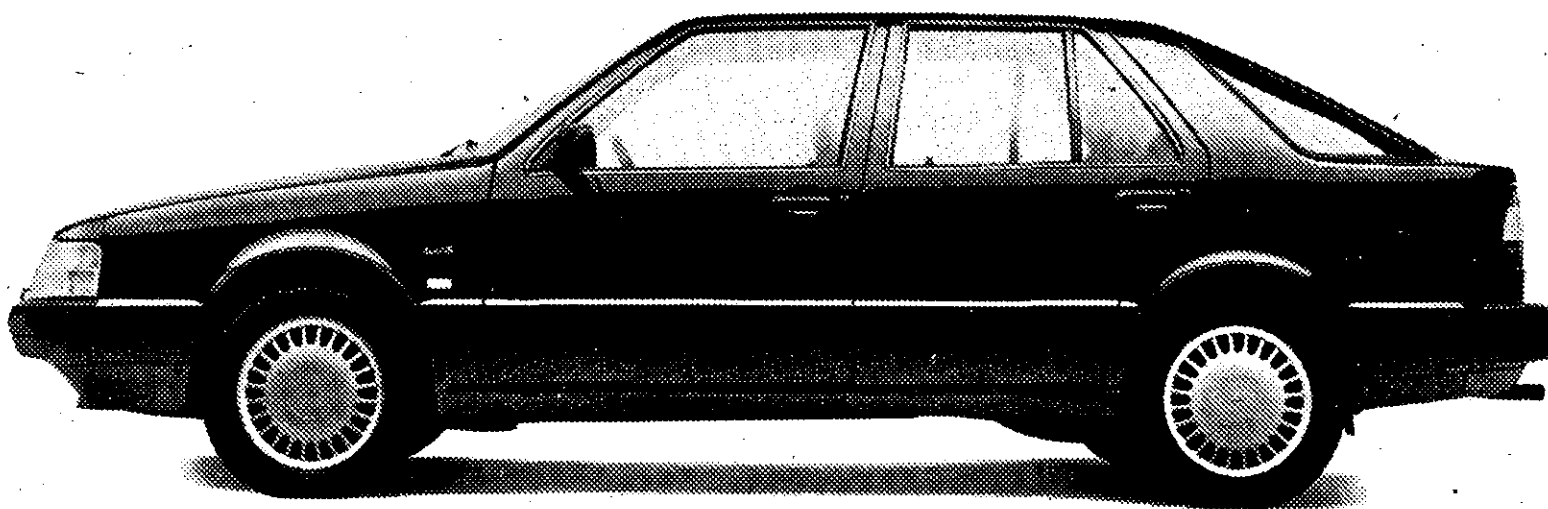
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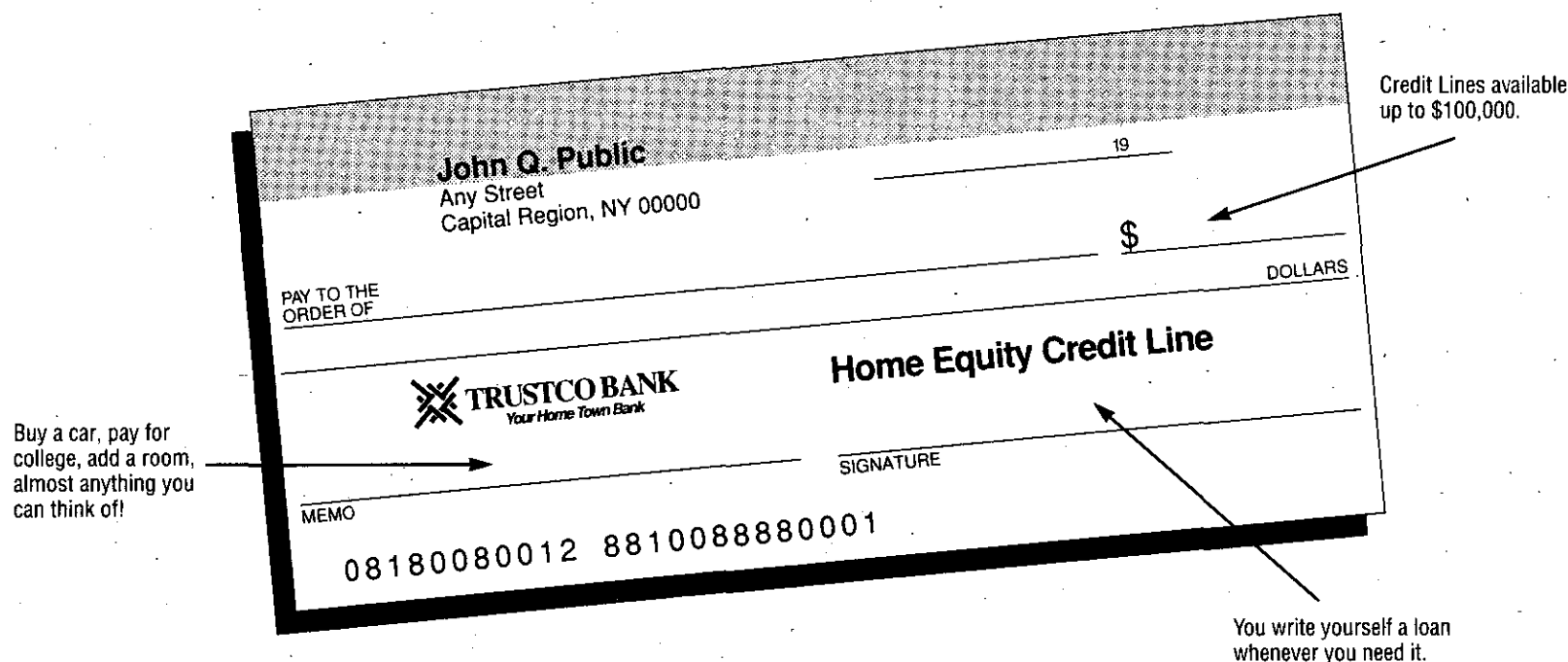


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Spotlight Newspapers

Senior Scene


July 29, 1992

Supplement to The Spotlight and the Colonie Spotlight


Volunteer vitality




Harold Maher does his part by assisting seniors with Home Energy Assistance Program forms. Maher is one of Bethlehem's longest tenured volunteers.




Volunteers Anna Moore and Anne Kohn prepare a fruit salad in the Colonie Senior Center's Bright Horizons room.



Dolores Stornelli of Roberts Real Estate takes time out to deliver Albany Meals on Wheels for Bethlehem Senior Services.



Colonie program coordinator Joan Schenkel readies desserts at the town's senior center on Fiddler's Lane.



Volunteer transportation reservation clerk Rita Klein keeps busy in Bethlehem.



Albert Fiaschetti of Colonie pours a cup for fellow volunteer Dorothy Brohm.

Feeling is mutual when age meets youth

Young people often find volunteering with seniors is a lesson in life

By Michael Kagan

Over the summer, some teenagers hang out by the pool, and others stroll through the mall.

A few teens, though, spend much of their free time as volunteers at local senior centers and old age homes.

These dedicated young people organize activities for the residents, play games with them, take them shopping and just generally cheer them up.

Bethlehem Central High School junior Siobhan Sheehan is one of them. "It's a lot of fun," she said. "I

guess I get the satisfaction that it's fun and also I'm helping people."

