

A musical salute to Women in History

See Family Section
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The weekly newspaper serving the Towns of Bethlehem and New Scotland

March 16, 1994

50¢

Southgate mall DEIS in planners' hands

By Mel Hyman

The draft environmental impact statement for the proposed Southgate Commons shopping center is finished and should be in the hands of the Bethlehem Planning Board within the next week or two.

How the document is received by the planning board could determine to a large extent how quickly the project moves forward.

The Rubin Organization has proposed constructing a 423,000-square-foot mall along Route 9W, about a mile north of the junction with Feura Bush Road.

The document would have already been submitted by now, but there were additional requests from the state Department of Transportation regarding access into the site, according to Douglas Grayson, development director for the Philadelphia firm.

Otherwise, the report went smoothly, with an analysis of the project's impact on 20 different traffic locations, Grayson said. "We're convinced that all the negative impacts from traffic have been mitigated."

Traffic has been the main sticking point from the start. Town planners, as well as neighbors living in the vicinity of the project, have expressed concern about the extra load that such a large shopping center would put on an already congested traffic corridor.

The scope of the Southgate DEIS was probably double what the developers have had to do for any other project, Grayson added.

"Traffic's the big one," he said. "Nothing else should be significant because of the project's location. There are no residential areas around it, and the area is pretty much limited to commercial development."

We're convinced that all the negative impacts from traffic have been mitigated.

Douglas Grayson

Planning Board Chairman Martin Barr said he is looking forward to reviewing the document. It will be up to the board to determine whether the DEIS addresses all the planning department's concerns.

Once the document is deemed

□ SOUTHGATE/page 16



Strike up the strings
Bethlehem elementary pupils are practicing for the spring festival set for Thursday, March 17, at 7:30 p.m. at the high school. Rehearsing at Hamagrael school are, seated, Kate Persing and Clare Morgan, and on violins, Blaire Banagan, Kelly Boyea, Chelsea Ryan and Bianca Buchanan.
Hugh Hewitt

BC board OK's funding for JV lacrosse team

By Dev Tobin

Dozens of students and parents with orange "L"s around their necks got what they wanted from the Bethlehem school board — full district funding of the junior varsity lacrosse program.

For the second week in a row, more than 100 people packed the district office, this time for a discussion of the high school instructional program and the interscholastic sports program.

Bill Cushing of the Bethlehem Central Athletic Association said parents and athletes concerned about the district's sports

program could have filled the room many times over. "There was not an organized effort to fill the room tonight; there was an organized effort not to fill the room."

Cushing argued that, at .6 percent of the total budget, the district is not funding interscholastic sports adequately.

"A 1 percent commitment would be on the low side, and 2 percent would be on the high side," Cushing said he was told by an official of the State Education Department.

Regarding the lacrosse program,

□ LACROSSE/page 16

N. Scotland to seize land Board replaces assessor

By Dev Tobin

In a bid to resolve two longstanding controversies, the all-Democratic New Scotland Town Board moved to seize land for the Orchard Park Water District and install one of its own as acting assessor at Monday's meeting.

The board approved beginning eminent domain proceedings to seize six acres for a wellfield from the heirs of the Hilton estate, although several board members noted that negotiations to avoid seizure will continue.

The board's action will soon give the town "immediate access to the site for the limited purpose of testing," said Supervisor Herb Reilly. "Things have dragged on for a long time; we need to go forward."

"We can still negotiate with the heirs, and we'll have more concrete information," added Councilwoman Victoria Ramundo.

The parcel in question is just north of a

test well drilled by the town off Smith Lane that delivered a sufficient quantity of water to serve the water district. Many private wells in the area are contaminated with iron, salt and methane.

Republicans in the audience, including former Councilman Craig Shufelt, questioned why the town is not pursuing using wells on the Larned gravel mine property.

"Larned has a mining permit that goes to 1997, and our purpose is to drill a well right now," Reilly said. "You cannot mine and pump water simultaneously."



Reilly

Sheila Powers, president of the Albany County Farm Bureau, asked the board to reconsider condemnation because of concerns over "sacred property rights."

Reilly replied that the town has been trying to work out an arrangement with the Hilton heirs for more than two years,

□ LAND/page 18

Bethlehem will fight suit against ex-officer

By Mel Hyman

The Town of Bethlehem plans to fight a lawsuit recently filed by the mother of a 15-year-old girl who claims her daughter was sexually assaulted by a former Bethlehem police officer.

The town received a notice of summons filed last month with the state Supreme Court in Albany for \$100,000 in damages for alleged actions by former Police Officer William A. Cook III, who resigned from the Bethlehem police force last month to take a position with the Albany police department.

The complaint alleges that on or about July 20, 1992, Cook, acting as a police officer for the town, responded to a call "involving joy riding and property damage."

When Cook arrived on the scene, the complainant claims that her 15-year-old daughter was separated from a crowd of youth gathered near the Kmart store in Glenmont and directed into the officer's squad car.

"While in the car, defendant Cook verbally and physically threatened (the daughter)," according to the summons, "and that while the conversation took place, and for some time thereafter, Cook sexually assaulted" the plaintiff.

It is also alleged that on the next day, July 21, 1992, Cook approached (the complainant's daughter) in her bedroom and "again sexually assaulted her while threatening her with the use of his authority as a police officer to

□ SUIT/page 16

Bethlehem police charge 3 with DWI

Bethlehem Police arrested three people last week on charges of driving while intoxicated.

Earl P. Roddy, 30, of 25 Second Ave., Albany, was stopped on Beaver Dam Road on Monday, March 7, at about 1 a.m. for failure to keep right and failure to signal, according to Sgt. Joseph Sleurs.

He was charged with a felony count of DWI, felony aggravated unlicensed operation of a motor vehicle and criminal impersonation. He was remanded to the Albany County Jail without bail.

Kenneth J. Hockeson, 23, of 10 Bask Road, Glenmont, was stopped at about 12:30 a.m. Wednesday, March 9 on Route 114 for failure to keep right, police said.

He was charged with DWI and driving with a suspended license. He was released pending a future appearance in Bethlehem Town Court.

Thomas M. Sleasman, 34, of 95B Elsmere Ave., Delmar, was stopped at about 2:40 a.m. Friday, March 11, for speeding on the Slingerlands bypass, police said.

He was charged with DWI and released pending an April 5 appearance in Bethlehem Town Court.

State Police, investigating a personal injury auto accident, recently arrested a Selkirk man for driving while ability impaired.

Francis John, of Neil Boulevard, was released on an appearance ticket pending a future appearance in town court.

John was driving southbound on Route 9W on Thursday, March 3, when his vehicle struck the rear of a vehicle operated by Albert Penk, of Clapper Road, State Police said. Two passengers in the Penk vehicle were transported to St. Peter's Hospital in Albany for treatment of minor injuries.

John was also cited for following too closely.

Wildlife program set at Five Rivers center

A program on attracting wildlife will be offered on Sunday, March 27, at 2 p.m. at Five Rivers Environmental Education Center, Game Farm Road, Delmar.

BC teenager arrested

Bethlehem police broke up an underage drinking party on Boylston Drive last week and arrested a 17-year-old girl who allegedly hosted the get-together.

Police responded to a call from one of the neighbors at about 12:30 a.m. Sunday, March 6. When they arrived at the house they found a drinking party in progress with several teenagers ranging in age from 15 to 17, according to Police Lt. Frederick Holligan.

"They had assorted brands of beer, wine coolers and malt liquor," Holligan said. The kids were rounded up and returned to their parents, while the hostess was booked on a misdemeanor charge of unlawfully dealing with a child.

The girl's parents were out of town at the time. "You wouldn't believe the damage that's been done to some of the houses in this town" from underage drinking parties, Holligan said.

Besides the danger of intoxicated teens jumping behind the wheel of a vehicle, Holligan said that 15- and 16-year-olds often don't know when to stop imbibing. It's not uncommon for kids to pass out and then have to have their stomachs pumped out at the hospital.

Deputies nab suspect

Sheriff's deputies from the Voorheesville patrol arrested two men, one for felony burglary and one for driving while intoxicated, last week.

Everett Garnsey, 34, of 10 South Lake Ave., Albany, was arrested March 9 at 2:20 a.m. and charged with third-degree burglary on the complaint of a resident of North Main Street in Voorheesville.

Garnsey was arraigned and sent to Albany County Jail in lieu

of \$500 bail.

Robert Prusinski, 24, of 186 Main St., Altamont, was arrested March 8 at 3:18 a.m. and charged with driving while intoxicated after he was stopped for no seat belt and loud exhaust on Route 85A.

Prusinski is due to answer the charges against him in town court on April 7.

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DARE dolls



Stefanie Stegman and Catie Reilly of Slingerlands Elementary School cheerlead at the benefit volleyball game between DARE officers and Slingerlands teachers.

Elaine McLain

Beth police add detective and officer

By Mel Hyman

Bethlehem Police Officer Christopher Bowdish has been promoted to the rank of detective.

A 13-year veteran of the force, Bowdish becomes the fifth detective in the 34-member department. He has served as a DARE (Drug Abuse Resistance Education) officer in the Bethlehem schools for the past two years.

Bowdish, 41, has been involved in several important criminal investigations over the past several years, according to Police Lt. Frederick Holligan.

"He dusts for prints at our crime scenes," Holligan said. "He's been instrumental in closing some major cases."

Bowdish's appointment becomes effective April 9.

A new patrolman recently joined the force, filling the vacancy created by Bowdish's promotion. Brian Hughes, 24, a native of Delmar, will be assigned to the department's road patrol.



Bethlehem DARE Officer Chris Bowdish, here with Liz Knoll, winner of a national DARE poster contest, is the department's newest detective.

Sworn in last month, Hughes brings to the department two-and-a-half year's experience as an Albany County Sheriff's deputy. He worked in the transportation unit, which moves prisoners back and forth to court appearances.

"I've always wanted to be in this profession," he said. "It feels good to be helping the commu-

nity." Part of his interest in criminal justice stemmed from his father, who works as a corrections officer at the Coxsackie Correctional Facility.

A graduate of Bethlehem Central High School, Hughes attended Hudson Valley Community College where he earned an associate's degree in criminal justice.

Petitions are now available for 2 BC school board seats

Nominating petitions for seats on the Bethlehem Central School District Board of Education are available at the office of the district clerk, 90 Adams Place, Delmar.

The terms for seats currently held by William Collins and Lynne Lenhardt will expire June 30. Both

terms are for three years, commencing July 1. Petitions must include a minimum of 43 valid signatures, and be filed with the district clerk by 4:30 p.m. on April 4.

For information, call the district offices at 439-3650.

Federal grant to fund Elm Avenue bike path

By Mel Hyman

The Bethlehem town engineering department is busy preparing design specs for a planned bike path/walking lane connecting Elm Estates and Bethlehem Central High School.

Work on the multi-purpose route could start this year, although town engineer Michael Cirillo said there's still a lot of red tape to wade through.

Once completed, the multi-purpose route should make walking, jogging and bike riding along Elm Avenue a much safer experience.

Residents of Elm Estates have been pushing the idea for some time and are "very eager for this to happen," said Bethlehem Public Works Commissioner Bruce Secor.

Once the bid documents are approved by the town board, then bid quotations could be accepted and construction could begin, hopefully later this year, town officials said.

The federal government is picking up 80 percent of the \$256,000 price tag. The remaining 20 percent is split between the state and the town.

Residents living in the vicinity of the Elm Avenue Park approached the town's traffic safety

committee last fall seeking some relief from the growing traffic nuisance in the area. They complained about the difficulty of walking or riding bikes to and from the park because of speeding cars.

The federal government's contribution comes from CMAQ (congestion mitigation air quality) funding.

The new bike/walking path will extend from Elm Avenue Estates to the Delmar bypass, head south along the bypass extension to Van Dyke Road and then west along Van Dyke out to Delaware Avenue.

Cirillo said one of the sticking points to starting construction could involve the acquisition of certain right-of-ways.

"We're probably one of the first communities using these funds, so we still have to determine what the established procedures are for handling these things," Cirillo explained.

Spotlight to get face lift

Starting next week, the *The Spotlight's* coverage of town affairs will be brought to you in a new, bolder look.

Beginning with our March 23 edition, the paper's headlines, captions and photos boxes will be presented in an updated, more eye-catching type and style.

The improvements are a variation on design and layout techniques already used in our year-old *Loudonville Weekly*.

"We hope that the changes will make the paper more appealing visually," said Richard Ahlstrom, the *The Spotlight's* editor and publisher. "In particular, we think the bolder headlines will make it easier for our readers to quickly find the stories they're most interested in."

The paper's story text will continue to appear in the size and typeface used in *The Spotlight* for more than 10 years. Likewise, the general organization of the editorial pages, weddings, sports, obituaries and other regular features will not be altered.

"Only the look will change," said Ahlstrom. "The focus of our efforts will still be on gathering and reporting local news in an interesting and timely manner."

Secret Service confiscates BCHS student's computer

You can joke about airline food and Whitewatergate, but there are two things you don't joke about in this country — carrying weapons onto an airplane and threatening the life of the president.

A BCHS sophomore found out about the latter when Secret Service agents called him out of a class at the high school to discuss an e-mail message he allegedly sent to the White House.

The message reportedly threatened the president's life, then said, "Just joking."

But such threats, even from high school sophomores, are no joking matter to the Secret Service, whose agents confiscated the student's home computer, but evidently have not arrested him, as of Monday.

The Secret Service agents did not tell the student if or when he would get his computer back.

"They told me, 'You've got more things to worry about than your computer,'" the student said Monday.

A spokeswoman in the Secret Service's Albany office was close-mouthed about the incident.

"We're aware of the situation, but do not have any comment," she said.

Dev Tobin

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Chamber dinner '94

Photos by Lynn Finley



The Bethlehem Chamber of Commerce recently honored Vince and Sally Gazzetta (top left) as 1993 Citizens of the Year. Joining them at the annual chamber dinner recently were chamber president Marty DeLaney, Lori Breuel (1993 Businessperson of the Year) and Steve Wright (seated).



Also joining the festivities at the Peter Kiernan Plaza were Kathleen Newkirk and John Flanigan (middle left), along with Kate Kansas (lower left), her husband George and John Lavelle. The 1994 chamber officers are Elaine Loder (top right, bottom row), Marty DeLaney, Donna Herman, Kay O'Shaughnessy, Cathy Griffin (middle row), John Riegel, John Lavelle, Craig Burroughs, Cristi Nicoli, Greg Turner (top row), Carl LoPresti, Frank Venezia and Richard Bleezarde.

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Inflated grades rile parents in new school group

By Susan Graves

The members of the newly formed Parents For Excellence have seen the handwriting on the wall and don't like the educational message it spells out for their children.

Parents, representing about 175 Bethlehem families, came together as a group last fall because of a number of growing concerns about education on all fronts, including the local, state and national levels.

"Generally speaking, the educational system is not doing what it's supposed to," said group president Kevin McCarthy.

McCarthy and other Parents For Excellence members are not pointing fingers at Bethlehem schools, but rather hope to determine where parents fit into the system and what they can do to improve the educational picture overall.

It all boils down to concerns that schools in general aren't giving our kids the highest quality education possible.

Bob Ward

Bob Ward, who chairs the organization's community affairs working group, said there were many different reasons for forming the excellence group. But overall, he said, "It all boils down to concerns that schools in general aren't giving our kids the highest quality education possible."

"For me particularly, I had a vague feeling that my kids could learn more and didn't really know what to do about it," he said. Ward's committee is working to put together a report on what it



Gail Sacco

views as the district's strengths and weaknesses in relation to other districts.

Parents, said McCarthy, want to know what is expected of their children along with the standards used to evaluate their school work. "A kid can come home with a 90 or 95, but then you look at the papers," that are riddled with error, he said.

Many parents are very concerned about the way spelling, punctuation and basic math concepts are taught, he said.

Group member Linda Drew finds high grades for work that is sloppy at best infuriating. "Two years ago, Trafton (her son) brought home about two inches worth of paper," she said. After looking it over, she became alarmed after finding incomprehensible material with no sentences and few capital letters. "I absolutely went crazy," Drew said.

"Parents do need to speak up

because we're not going to get anywhere" otherwise, she added. But Drew acknowledged that it's parents themselves, in large part, who are often responsible for inflated grades. "I'm not against the teachers, but parents pressuring for grades," she said.

Superintendent Leslie Loomis said teachers are well aware of the need to increase expectations. "I think everyone involved — and most of all the teachers — recognize the need to increase expectations," he said.

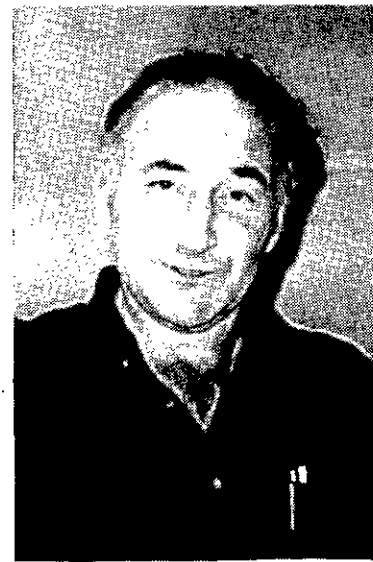
Drew is hoping the new group will work "to raise awareness of parents to the issues at hand." She said she hopes the group is not perceived as only working for academically gifted and talented children, but for all students at all levels.

Currently, six committees of the organization are working to gather information about issues related to education at all levels in the district. Executive, high school, middle school elementary schools, community affairs and a state and national affairs group are examining and researching a number of topics.

Gail Sacco, excellence vice president, said the committees' agendas "are not set by the officers." Rather, she said, "districtwide development of issues is coming from the bottom up."

The new group is also eager to collaborate with existing groups including the PTAs. "We're talking about the big academic picture," Sacco said. "We're not trying to supplement those other groups, we're trying to help them."

Sacco and others in the group said they are concerned with "the dumbing of America" brought on by lower academic standards and inflated grades. Drew said she has discussed this with college admission officers, who are well aware



Kevin McCarthy

of the phenomena. Many colleges now require universal writing courses for freshman "to unlearn what they've learned all along," she said.

Part of the new group's function, McCarthy said, will be to facilitate communication throughout the district. "In order for us to have a constructive role, we need

to gather information," he said. "We're not trying to get out there and throw bricks through windows."

"What we really need to do is discuss and collaborate," Sacco said of the parents, administrators and teachers.

Loomis affirms that spirit of collaboration. "It is critically important for we on staff and parents in this group and parents across the district to continue to work in partnership," he said.

"It's an extremely challenging time for schools and parents," said Ward, who added that the group welcomes "any and all members of the community to join."

Parents For Excellence will meet next on Sunday, March 20, at 1:30 p.m. in the middle school cafeteria. At that meeting Superintendent Leslie Loomis will address the group. Loomis and Judith Wooster, assistant superintendent for curriculum and instruction, having been meeting to consider the possible range of ways the new group could make a contribution to the district.

Church lists weekly schedule

The Grace United Methodist Church at 16 Hillcrest Drive in Ravena has announced its schedule for the week of March 23.

Chancel Choir will meet at 6:30 p.m. on Thursday, March 24. Alcoholics Anonymous will meet at 7:30 p.m.

Sunday School will begin at 9 a.m. on Sunday, March 27. Morning worship is set to start at 10:30 a.m., followed by a coffee hour at

11:30 a.m. A Grace Ringers rehearsal is scheduled for 7 p.m.

Alcoholics Anonymous will meet at 7 p.m. on Monday, March 28.

The Junior Choir and TOPS Club will both meet at 6:30 p.m. on Wednesday, March 30. AlAnon will meet at 7 p.m. and Bible study at 7:30 p.m.

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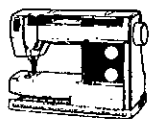
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Matters of Opinion

Southgate: suspended judgment

Bethlehem, where the favorite quadrennial indoor sport is second-guessing shopping mall proposals, is getting another one to digest.

After a great deal of chewing-over, the Southgate Commons plan is emerging for closer public scrutiny. Already, questions have been raised, objections have been registered about the location, size, impact on the environment and on the nearby Glenmont school. Now the town's Planning Board is to receive the "draft environmental impact statement" from the out-of-state concern that would develop a site along Route 9-W.

The proposed size does seem staggering at first, when compared, for instance, with the 250,000 square feet recommended for retailing areas by the LUMAC report. Apparently about three-quarters of the 423,000 square feet being proposed would be in two major shops—a discount center and a supermarket.

Without question or quibble, the Planning Board will give the impact statement its full-

Editorials

est attention. The members will bring their own objective scrutiny to the plan, perhaps seeking more data. Ultimately, it will end up with the Town Board, bearing the planners' commentary and recommendations. After the Town Board reacts, a period of some thirty days would be available for public comment (presumably including an open hearing).

We believe that it would be in the interest of all concerned, including the most environmentally conscious residents, to withhold judgment until these prescribed steps have been taken and public comments are sought.

At this time, over-reacting will produce more heat than light and will not be conducive to reasoned, unemotional judgments and decisions being made by the citizens who are entrusted with that final responsibility.

A truly 'special' question

The issue of providing appropriate and adequate "special education" for individual students who require the attention or the opportunities most of their classmates do not need or seek, is a complex one now facing many school districts.

This certainly takes in the Bethlehem Central district, as is made manifest by the recent news articles and the letters that The Spotlight has been publishing. In today's pages, a mother complains—seemingly with a considerable degree of justification—that after six years, five programs, and four different schools (none of them near home), her daughter is now to be moved from Bethlehem Middle School to a school in Niskayuna, Schenectady County.

This record, to a lay observer, seems to conflict with the State law, as cited by other letter-writers, to the effect that a parent can demand appropriate and adequate schooling for the disadvantaged youngster who needs the "special" part of Special Education.

As letter after letter has noted, the cost of such provisions is considerable, and can

become a factor in a district's annual budgeting. Every child does indeed deserve his or her chance to become all that he (she) is capable of being.

Budgeters and taxpaying citizens who feel inclined to ask for relief might ask of themselves to ponder what they might seek for their own children under similarly difficult or distressing circumstances. (By the same token, a distraught parent might better stop somewhere short of the truly exorbitant in making those legal demands.)

Meanwhile, families of some students who have earned distinction as "gifted" or "talented" are clouding the situation by likening their young people's rights to receive special opportunities to those of the disadvantaged.

The complex issue will not be solved overnight, much less to everyone's satisfaction. It is good to have it out in the open, including in The Spotlight's columns. School trustees, administrators, and teachers all can benefit from first-hand exposure to informed community sentiment, including especially that of "special" young people and their families.

The sharing of the green

March is one of four months that doesn't include at least one national holiday. We are proud to offer a remedy for that unfortunate shortcoming.

Few Americans may be old enough, or have memories long enough, to realize that Congress made Columbus Day officially a holiday only two or three decades ago. A very respectable precedent.

And here we come to the matter of doing right by March, and also for doing justice to Saint Patrick. A general holiday in mid-month

would do March a world of good. It would provide a much-needed break from the woes of wintry weather. Even if it happened to snow at that time, just think of the spirits that would be lifted (or downed). A March 17 open date would allow leisurely shopping for Passover or Easter shopping and preparations. People of a certain lineal descent would welcome the official recognition beyond the sentimental which they already command.

Is tomorrow too soon to begin the observance? Not at all, not at all. So take the day and be gone with you.

Putting a cap on winter

Official spring arrives before another issue of The Spotlight can herald it, in the spirit "it can't happen too soon." If we live right, perhaps another inch or two will have melted off our snowbanks by then. All this undoubtedly will spur seed-catalog shoppers to greater fervor. Will it also provide much greater impetus for highway crews of all denominations to get cracking, pothole-wise?

Other post-winter signals: One of those weekend TV shows ends with "The outrage of the week." Assemblyman John Faso has come up with the outrage of the season, and proposes a sensible remedy. Convicted felons can (and do) recover civil damages for an injury suffered while committing their crime. Mr. Faso offers the Legislature a plan to end this nonsense. Will the members act?

A 'bulldozer attitude' by developer deplored

Editor, The Spotlight:

I have in front of me a cartoon that shows, in the background, a few dozen tract houses fronted by a billboard reading "El Rancho Acres—Outdoor living at its best." In the foreground, an individual who presumably is the developer is saying "You should have seen the forest we had to carve this out of!"

That cartoon sadly reflects the developers' mentality toward the new development in Elsmere near Greenleaf Drive. If the Bethlehem Planning Board continues to allow this bulldozer attitude in our community, any remaining green space in Bethlehem is at serious risk.

For weeks now, I have watched in horror as many old majestic trees came crashing down. Huge tractors still plow through those

Vox Pop

woods, destroying everything in their path. It appears there is no selection process in place to protect as many trees as possible.

Development, of course, will continue, but unless we change our value system and at least make the environment equally important, our future green space may be limited to the greenery we see at our local malls.

I miss walking the winding paths behind Greenleaf through the trees that no longer exist, as I'm sure the birds will miss their habitat when they return there to nest this spring.

Karen Donlon

Delmar

High school graduates hurt by TAP reduction

Editor, The Spotlight:

Governor Cuomo's budget plans are threatening thousands of high school graduates from the Capital District and all over New York who hope to further their education.

Since 1991, the Tuition Assistance Program (TAP) has been ravaged by budget cuts. Students are seeking a restoration of monies to reach the 1989 award levels. Past cuts in this aid have driven more than 6,000 students, unable to now afford independent and private colleges, to public community colleges at a far greater public expense than the \$18 million the restoration of TAP cuts would cost.

This restoration is supported by the New York State Board of Regents and a Blue Ribbon Commission comprised of representatives of all sectors of higher education, the business community, and representative New Yorkers.

Every high school senior and their parents should write to their Assembly member, State Senator and the Governor. Tell them: Just Say No to TAP Cuts!

Beth A. Tarquino

Bankers with a heart

Editor, The Spotlight:

I understand the frustration James Dunn expresses in his letter, "Who is Robbing Who?"

However, all banks are not the same. A few days ago I realized I had a discrepancy in a transaction I had made at Marine Midland in Delmar. I was annoyed with myself for not realizing this until after I got home. Fortunately, the manager and assistant manager worked with me until the problem was solved.

I am very thankful that the people at Marine Midland do their best for their customers.

Glenmont

Cara Zell

THE SPOTLIGHT

SPOTLIGHT NEWSPAPERS

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Your Opinion Matters

Lloyd Cutler and the spirit of 76

A pair of recent news items, though entirely unconnected, gave rise to the thoughts that follow. Unconnected but not unrelated.

One was an article in The New York Times profiling the President's latest counselor, Mr. Cutler. The other was a CNN radio bulletin about choice spots in which to retire.

In the article about Mr. Cutler, The Times writer took it upon himself to note his age which is probably fair enough in an extensive biographical sketch. Mr. Cutler's age was correctly stated as seventy-six. The reporter then added, gratuitously, that he is "presumably near the end of his long career."

This is one more indication of agism with a vengeance. The reporter has no way of knowing or predicting that Mr. Cutler is either soon to retire or die. In his ignorance, he assumed that anyone at such an advanced age must be over the hill in capacity or endurance, or perhaps be so bored with his occupation that he is ready to throw it over. In Mr. Cutler's case, to the contrary, it seems to me that by putting a limit on the length of time he is willing to serve Mr. Clinton he indicates a strong desire to return forthwith to his private practice of law.

I happen to carry in my vest pocket these little reminders of how little chronological age really means. As my friend Al Abrams was fond of saying, "Anyone in his seventies is not old unless he wants to be old." The reminders:

At 76, Bernard Baruch was a member of the Atomic Energy Commission. At 74, Immanuel Kant wrote his "Anthropology." Titian at 98 painted his master-

piece, "Battle of Lepanto." Commodore Vanderbilt made \$100 million between the ages of 70 and 83. Giuseppe Verdi composed "Otello" at 74 and "Falstaff" at 80.

Commentary

Dan Button

Arturo Toscanini at nearly 90 remained the world's most eminent conductor. That list is only suggestive. You've heard of Anna Mary Moses? Winston Churchill? They, too, didn't want to be old, and I strongly suspect that Lloyd Cutler doesn't, either.

My other news item likewise relates to the matter of confounding retirement.

The story related Money Magazine's estimate of the best places in the U.S. for retirement living.

The most favored spot, according to the magazine, is Prescott, Arizona, where the sun shines 300 days a year. (That's even more than we have here in the Capital District.)

The second-place honor went to Fairhope, Alabama. And that rang a bell. I don't recall any specific reason that was given for Fairhope's eminence, though a recent conversation with one of its current residents found the thermometer at 73 and the azaleas in full bloom amid all the greenery.

That resident is one Donald W. Haskins, who turned seventy-five last month and who is a living example, both pro and con, of retirement.

I've known Don Haskins since he was just turning forty. In the interim, we have worked together

in three different places. Don has strung together a series of retirements, some of which I can't rightly recall. Two of them, though, were from the Times Union and The Spotlight.

It was after leaving us that Don headed southward, ending up in Fairhope for his most recent retirement. But now for the rest of the story.

Fairhope, in all its renowned glory, is athwart Mobile Bay from the city of Mobile. In Mobile is an ancient and honored newspaper, the Register. And out of retirement has come Donald Haskins once more, writing editorials for that newspaper. That's the kind of retirement to aspire to, so long as you don't wish to be old.

On this subject, I recall a story about Ty Cobb, who retired from baseball at the age of 42 after his twenty-third year in the major leagues. That was in 1928. (His manager that year was Connie Mack, who managed the Athletics until he was 88.)

Nearly thirty years after Ty Cobb's retirement, someone asked him what he thought his batting average would be if he were hitting against pitchers of the 1950s. Ty, whose lifetime average was .367, answered: "Probably about .300, maybe a little higher."

His interviewer sympathetically said, "I suppose that would be because of the new pitches, night baseball, the artificial turf, and other changes in the game." "No," said Ty, "it would be because I am seventy years old."

Lloyd Cutler is hitting .300 at seventy-six. Don Haskins bats cleanup at seventy-five. Bless 'em.

Second-hand reading can be pleasing

Sometimes it appears that the most attractive portions of the more restrained periodicals such as "The Atlantic" are to be found in its reviews. This was true for me in the March issue of that magazine, where discussions of three books (two of them related in subject matter) by a pair of good reviewers provided, with relative brevity, some welcome information for pondering. The subjects, the reviews, and the reviewers were distinctive in themselves, but they presented their material and their assessments effectively.

Thomas Powers, a Vermont editor, takes on two books that deal with America's early experiments with nuclear power and the consequences thereof. One of these is "American Ground Zero: The Secret Nuclear War." The author, Carole Gallagher, takes up the case of the so-called downwinders, residents of Nevada and Utah, who happened to live in the wrong direction from bomb testing in the 1950s and early '60s.

The companion review is of "Atomic Harvest" by Michael

D'Antonio. In this connection, the reviewer comments that "Secret radiation experiments on unsuspecting human beings... violated the rules of medical ethics in the

Constant Reader

1940s just as they would now. The AEC understood from the beginning that the domestic production and testing of nuclear materials depended on the sufferance of the public, which in turn depended on ignorance. . . . There is very little doubt that official Washington was prepared at least to run the risk of a few thousand deaths in the interest of national security."

Much more distressing analysis and interpretation is in this review, which is worth the reading—to say nothing of the value of "Atomic Harvest." A brief discussion of a comparison of "paleface" and "redskin" American types is fascinating. "Gallagher and D'Antonio have written sad chap-

ters in the paleface history of the cold war."

The other review is of "Ernst Lubitsch: Laughter in Paradise," written by Dennis Drabelle; the author is Scott Eyman, whose writing Mr. Drabelle doesn't care for, but who very much liked the films that Mr. Lubitsch directed for Paramount and Warner Brothers between 1922 and 1947: "A sheaf of masterpieces" such as "Trouble in Paradise," "The Merry Widow," "Ninotchka," "The Shop Around the Corner," and review "To Be or Not to Be. He pays tribute to the movies," "consistent polish and fluency." He handled such actors and actresses as Carole Lombard, Kay Francis, Miriam Hopkins, and Herbert Marshall with comedic finesse, even making Cary Cooper and Greta Garbo come across with humor. "He wagered his career on the hunch... that subtlety could be thrilling and exciting and that the world wanted it."