She started going to the Good Samaritan Home in Elsmere while a freshman in high school as part of a religious confirmation service project. She was also inspired by her sister, a social worker at the Daughters of Sarah Nursing Home in Albany.

"I feel good about myself. I like to know that I'm helping other people. I don't like to do something if I'm not helping somebody or nobody's getting anything," she said.

At the home, Sheehan has helped organize a fashion show with other young volunteers serving as the models, put on dance performances and taken residents shopping. She's also helped out at a picnic sponsored by the home, and at the residents' coffee hour.

One of her most important contributions, however, is the countless hours she's spent talking to the residents.

At the Our Lady of Hope Residence in Latham, young volunteers visit residents, help them write letters and assist with other activities. Members of the Shaker Club at Shaker High School come into the home and play bingo with the residents one night a week, said home administrator Sister Gerard.

"They are very attentive, very tender, very kind," said Helen Kelly, a resident and volunteer at Our Lady of Hope. "What surprises me a great deal is their patience and tolerance. When I was young myself I didn't have anywhere near the amount of patience as some of these kids have."

"I like the elderly people," Sheehan said. "They're a lot of fun to be

around. They're so cute. They like younger kids, and they like having us in there."

"They love them," Gerard said. "They just respond very openly to

The young people are still seeking and they just find something solid in the elderly. They find that they have an awful lot to offer them.

Sister Gerard of Our Lady of Hope

them and very often there's a friendship that's created between them. They seem to understand one another."

"They respond better to a younger generation," said Angela Fowler, Good Samaritan's activities director and volunteer coordinator.

"I think they feel like they're more on their level. With a younger

volunteer, I've noticed they smile more frequently. They're more cooperative. I guess sometimes they go back in time to when they were a young girl or man."

"It's exceptionally pleasant for me because I was a nurse in a children's ward," Kelly said. "I'm missing the fact that I'm not with younger people so they've filled in a part of my life and made it much more pleasant for me by coming here."

Emma Smith, a seven-year resident at Good Samaritan, said she enjoys spending time with the young volunteers "because I was young once myself. They're lovely."

"The elderly have gone through life and the young ones are just beginning," Gerard said.

"The young ones very often look up to the elderly and see them as someone who's fulfilled and reached an age in life when they're very settled and still they have that happiness in life. The young people are still seeking and they just find something solid in the elderly. They find that they have an awful lot to offer them."

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Volunteers come as young as 14, Fowler said, and each one goes through an orientation program. They're made aware of residents' rights, given a tour of the home and are taught how to relate to residents who are sometimes more difficult to deal with.

"It's something that they have had to almost immediately learn because a great number of them have not had the experience of coping with the different ways and eccentricities that we older people do have," Kelly said.

Sheehan had an encounter with one of the Good Samaritan residents just before the fashion show was to begin.

"One man," she said, "never wanted to come out of his room at all and I said, 'You know, we're gonna have a fashion show.' He said, 'No, no, I'm not coming out.' So I said, 'You know, there's going to be bathing suits.' After I said that, he made up his mind that he was going to come out."

"People do not quite understand the goodness that there is in young people," said Kelly. "We see it here constantly with their attention to the older people. They seem to get a great deal out of being here and we certainly get a great deal from

them."

Sheehan, who has also worked at the Daughters of Sarah Nursing Home, will spend time at Teresian House Nursing Home in Albany this year. "I want to get a variety of different volunteering experiences. Every year I'm going to do something different," she said.

People do not quite understand the goodness that is in young people. We see it here constantly.

Helen Kelly

"At Teresian House, they have sicker people and it's interesting to see how I can help them, too," she said. "I think if more people got into it, they'd see there's a lot more things to do than just sunbathing."

Working with seniors may be a career choice for Sheehan.

"I've thought about it," she said. "It seems like something that maybe I'd like to get into. But there are so many career opportunities out there that I just don't know."

Volunteers active in helping Americans

More Americans are volunteering than ever before.

According to the latest Gallup survey, more than half of all adults, 100 million people, are active as volunteers.

Volunteers' activities range from working with a disadvantaged child to helping another adult learn to read or visiting with a senior who is homebound.

Many volunteers say they not only gain the satisfaction of making a difference, but get back all that they give and more.



High school student Siobhan Sheehan and Good Samaritan Home resident Emma Smith became friends when Sheehan began volunteering at local nursing homes during her freshman year.

Elaine McLain

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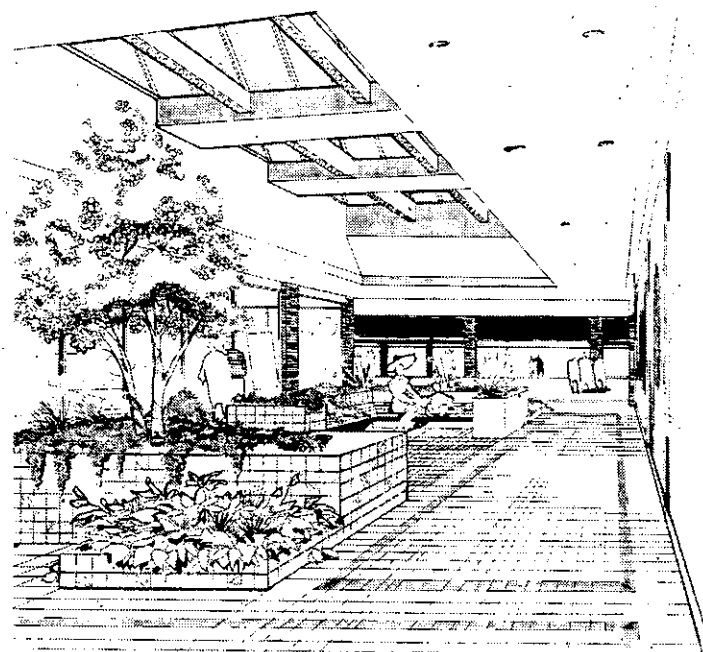
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Dietary decisions still key to healthy living

Good nutrition is as important at 90 as it is at 9

By Kathleen Shapiro

By the year 2030, more than one out of every five Americans will be a senior citizen.

As time marches on for the baby boomer generation, the number of adults aged 65 and older is expected to more than double over the next 40 years — from 30 million to 66 million — making the elderly one of the fastest growing segments of the population.

They're also one of the most poorly-nourished, according to recent studies, and that could mean problems unless older Americans start learning how to take better care of themselves.

According to nutrition experts, as people age, a number of forces come into play that could mean the difference between good health

and serious diet complications. Economic hardship, illness, lifestyle changes, increased use of medication and shifts in the body's metabolism are just a few of the factors that can bring on poor eating habits and health problems.

For some seniors, particularly those following restricted diets designed to curb high blood pressure or other health-related conditions, it can even be the fear of not eating properly that gets them into trouble.

"I see a lot of people coming in here who are so worried about following their (specialized) diet that they don't eat much of anything at all," said Lynn Grieger, a registered dietician for Community Health Plan services in Latham.

Besides increasing the chances

of illnesses like osteoporosis and heart disease, a poor diet can also lead to a host of complications including general ill health caused by vitamin and mineral deficiencies, increased constipation, dehydration or extreme weight gains or losses.

tious meals for their kids while they were growing up, so I say to them 'Why are you only eating tea and toast?'"

Eating well doesn't necessarily mean drastic changes, she said. "I always tell people they don't have to give up anything," said Grieger.