And, the reviewer adds, "with most of Lubitsch's best work now available on video, the world still thrills to his touch."

Aid for local business is goal of proposal

The contributor of this Point of View, a resident of Loudonville and a lawyer in Albany, is the minority leader in the Albany County Legislature. He represents the 26th legislative district, which includes Loudonville and West Albany.

By Peter G. Crumme

A sharp division of opinion exists on a matter of very considerable importance to business in Albany County. And the principal antagonists on this issue are both leaders of public opinion in their respective fields.

Point of View

One is the Albany County Executive, Michael J. Hoblock, Jr., and the other is the editorial voice of the Albany Times Union. Their views on this issue are essentially at great variance, one taking a positive position, the other an outspokenly negative one.

As the minority leader in the Albany County Legislature, I have—with the concurrence of my fourteen Republican colleagues—introduced the legislation that would promote Mr. Hoblock's position on behalf of Albany County businesses. It is a position very much worth advocating and supporting, and through such means as this Point of View column I hope to gain the understanding and support of voters in the county.



I firmly believe that Albany County should play a active role in supporting area business. My formal legislative proposal underscores a commitment to keeping our tax dollars in the local economy.

Briefly stated, our position calls for the county government to give first consideration to Albany County businesses in the granting of professional service contracts. We would require that all county contracts for professional services be made with individuals and local firms who maintain a managed office within the county.

Albany County's government should give first consideration to local businesses in granting contracts for professional services

The opposition to this reasonable proposal, as expressed by a Times Union editorial, says that such a law would result in retaliatory regulations in other jurisdictions, which would seek to shut Albany County businesses out of the possibility of doing business elsewhere.

The best answer to that, perhaps, is the fact that we have right in New York State, a major county (Monroe, where the city of Rochester is located) which has had such a program successfully in operation for the past five years.

But there are other reasons why ours is a beneficial policy. For example, there are at least three ways in which businesses based elsewhere would be able to receive contracts from Albany County.

Contracts for professional services with businesses outside the county would be allowed in cases where the particular expertise is not available from county firms. Such contracts also would be approved if the outside firm's services would be at least five percent more economical for the county than would the proposal of any local business.

And, finally, this proposal would not lock out non-local companies offering professional services. Our policy would, in fact, encourage any firm or individual wishing to obtain professional service contracts with the county, to open and maintain a managed office in this county. Already, of course, many highly regarded national firms have managed offices here: Merrill Lynch, Dean Witter Reynolds, IBM, Kidder Peabody, and Travelers Companies are just the tip of the iceberg. Therefore, requiring local preference for professional service contracts does not mean that Albany County won't benefit from the input of national firms.

Matters of Opinion

'I loved NY'—until * * * set in!

Editor, The Spotlight:

Dear Diary . . .

August 12—Moved to our new house in New York State. It is so beautiful here. The mountains are so majestic. Can hardly wait to see the snow covering them.

October 14—New York, the most beautiful place on earth. Went for a ride through the mountains. Saw some deer. They are so graceful. This must be paradise. I love it here.

November 14—Deer season will start soon. I can't imagine anyone's wanting to kill such a gorgeous creature. Hope it snows soon. I love it here.

December 7—It snowed last night. Woke up to find everything covered with snow. It looked like a winter postcard. We went outside and cleared the snow off the sidewalk and shoveled the driveway. We had a snowball fight (I won) and when the snowplow came by we had to shovel the

driveway again. What a beautiful place. I love New York.

December 12—More snow last night. Couldn't get out of the driveway to go to work. The snowplow did his trick again. But I love it here.

December 19—More snow again last night. I'm exhausted from shoveling the driveway after the * * * snowplow goes by.

December 22—More of the * * * fell last night. I've got blisters on my hands from shoveling. I think the snowplow hides around the curve and waits until I'm done shoveling the driveway and then does his thing, the * * *.

December 25—Merry * * * Xmas. More snow. If I ever get my hands on that * * * who drives the snowplow, I swear I'll kill him.

Don't know why they don't use more salt on the roads to melt the * * * ice.

December 27—More * * * fell again last night. Been inside the house for three days except for shoveling the driveway after the snowplow goes through each time. Can't go anywhere. The car's stuck in a mountain of * * *. The weatherman says to expect another ten inches of this * * * by tonight. Do you know how many shovels of snow ten inches is?

December 28—The * * * weatherman was wrong again. We got 14 inches of that * * * this time. At this rate, it won't melt until summer. The snowplow got stuck up on the road and that * * * of a driver came to my door and asked to borrow my shovel. After I told him I had already broken six shovels shoveling all that * * * he had pushed in my driveway, I broke the last one over his * * * head.

January 4—Finally got out of the house today. Went to the store for food and on the way back a * * * deer ran in front of my car and I hit it. Did about \$3,000 damage to my car. Those * * * beasts should be killed. Wish the hunt-

ers had killed them all last November.

May 3—Took car to garage in town. Would you believe the thing is rusting out from all that * * * salt they put all over the road.

May 10—Moved to Georgia. I can't imagine anyone in their right mind would ever live in that God-forsaken state of New York.

Frank J. Pascallides

Delmar

Editor's note: We judged Mr. Pascallides' version to be about the best of the various versions of this theme that are circulating in the area. (Note also Ms. Sagor's accompanying letter.)

□ Crummey

(from page 7)

Requiring firms that provide legal, financial, insurance, etc., services to have locally managed offices can bring increased economic development opportunities to the county by filling otherwise vacant office space (which is currently abundant here). Our policy further would give county government easy access to the contracted firm. Requiring businesses wishing to participate in such contracts with the county to have an office locally makes sound economic sense and benefits area residents and taxpayers. Giving first consideration to local businesses in granting of professional service awards makes good sense all around.

The bottom line of this proposal is that it will keep more of our tax dollars in the local economy. More dollars circulating in our neighborhoods means more jobs, opportunities, and sustained economic growth.

That is what County Executive Hoblock's proposal, made in his recent State of the County address, would accomplish. I am pleased to be able to actively move it ahead in the Legislature.

National Safety Council DEFENSIVE DRIVING COURSE

Tues., March 29 and Thurs., March 31
6:30 p.m. to 9:45 p.m.
at Nathaniel Blanchard Legion Hall
Poplar Drive, Elsmere

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CAPITAL DISTRICT TRANSPORTATION COMMITTEE BUSINESS MEETING

March 17, 1994 3:00 p.m.
Capital District Transportation Committee
5 Computer Drive West
Albany, New York

CDTC is the Metropolitan Planning Organization for Albany, Rensselaer, Saratoga and Schenectady area.

The public is welcome to comment on transportation related issues within the Capital District.

TO REGISTER TO SPEAK, CALL 458-2161

'Special needs' pupils' transfers challenged

Editor, The Spotlight:

I am writing to help your readers understand some reasons why parents of special-needs children are frustrated with the quality of education being given to our children in the Bethlehem Central School District.

The needs of our children cannot possibly be compared the needs of "gifted and talented" children. It is very offensive to repeatedly read articles in *The Spotlight* about how much money is being spent on these students (it is expensive and it is also their right) as to why our budget figures are so high.

I, for one, cannot attest to a high-quality education being given to my daughter in this district. As a matter of fact, my eleven-year-old daughter has been in five different programs at four different school sites in just six years, not one of which was at her neighborhood school. How can we even begin to discuss stability, continuity of instructions, friendships, inclusion, parent-staff relationships, etc.?

The very last straw is that I have now been informed that my daughter's BOCES class at Bethlehem Middle School will be moved to the Niskayuna School District next year.

This program has been housed at the Middle School for the past seventeen years with Andrea Leyden, an exceptional teacher and child advocate. The Niskayuna location is twenty-five direct miles from my home and more than fifty miles from my workplace.

This displacement was felt necessary because of an influx of 105 additional sixth-graders to the Middle School next year. There are presently two district students being forced out of their home-school district because no adequate advance planning was made for them. This should not have come as a surprise to the district.

Our census surely must have shown this growth.

I feel that we owe each and every student in our district the opportunity to succeed at the highest level they can. I am not being given the very minimum level of opportunity or support. I also feel that the message is clearly being given that my child doesn't count as much, is excessively expensive, and can be easily dismissed and carted off so that more attention can be placed on academically talented students who easily "make the district look good." Let's not pit one group against the other. Both face significant issues.

Bethlehem could actually save budget dollars by making a stronger commitment to educate special-needs children, in-district at all levels instead of continuously shuffling them around and pushing parents into adversarial positions, often resulting with the pursuit of lawsuits. Money could be saved by cutting transportation costs, eliminating additional personnel to take care of transition-traumatized students, as well as other costs, both financial and emotional.

In a school district committed to excellence, I see a real need to reevaluate these issues and take more stake in every student's educational needs.

Kay B. Moody

Selkirk

Bus drivers are alert

Editor, The Spotlight:

In helping to organize a workshop for Bethlehem Central's Transportation Department as part of its professional development effort, I was extremely impressed with the interest, dedication, and commitment. Many of the drivers stayed after the training to pick up materials and continue discussions. I appreciate the help and support of Bob Peters, transportation supervisor, in organizing the workshop.

Mona Prenoveau

Words for the week

Devotee: A person strongly devoted to someone or something.

Aficionado: A devoted follower of some sport, art, etc. The feminine form is aficionada.

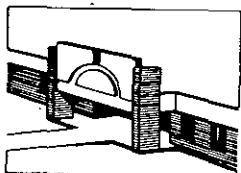
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Las Vegas Night

Saturday, March 19, 1994

7:00 p.m. to 12:00 a.m.

License #GC-01-202-160-04524

The Albany County Association for Retarded Citizens will conduct a Las Vegas Night at its facility located at 334 Krumkill Road (Corner of Krumkill and Blessing Roads) in Slingerlands, New York.

The Public (age 21 and over) is invited to attend.
Food and Beverages will be served.

For more information please call the Albany ARC at 459-0750, Monday through Friday from 8:00 a.m. to 4:30 p.m.

Your Opinion Matters

New challenges seen for 'Northern Forest'

Editor, The Spotlight:

For generations, New Yorkers have journeyed to the northern woods, rivers and lakes of Maine, New Hampshire, and Vermont, and returned to favorite haunts in the wild hills and valleys of the Tug Hill or Adirondack Park. And New England sportsmen, homesteaders, campers, and tourists have heeded a special calling to head west to New York's open spaces for a day or a lifetime.

The lands and heritage we expect to find at the end of our journeys are special, but are not self-protecting. They are frequently and haphazardly damaged, or destroyed. Our human migrations have for 150 years helped define a great Northern Forest region. Now, we are asked to give voice to this region.

The Northern Forest Lands Council is a group of dedicated community residents from four states who have been studying this 26-million-acre region from New York's Tug Hill to the Allagash country of Maine for three years. They have found great diversity in the resources and traditions of each part, but have also found lots of common problems that need to be considered together and addressed.

This council has no power to implement its recommendations. That power is left to all of us and our representatives in state capitals and in Washington. Public sessions and comment periods this spring allow all who have hopes, fond memories and family ties anywhere in this huge region to consider and support or improve these recommendations. I urge all New Yorkers to give voice, to participate in this opportunity before any crisis is reached.

What are some of the Northern Forest challenges? Small landowners are struggling to keep their lands in forest cover but face tax pressures. Businesses are trying to site small industries or ventures in appropriate places. Communities are struggling to attract and keep a diverse employment base. Foresters are trying to find or keep lands to grow high quality wood products. People are trying to live in greater harmony with their wild surroundings, but to make a living all the same. Wild

birds, plants and animals need space and habitats to carry out their lives.

And we human migrants want to maintain the tradition of public purchase, access, and protection of magnificent woods and waters. These are some tough, interrelated, but important challenges to face up to.

I write to alert your readers to the opportunities facing our great Northern Forest this spring. It's time to rekindle our memories and our hopes, and to become involved in the discussion. With considered, constructive action, we can avoid the resource and employment crises of the Pacific Northwest.

David H. Gibson

Executive Director, Association for Protection of Adirondacks

Low housing allowance is costly to New York

Editor, The Spotlight:

More than 130,000 New Yorkers are homeless. Homelessness is a problem that hits every community in our state. A major factor is the small amount the welfare system pays for housing costs.

For instance, in Albany County, a family of three on public assistance receives \$245 a month to rent an apartment (assuming that heat is part of the rent). HUD estimates that the fair market rent for a two-bedroom apartment in the county is \$578. Nearly 90 percent of welfare recipients in the county have rents higher than the amount welfare gives them—forcing them to use their basic grant and food money for housing.

It costs far more to keep a household in a shelter or welfare motel than to provide them with sufficient funds to obtain their own apartment. Counties often pay \$30,000 to \$50,000 a year to keep

Do honor to Dewey, Thruway rider asks

Editor, The Spotlight:

Nearly four years ago the removal of the name of Thomas E. Dewey from New York State Thruway signs caused a public outcry that brought a limited re-appearance of his name.

I am an infrequent user of the Thruway, but recently I had occasion to receive a toll ticket. The official name, "governor Thomas E. Dewey Thruway" is noticeably absent from the ticket.

This, the fortieth year of the highway's operation, would be timely for the Thruway Authority to take action to reestablish the legislatively designated name on its toll tickets.

Alexander J. Woehrle

Delmar

Editor's note: The writer was a member of the executive staff of Governor Dewey.

families in shelters and motels rather than spending an extra \$200 to \$300 a month to enable them to have their own apartment.

Even with food stamps included, the average family on public assistance has an income of only 82 percent of the federal poverty line.

Welfare is the main anti-poverty program for children. Two-thirds of welfare recipients are children. Despite the "Decade of the Child," nearly one out of every four children lives in poverty. Governor Cuomo has not proposed an increase in public assistance benefits since 1989.

It is time for the Legislature to correct this injustice and bring the state into compliance with the law. We need an increase in the housing allowance in the next state budget.

Mark A. Dunlea

Executive Director, Hunger Action Network of New York State.

Firefighters receive training

Several area firefighters recently completed training courses.

The following Onesquethaw firefighters completed the 12-hour class on firefighter safety and survival: John Bintz, David Briscoe, Burl Cable, James Cable, Elise Felter, Gerard Gavin, Donald Hendrickson Sr., Adam Hornick, Jeff Houck, Dan LaDuke, Dennis LaDuke, Nelson LaDuke, Michael Meyer, Earl Miller, Jeff Mudge, Stephen Myers, Walter Myers III, Donald Palmatier, Karen A. Rutnik, Michael J. Rutnik, Debra M. Shute, Fred Spaulding, Richard Voorhaar, Don Weller and Teddy Whitbeck.

Also, David Harnett Jr. and David Harnett Sr., both of the East Berne Volunteer Fire Company; Amelia Ringwald of the Coeymans Hollow Volunteer Fire Company; and Richard Berger and August H. Jones Jr. of the Voorheesville Fire Department.

The following firefighters attended a three-hour seminar on strip mall fires: Andy Appleby, Bintz, Briscoe, Cable, Daniel Cole, Jim D. Decrescenzo, Pat Decrescenzo, Felter, Gavin, Randy Heilman, Hendrickson, Wayne

Hoffman, Houck, Dave Ingraham Jr., David E. Ingraham, Dan, Dennis and Nelson LaDuke, Meyer, Miller, Mudge, Myers, Palmatier, Karen Rutnik, Michael Rutnik, Spaulding, Weller and Whitbeck, all of the Onesquethaw Volunteer Fire Company.

Also, Brian Powell and Charles C. Powell, both of the Coeymans Hollow Volunteer Fire Company; Chick Granito of the Elsmere Fire Company; Martin Finkle and Joseph Sala of the New Salem Volunteer Fire Department; Richard Berger, August H. Jones Jr. and John E. Josling, all of the Voorheesville Fire Department; and Todd M. Winne of the Westerlo Fire Department.

Art materials seminar slated at library

The Bethlehem Artist Association has slated a Grumbacher Art Materials Seminar for Thursday, March 17, from 7 to 9 p.m. The program will take place at the Bethlehem Public Library on 451 Delaware Ave. in Delmar.

For information on this public event, call 1-800-877-3165, option 6, ext. 447.



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Good fortune in store for Chinese food lovers

By Mel Hyman

All the Chinese food you can eat.

If that's always been a dream of yours, then your dream has come true.

Yan's Chinese Restaurant, located in a tucked-away corner of Delaware Plaza, has a lunch buffet where you can help yourself to 18 different hot dishes and eight cold dishes every day of the week. The cost is \$4.49.

If you find yourself ravenous and in need of food come 5 p.m., then you might try the dinner buffet where it's once again all-you-can eat. The dinner buffet

costs \$6.49.

Dong Li, the owner of Yan's, has been in the restaurant business for 13 years. During that time he says he's noticed that most of the Chinese restaurants in the area were raising their prices so that you could no longer get high quality food at a reasonable price.

Last fall when Li was told that Lee's had gone out of business, he decided to jump in and offer a different type of arrangement.

He invested \$8,000 in a large steam table and made extensive renovations to the decor.

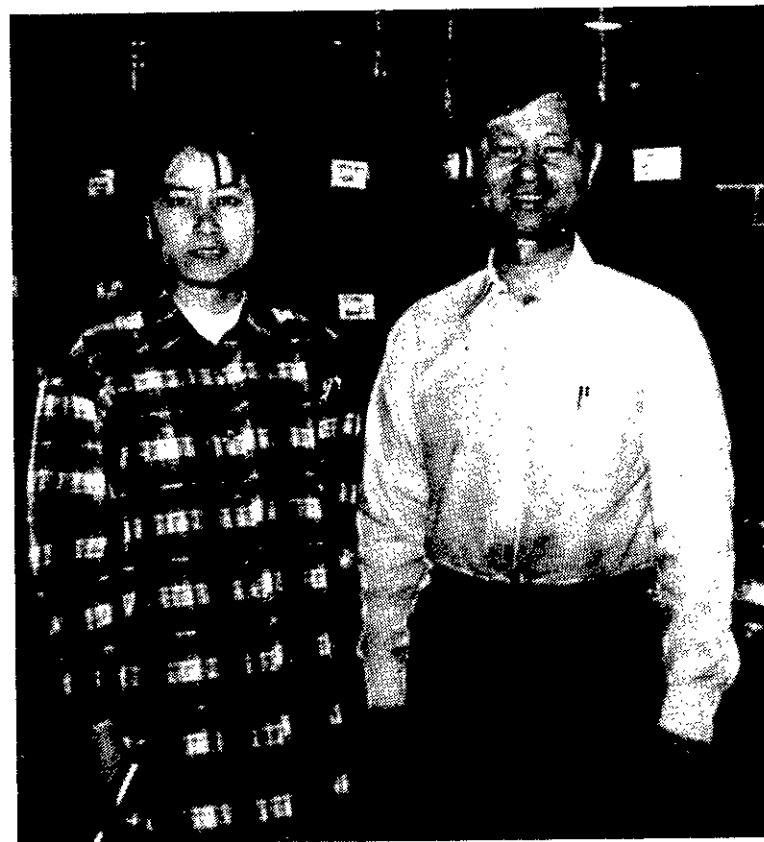
The response has been excellent, Li says. If you'd prefer table

service, you can be easily accommodated since there are normally three or four waiters ready to serve you.

Li goes back and forth between his Elsmere store, which opened in December, and his King's Wok restaurant in the 20 Mall in Guilderland. He also has a restaurant in Virginia that is managed by his brother.

Li stresses that while the restaurant offers a great many selections to choose from, each dish is prepared fresh every day. Everything from the day before is discarded.

Salads and entrees are prepared



Min Chunhe, and owner Doug M. Li, owner, get ready for the lunch-time crowd at Yan's in Delaware Plaza.

Hugh Hewitt

with low fat oil, Li says. Even if you don't eat meat, there are numerous items that may appeal to you. The effort here has been to try and be health conscious, which Li acknowledges is on the minds of most Americans these days. And by the way. None of the menu items contain monosodium gluta-

mate.

Lee's is open seven days a week if you're so inclined. and their normal hours are 11 a.m. to 10 p.m. Monday through Thursday, from 11 a.m. to 11 p.m. on Friday and Saturday and noon to 10 p.m. on Sundays.

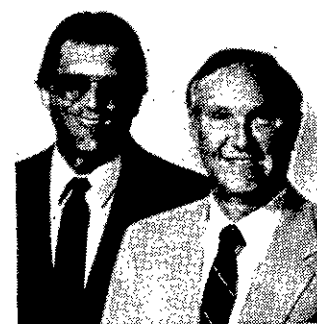
V'ville library plans St. Paddy's event

The Voorheesville Public Library, 51 School Road, Voorheesville, will host a St.

Patrick's Day celebration on Thursday, March 17, at 4 p.m.

Aimed at children ages 5 and older, "Wearin' O' The Green" will celebrate the holiday with crafts and stories.

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Bethlehem Recycling Corner

By Sharon Fisher, town recycling coordinator

If you have leftover or unused liquid latex paint in your home, the town of Bethlehem will be holding a special collection of *latex paint only* for town residents on Saturday, April 9.

Latex paint is water-based, so if you're not sure whether the paint you have is the acceptable, call the recycling hotline 767-9618 between 8 a.m. and noon, before the collection date.

This is the first quality-controlled pilot project of its kind in the Capital District. Its success will open the door to latex paint collection programs in other municipalities throughout the region.

On Saturday, April 9, between 9 a.m. and 2 p.m. liquid latex paint can be dropped off at the town highway garage, 74 Elm Ave. East in Selkirk. The highway garage is located off Route 9W behind the Jericho Drive-in. Heading south from the town park, take a left off Elm Avenue onto Elm Avenue East.

Those who drop off paint will need only to drive their vehicle up to the assigned area, open the trunk, and a volunteer will take the paint from the vehicle. Please bring only *latex* paint in the original container with the original label. If it does not have a label or is the wrong item, we will ask that you

bring it home to save for a future program.

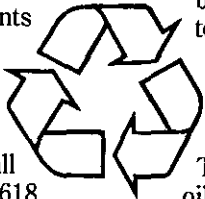
The latex paint will be remixed by Passonno Paint of Watervliet to make a quality reusable, recycled paint. The resulting colors will probably be off-white, beige and perhaps green. There is a possibility that oil paint and other solvents will be recycled in a similar program next year.

Unopened, full cans of paint will be donated to Barn Raisers, a non-profit organization, that works to provide low-income housing throughout the region.

Here's how to recycle the can if the paint is already hardened in it. Place the can upside down over newspaper or cardboard. With a hammer, gently tap the bottom of the can until the hardened paint falls out. The hardened paint can be disposed of in the regular trash.

The emptied steel paint can, minus the label, can be recycled in the recycling bin with other commingled recyclable containers. Recycle the lid also, but be sure that it is separate from the can.

All latex paint that is recycled and reused will count toward Bethlehem's waste reduction in 1994.



Legion sets benefit breakfast

NEWS NOTES

Voorheesville

Susan Casler
765-2144



Program at Clayton A. Bouton Junior-Senior High School is looking for new courses to be offered to the public.

If anyone has an expertise in a specific area and would like to teach a course, call Susan Dougherty at 765-3314.

Breakfast to be served at Legion Hall

Breakfast will be served at the Voorheesville American Legion Hall 1493 on Sunday, March 20, from 8 a.m. to noon.

Scrambled eggs, sausage, home fries, french toast, coffee and juice will be served. The cost is \$3.50 for adults and \$2.50 for children.

Board to conduct budget session

A special meeting on the budget will be conducted by the board of education at Clayton A. Bouton Junior-Senior High School on Monday, March 21, at 7:30 p.m. in the school cafeteria.

For information call 765-3313.

Reading program under way at school

Parents as Reading Partners is in progress this month at Voorheesville Elementary School.

This year the theme is "Live a Little, Read A Lot". The program encourages parents and children to read 15 minutes a day, five days a week.

A book exchange will be held through this Friday, March 18. The pupils have been requested to bring in a "Little" something from March 21 through 25.

A book sale will be held on Tuesdays and Thursdays from 11 a.m. to 1 p.m. and feature John Peterson's books, "The Littles." Volunteers are needed for tallying results and assembling prizes.

For information, call PTA co-chairs Elaine Burns at 765-4898 or Barbara McKenna at 765-4846.

Council planning spring dance

The student council of Clayton A. Bouton Junior-Senior High School is planning its "Spring Fling" on Friday, March 18, from 7 to 11 p.m.

Admission to the dance is \$10.

For information, call Phil Davis at 765-3314.

Firefighters complete training

Several members of the Delmar Fire Department recently completed specialized training in fire and rescue operations.

Firefighters Steven Kellogg, Christopher Newborn and Christopher Gould completed the 39-hour essentials of firefighting course.

Firefighter Andrew Sleurs and Quartermaster Lars Allanson completed the 18-hour hazardous materials operations course.

Lieutenant David Bastiani completed the 18-hour initial fire attack course.

Captain David Languish completed the 16-hour training officers workshop course.

Lieutenant Larry Soeller completed the 40-hour educational methodology course and the 16-hour training officers workshop course.

Cheryl Hill and Walter Gould completed the 120-hour New York state emergency medical technical training course.

More than 20 Delmar firefighters attended a seminar on strip mall fires hosted by the Elsmere Fire Department. Nearly 30 firefighters attended an emergency vehicle operations seminar.

The New Salem Fire Department Auxiliary will hold a fish fry dinner at the firehouse on Route 85A in New Salem on Friday, March 18, from 4:30 to 7 p.m.

The price is \$5.50 for adults, \$5 for senior citizens and \$3 for children. For information, call 765-2231.

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Grange to serve supper

The Bethlehem Grange at Beckers Corners in Selkirk will serve a family style spaghetti supper on Saturday, March 19, from 4 to 7 p.m.

The menu includes, spaghetti, meatballs, sweet Italian sausage, salad, bread, beverage and dessert. The cost is \$5.50 for adults, \$2.50 for children under 12, and free for children under 5.

A "this-n-thats" crafts table is also planned.

For information or large group seating arrangements, call 767-2770.

Elks to serve breakfast

The Bethlehem Elks on Route 144 in Selkirk will serve a breakfast buffet on Sunday, March 20, from 9 a.m. to noon.

For information, call 767-9959.

Elks host St. Patrick's Day dinner and dance

A St. Patrick's Day dinner and dance is planned at the Elks Lodge on Route 144 in Selkirk on Saturday, March 19.

A corned beef and cabbage dinner will be served at 6:30 p.m. with dancing scheduled from 8 p.m. to midnight.

Music is by DJ Yesterday, Today and Tomorrow. The cost is \$13 per person.

For information, call 767-9959.

Fish fry set in Selkirk

The Selkirk Fire Company No. 1 Ladies Auxiliary will serve its next Lenten fish fry dinner on Friday, March 18, from 4:30 to 7 p.m.

Dinners include fish fry, french fries, cole slaw and beverage. The cost is \$4 for adults, \$2 for children. Take outs are available.

For information, call Elsie Wilsey at 767-9545. The last scheduled fish fry is Friday, April 1.

PIE sets meeting

The Ravena-Coeymans-Selkirk Parents In Education will hold its next meeting on Wednesday, March 16, at 7 p.m. at the middle school.

Guest speaker Stuart Nock, RCS athletic director, will discuss the athletic program in the district. Refreshments will be served.

For information, call 767-2308.

NEWS NOTES

Selkirk
South Bethlehem
Michele Birtz
439-3167



Meeting slated for parents of future middle-schoolers

A meeting for parents of fourth- and fifth-grade parents and teachers will be on Tuesday, April 5, at 7 p.m. at the middle school. The focus of the meeting is the transition of fourth-graders from the elementary into the middle school.

Participants will include administrative staff, BLT sub-committee members and guidance counselors.

For information, call Debbie Relyea evenings or weekends at 756-8250.

Board of ed slates meeting

The RCS board of education will meet on Monday, March 21, at 7:30 p.m. at the board office on 26 Thatcher St. in Selkirk.

For information, call 767-2513.

Teams to meet

The RCS middle school building leadership team will meet Tuesday, March 22, at 2 p.m. at the school.

The A.W. Becker Elementary team will meet that day at the school at 3:30 p.m.

The RCS senior high team will meet on Wednesday, March 23, at 2 p.m. at the school.

Becker plans open house

A.W. Becker Elementary School will hold its open house on Thursday, March 24, from 7 to 8 p.m., at the school.

For information, call 767-2511.

PTA book fair set

The A.W. Becker Elementary School Parent Teacher Association book fair is scheduled on Tuesday, Wednesday, and Thursday, March 22, from 9 a.m. to 3 p.m. and Thursday, March 24, from 5 to 9 p.m.

For information, call 767-2511.

PTA hosts movie night

The A.W. Becker PTA will host its next family movie night Friday,

day, March 25, at 7 p.m.

Newsies, a full-length Disney musical telling the true story of the 1899 strike by newspaper boys, will be shown. Admission is \$1 per person.

Refreshments will be available. For information, call 767-2511.

McDonald's to treat special teacher

Pupils in grade one through six can enter the McDonald's Extra Special Teacher Award contest by writing an essay of 100 words or less on why they would give their teacher an A+. The winner will be in a TV commercial with the teacher on WXXA-TV 23. Dinner for the whole class at McDonald's is also part of the prize.

Letters must be postmarked by Monday, April 11. For information, call 767-2511.

Mothers to meet

A demonstration of relaxation techniques is planned at the Mothers' Time Out meeting on Monday, March 21, at 10 a.m. at the Delmar Reformed Church on 386 Delaware Ave.

Participants should bring a blanket to the meeting. The speaker will be Kate Markesello from the Kripalu yoga fellowship. Child care is available, and new members are welcome.

Sumo wrestling Bethlehem style

The Bethlehem Parks and Recreation Department will sponsor sumo wrestling on Saturday, March 19, from 7 to 9:30 p.m. at Bethlehem Middle School on Kenwood Avenue in Delmar.

Participants will wear an inflatable sumo wrestling body suit with a protective helmet displaying the distinctive hair style. Participants must be 4' 10" to wear the suit.

For information, call Karen Hoogkamp at 439-2995.

Vegas night slated

The Albany County Association for Retarded Citizens will host a Las Vegas Night at its 334 Krumkill Road facility in Slingerlands on Saturday, March 19, from 7 p.m. to midnight.

Participants must be 21 or older to attend. For information, call the association at 459-0750.

Lenten Cross



Dale Conkling, of the Community Methodist Church in Slingerlands, stands next to the Lenten Cross he makes every year for the church. *Hugh Hewitt*

RCS strikes up the band

The Ravena-Coeymans-Selkirk music department is planning two concerts in honor of "Music in Our Schools Month."

An instrumental program with the fifth-, sixth-, seventh- and eighth-grade bands is scheduled for Thursday, March 10.

A choral concert is slated for Thursday, March 17, featuring choruses from fifth-, sixth-, sev-

enth- and eighth-grades and the high school. Both concerts will begin at 7 p.m. and be held in the senior high auditorium on Route 9W in Ravena.

About 180 band members and 250 pupils in the chorus will perform. The chorus will feature a rendition of Vivaldi's "Gloria" and "Sunrise, Sunset" from "Fiddler on the Roof."

Chambers to hear speaker

The Bethlehem, Guilderland, Latham and Southern Saratoga County chambers of commerce are co-sponsoring a lecture by nationally recognized speaker Jay Riftenbary on Wednesday, March 23.

The talk will take place from 7 to 9 p.m. at The Desmond on Albany-Shaker Road in Colonie.

Riftenbary offers strategies for self-motivation, improving leadership skills and finding success in today's marketplace.

Admission is \$15 per person and must be pre-paid by March 22.

For information, contact the Bethlehem Chamber of Commerce at 439-0512.

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Genealogy programs to highlight speakers

The library will present two programs for genealogists this spring.

Certified genealogist Florence Christoph will speak on Wednesday, March 23, at 7:30 p.m., and William Evans of the New York

1760 to 1768. Through her research, Christoph has perfected techniques and learned effective strategies for avoiding pitfalls in genealogical research. She will share her expertise and answer questions from the audience. The program is free and open to the public.

Evans will describe the many records available in the State Archives for use by genealogists and historians. The Archives and Records Administration maintains records created by New York's colonial and state governments from the 17th century to the present.

Evans will discuss the types of information a researcher might be able to locate in the Archives and outline the procedures for accessing it. The Archives include records of births and deaths, census records, and records of military service by New Yorkers.