According to nutrition experts, as people age, a number of forces come into play that could mean the difference between good health and serious diet complications.

In contrast, well-nourished people tend to have shorter hospital stays, fewer complications and speedier wound healing after surgery, according to a joint study by the American Academy of Physicians, the American Dietetic Association and the National Council on Aging.

For most seniors, moderation and variety are the keys to good eating, said Grieger. "These are people who knew how to fix nutri-

"Just make small changes. If you like fried foods, eat them, but do it in moderation."

The dietary needs of healthy, active older people are similar to the needs of younger people, according to nutritionists.

Seniors should eat two to four servings of fruit each day (vitamins A and C are especially important), three to five servings of vegetables, six to 11 servings of grains, two to three servings of

dairy products and two to three servings of meat or other protein.

Alcohol and sodium intake should be monitored carefully, and no more than 30 percent of the day's calories should come from fat. As people age, they tend to burn fewer calories, so the ones they do consume should be chosen wisely, said Grieger.

Good eating also means watching out for medications and other factors that could affect food absorption, said Joanne Van Woert, a Delmar internist specializing in clinical nutrition.

Because stomach acid secretions decrease as people age, some seniors have problems converting vitamins and minerals like calcium, vitamin B12 and vitamin C into products the body can utilize. Others have difficulty digesting certain foods, particularly milk products which contain enzymes that can upset the stomach.

Simple substitutions can make a big difference, said Van Woert. Drinking orange juice containing a calcium supplement is one option. Eating sardines and other calcium-rich non-dairy foods is another.

Although Van Woert recommends a daily multi-vitamin for most patients, she cautions against too much of a good thing.

"It's common to see people taking too many," she said. As a result, vitamins like D, E, A and K which are not excreted can build up in the body and become toxic, she explained.

In addition to vitamins and minerals, fiber is another essential dietary requirement which many seniors shy away from, often because of poor teeth or ill-fitting dentures which make chewing bulky foods like raw vegetables and fruits difficult, added Grieger.

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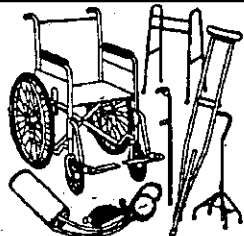


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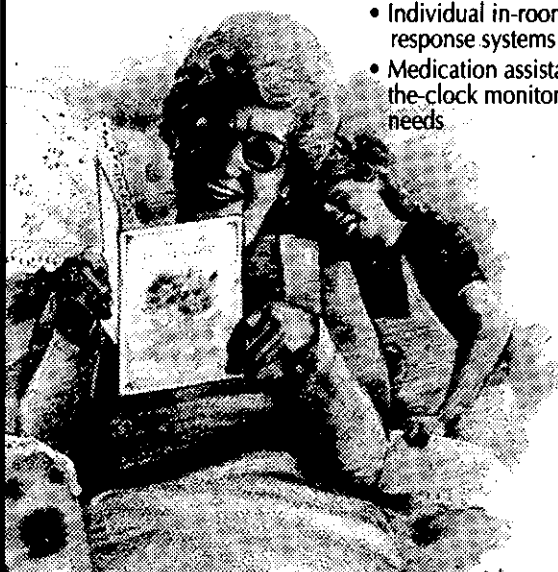
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BANANA		■	
FIGS (2)		●	
GRAPES (1 CUP)		■	
GRAPEFRUIT (¼)		●	■
KIWI FRUIT		●	■
NECTARINE		■	
ORANGE		●	■
PEACH		■	
PEAR		■	●
PLUMS (2)		■	
PRUNES (4)		■	●
½ cup serving			
CANTALOUPE	●	●	■
HONEYDEW		■	
PAPAYA	■	●	
PINEAPPLE		■	■
RAISINS (¼ CUP)		■	
RASPBERRIES		■	■
STRAWBERRIES		●	■
WATERMELON (1 CUP)		■	
JUICES ¾ cup			
ORANGE JUICE		●	
GRAPEFRUIT JUICE		●	
TOMATO JUICE		●	

VEGETABLES ½ cup cooked	VITAMIN A	VITAMIN C	FIBER	CRUCIFEROUS
ASPARAGUS		■	■	
BEANS, GREEN		■		
BOK CHOY	●	■	■	✓
BROCCOLI	■	●	■	✓
BRUSSELS SPROUTS		●	■	✓
CABBAGE		■	■	✓
CARROTS	●	■		
CAULIFLOWER		●	■	✓
CHILE PEPPERS (¼ CUP)	●	●		
CORN		■		
DRIED PEAS & BEANS		■	●	
EGGPLANT		■		
GREEN PEPPER		●		
GREENS¹	●	■	■	
LETTUCE: (1 CUP FRESH)		■	■	
SPINACH	●	■	■	
ROMAINE		■		
RED AND GREEN LOOSELEAF		■		
ICEBERG				
OKRA			■	
PEAS, GREEN			■	
POTATO (1 MEDIUM BAKED)			■	
SPINACH	●	■	■	
SQUASH, WINTER	●	■	■	
SWEET POTATO	●	■	■	
TOMATOES (1)	■	■	■	
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¹Values are averages calculated using beet and mustard greens, swiss chard, dandelion, kale and turnip greens. These foods are part of the cruciferous family.

Sources for Table:

USDA Handbook No. 8; Produce Marketing Association; and the Minnesota Nutrition Data System.

common problem among elderly people who live by themselves, are on a tight budget, or have trouble shopping for groceries and preparing their own meals.

The Capital District boasts a number of senior centers and

outreach programs which provide area residents with low-cost nutritious meals and a chance to socialize instead of eating alone. For information on local programs, contact the Albany County Office for the Aging at 447-7177.

Medicare may pay for mammograms

Part of the costs of mammography screening now may be paid under the medical insurance (Part B) Medicare coverage.

Special rules, effective January 1991, authorized payment of 80 percent of the lowest of these three amounts: the physician's charge, the amount allowed under the Medicare physician's fee schedule or the established fee limit. The 1992 fee limit is \$56.76, of which Medicare pays a maximum of 80 percent, or \$45.41.

For women age 65 or older,

payment is available for a mammogram every other year. Women ages 40-50 who have been diagnosed as high risk for breast cancer, and those ages 50-64 who are disabled, qualify for payment for mammography screening every year.

For women who have any signs of a problem — such as a lump or mass in the breast — diagnostic mammograms are covered any time they're ordered by the attending physician and are considered necessary.

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As an alternative, she advises patients to try eating brown rice instead of white rice, serving potatoes with the skin on, or preparing cooked or canned fruits and vegetables, which are still high in fiber but tend to be softer and easier to chew.

Eating more fiber also decreases the need for laxatives, which can, in themselves, actually cause health problems.

In addition to being habit-forming, some laxatives contain mineral oil, which, according to medical studies, prevents the absorption of vitamins A, D, E and K. Other products, including the ever-popular Milk of Magnesia, rob the body of water and minerals like potassium that are crucial for keeping the heart and muscles functioning properly.

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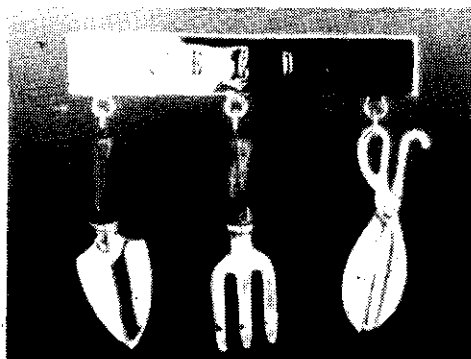


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Cholesterol questions — and answers

Cholesterol questions — what it is, how to avoid it, how to lower it — abound in today's health conscious society.

Cholesterol, a known contributor to heart disease, needs to be understood, especially since cardiovascular diseases are the number one killers in America.

Cholesterol is a fat-like substance the body uses as an important basic building block in cells and hormones. The liver naturally produces all the cholesterol the body needs. The additional cholesterol intake through eating moves through the blood system. While some cholesterol leaves the body naturally, some simply sticks along the arteries.

Over the years, cholesterol deposits on the walls of the arteries thickens causing atherosclerosis, or narrowing of the arteries. They may even narrow to the point of complete blockage, causing a

heart attack or stroke. Other factors that contribute to high blood cholesterol are smoking, high blood pressure, diabetes and a family history of heart disease.

Fortunately, cholesterol is controllable. Blood cholesterol

Cholesterol, a known contributor to heart disease, needs to be understood, especially since cardiovascular diseases are the number one killers in America.

levels can be checked with a simple test that measures milligrams (mg) per deciliter (dl) of blood. For most adults, 200mg/dl

or less is healthy, between 200 and 240 should be checked regularly by a doctor, and more than 240mg/dl requires medical treatment. If the level is higher than 200, a doctor might recommend either diet, exercise, or medication — or any combination of the three to bring it down.

Exercising at least three times each week for 20 minutes at a time reduces blood cholesterol levels and provides many other healthy benefits. Cholesterol is only found in animal foods like meat, shellfish, eggs and dairy products. Because these foods contain other important nutrients they shouldn't be eliminated. One serving of lean meat a day, three eggs or less per week, and lowfat or skim milk and lowfat cheeses are acceptable. Adding more whole grain breads, cereals, fruits, vegetables, and pasta to your meals adds fiber that can also help lower cholesterol.

Health agency offers counseling grants

Federal grants to fund health insurance information and counseling programs for senior citizens now are available through the Health Care Financing Administration (HCFA). More than \$10 million has been allocated for this project.

The grants are intended to help states either begin or expand existing counseling programs that supply free information and assistance on insurance to supplement Medicare (commonly called "Medigap" insurance), long-term care insurance, Medicaid eligibility, claims filing procedures and appeal rights.

At least a dozen states already have such programs. To date, they've been highly successful and cost effective because they rely heavily on the services of senior volunteers. It is hoped that the current funds will lead to the nationwide availability of the information and counseling services.

Additional information is available from Don Sherwood, Office of Research and Demonstrations, Health Care Financing Administration, 2-F-5 Oak Meadows Building, 6325 Security Boulevard, Baltimore, Md. 21207.

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SP-8

Three little words can be tough to swallow

By Mary A. Ahlstrom

When my "significant other" says, "Let's go out to eat," I say, "Yes, let's."

The route to the restaurant is pleasurable. Nice to avoid the cooking and washing up chores for a change.

Know what spoils going out to dinner? Those three little words ... "smoking or non-smoking?"

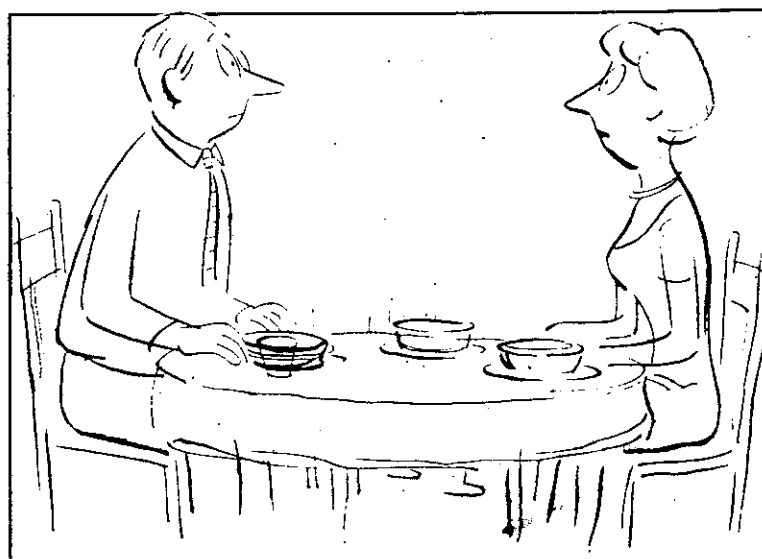
I'm sorry—that question makes my blood boil. We have family in the restaurant business, and we are aware these smoking rules put a strain on the restaurateur too. But still, my back stiffens, the hairs on my neck bristle, and I say menacingly "Just give us a seat at a window."

But they can't do that. Why? Because the smokers are in the front of the restaurant where the windows are, away from the band, the restrooms, the cigarette machines, the children, (happy or cranky), the swinging kitchen doors and my all time favorite, the holding station for the dirty dishes.

My spouse is embarrassed. So I murmur, "Non-smoking." Then begins the long, long walk to the back of the building.

We reach the table of my choice and I say, "I don't want to sit here."

The hostess is miffed, my husband is miffed and I want to go home. Then I offer "We will sit in the smoking section." Again, that



long walk back. What's left of my good sense tells me it's the best they can do, but the child within says, "This is the worst seat in the smoking section." We sit down (in silence, of course) and try to recover that good feeling of "Let's go out to dinner."

And further more ... when the drinks are ordered, say a martini or a scotch on the rocks for one and a diet soda for the other, why is the alcoholic drink served in an elegant we've-got-company-type glass and the soft drink served up in something that resembles a mayonnaise jar? Why? As a matter of fact, I have witnessed waiters and waitresses clear the table of all kinds of elegant glasses after the drinks are ordered and before

the meal is served to make room for that ugly soda glass, even in the best of restaurants.

And while I'm at it ... remember water? It used to be offered along with a napkin and a knife and fork. We still get the basket of bread—immediately—but, water—you must beg for it, not once, but as often as needed.

There—I feel better.
Let's go out to dinner.
This time I'll behave.

New screening method can find osteoporosis

Until recently, osteoporosis—a decrease in the amount of bone mass that can lead to fracture from even minimal trauma—has been viewed as a natural consequence of aging that could not be prevented or treated.

However, a new urine test has the potential to provide a simple, inexpensive method to screen for metabolic bone disorders, measure their degree of severity, and monitor the efficacy of treatment over time.

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Early foot treatment prevents problems

Early diagnosis and treatment of foot problems can help keep most seniors mobile far into their golden years.

Foot problems today are among the most debilitating problems the elderly encounter. According to the National Center for Health Statistics, one-fourth of all nursing home patients cannot walk at all and another one-sixth can walk only with assistance.

Advances in treatment of foot infections have reduced the need for amputation and other forms of surgery. Early diagnosis further improves the odds for recovery.

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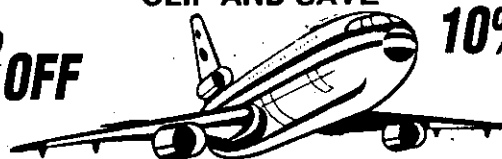
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Athletes fight to save embattled Senior Games

By Eric Bryant

This year, the New York State Senior Games celebrated 10 years of providing highly competitive and recreational events for senior athletes around the state.