In addition, the Archives house documents from state agencies such as the Board of Charities, the Department of Health, and Correctional Services. These records chronicle the lives of many New Yorkers not listed in other sources.

Call the library at 439-9314 to register for this free program, which is open to the public.

Anna Jane Abaray



State Archives Extension Service will discuss resources available in the Archives on Tuesday, April 26, at 7:30 p.m. Christoph has done extensive research into the history of the Bethlehem area.

She calls her talk "Discoveries in Genealogical Research: Things I Found While Looking Up Something Else." A Selkirk resident, she is one of the compilers of the Records of the People of the Town of Bethlehem, 1698-1888, published by the Bethlehem Historical Association in 1982.

She has completed research on the Schuyler family covering the period 1590 to 1980, and is working on a genealogy of the Voorhees family over a similar period.

In 1992, she published Upstate New York in the 1760s, a compilation of the tax lists and selected militia rolls of Albany County from

Networks sets events for kids

Bethlehem Networks Project is sponsoring several programs for middle schoolers on Friday, March 25, a half-day for Bethlehem Middle School.

Ben & Jerry's will offer 99 cent cones and Del Lanes will reduce prices on bowling and pizza. There will also be an afternoon workshop for eighth-graders. "Handling Stress" will be offered at the Bethlehem Public Library at 451 Delaware Ave. in Delmar. To register for the workshop, call the library at 439-9314.

Children's choirs to perform in Albany

Children's choirs from the First United Methodist Church of Delmar and the Delmar Reformed Church will perform in a Children's Choir Festival at the Westminster Presbyterian Church, 85 Chestnut St., Albany, at 3:30 p.m. on Saturday, March 19.

The festival is sponsored by the New York Chapter of the Choristers Guild.

La Leche League sets Delmar meeting

The La Leche League of Delmar, a breast-feeding support group, has slated a meeting for Thursday, March 24, at 7:30 p.m.

The topic of the evening will be "Baby Arrives: The Family and the Breast-fed Baby."

For meeting location, call 439-5254 or 475-0240.

Library hosting St. Patrick's party

The Bethlehem Public Library at 451 Delaware Ave. in Delmar invites children 5 and up to a St. Patrick's Day party on Wednesday, March 16, at 4 p.m.

Maureen Ashton will lead "Gaelic Notes," an Irish sing-along program. She will play traditional Celtic instruments and demonstrate how to tap out Irish rhythms on spoons.

For information, call the library at 439-9314.

St. Patrick's Day bash should be treat for all

Tomorrow is St. Patrick's Day and when this ever-popular holiday rolls into town the library does its part to celebrate in style.

An after-school program, set for 4 p.m., will include stories and a craft guaranteed to get you partying even if you aren't Irish. Don something in a shade of Kelly and

media.

Rosenblum, a 16 year veteran of the Cornell Cooperative Extension's Master Gardeners program, works as a library assistant at the library when she is not digging.

The program is free and open to the public.

Regularly scheduled programs for adults include the Nimblefingers Needlework group and the Library Quilters who currently have an exhibit of their work running throughout the month.

The groups meet concurrently every Tuesday afternoon from 1 until 3 p.m.

Story hours for toddlers are held each week at 10:30 a.m. on Mondays, 10 a.m. on Tuesdays, 4 p.m. on Wednesdays and 1:30 p.m. on Fridays.

No registration is required for the session, which include stories, songs, a craft and a film each week.

The board of trustees will meet in the director's office on Monday, March 21, at 7:30 p.m. Those who are considering a run for a seat on the board in the May election should file a designating petition with director Gail Sacco by April 8 at 5 p.m. Petitions are available at the circulation desk.

Christine Shields

Workshop can help teens cope

The Bethlehem Public Library and Bethlehem Networks Project will co-sponsor a pizza party and workshop for eighth-graders coping with stress on Friday, March 25, at 12:15 p.m. in the community room of the library,

located at 451 Delaware Ave., Delmar.

Participants are asked to bring paper and a pen or pencil. For information, call the library at 439-9314.

Library plans spring program

Toddlers aged 22 months to 3 years can learn about spring at "Be a Spring Peeper," a program sponsored by the Bethlehem Public Library, 451 Delaware Ave. in Delmar.

It will be held on Saturday, March 26, and Monday, March

28, at 10:30 a.m.

Toddlers and an attending adult will look at the season with stories and songs, and make a pussy willow craft to take home.

For information, call the library at 439-9314.

BC String concert slated

String instruments will take center stage at Bethlehem Central's annual music festival concert, scheduled for Thursday, March 17, at 7:30 p.m. in the high school auditorium, 700 Delaware Ave. in Delmar.

BC musicians in grades four through 12 from all seven district schools will perform under the direction of guest conductor Kenneth Jernigan.

He directs bands and jazz ensembles in the Hastings-on-Hudson School District, conducts

Local author to speak

Local author Craig Brandon will present a slide show and lecture on his book, "Murder in the Adirondacks: An American Tragedy Revisited," on Monday, March 21, at 7:30 p.m. at the Bethlehem Lutheran Church, 85 Elm Ave. in Delmar.

The event is sponsored by the Tri-Village Welcome Wagon. For information, call Laura Giovanelli at 475-1464.

Bolduc to display artworks in Colonie


Original oil paintings by Eleanor Bolduc of Delmar will be on display at the William K. Sanford Town Library at 629 Albany-Shaker Road in Loudonville from Monday, April 4, through Saturday, April 30.

An opening reception for the exhibition is scheduled for Monday, April 4, from 6:30 to 8:30 p.m. at the library.

the Camerata Chamber Orchestra of Long Island and spends his summers in residence as conductor of the symphony and chamber orchestras at the Encore Music Camp at Wilkes University in Pennsylvania.

The music festival will involve close to 200 students, with performances by the combined elementary school orchestras and the three middle and high school orchestras.

Throughout the school year, students study with BC teachers Mary Jane Hughes in the elementary schools and David Beck at the secondary level.



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SPOTLIGHT ON

SPORTS

Fiato wants to keep running Under-14 girls vanquish Vermont team for title

By Jessica Romano

Since the indoor track season began in November, BC's track and field teams have attained a new level of success. This was due to a good coaching staff, and naturally, the long hours of training and hard work put in by the athletes.

Of the 60-member team, sprinter Matt Fiato stands out. Fiato began running track when he was a junior in high school. His first indoor season proved to be exceptional. In his first competitive attempt ever at the 55m dash, he flew to the finish line in a record time of 6.5 seconds.

Next, he conquered the 45m dash in the record-setting time of 5.5 seconds. Fiato was also part of two record-breaking relay teams, including the 800m relay and the sprint medley relay in which he ran one of the 200m legs.

In the spring of his junior year, Fiato had to make a decision between track and the other sport he enjoys, baseball. The decision was easy, he said. "I like track better."

In his junior year he was awarded the "orange letter" award. This is a special plaque given to recognize the outstanding team leader and total point leader.

In his senior year, Fiato's performance was exceptional. He tied the 45m and 55m dash records that he set last year, and was also a member of the record-breaking distance medley relay team in



Matt Fiato

which he ran a 400m leg.

He was also only .2 seconds away from the school record in the 300m dash, which stands at 37.8 seconds. This season Matt was the leading point-scorer for the boys. At the State Qualifier meet at RPI, he placed fifth in the final of the 300m. But even more impressive, he was third in the 45m, meeting the standard to move on to the State Competition held at Cornell University.

Fiato experienced some bad luck at the States. He placed fifth in his trial heat of the 55m, which proved to be the fastest time of the day. But in the finals he dipped down to 12th out of 30.

Fiato was also invited to compete at the National Meet held in Syracuse this past weekend. He placed seventh out of a field of 73

in his heat of the 200m dash.

He has already set goals for himself for the upcoming outdoor season. "I want the 100m and 200m records, and maybe the mile relay. I'd love to be national champ, but that seems out of reach."

"Matt is doing very well, considering he is relatively new to the sport," said head coach Dave Banas. "It was fun working with him. He listens well and he is a quick learner.... I think Matt is talented and strong enough that if a college program moves him up (from 200m) to the 400m, he's going to do real well."

Matt's future plans include attending a college where he can participate in track. He has already been accepted into the University of Rhode Island where he would like to major in physical therapy or sports medicine.

Just because Matt is going to graduate, it doesn't mean there won't be a Fiato running for BC again. His little sister Rebecca is going to run outdoor track if she passes the Middle School selective classification test.

"I think it'll be cool to teach her," he said. "She's going to do the same events, the 100m and the 200m. She's pretty fast."

The Bethlehem Under-14 girls team took first place out of 10 teams at the recent Niskayuna Indoor Soccer Tournament.

After dominating Capital United in the opening match, Bethlehem lost an evenly played 2-1 game against a select team from Vermont's Nordic Soccer Club. The girls rebounded with a 2-1 comeback win over a scrappy Lakehill team with goals from Katie Fireovid and Lauren Rice.

level in two Under-16 tournaments. Their highly successful indoor season will conclude at the Williamstown Tournament on Friday, March 18.

The participants in the indoor tournaments have come from an unusually large pool of talented players that will compete as two travel teams in the spring under head coaches Frank Rice and Dave Jukins and assistant coaches Stan Smith, Dave Blabey, and Pete Corrigan.

In addition to 12 league games in May and June, the girls will participate in the State Cup Tournament and several weekend tournaments from April through July, culminating in a tournament in Denver, Colo.

A few openings are still available for girls with birthdates from Aug. 1, 1979 to July 31, 1981. The second team has some flexibility to accommodate girls who may be participating in other sports. Interested girls should call either Frank Rice (439-9657) or David Jukins (439-8096).

Indoor soccer

Back in gear, the U-14s earned their way into the finals by outplaying Niskayuna in another 2-1 victory. Both scores came off weak side passing combinations to Karly Decker and Lily Corrigan.

In the championship match, the Bethlehem girls had a strong 4-1 win over Highland. Katie Smith led off with two goals followed by scores from Decker and Kerry Van Riper. The last goal came off a beautiful centering pass from Lauren Moshier.

On defense, Lisa Engelstein, Addie Blabey and Emma Samuelson-Jones combined to shut out the top scorers in the area in one-on-one match-ups. Emily Haskins excelled in goal during three crucial contests.

In addition to winning at Niskayuna, the U-14s have four other first place finishes this winter in tournaments at Colonie, Waterford and the Washington Armory, as well as three second place finishes in two Capital United Tournaments at SUNY and their own Bethlehem Off-the-Wall Tournament.

They also compiled a winning record of 3-2-3 participating up a

BCHS student rolls 300 game

Lou DeVoe Jr., a 17-year-old BCHS student bowling in the Adult-Junior Tournament at Del Lanes, bowled a perfect 300 game recently.

DeVoe, who bowls on Tuesdays in the Del Majors league, carries a 220 average. This was his first 300 game. His future aspiration is to turn professional and bowl on the Professional Bowling Association tour.

Fred Oliver Jr., who bowls in the Del Lanes Classic League, also bowled a 300 game recently. It was the second 300 game of his career.

A right-hander, Oliver carries a 210 average and has been bowling for 20 years, starting at the age of 8 in the Del Lanes Junior Program. He has moved one 300 game ahead of his father, Fred Oliver Sr. So, the father and son battle goes on.

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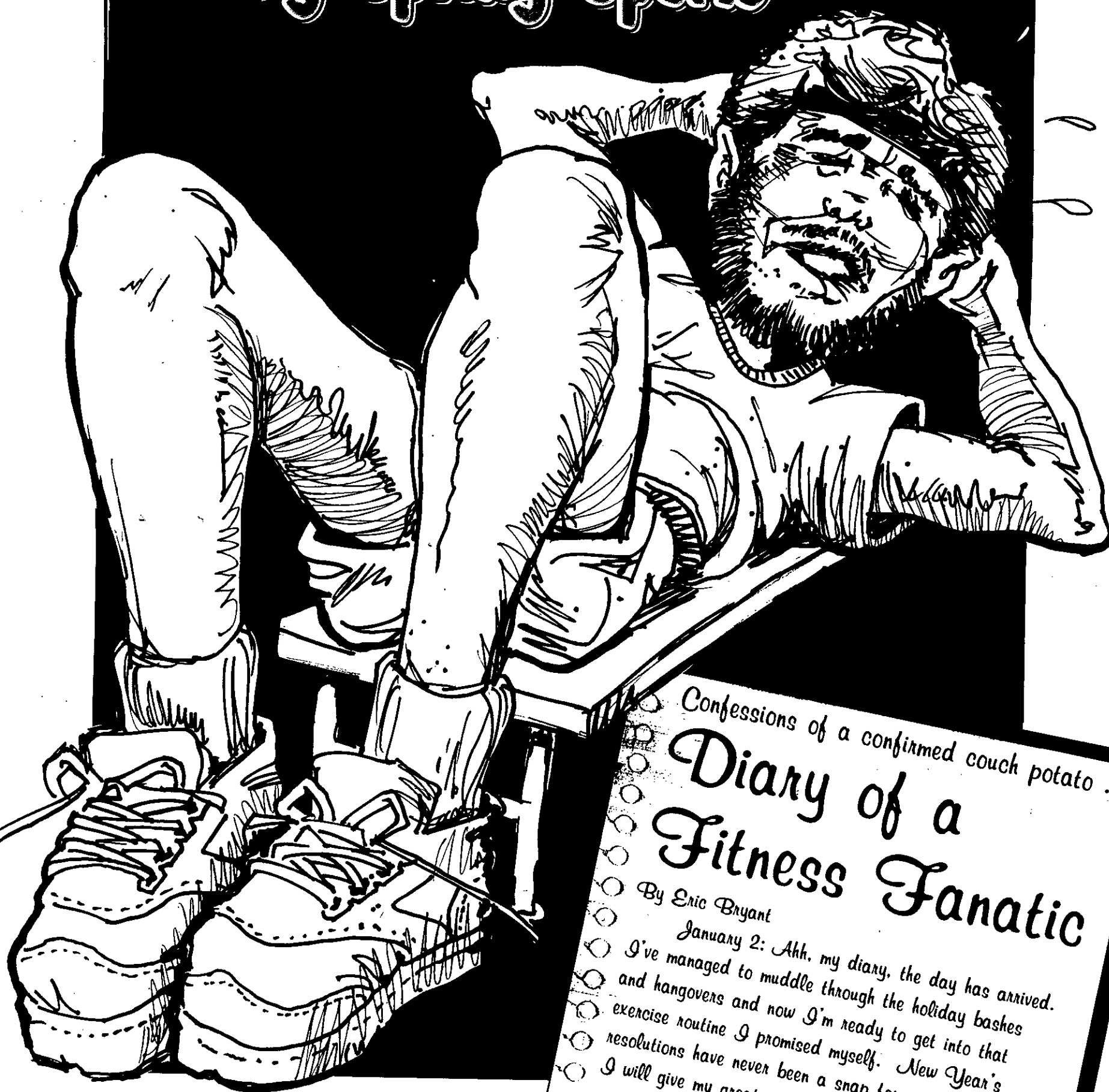
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March 16, 1994

HEALTH & FITNESS

featuring Spring Sports



Tennis pro teaches common-sense approach

Proper conditioning can help prevent painful injuries

By Mel Hyman

Injuries are part of any sport, and local tennis pro Linda Burtis is a perfect example of what can happen when you overdo it.

Tennis might be viewed as harmless and gentle when viewed on TV or at Schenectady's OTB Open, but like almost every competitive sport, serious participation can wreak havoc on your body if you're not in good condition.

In 1992, Burtis decided to make competitive tennis her end-all and be-all. She played every day for a year and a half and last spring rejoined the tournament circuit for seniors (age 35 and above).

"I had excellent results on the court," she said, at one point beating the 17th ranked senior in the nation, but the "wins were offset by big losses to my body."

At one point late last summer, Burtis walked off the court and noticed that she could hardly move without pain. She had experienced shoulder and elbow problems in the past, but this was worse than anything she had encountered previously.

"I didn't practice what I preached," she said.

What Burtis preaches to her hundreds of students at the Delmar Tennis Academy, located in the Southwood Tennis and Fitness Club on Route 9W, is that you shouldn't just pick up a racket and start slamming away.

"The old adage of no pain, no gain, is dead wrong," she said. "What I tell my students is that if you want to progress as a player you need to pay close attention to training and fitness."

The first rule of thumb is to stretch your muscles both before and after playing, Burtis said. "A



Tennis pro Linda Burtis (left) helps Elizabeth Backer and Michelle Kagan with their tennis conditioning at the Southwood Tennis and Fitness Club on Route 9W in Albany. *Hugh Hewitt*

lot of people skip the after, but you'll see the very good athletes doing their stretches in the shower after a match."

Conditioning is rule number two. "We think this is so important that during tennis camp, we set aside one day a week just for conditioning," Burtis explained. "Ten-

nis alone shouldn't be used as a conditioning method, because it can lead to injuries."

No matter what you do in terms of exercise, if you repeat the same motion or use the same joints and muscles day after day you're going to stress those parts to the point where an injury is almost

inevitable. The body needs time to recuperate.

Tennis elbow is the number one complaint of tennis buffs. It occurs when the tendons become inflamed from absorbing the constant shock of hitting tennis balls. Building up your forearms to absorb some of the shock can help prevent this ailment.

Shoulder problems can result from the constant stress of serving. Taking a day or two off from tennis or maybe limiting yourself to a volleying session can take some of the pressure off the shoulder.

Other common tennis ailments include knee, foot and ankle injuries. And don't forget shin splints, which can be rather painful.

"As a top-notch tennis player

you need to pay as much attention to avoiding injuries as to refining technique," Burtis noted.

Burtis schools her students in what she calls "interval training."

The "old way of training was to train until you drop." The new format involves a brief warm-up phase, then a 30-second burst of activity followed by a recovery period.

"This is an ideal warm-up technique since it so closely simulates tennis, which is a stop-and-start sport."

Two other conditioning rules are worth following, according to Burtis.

• A strengthening program can prove extremely useful even after incurring an injury. Burtis said that training on weight machines has strengthened her shoulder to the point where she no longer feels pain on serving.

• The last rule of thumb is mostly common sense, but it is often ignored. "Listen to your body," Burtis said. When you feel pain in a certain area, your body is telling you something. And usually that something is "chill out." Bodies are in many ways like machines. But they are not machines and must be handled with care and delicacy.

Aside from injury prevention, Jerry Cuva, head tennis pro at the Colonie Athletic Club, believes people play better when they do 10 minutes of stretching before going out on the court.

It's especially helpful in preventing back and arm problems, Cuva said. "Unfortunately, only about 5 percent of players actually spend that much time warming up."

A person should always be aware of their cardiovascular condition before embarking on a fast-paced set of tennis. And in particular, people should exercise caution when starting to play outdoors for the first time.

Frequently you get some extremely hot days in May and June, when the temperature hovers around 90 degrees with high humidity, Cuva said.

"Nobody is used to that. It's not like running around indoors. People should ease into it."

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Diet, lifestyle changes may reverse heart disease

By Dev Tobin

Can you eat more and weigh less? Well, it depends on what you eat.

Most people diet to lose weight so they will look and feel better. But taking their diet one step farther can reverse heart disease, which is responsible for roughly 45 percent of American deaths, according to Dr. Dean Ornish.

Ornish lays out his Life Choice program in two best-selling books, *Dr. Dean Ornish's Program for Reversing Heart Disease* and *Eat More, Weigh Less*.

The program — a very-low-fat vegetarian diet, with lots of beans, vegetables and fruits, combined with moderate exercise and stress management — promises to help people lose weight and clean their arteries of years of fatty build-up.

The diet part of the Ornish program calls for no meat, fowl or fish, and also proscribes vegetable oils of any kind, sugars of any kind, dairy products other than skim and alcohol.

A diet with no meat or fish and no added fat provides about 10 percent fat, far below the 40 percent fat content of the normal American diet.

Even the 30 percent fat content of most reduced-fat diets will not "significantly affect your weight or how you feel, or for that matter your cholesterol, blood pressure or heart disease," Ornish writes.

While his diet is radical, compared to the normal American diet, Ornish argues that comprehensive changes are easier to make than moderate ones, particularly since rapid improvements in well-being become a "powerful motivator" to stick with the diet.

Aware that most Americans think a fat-free vegetarian diet would be tasteless and boring, Ornish provides more than 200 gourmet recipes in *Eat More, Weigh Less*.

He also recommends moderate exercise and meditation for stress reduction as part of the Life Choice program.

While many people are un-

doubtedly trying the Ornish regimen on their own, there is evidently no formal support program in this area.

The Ornish program is "an advantageous dietary approach, but whether it reduces heart attacks or extends longevity is not proven," said Dr. Theodore Biddle of Loudonville, professor of medicine and head of the cardiology division at Albany Medical College.

"Some people with advanced cardiac disease need a very aggressive approach, but for many people the general guidelines of the American Heart Association are a good start," Biddle said.

Adapting a lifestyle that will help prevent heart disease does not require medical supervision for most people, he said.

"A lot can be accomplished with a pair of sneakers and a good diet," he said. "You can make a big impact without spending a great deal of money."

Biddle recommends that everyone have their serum cholesterol level checked, and that people over 45 years old or with risk factors such as smoking, high blood pressure, obesity or a family history of cardiac disease consult a physician before beginning a diet/exercise program.

Delmar nutritionist Cynthia Manzi thinks the Ornish program is "good, but very radical; you would have to be really motivated. Many people would rather take a pill or have an operation than make major lifestyle changes."



Measurable improvements in well-being can come with "a little bit of exercise and a lower-fat, higher-fiber diet," she said.

Although Manzi advises people on how to wring fat out of their diets, she sees exercise as the key to sustained weight loss and prevention of heart disease.

"You don't have to be super in shape to get cardiovascular benefits. To just get up and move a bit helps tremendously," said Manzi, who recommends brisk walking

for at least 20 minutes three times a week as a basic exercise program.

One problem for those who seek professional help in dieting is that insurance often does not cover the costs, Manzi said.

"There is little insurance support for health maintenance," she noted. "Most people pay out-of-pocket."

Healthy kitchen can become steamy scene

Take one last gulp, America. The days of guilt-free eating are over. To live longer, healthier lives, we need to eat low-fat, low-cholesterol foods.

Dr. Neal Barnard, author of *Food for Life* (Crown), says a four-part program including a diet with more vegetables, less meat, smoking cessation, daily mild exercise and stress reduction can actually reverse heart disease in 82 percent of patients.

One appliance that's helping more people with full schedules start eating fit "foods for life" is the steam cooker. Good for tasty rice dishes, as well as foods rich in carbohydrates and fiber, steam cookers also offer a simple way to cook vegetables, fish, stews and even delicious desserts.

Vicki Gagliano, a home economist, recommends steam cookers for cooking up meals high in carbohydrates and vitamins, to retain the food's nutritional value. "You can poach foods like chicken, fish, vegetables and fresh fruit, and even steam apples for a really healthy, high-fiber dessert."



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Walk right on by winter's wretched woes

If this unrelenting winter has left your outdoor walking routine in the cold, don't sweat it.

Move your walking endeavors indoors. But whatever you do, keep on exercising.

Weight-bearing activities that can be brought indoors include a leisurely mile walk on the treadmill or at the mall, 20 minutes of aerobic exercise, stair-climbing on a machine or staircase a few times a week. These activities can reduce stress, burn calories, strengthen the skeletal system and improve overall fitness levels — all it takes is a little commitment. Remember, however, before beginning any exercise program, you should consult your physician.

One of the benefits of these types of exercises is preventing osteoporosis, a painful bone-crippling disease that affects more than 24 million Americans with stooped posture, serious fractures, even death.

A calcium-deficient diet is only one factor that may lead to osteoporosis, another factor is physical inactivity. Through adequate daily calcium intake of at least 800mg and regular weight-bearing exercise, you help to build and maintain healthy bones for life.

Once you get your doctor's OK, a stair-climbing or walking workout may be just what's needed for a bone-strengthening, cardiovascular and lower body shape-up during the long winter months.

A popular, but more strenuous exercise, stair-climbing, can help you achieve several fitness goals. Treading vigorously for 20 minutes on a stair-climbing machine gives you a low-impact aerobic workout and burns up to 300 calories, about twice as many as walking. In addition, stair-climbing, whether on a machine or on a staircase, tones and shapes your entire lower body, a problem area for many women.

Stair-climbing machines work your muscles against the resistance of pedals or escalator-like steps. As you step, you use the top and front of your thigh to lift your leg. Then you stretch your lower back, buttocks and hamstrings to push down and away.

For peak stair-climbing performance:

- Wear aerobic or cross-training shoes.
- Warm up with slow small steps for five minutes to raise your body temperature and prepare your muscles for the ensuing workout.



Indoor exercising using store-bought treadmills or your own staircase are good ways to stay healthy and fight off winter doldrums.

• Relax your arms and grasp handrails lightly — don't try to support your weight on your arms.

• Cool down after every workout by repeating the five-minute warm-up or by walking on a treadmill or around the room at a moderate pace.

• Finish with back and lower body stretches.

Treadmills and indoor walking programs offer a less strenuous workout option. Many treadmills have adjustable inclinations that allow you to tread uphill or on a flat surface. Experts suggest starting slowly by concentrating on

form first, speed and endurance second.

Form is so important because the aerobic advantages of a fast-paced walking routine are lost when improper form is used.

Try the following suggestions to ensure proper form as you walk the treadmill, indoor track or mall:

• As you walk, feel the connection your heel makes when it hits the ground. Roll your foot toward your toe and allow your foot to press into the ground.

• On the forward stride, as your heel makes contact with the ground, your leg will naturally straighten. Your toes will angle upward as your ankle flexes to allow your heel to touch down.

• Practice holding your trailing leg on the ground for an instant longer than you are accustomed. Really feel the foot push off at the ball joint, where the toes meet the foot, to optimize the most powerful part of your stride.

The more efficiently you can stretch your trailing leg, the more mileage you will get from each stride.

• Be careful to maintain an upright posture. It will help reduce negative stress on the back muscles and allow for a more efficient stride.

• Tune into your favorite radio station for an extra lift during your routine.

Help beat the winter blues with your exercise program. And don't forget, any old staircase or mall can provide the conditioning benefits of a fancy machine — without the cost.

Commit to a regular weight-bearing exercise regimen like walking or stair-climbing, and experience both the mental and physical benefits. Reduce stress, burn calories, strengthen your skeletal system and improve your overall fitness level.

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Hair loss can be devastating. It strikes men and women, young and old. Male pattern baldness, seen more commonly in men, occurs when the male hormone testosterone and its by-products damage hair follicles. Hair loss can also result from direct injury to the scalp, as for example, from a burn or car accident. The eyebrow, beard or mustache areas can also suffer hair loss.

Many lotions, shampoos and creams are advertised as hair restoring. None truly deliver the promised growth. Many other non-surgical methods of hair replacement are also available which rely upon prosthetics, weaves or wigs.

Surgical hair replacement is based on the redistribution of existing healthy hair. Hair plugs are small grafts of hair bearing scalp replanted in areas of thinning or bald scalp. Recent improvements in this technique have eliminated the typical "corn row" appearance. Scalp flaps rely on moving strips of hair bearing scalp to bald areas to restore a normal hairline. Expanding healthy hair bearing scalp using tissue expanders allows larger scalp flaps to be moved into balding areas. This last technique is known as "scalp reduction."

Surgical hair replacement is not for everyone. Healthy hair bearing scalp is necessary to provide a donor site. The process typically requires multiple stages and can be time consuming. Nonetheless, surgical hair replacement is the most permanent answer to a problem that troubles many individuals.

If you have questions concerning hair replacement surgery, call 438-1434 for further information or to schedule a free consultation.

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For many, horsing around is the pursuit of a lifetime

By Donna Moskowitz

Horseback riding is a lifelong sport.

"You can do it when you're 8, you can do it when you're 70," says Becky Langer, co-owner and operator of HorseHabit.

The stable is located 12 miles south of Albany in Coeymans Hollow, just above South Bethlehem on Payne Road off of Route 102.

Langer and her sister, Jane Feeney, provide English riding lessons on 15 horses they own. The sisters have been riding for years, ever since their mother owned a boarding stable in South Dakota when they were children.

In South Dakota, owning a horse was like owning a bicycle, said Langer, who has been riding for more than 20 years.

But horseback riding is not just for kids, she said. It's an activity for all ages, and at HorseHabit, riders as young as 6 and as old as their 60s have saddled up, said Langer.

Horseback riding is also good exercise, Langer added.

Recently a young man who had served in the military during the Gulf war and who was in good physical condition came to the stable. After the first lesson, he told Langer his leg muscles were sore. The reason is that horseback riding uses different muscle groups than many other types of exercise.

The sport uses both the back and leg muscles more than one might realize.

"It's like isometrics, the way you use your muscles. You end up with a better body, better coordination of muscles," she said.

"In terms of health and fitness, everything about horses is physical, even grooming them. I used to work out at a health club in New York City. Believe me, I am 10 times more fit now than I was then — and I had a trainer and the whole bit."

There's more to horseback riding than just sitting on a horse including a good deal of concentration, Langer said.

Another point for riding as a fitness sport is that it



While teenagers Meredith Moriarity of Delmar, above left, and Jennifer Luck of Glenmont love horseback riding, adults like Joe Bernier, right, of Delmar, also enjoy the sport.

Donna Moskowitz



is adjustable to the level of fitness of the rider.

With some of her older students, "You key down what you do. You're not galloping cross country. You can make it as demanding as you want," she said.

Riding can also be a relaxing activity.

"We're really opposed to being a competitive stable," she said.

HorseHabit provides horseback riding "for people who want to enjoy it as a sport." While some riders pursue the "fast track," people are not pressured to become involved in formal riding competitions.

It's not an outrageously expensive sport either.

HorseHabit, for example, charges \$20 for a one hour, group lesson. Private lessons cost \$20 for one-half hour.

And while some people might think horseback riding is exclusively a fair weather activity, Langer said her riders "go in all weather. As long as you can keep decent footing, there is riding in the winter."

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Excuses, excuses

Regular exercise is the key to a happier, healthier life, but all too often, exercise and excuses go hand in hand. It's been said over and over again how important exercise is to one's physical and mental well-being, but when it comes down to doing something to change their lifestyles, many people's excuses become greater than their determination.

Those who are motivated to exercise take the time to work out at a local fitness club or participate in other athletic activities. But being motivated is the key. Society, more often than not, encourages sedentary, unhealthy lifestyles that are hard to reverse once habit sets in.

Whether you're a once-a-month exerciser or a complete couch potato, the list of benefits to be gained from exercise may be longer than you think.

Besides burning calories, regular exercise can stimulate the mind as well as the body's energy level. The National Cholesterol Education Program maintains that exercising for 15 to 30 minutes three times a week will give you more energy, relieve stress, give added strength to work, allow you to play harder and longer, firm muscles and allow you to fall asleep easier. Your body becomes a fine-tuned machine under the influence of regular workouts.

Chances of developing high-risk health problems, including heart disease and obesity, are lessened by exercise. Shaping up and staying fit helps people tackle problems such as high blood pressure, high blood cholesterol and diabetes. The higher your blood cholesterol level, the greater your chances of getting heart disease.

Once you start an exercise program, it's easier to sustain than you may think. And once you start seeing and feeling the results, you won't want to stop. Here are some tips for getting on an exercise binge:

- If you don't already belong to a health club or exercise program, sign up now. Not only will you sleep better, look better and suffer fewer colds and illness as a result, but many gyms and clubs run membership specials that could provide substantial savings.
- Don't exercise without warming up first. Joints are often stiff and muscles contracted in colder weather. A good warm-up regimen consists of movements simply to get the joints and muscles working.
- Jogging is a great aerobic workout, and you don't need a health club to incorporate it into a daily routine.
- Walking for fitness can be incorporated into busy days or your lunch hour. It requires only comfortable shoes and clothing. Take along your dog or headphones.
- Replenish your body with plenty of liquids always, especially during exercise. Drinking lots of water will not only cleanse your body of toxins, but will retain the moisture balance in your skin.

Diary

(From Page 1)

to take the plunge — get aerobically fit, trim, lean, in shape... 'Just do it,' the advertisement says.