During the June festivities in Cortland, torches were lighted, medals awarded and friendships renewed, but, next June, the torch may remain cold and athletes remain home due to lethal budget cuts from the state government this year.

The state Senior Games are in danger of extinction, but supporters of the event said they will attempt to play on despite the cuts which have seen state support dwindle to a trickle over the last three years.

"We'll be looking for more corporate sponsors. We think this is a program valuable enough to con-

tinue," said Helen Fitzgerald, a racewalking medalist for the past three years and regional coordinator for the games.

Frustrated by the state's lack of support, seniors attending the competition this year signed petitions calling for renewed support of the games. In June, a contingent of senior athletes visited the governor's office to personally deliver the petitions and call for legislative action.

"The senior games do a lot of good," Fitzgerald said. "It's an incentive for people to keep fit, especially in an age group where that is so necessary. It allows lifelong athletes to continue competing and also allows people to try things they may have never thought of before."

When it comes to trying new things, Fitzgerald is an expert.

The state Senior Games are in danger of extinction, but participants say they will attempt to play on despite cuts.



Athletes at the 1992 New York State Senior Games signed petitions and wrote letters urging Governor Cuomo to fund the competition.

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She first went to the games in 1988 as part of a television production crew working on a documentary. A model and former senior issues correspondent for WTEN-TV, the Loudonville resident decided to enter the recreational swimming competition that year, and walked away with a silver medal.

After watching the racewalking events, she thought she might give the 1500-meter distance a try the following year. Although she didn't place in 1989, she came up silver in 1990 and walked away with a gold

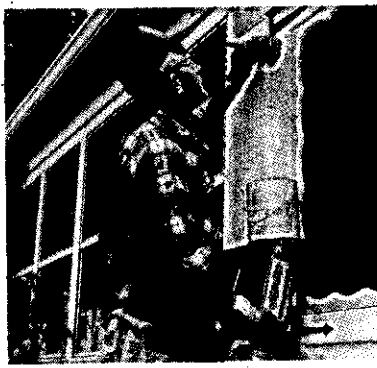
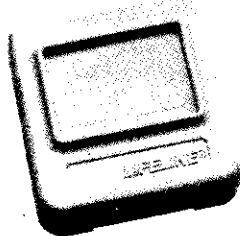
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Athletes



Local resident Helen Wallace Fitzgerald, center, was a racewalking silver medalist at this year's Senior Games. She is surrounded by her fellow medal winners in the event, Joan Rowland, left, and Minna Charles, right. Both are from New York City.

medal in 1991. This past June, it was a second silver medal.

"This year was a little different. The woman who won had won the world championships in Finland," she said with wry smile. "She really wiped up the field."

With her second place finish, however, Fitzgerald qualified for the national competition in Baton Rouge, La., and plans to attend.

According to Fitzgerald, racewalking — that odd waddle of gyrating hips and pumping legs — is all in the technique.

"You have to be able to push those legs out fast. Unless you know what you're doing it's difficult. ... I have some work to do on my technique," she said.

Fitzgerald, who trains by taking daily brisk walks, said she only races once or twice a year, but enjoys the competition and the

social camaraderie that goes with it.

"That's one of the nicest things about this. You see some of the same folks, make or remake friends. It's a very social event."

In addition to the more competitive track and field and swimming events, the senior games encompass a wide variety of sporting and game activities including bocce, pinochle, bowling, shuffle-

board, archery, darts, billiards, bait casting, Scrabble, golf and a host of others.

"There is something for everyone," Fitzgerald said.

With full corporate sponsorship, Fitzgerald hopes the games may be staged again next year and in the future. "I hope to see this continue. For everyone involved and the people I talked to this year, they really have a great time."

New TDD service helps deaf speak their mind

The state Office for the Aging's Senior Citizens Hotline — 1-800-342-9871 — has been serving older New Yorkers since 1974.

In 1991, hotline staff responded to over 27,000 calls. Now the hotline can be reached by those with speech and hearing impairments by a telecommunications device for the deaf (TDD).

Those who have a hearing or speech impairment, but do not have a TDD, can still communicate with senior hotline staff by using the New York Telephone Company Relay Service.

State HEAP program gives energy help

The 1992 Home Energy Assistance Program (HEAP) will continue providing grants to low-income New Yorkers to help them meet energy bills.

Benefits range from \$85 to \$230, depending on a variety of factors.

In general, households that either pay directly for heat or have the cost of energy included in their rent are eligible if they meet the following monthly income ceilings:

For a household with one person, the income ceiling is \$828.

For a household size of two, the income ceiling is \$1110.

For a household of three persons, the income ceiling is \$1,393.

For information on larger households, or for applications, senior citizens should contact their local Office for the Aging.

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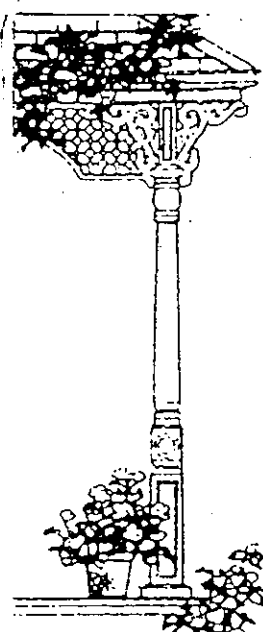
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AARP offers tips for older drivers

Experts at the AARP Auto Insurance Program are now offering safe driving tips to everyone — especially older drivers. The American Association of Ret

ired Persons and ITT Hartford, one of America's oldest insurance companies and the providers of AARP auto and homeowners insurance, are working to improve driving safety and to keep auto insurance rates from escalating.

Throughout life, there is a gradual deterioration in certain physical and mental abilities. A 30-year-old probably doesn't hear as well as a 11-year-old, and eyesight begins to slip after about age 40.

By the time a person reaches 55, he or she has become used to experiencing physical changes.

Mature consumers spend more money

Recent surveys have shown that consumers over the age of 50 control 75 percent of the nation's wealth and half of its discretionary income.

The average household income in this age group is expected to

increase significantly during this decade.

Research shows that people over 50 spend more money than younger folks on many consumer items, from appliances to travel.

There is convincing evidence, however, that after age 55 the changes may happen faster and drivers may need to pay more attention to the skills needed to drive safely.

Age alone, however, doesn't define driving ability. In many ways, older drivers, with years of driving experience and more mature judgment, are better drivers than younger people.

It is important to be aware of one very significant fact: older persons are more vulnerable to injury than are younger people. Those 65 and older are more than three times as likely as 20-year-olds to die from serious injuries of equal severity.

There are, however, many things older drivers can do—and not do—to be safe when driving.

For example:

- *Don't* mix alcohol or medications and driving.
- *Do* select a car with an instrument panel that's easy to read and use.
- *Don't* forget to properly buckle up your safety belt.
- *Do* buy as big a car as you can handle easily. The larger the car, the lower the death rate.
- *Don't* get too comfortable. A car seat that feels like an armchair may lull you into a false sense of security. A firm seat, properly adjusted, is best.
- *Do* look for a car with air bags when you buy a new car.

For information, and suggestions on how everyone—especially older drivers—can be safer in their cars, send a stamped (52 cents) postage self-addressed, business-size envelope to: The Hartford Car, AARP Program, ITT Hartford Insurance Group, Dept. HCU, 200 Executive Blvd., Southington, CT 06489.

They'll send you a free copy of "You and Your Car," a booklet of 85 tips for safer driving.