Well, I did it. I bought the \$70 sneakers. Next up on the agenda, a quick trip to the bank. Those new-fangled exercise machines cost big bucks.

• **February 12:** Well diary, I've installed the torture device in the basement. I must admit, I don't think I'm quite ready for such a grunt and groan festival. After three weeks, my "abs" are no less flabby and the groin muscle injury hasn't yet healed.

There is an up-side to all of this. Gladys has found the device quite useful for hanging laundry on. Also, the rubber band tension devices that run the machine are perfect for propping up the sagging left side of the furnace.

The sneakers are still quite comfortable, but Gladys says they scuff the coffee table when I'm watching the Knicks game on television.

• **March 21:** No sign of spring and so my enthusiasm for the activities I have planned has waned a bit further. I have begun to set the alarm a half hour earlier each day to catch the aerobics shows, but honestly, I'm not much of a morning person. At least it allows me time for an extra cup of coffee.

When this weather breaks, I'll hit the road in my new jogging shoes.

• **April 5:** The snow is gone and I watch from the window as several of my neighbors begin their power-walking routine. Don't they look smug in their fancy outfits? And more than a bit silly swinging their arms wildly as they waddle down the road. I'm the real athlete in the neighborhood, or at least I will be when my Achilles tendon heals.

The doctor said just a few more weeks of rest. That's OK, I'll get to catch all of the Final Four games while I'm recuperating.

• **May 27:** To make a bad pun, this is not working out as I had planned. Back out on the jogging path yesterday, the Kepplemeyers' dog bit my still-tender ankle, causing an explosion of pain not

There is an up-side to all of this. Gladys has found the device quite useful for hanging laundry on.

felt since the first primitive root canal operation. Steadfast, I returned to the exercise machine to work on some strength training. Alas, the furnace had burned through most of the stretchy rubber bands that run the device.

I sit on the couch, despondent, watching the New York Mets blow another big lead.

• **June 27:** I deserve some time off, and I'm taking it, but the lure of a buffed bod has not entirely escaped me. Watching late night television finds me especially weak. So far, I've ordered the "Tush-Tucker," the "Abdomo-Mizer" and several other products enthusiastically endorsed by former situation comedy stars.

The products come, my expectations rise, and then Gladys finds some practical household use for them: a drying rack for her wigs, an exotic planter for the garden.

• **July 8:** Summer is here. The kids are out of school. No time to exercise. Besides, it's too nice outside to think about something

that tedious.

• **August 12:** It's hot, equatorial-Africa hot. I'm sweating enough just driving home from work in the car. Who needs to exercise with this much sweating? I just hope I'm drinking enough fluids.

• **September 21:** There is something of a renewal here as the leaves begin to fall and the weather gets a bit more brisk.

I have begun walking with my neighbors in the morning, but refuse to do the wild hip gyrations they say burn twice the calories as regular walking. Betty Semicolon dropped one of her hand weights on my toe last Wednesday. My feet are taking a beating this year.

• **October 11:** Being seen in the public company of two middle-aged women who walk as if their shorts were on fire is doing little for my popularity. It's also beginning to worry Gladys. I bid goodbye to my walking companions for the last time yesterday and watched them wiggle away into the sunset.

I dread the Halloween candy to come and its effect on my still-bulging waistline.

• **November 25:** I am weak and Thanksgiving proved it. Triple servings of stuffing with gravy and an extra piece of pecan pie during a late night snack. Should I give in to the couch potato within me? I suspect I have already.

• **December 17:** Has it been a whole year? The first snowfall, and a chance to at least get some movement into these old bones. Shovelling the driveway, I reflect on the year's effort — an exercise, it seems, in futility. I have fought the good fight and though the setbacks were plenty, I will try again.

New Year's resolutions are made to be broken and resolved again the next year.

But for now, it's time to relax, the football game starts in an hour and I haven't even ordered the pizza yet.



Views On Dental Health

Dr. Thomas H. Abele, D.M.D.

The Pros Know

The next time you watch a hockey, football or basketball game, look closely to see how many players are wearing mouthguards. Almost everyone playing should, and will use a mouthguard. Professional athletes are aware of the risks that exist within their sports. It is possible that an accident may result in the loss of several teeth. One could incur many expenses to repair whatever damage might be done.

If you participate in sports, you should not take the risk of having your teeth injured. Good, inexpensive mouthguards are available in many sporting good stores, and in some pharmacies. A better mouthguard may be available at your dentist office. This mouthguard only takes about 40 minutes to make, and is better because it is vacuum formed

to a plaster cast of your teeth. Thus, due to the accuracy of the mouthpiece, it will "stay put" better than the over-the-counter hot water molded type of appliance.

Make sure to protect your teeth while participating in a sport. A mouthguard is an easy way to help prevent any major damage from being done when you're playing to WIN!

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Wind and cold during March can damage your skin

Skin-care woes can be solved with preventive care.

While a tremendous amount of information exists about the sun's damaging effects on the skin, less is reported about the potential skin-care problems induced by cold, dry and windy conditions.

According to the Neutrogena Skincare Institute, nearly everyone experiences some form of "environmental xerosis," or dry skin exacerbated by exposure to wind and dry air.

Although not as serious as skin cancer, winter-related skin problems, when left unchecked, can progress from rough, flaky and chapped skin and lips to the more serious skin problems of cracking and fissuring. These painful and unsightly conditions also pose a risk of secondary infection.

The good news about environmental xerosis is that, unlike skin cancer, most effects are reversible with proper treatment. Preparing the skin in advance for the harsh elements can prevent both the common and more serious winter skin problems.

"Typically, everybody has drier skin in the winter as a result of a drop in environmental humidity," says Mitchell Wortzman, Ph.D., director of the Neutrogena Skincare Institute. "Dry skin can also be caused by the extensive use of indoor heating units, which typically produce dry heat."

Wortzman explains that these elements accelerate water loss from the stratum corneum (outer layer of the skin), leaving it rough and inflexible. Once the stratum corneum is damaged, the skin is susceptible to further penetration

by harsh soaps and chemicals, but more importantly, wind and cold air during the winter.

Unfortunately, a general moisturizer applied after the skin is already dry and itchy may not provide sufficient levels of hydration to replenish the skin and restore a proper moisture barrier.

"As soon as the weather starts to turn in the late fall, upgrade your moisturizing products and use them in a preventative way," Wortzman says, "so by the time January rolls around, you're not dealing with a problem that requires medical intervention."

The key to choosing a moisturizer is to look for products that provide high levels of long-lasting hydration. "Most body moisturizers don't provide superior degrees of hydration or are long-lasting enough to maintain the barrier function of skin," says Wortzman. However, moisturizers containing high glycerin levels have been shown to heal dry skin faster and keep it hydrated for a full 17 hours after application.

In addition to utilizing products with superior hydrating claims, other simple precautions can be taken to prevent dry skin.

Skin solution #1: Avoid taking long, hot showers in the winter. While hot water may feel good and seems to be hydrating, during the winter it can actually strip skin of its natural oils and enhance water loss. To prevent this effect, take shorter showers in lukewarm water and avoid long soaks in the tub or jacuzzi.

Skin solution #2: To prevent hands from becoming extremely red and chapped, wash hands as



Prolonged exposure to the elements can lead to skin problems that may need attention. Try applying a concentrated cream before ice fishing on Lake George or climbing Mt. Washington.

little as possible and always use lukewarm water and gentle soap. Cold and windy weather increases evaporative water loss from the skin, causing it to become stiff, dry and inflexible.

Left untreated, this condition can lead to open, bleeding cracks on the skin. After washing, dry hands thoroughly and apply a moisturizer, with a high glycerin content, to form a barrier between skin and the elements that damage it.

Skin solution #3: Apply a concentrated cream before going out to tackle the mountain. It should be applied to all exposed body parts, such as elbows, knees and lips.

To moisturize and protect the face from the wind, snow and sun (which can be more damaging at high altitude levels), a long-lasting moisturizer with sunscreen should also be applied.

Lacrosse Club gears up

The Capital Region Youth Lacrosse Club has scheduled registration on Monday, March 28, from 6 to 8 p.m. at the LaFollette Cafeteria in the Shaker High School.

Boys living in the Capital District and now in the fourth to eighth grades are eligible.

For additional information call Humphrey Tyler at 482-8820.

Asthma Club helps children get adjusted

Remember kickball, tag, frisbee and hide-and-seek? All are typical childhood activities. Now, picture the child unable to participate and, worse, often unable to explain why. Childhood is not a time to be isolated from peers.

A new concept in pediatric asthma education, the Asthma Explorers Club, is a self-help club kids can join through their physician's office.

"The Asthma Explorers Club is an exciting, innovative program for teaching pediatric asthma patients and their families about asthma and how to manage it," says Dr. Gary Rachelefsky of the UCLA School of Medicine.

"Using the NIH (National Institute of Health) asthma guidelines, we created a variety of educational materials, including a self-monitoring calendar/diary, instructional coloring and activity books, and a story book, to distribute to participants of the program that makes learning about asthma fun."

Interested in becoming an Asthma Explorer? Contact your physician or write: Asthma Explorers Club, P.O. Box 10457, Rochester, N.Y.

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Foot Facts

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Bunions Afflict Millions

According to a recent survey by the US Department of Health and Human Services, more than 80 million Americans have foot problems. And about seven million of those unlucky souls suffer from bunions, generally regarded as the most painful and disfiguring of foot problems. This condition is five times as common among women as men, but evenly divided between whites and blacks. As deformities of the toe and joint, bunions rise sharply with age and, except for the lowest income bracket, decline with income.

What are bunions? Bunions are misaligned big toe joints that become swollen and tender. The deformity causes the first joint of the big

toe to slant outward and the second joint to angle toward the other toes. Bunions tend to be inherited, but the tendency can be aggravated by shoes that are too narrow in the forefoot and toe. There are conservative and preventive steps that can minimize the discomfort of a bunion, but surgery is frequently recommended to correct the problem.

Self care includes wearing shoes that don't cramp your toes and the bony area immediately behind your toes. Also, soaking your feet in warm water will help relieve pain. Your podiatric physician may recommend special shoes or the wearing of foot/shoe supports (orthoses). Surgery sometimes is necessary to realign the toe.

Survey suggests parents should brush up on oral care

Dental experts believe there may be a generation of cavity-free children in the near future. But a new survey revealed that parents are not as optimistic.

The Crest Complete Survey on Children's Oral Care also showed that, while most parents understand the practices that will put their kids on the right path to good oral care, most do not begin the regimen early enough, which is one of the keys to a cavity-free generation.

The Roper survey of 504 parents was commissioned by Crest to help parents learn more about good oral health for children.

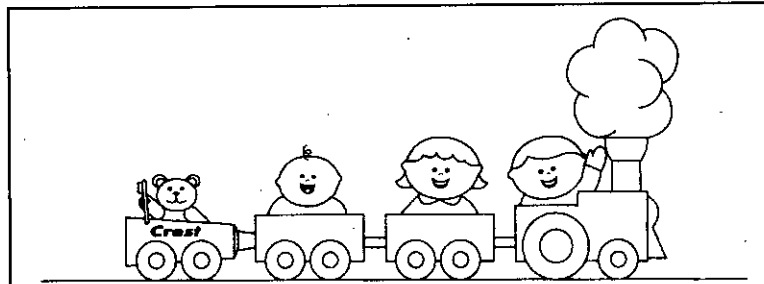
More than half (54 percent) of parents surveyed doubt there will be a generation of cavity-free children. Experts in pediatric dentistry disagree.

"Parents today may be thinking back to their own youth when fighting cavities was a major battle," said pediatric dentist Dr. Marvin Berman. "But, thanks to fluoride, improved dental techniques and oral care products, and better hygiene and nutrition, it's possible to eliminate cavities in the next generation."

In fact, a 1987 study of 40,000 U.S. children found that about half of all children ages five to 17 have no cavities. Yet, according to the survey, parents think only 22 percent of children under age 12 are cavity-free.

children to the dentist at an early age is cited by 96 percent of parents.

"Parents are on the right track, but most need guidance about when to begin proper oral care with their kids," Berman said.



Working Toward a Cavity-Free Generation

A majority of parents are aware of the proper steps that will help children remain cavity-free, but most fall short in knowing when to begin to instill good habits in their children.

Setting a good example by brushing regularly oneself is cited by 97 percent of parents as an important influence on children's good oral care habits. Taking

"For example, in the survey, the mean age at which parents say children should first visit a dentist is 3.1 years," Berman said. "We advise making the first dental visit much sooner, after the first tooth appears, and usually by the child's first birthday. As soon as the first tooth appears, parents should begin brushing that tooth with a small dab of ADA-approved fluo-

ride toothpaste."

Similarly, dental experts say oral care should begin early with parents gently wiping an infant's gums using a soft, damp wash cloth or sterile gauze pad.

Survey respondents miss the mark, citing 2.4 years as the mean age at which children should first have their gums or teeth cleaned by parents.

Parents think more like the experts when it comes to understanding how a toothbrush designed for kids can help ensure good oral health.

Providing kids with a toothbrush specifically designed for them is cited by 94 percent of parents as a motivator in getting children to brush their teeth.

"The proper toothbrush and toothpaste are important to the success of a child's oral care program because they motivate children to brush and develop good habits," Berman said.

"The more they like the taste of their toothpaste and the shape and color of their brush, the more they'll enjoy using them," Berman added.

Asked about the features they would include if creating a toothbrush for children, 46 percent of parents responded well to the idea of end-rounded soft bristles that won't damage gums, and 41 percent said a small bristle head to reach back teeth.

The factor selected by respondents more than any other is that the toothbrush should be easy for a child to hold.

"It is encouraging that parents recognize the importance of end-rounded bristles. End-rounding (polishing the end of each bristle) is critical in toothbrushes for adults and children because properly rounded ends provide needed cleaning while being gentle on gums," Berman said.

The Crest survey on children's oral care was fielded by telephone to 1,097 Americans by the Roper organization on Dec. 16 to 19, 1993.

The 504 parents who responded to the survey had at least one child age 18 and under living in the household. The margin of sampling error is within plus or minus 5 percentage points at the 95 percent confidence level for the total sample of parents. The data were weighted to the national population of adults with children.

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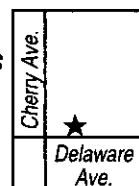
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New help for people with back pain

If you're one of the one in ten Americans with leg or back pain, doctors can now do more for you than ever before, and at less cost.

Many patients with a herniated lumbar disc, or "slipped disc," can be helped by a newly approved, minimally-invasive surgical procedure called endoscopic lumbar discectomy. It offers minimal discomfort, more rapid recovery and a high rate of success.

The procedure involves a steerable, automated probe that lets doctors actually see the area within the disc space causing the pain. Until now, such probes didn't have fiber optic "cameras," limiting the number of back pain sufferers eligible for less-invasive procedures.

Developed by Surgical Dyna-

mics, a provider of surgical instruments and devices for treating spinal disorders, the new endoflex steerable nucleotome can be used in the new procedure, which is performed on an outpatient basis and has already allowed more than 160,000 people to return to active and pain-free lives with less risk of infection and less hospitalization compared to alternative surgical procedures.

It's also a lot less expensive, helping to contain health care costs for patient, hospital and the country as a whole. According to Dr. Vert Mooney, a University of California, San Diego, professor of orthopedics, "This minimally-invasive procedure clearly lessens the opportunity for expensive complications."

According to the American Academy of Orthopedic Surgeons, lower back pain is second only to colds in causing absenteeism on the job. The National Safety Council says back injuries account for more than a third of workers' compensation costs.

The incision on the skin is less than 1/8 inch in diameter, a local rather than a general anesthetic can be used, nerve and muscle damage is avoided and "closing" consists of just an adhesive bandage.

Most people experience immediate pain relief and walking is permitted the same day. A physical therapy program is usually recommended and little, if any, postoperative medication is required.

Athletes should focus on replacing carbohydrates

Whether you're a world-class athlete or a weekend jogger, good nutrition lays the foundation for fitness. That's why the American Dietetic Association (ADA) has adopted the theme, "Nutrition Fuels Fitness" for National Nutrition Month in March.