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Chester M. Connelly of 21 Ethel Drive, Loudonville, shows off his 85th birthday cake to friends and family during a recent celebration at the Red Lobster restaurant on Central Avenue.

Hans Pennink

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Living wills can mean peace of mind

Proxy documents ease fear of runaway life-support care

By Robert Webster Jr.

Although planning for the future should be an essential part of every senior's life, many are reluctant to consider the possibility of failing health and hospitalization.

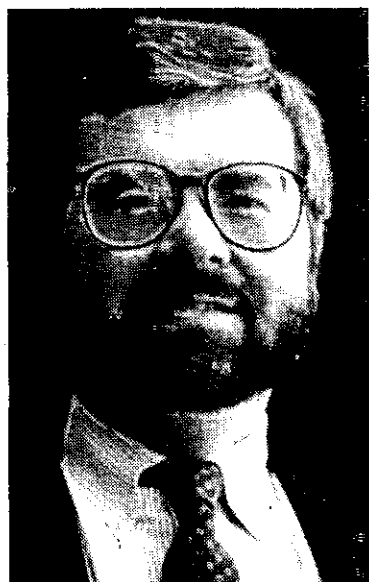
Although certainly not exclusive to seniors, the circumstances that arise when a family member is hospitalized with little or no hope for recovery could be addressed, in part, with some advance preparation and planning.

Living wills and health care proxies have come into public notice in the last 10 years or so, said attorney John Maxwell, of the Delmar legal firm Maxwell and Van Ryn, as more people become concerned about having their lives prolonged through artificial means.

"In the past, everybody died at home," said Maxwell. "But over the last 10 years or so, with the improvements in technology, more and more people are dying in hospitals."

The hospital environment provides the means to keep individuals alive indefinitely, even after they have lost consciousness and families have lost hope for recovery, said Maxwell.

"There is a situation being repeated where seniors are saying 'I get old, I'm in a hospital, I'm in a coma, I'm in the hospital for six



John Maxwell

months, I run up a \$250,000 bill and then I die anyway," said Maxwell.

The living will and proxy documents help to allay a patient's fears about what type of treatment they may receive if they become unconscious.

"The living will is a blueprint to the doctor or the hospital involved," said Maxwell. "It says, 'If I am in a situation where I will not get better, I do not want to be treated.'"

He explained that the living will is created with very narrow condi-

tions, which makes clear that if the individual is unable to make a decision, they would want to be taken off life support systems.

Although New York has never formally recognized the living will, "plenty of people have them," Maxwell said. "In a legal sense, there is no living will in New York State, there never has been and there probably never will be."

However, the growing demand for such documents led the state Legislature to pass a health care proxy law in July 1990, creating a form that individuals can modify to meet their own personal needs.

The form was "designed for civilian use," said Maxwell, as anyone who is legally competent can fill one out and sign it in the presence of two witnesses. For those who want a more personalized proxy form, they can supplement the basic form or even draft a completely new one themselves, so long as they have two witnesses sign the final draft.

The document "essentially says that the patient does not want heroic measures taken to prolong their life," and appoints a person to serve as a spokesperson if the individual is unconscious, he said.

The proxy has an advantage over the living will in that the named individual can make decisions for the patient that may not

be specifically outlined in a living will. Creating a living will also incurs legal expenses, as an attorney must draft the letter.

Obtaining the forms for a health care proxy, on the other hand, are relatively simple, said Joel Roselin, a spokesperson for Choice in Dying, established in September 1991.

Created by a merger of Concerned for Dying, established in 1938, and the Society to Die, the new group is a New York City-based non-profit organization that provides information and counseling for those interested in living wills and proxy care documents.

The basic form for proxy care can be obtained at any legal office, said Roselin, and at many local hospitals, which are required by law to inform patients that such forms exist.

"You don't need a lawyer to fill out one of the proxy forms," Roselin stressed. "It is self-explanatory and very easy to complete."

Choice for Dying offers a free information packet through the mail, which includes forms for living wills and health care proxies. For information, write to Choice for Dying, 200 Varick St., New York 10014.

Hospitals welcome patients' health care proxies, said Maxwell, as they help to eliminate legal maneuvers such as court orders to remove individuals from life support machines.

"The health care proxy is widely used among health care providers," he said. "It gives them guidance in an otherwise difficult situation."

Maxwell stressed that the most important thing to remember is that there is no time like the present to prepare for the future.

"It makes sense to fill one out before you are even considering hospitalization or are concerned with your health," he said. "It is not something to wait until the eleventh hour to do."

Living wills can help control care decisions

Watching a terminally ill loved one suffer is one of life's most difficult trials. That's why experts recommend that every person, young and old, should have a living will.

A living will eliminates tough choices for family members by allowing the patient to give specific directions for treatment well in advance of a devastating illness or accident. A hospital or physician can provide information on obtaining a living will.

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Steak Cutlets: Seasoned with garlic, romano cheese and bread crumbs topped with sliced tomato and mozzarella served with linguini \$8.
Chicken Cacciatore with Linguini \$8.

Pasta

Pollo all'Ortolano: Chicken in a light egg-batter sauteed with broccoli, mushrooms and prosciutto ham in a tomato cream sauce served over fettuccini \$10.
Gamberi all'Ortolano: Shrimp in a light egg-batter with broccoli, mushrooms and prosciutto ham in a tomato cream sauce served over fettuccini \$10.
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*Penne Arrobiata: Red onions, hot peppers in a pan-fresh marinara sauce \$8.
*Capellini Pomodoro: A light plumb tomato and fresh basil sauce \$7.
*Capellini Vegetali: Assorted vegetables in a light marinara sauce \$7.
*Pasta with Chicken: Chicken, broccoli, sundried tomatoes and smoked mozzarella tossed in light sundried tomato, lemon and rosemary sauce \$9.
Pasta with Meatballs \$6.
*Linguini with a Wild Mushroom Bolognese topped with grilled chicken \$9.
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Elder law helps seniors save assets

By Mel Hyman

It's not uncommon for the savings of a lifetime to be completely wiped out by a nursing home.

A nest egg of \$150,000, for example, could disappear in two or three years at one of the more elaborate institutions of long-term care in the area.

Although there are ways to protect your assets when nursing home care is necessary, most seniors are unaware of the options. It's that kind of situation that's given rise to a new branch of legal services called elder law.

Long-term health care planning and Medicaid trusts are just two of the legal services helpful to seniors, according to Albany attorney Louis Pierro. Estate planning, affordable housing and prevention of abuse and fraud may also be crucial issues for some older citizens.

There are very few attorneys who devote their entire practice to senior issues, Pierro noted, although most attorneys have knowledge of one or more facets.

"Selecting an attorney is probably the most important choice an older person can make," he said. The Albany County Bar Association

keeps a registry of attorneys who practice in the area of elder law and referrals are available upon request.

"Medicaid planning is probably the hottest topic that elder law attorneys are dealing with today," Pierro said.

Selecting an attorney is probably the most important choice an older person can make.

Louis Pierro

People are often unaware that they can transfer assets prior to entering a nursing home or that the trust must be created at least 30 months in advance to be eligible.

"Even if nursing home care is imminent, opportunities exist to protect a substantial amount of your assets," Pierro said. "By using the government's own rules to your advantage, you will be able to provide a legacy to your family."

"Or, if you live at home with the assistance of home health care, it may be possible to transfer assets

and qualify for Medicaid immediately to cover home care costs."

Some attorneys will give you a complete analysis for a flat fee of as little as \$500, he added, and "Attorney's fees qualify as a spend-down item for Medicaid eligibility."

But in any case, he said, it's important to seek advice from a qualified, independent professional. And these days, fortunately, such counseling is available.

New law gives control on health care choices

A new federal law that took effect Dec. 1, 1991, will help to increase the patient's control over medical treatment decisions.

According to the Health Care Financing Administration, a paper, known as an "advance directive," can be filled out in advance to give doctors directions on what kind of treatment the patient wants under such serious conditions as a coma.

The new federal law requires most hospitals, nursing facilities, hospices, home health care programs and health maintenance organizations (HMOs) to give information about advance directives and legal choices in making decisions about medical care.

Complete information can speed claim process

Supplying the necessary information can speed up the process of determining eligibility for Social Security or Supplemental Security Income (SSI) disability benefits.

The following information is required:

Social Security number. Numbers must be submitted for you, your spouse, and any dependents applying for benefits. Any number(s) on which you or your dependents receive or received Social Security checks must also be sent. You also will need proof of age.

Impairment information. Describe the condition and when it started, how it keeps you from working and how it affects your daily activities.

Treatment information. The report must include the names, addresses (including ZIP code) and phone numbers of all doctors, hospitals, or other medical facilities where you have been treated or tested. Any medical reports in your possession must be included, and dates of medical visits and type of treatment or tests.

Also required are hospital or clinic account number, DVA claim

number, Medicaid number and claim number for any other disability benefits you receive or have applied for.

The names of medications you are taking must be included, along with dosage and frequency, and any restrictions a physician has placed on your activities.

Work History. The report must include the date you stopped working, and, if you are working now, the date you returned to work, your employer's name, and information about your current job.

Other required information includes a summary of where you worked during the past 15 years and the kind of work you did, a copy of your latest W-2 form or, if self-employed, your federal tax return for the past year.

The claim should be filed as soon as possible, even if all the information is not available. If necessary, Social Security staff will help obtain any additional information.

For information, contact: U.S. Department of Health and Human Services, Social Security Administration, Office of Information, Room 4-J-10 WHR, 6401 Security Boulevard, Baltimore, Md. 21235.

New gov't publication gives info on programs

In its newly released publication, *Social Security Programs in the United States*, the Social Security Administration provides information on the historical development and current status of all the major social insurance, health care, income support and public assistance programs in the United States.

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If you answer yes to any of the following symptoms, you may have gum disease.

1. Do your gums bleed when you brush your teeth?
2. Do you have bad breath?
3. Do you have soft, swollen or tender gums?
4. Does pus come from the gumline on pressing?
5. Can you move any of your teeth in a rocking motion?

6. Are your gums shrinking away from your teeth?

7. Is there a change in the way your teeth come together?

Daily brushing and flossing to remove plaque and regular visits to your dentist are the best measures for preventing this disease. It is preventable!

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Discounts help seniors stretch tight resources

By Amy Jo Tanner

Senior citizens, who may be living on a fixed income, often feel that they have to get the best value for their money to make ends meet.

Therefore, a place of business that offers discounts on products and services can often help them decide where they will spend their money.

Several general merchandise stores, including Bradlees and Caldor, offer senior discounts on certain days. Especially when purchasing big ticket items, seniors can realize substantial savings by calling stores to find out when their discount days are.

It often happens that seniors have the time to travel, but may be short on money. Discounted fares, however, are often available on airline, train and bus fares.

USAir offers a 10 percent discount to people ages 62 years old and over, and United Airlines offers a similar service to those seniors who apply to their Silver Wings Program.

The American Airlines discount program is offered in the form of fare coupons, which can be purchased in books of 4 or 8. Each coupon is good for a one-way ticket

anywhere in the continental United States.

For those who like to get there by train, Amtrak offers seniors 62 and over a 15 percent discount for those traveling between Monday and Thursday.

Greyhound Bus Lines offers a similar incentive for Monday thru

Businesses that offer discounts can help themselves by helping seniors.

Thursday travel by discounting fares 10 percent for those ages 65 and over. Friday thru Sunday senior travelers will receive a 5 percent savings.

Seniors can also receive reduced rates when stepping out to see a movie or play. The New York State Theatre Institute and Proctors Theatre both offer \$1 off ticket prices for seniors. Savings on shows at the Palace Theatre vary depending upon the show.

Movie lovers can find significant savings at Hoyt's Cinemas, which offer a special \$2.50 admis-

sion on Tuesday afternoons for seniors. The evening ticket price is reduced to \$4.25 for those ages 60 and over.

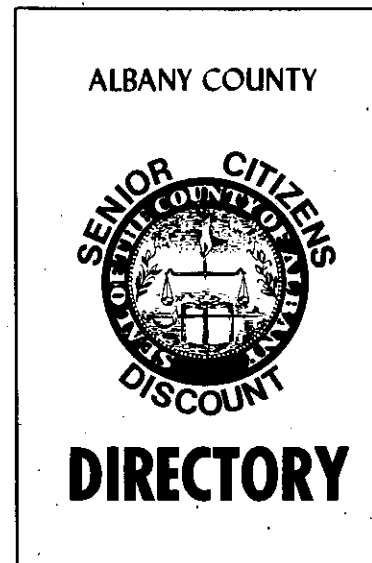
Today, the rising cost of health care can be a big concern for seniors, especially the cost of prescription drugs. In response to these concerns, most drug stores offer reduced prices for older citizens.

Both CVS and Rite Aid pharmacies offer 10 percent off on prescriptions, and Fay's drug stores extends this same discount to include all Fay's products as well. Most small local drug stores also offer discounts for seniors, and it can be worthwhile to shop around to find the best deal on prescriptions and health care products.

Like many other Americans, seniors are becoming more interested in exercise. Bally's Holiday Health and Fitness Centers offer persons 62 and over \$100 off the price of a 2 to 3 year membership.

Senior's pets can also benefit from their owner's age by receiving a 10 percent discount on products and services at Reigning Cats and Dogs, a pet boarding and grooming business in Glenmont.

This summer, pets and people alike will be looking to keep cool, and D.A. Bennett Inc. in Delmar



will give seniors a 10 percent discount on service and varied savings on installation of air conditioners.

Some businesses require seniors to present a discount card to receive reduced prices. This photo ID card is available to anyone ages 60 and over from the Albany County Department for Aging, 112 State St., Albany.

The cost of the card is just \$1, and a social security card is required as proof of age. The county also provides a directory of local

business who offer lower prices to seniors.

As a service to its residents, the town of Bethlehem issues ID cards once a year, usually in the spring, in conjunction with their blood pressure screening service. The town also offers seniors a permanent pass for the town pool, which, unlike other pool passes, does not need to be updated annually.

The town of Colonie offers its senior residents discounted rates on golf passes, fishing and hunting permits and dog licenses. These services are provided at the Town Hall. In addition, the Colonie Parks and Recreation Department offers seniors park and pool permits at no charge.

Of course, there are many other local businesses that offer savings to seniors. Finding these merchants is as easy as making a phone call before heading out to shop, eat, see a movie or whatever, or by looking in the Albany County senior citizens' discount directory.

In Latham the Colonie Spotlight is sold at Brooks Pharmacy, CVS, Coulsons, Grand Union, Handy Andy, Latham Pharmacy, and Stewarts.

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2. It's at Albany Medical Center.
3. To schedule an appointment, you can call (518) 445-4999.

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Whether you are at risk for developing breast cancer or not, you should make an annual mammogram part of your health program. Call the Breast Screening and Evaluation Program to schedule yours today.



All major insurance programs, including Medicare, are accepted. Uninsured and low-income women are eligible for subsidized mammograms.

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Social Security chief cites changing roles of women

The relationship between Social Security and women was the focus of testimony by Social Security Commissioner Gwendolyn S. King before two committees of the House of Representatives recently.

According to the commissioner, when Social Security was created more than a half century ago the typical family consisted of a husband who worked and a wife who stayed home with the children. Since then, the social and economic fabric of the American family has undergone many changes.

By 1990, nearly 57 million women either were working or looking for work — an increase of nearly 200 percent since 1950. And, in the last 3 decades, the number of families in which both spouses work has more than doubled.

King reported that she has established a task force within the Social Security Administration to examine the issue of benefits for women.

Some of the issues to be examined include Social Security cover-

age for women during the years they leave the workforce to raise a family or to provide care for elderly parents or a disabled spouse; the question of whether benefit formulas discriminate against working women and two-earner couples; and the adequacy of benefits paid to elderly unmarried women.

According to King, "The Social Security program has been very effective in improving the economic status of women, particularly elderly women. For instance, after adjusting for inflation, total income for elderly non-married women doubled between 1962 and 1988. However, widows remain the poorest Social Security beneficiary group."

King expressed "deep concern about the number of women in this country who have no Social Security coverage whatsoever."

She cited the example of women, "especially minorities, who are hired as domestic workers and receive cash wages with no Social Security or other taxes

deducted or reported for them. Untold numbers will have no financial security when they reach retirement age and have no protection today should they become disabled," she said.

King said she plans to meet with experts on issues concerning women and Social Security "to get a far-reaching perspective from voices throughout the country who have not only views on these issues but solutions to offer as well."

Disabled veterans can get federal jobs

The Department of Veterans Affairs advises that disabled veterans who served more than than 180 days of active duty, and who have other than a dishonorable discharge, may be eligible for VRA (Veterans Readjustment Act) appointment.

When applying for a federal position, veterans with a service-connected disability or campaign medal are given preference by federal agencies over other veterans as well as non-veterans.

Planning helps widows adjust to life on own

There are over nine million widows in the United States, women who have suddenly had to face being on their own after perhaps 30 or 40 years of marriage.

Sadly, many widows are unprepared for handling the practical matters, once the period of grief is over. Coping with finances can be traumatic for the woman who has let her husband take complete charge of such matters.

In some cases, the newly bereaved woman must go to work, creating problems for the widow who has been out of the job market for many years.

Statistics say that three out of four wives in this country will be widows for an average of 10 years. For this reason, experts stress that women should learn self-reliance while their husbands are still alive.

Knowing that she could support herself if necessary can be gratifying to a woman and can even strengthen her marriage. Sharpening job skills and resuming education can help her compete in today's job market. Handling her finances can bolster her self-esteem.

A program to help women through this trying time is sponsored by the American Association of Retired Persons and Action for Independent Maturity.

For information, contact the Widowed Persons Service, AARP- AIM, 1909 K Street, Washington, D.C. 20049.



Statistics say that three out of four wives in this country will be widows for an average of 10 years.

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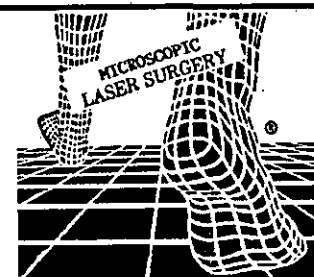
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Where there's no will, there's a murky way

Most of us are so busy meeting out day-to-day financial obligations that we forget to think about the future and who will benefit from our hard-earned savings after we are gone.

Failing to develop an estate plan can be costly. According to the New York State Society of Certified Public Accountants, it can result in thousands of dollars of unnecessary taxes and probate expenses as well as heartache and disruption for the family.

No matter how modest your estate, you need a master strategy to help minimize the tax bit and provide for your heirs. How do you begin and what should you consider in developing a plan? CPAs offer the following advice.

Write a will — writing a will is the most fundamental part of any estate plan. A will specifies how property and valuables should be distributed and can designate guardians for children.

If you die without a will, you forfeit the right to have your estate distributed according to your wishes. A court-appointed administrator will distribute your estate in accordance with the state law of succession. If you have children, you face the risk that the courts may not appoint the guardians who you will raise your children.

Be sure to appoint an executor or co-executors to carry out the provisions of the will. Depending on the complexity of the estate, a friend, relative, trust department of a bank, or a lawyer can be named as executor.

Your estate is probably larger than you think. It includes all assets, savings accounts, real estate, stocks and bonds, savings bonds, mutual funds, pension rights, employee death benefits and Social Security.

Collectibles, such as antiques

and artwork, as well as valuable jewelry, furs and cars are also included. Be sure to include the face value of all insurance policies you hold. And if you own your own business or are a partner in a business, the value of your share of the business can be included in your estate. To arrive at the value of your estate, you need to subtract all outstanding

debts from your total assets, as well as charitable bequests, any estimated costs for settling your estate, and funeral expenses.

If the value of the estate is more than \$600,000, a federal estate tax return must be filed with payment of estate taxes by nine months after the date of death. Taxes are usually based on the value of the assets at the time of death.

Gifts help minimize taxes. There are several ways to reduce the amount of your estate and minimize taxes. One of the best ways is through gifts to family members.

Single filers can give a gift of up to \$10,000 to any person each year without gift of estate tax implications. If you are married, you can each give up to \$10,000 provided you and your spouse file separate gift tax returns. You must file a joint return if only one spouse gives a gift of greater than \$10,000 but less than \$20,000.

Gifts to your spouse, regardless of the size, are not subject to any estate or gift taxes. If your spouse is not a U.S. citizen, however, only the first \$100,000 of gifts each year is exempt from federal gift tax.

You can also make your life insurance policy a lifetime gift. You transfer complete ownership of the policy more than three years prior to your death so that the insurance proceeds paid to the beneficiary upon your death will

not be included in your estate.

You can reduce your estate by giving some of your property to charity. When you donate cash or property, you may qualify for two tax benefits from one gift. You remove the property from your estate and can deduct your charitable contribution on your current income tax return.

Establishing trusts. Another way to minimize your estate tax burden, and to ensure that your estate is distributed according to your desires, is to establish trusts.

A testamentary trust is established in your will and executed upon your death. Trustees (an individual, bank or corporation) essentially manage the estate.

Living trusts can go into effect any time during your lifetime. These can be revocable or irrevocable. An irrevocable trust enables you to shift income to a beneficiary during your lifetime.

Unlike irrevocable trusts, the assets of revocable trusts are considered part of the grantor's estate for estate tax purposes.

During your lifetime, you will be taxed on the trust's income. The advantage of such a trust is that you can control how the estate will be distributed and managed. It also give you the added flexibility of changing your plans.

Be aware that estate planning can be a complicated process that warrants the advice of financial planning specialists such as CPAs and legal counsel.

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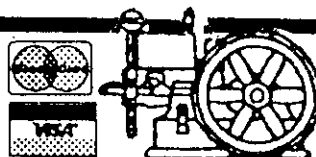
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