The basic rules of the game for athletes are:

- The best diet for athletes is one that's varied, balanced, and healthful. Fueling up for fitness means eating plenty of low-fat, high-carbohydrate foods and beverages.
- Muscles replenish limited carbohydrate stores most efficiently within the first two hours following exercise. Athletes should eat or drink 200 to 400 calories of carbohydrates as soon as tolerable after exercise, and then again two hours later.
- It is essential to drink plenty of fluids because during exercise a 150-pound athlete can lose as much as 48 ounces of fluid (six cups of water) in one hour.
- After exercise, water is a great way to rehydrate fluids, but juices and juice drinks are a better after-workout choice because they not only help replenish fluids, but they also replace lost carbohydrates.

More children at risk for adult illnesses

Record numbers of young people ages 6 to 15 are sedentary, overweight and out of shape.

These kids are less active and watch more television than any previous generation, and the most recent studies are beginning to look like today's health-care crisis could be tomorrow's epidemic.

"As children mature, they become less active," said Jeff Zwiefel, director of National Exercise For Life Institute. "Upon reaching adulthood, this often leads to serious health problems, including obesity, hypertension and coronary heart disease."

One out of every four teens carries enough excess weight to put him or her at high risk for suffering a fatal heart attack, stroke, colon cancer, gout and other health problems later in life, regardless of whether he or she has slimmed down as an adult, he said. This illustrates the importance of learning and incorporating healthy lifestyle habits at an early age.

"There is an alarming misconception that children are currently getting all of the exercise they need to be physically fit," says H.J. Saunders, president of the National Youth Fitness Coalition. "The perception given by com-

petitive youth sports, physical education classes and after-school play, has lulled parents and educators into a false sense of security that our children are active and healthy, when in fact they are more sedentary than ever before."

The President's Council on Physical Fitness and Sports says that half of all American children are not getting enough exercise to develop healthy cardio-respiratory systems.

To combat this, the American College of Sports Medicine recommends that children engage in 20 to 30 minutes of vigorous exercise each day to combat adolescent obesity and ensure healthy cardiovascular development.



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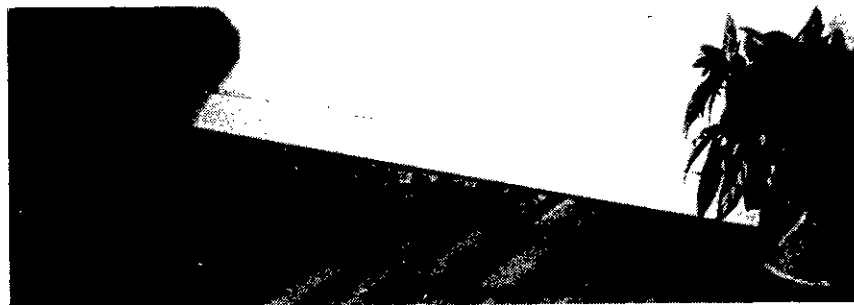
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Bethlehem spring varsity sports schedules

Boys varsity baseball

Thursday, March 31, 4 p.m.
Ravena

Wednesday, April 6, 4 p.m.
Burnt Hills/Ballston Lake

Thursday, April 7, 4 p.m.
Gloversville

Friday, April 8, 4 p.m.
at Niskayuna

Monday, April 11, 4 p.m.
at Shenendehowa

Wednesday, April 13, 4 p.m.
Mohonasen

Friday, April 15, 4 p.m.
at Glens Falls (East Field)

Monday, April 18, 4 p.m.
at Gloversville

Wednesday, April 20, 4 p.m.
at Columbia

Friday April 22, 4 p.m.
Guilderland

Saturday, April 28, 10 a.m.
at Glens Falls (East Field)

Wednesday, April 27, 4 p.m.
at Scotia

Friday, April 29, 4 p.m.
Shaker

Monday, May 2, 4 p.m.
at Burnt Hills/Ballston Lake

Wednesday, May 4, 4 p.m.
Niskayuna

Friday, May 6, 4 p.m.
at Colonie

Monday, May 9, 4 p.m.
at Mohonasen

Wednesday, May 11, 4 p.m.
Saratoga

Friday, May 13, 4 p.m.
Columbia

Saturday, May 14, 1 p.m.
at Saugerties (Contine Field)

Wednesday, May 18, 4 p.m.
Scotia

Thursday, May 19, 7 p.m.
at Schenectady (Central Park)

Tuesday, May 24
at Schenectady Tournament
(Central Park)

Wednesday, May 25
at Schenectady Tournament
(Central Park)

Coach: Ken Hodge

Girls varsity softball

Wednesday, April 6, 4 p.m.
Burnt Hills/Ballston Lake

Friday, April 8, 4 p.m.
at Niskayuna

Monday, April 11, 4 p.m.
at Shenendehowa

Wednesday, April 13, 4 p.m.
Mohonasen

Wednesday, April 20, 4 p.m.
at Columbia

Friday April 22, 4 p.m.
Guilderland

Wednesday, April 27, 4 p.m.
at Scotia

Friday, April 29, 4 p.m.
Shaker

Monday, May 2, 4 p.m.
at Burnt Hills/Ballston Lake

Wednesday, May 4, 4 p.m.
Niskayuna

Friday, May 6, 4 p.m.
at Colonie

Monday, May 9, 4 p.m.
at Mohonasen

Wednesday, May 11, 4 p.m.
Saratoga

Friday, May 13, 4 p.m.
Columbia

Wednesday, May 18, 4 p.m.
Scotia

Coach: Dot Mueller

Boys varsity lacrosse

Thursday, March 31
Colonie Tournament

Saturday, April 2
Colonie Tournament

Monday, April 4, 4 p.m.
Columbia

Thursday, April 7, 4 p.m.
at Colonie

Monday, Apr. 11, 4 p.m.
at Niskayuna

Wednesday, April 13, 4 p.m.
at Saratoga

Friday, April 15, 5 p.m.
Kingston

Tuesday, April 19, 4 p.m.
Troy

Thursday, April 21, 4 p.m.
at South Glens Falls
(Moreau Recreational Park)

Tuesday, April 26, 4 p.m.
at LaSalle Institute

Tuesday, May 3, 7:30 p.m.
Albany Academy

Saturday, May 7, 2 p.m.
at Schenectady

Tuesday, May 10, 4 p.m.
Shenendehowa

Thursday, May 12, 7:30 p.m.
at Shaker

Tuesday, May 17, 4 p.m.
at Columbia

Friday, May 20, 4 p.m.
Colonie

Tuesday, May 24, 7 p.m.
Niskayuna

Coach: Scott Carlton

Girls varsity lacrosse

Friday, April 8, 4 p.m.
Columbia

Tuesday, April 12, 4 p.m.
at Scotia

Thursday, April 28, 4 p.m.
at Niskayuna

Friday, April 29, 7:30 p.m.
Albany Academy for Girls

Monday, May 2, 4 p.m.
at Shaker

Wednesday, May 4, 4 p.m.
Scotia

Thursday, May 5, 4 p.m.
at Columbia

Friday, May 6, 7:30 p.m.
Averill Park

Monday, May 9, 4 p.m.
Niskayuna

Wednesday, May 11, 4 p.m.
at Emma Willard

Friday, May 13, 4 p.m.
at Guilderland

Wednesday, May 18, 4 p.m.
Saratoga

Friday, May 20, 4 p.m.
Shenendehowa

Coach: Nancy McKenna

Boys Tennis

Monday, April 4, 4 p.m.
Queensbury

Wednesday, April 6, 4 p.m.
Shenendehowa

Friday, April 8, 4 p.m.
Scotia



Monday, April 11, 4 p.m.
at Burnt Hills/Ballston Lake

Wednesday, April 13, 4 p.m.
Guilderland

Monday, April 25, 4 p.m.
at Queensbury

Tuesday, April 26, 4 p.m.
at Colonie

Thursday, April 28, 4 p.m.
at Shaker

Friday, April 29, 4 p.m.
Niskayuna

Monday, May 2, 4 p.m.
at Columbia

Tuesday, May 3, 4 p.m.
at Shenendehowa

Thursday, May 5, 4 p.m.
Burnt Hills/Ballston Lake

Friday, May 6, 4 p.m.
at Saratoga

Monday, May 9, 4 p.m.
at Guilderland

Wednesday, May 11, 4 p.m.
Mohonasen

Thursday, May 12, 4 p.m.
Shaker

Monday, May 16, 4 p.m.
at Niskayuna

Coach: Derek Minkler

Boys track and field

Thursday, April 7, 4 p.m.
Colonie/BC at Columbia

Saturday, April 9, 10 a.m.
at New Paltz

Tuesday, April 12, 4 p.m.
Shenendehowa/Mohonasen

Tuesday, April 26, 4 p.m.
Burnt Hills/Ballston Lake

Tuesday, May 3, 4 p.m.
BC/Saratoga at Niskayuna

Thursday, May 5, 4 p.m.
Burnt Hills Ballston Lake/
Guilderland

Thursday, May 12, 4 p.m.
Scotia/Shaker

Tuesday, May 17, 4 p.m.
at Mohonasen

Coach: Dave Banas

Girls track and field

Wednesday, April 6, 4 p.m.
Colonie/Columbia

Wednesday, April 13, 4 p.m.
Shenendehowa/BC
at Mohonasen

Thursday, April 28, 4 p.m.
Burnt Hills/Ballston Lake

Monday, May 2, 4 p.m.
BC/Niskayuna at Saratoga

Wednesday, May 4, 4 p.m.
Burnt Hills/Ballston Lake/BC
at Guilderland

Wednesday, May 11, 4 p.m.
Scotia/BC at Shaker

Wednesday, May 18, 4 p.m.
Mohonasen

Coach: Bob Hill

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Voorheesville spring varsity sports schedules

Boys varsity baseball

Wednesday, April 13, 4 p.m.
at Cohoes

Friday, April 15, 4 p.m.
Lansingburgh

Monday, April 18, 4 p.m.
Mechanicville

Wednesday, April 20, 4 p.m.
at Ravena

Friday, April 22, 4 p.m.
Schalmont

Monday, April 25, 4 p.m.
Albany Academy

Wednesday, April 27, 4 p.m.
at Waterford

Friday, April 29, 4 p.m.
Watervliet

Monday, May 2, 4 p.m.
at Averill Park

Friday, May 6, 4 p.m.
Cohoes

Monday, May 9, 4 p.m.
at Lansingburgh

Wednesday, May 11, 4 p.m.
at Mechanicville

Friday, May 13, 4 p.m.
Ravena

Monday, May 16, 4 p.m.
at Schalmont

Wednesday, May 18, 4 p.m.
at Albany Academy

Friday, May 20, 4 p.m.
Waterford

Monday, May 23, 4 p.m.
at Watervliet

Wednesday, May 25, 4 p.m.
Averill Park

Coach: Don McDonald

Girls varsity softball

Monday, April 4, 4 p.m.
Mechanicville

Wednesday, April 6, 4 p.m.
at Lansingburgh

Friday, April 8, noon
Schalmont

Saturday, April 9, 4 p.m.
Watervliet

Monday, April 11, 4 p.m.
at Ravena

Wednesday, April 13, 4 p.m. at
Waterford

Monday, April 18, 4 p.m.
at Holy Names

Monday, April 25, 4 p.m.
Averill Park

Wednesday, April 27, 4 p.m.
at Emma Willard

Friday, April 29, 4 p.m.
Cohoes

Saturday, April 30, 10 a.m.
at Mechanicville

Monday, May 2, 4 p.m.
Lansingburgh

Wednesday, May 4, 4 p.m.
at Schalmont

Friday, May 6, 4 p.m.
Ravena

Monday, May 9, 4 p.m.
Waterford

Friday, May 13, 4 p.m.
Holy Names

Saturday, May 14, 4 p.m.
at Watervliet

Monday, May 16, 4 p.m.
at Averill Park

Wednesday, May 18, 4 p.m.
Emma Willard

Friday, May 20, 4 p.m.
at Cohoes

Coach: Chris Cannata

Boys varsity tennis

Monday, April 11, 3:45 p.m.
Averill Park

Wednesday, April 13, 3:45 p.m.
at Albany Academy

Friday, April 15, 3:45 p.m.
Cohoes

Wednesday, April 20, 3:45 p.m.
at Waterford

Friday, April 22, 3:45 p.m.
at Schalmont

Monday, April 25, 3:45 p.m.
Watervliet

Wednesday, April 27, 3:45 p.m.
at Averill Park

Friday, April 29, 3:45 p.m.
Albany Academy

Monday, May 2, 3:45 p.m.
at Cohoes

Thursday, May 5, 3:45 p.m.
Waterford

Monday, May 9, 3:45 p.m.
Schalmont

Wednesday, May 11, 3:45 p.m.
at Watervliet

Monday, May 16, 3 p.m.
Colonial Council Tournament
at Albany Academy

Tuesday, May 17, 3 p.m.
Colonial Council Tournament
at Albany Academy

Wednesday, May 18, 3 p.m.
Colonial Council Tournament
at Albany Academy

Coach: Tom Kurkjian

Coed varsity track

Tuesday, April 12, 4 p.m.
at Albany Academy

Thursday, April 14, 4 p.m.
at Cohoes

Tuesday, April 19, 3 p.m.
at Lansingburgh Relays

Tuesday, May 3, 4 p.m.
at Averill Park (boys only)

Thursday, May 5, 4 p.m.
at Averill Park (girls only)

Tuesday, May 10, 4 p.m.
at Schalmont

Thursday, May 12, 4 p.m.
at Ravena

Saturday, May 14, 9 a.m.
at Middleburgh Invitational

Tuesday, May 24, 1 p.m.
Colonial Council Meet
at Albany Academy

Soccerplex fund-raisers



Preparing for the Kids Carnival to benefit the Bethlehem Soccer Club are, from left, Cameron Betterley, Matt Glannon, Tommy Rood, Sarah Kidd, Lindsay Rood, Mackenzie Glannon, Alec Betterley and Matt Kidd. The carnival will be Saturday, March 19, from 10 a.m. to 4 p.m. at Bethlehem Town Hall, and will feature games, food, prizes and a Chinese auction. Proceeds will go to the development of the Bethlehem Soccer Club Soccerplex, a complex of soccer fields on Wemple Road.



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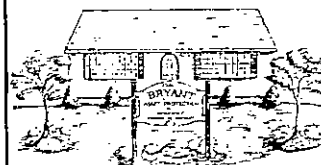
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Josh White will be swinging again this year for the Voorheesville varsity baseball team.

RCS spring sports schedules

Boys varsity baseball

Thursday, March 31, 4 p.m.
at Bethlehem
Thursday, April 7, 4 p.m.
at Ichabod Crane
Wednesday, April 13, 4 p.m.
at Mechanicville
Friday, April 15, 4 p.m.
Albany Academy
Monday, April 18, 11 a.m.
at Schalmont
Tuesday, April 19, 3 p.m.
at Ichabod Crane
Wednesday, April 20, 4 p.m.
Voorheesville
Friday, April 22, 4 p.m.
at Waterford
Monday, April 25, 4 p.m.
Watervliet
Wednesday, April 27, 4 p.m.
at Averill Park
Friday, April 29, 4 p.m.
Cohoes

Monday, May 2, 4 p.m.
at Lansingburgh
Friday, May 6, 4 p.m.
Mechanicville
Monday, May 9, 4 p.m.
at Albany Academy
Wednesday, May 11, 4 p.m.
Schalmont
Friday, May 13, 4 p.m.
at Voorheesville
Monday, May 16, 4 p.m.
Waterford
Wednesday, May 18, 4 p.m.
at Watervliet
Friday, May 20, 4 p.m.
Averill Park
Monday, May 23, 4 p.m.
at Cohoes
Wednesday, May 25, 4 p.m.
Lansingburgh
Coach: Gary Van Derzee

Girls varsity softball

Monday, April 4, 4 p.m.
at Schalmont
Wednesday, April 6, 4 p.m.
at Cocksackie
Friday, April 8, 4 p.m.
at Waterford

Monday, April 11, 4 p.m.
Voorheesville
Wednesday, April 13, 4 p.m.
at Holy Names
Friday, April 15, 4 p.m.
Watervliet
Monday, April 18, 4 p.m.
at Cohoes
Wednesday, April 20, 4 p.m.
Averill Park
Monday, April 25, 4 p.m.
Emma Willard
Wednesday, April 27, 4 p.m.
at Mechanicville
Friday, April 29, 4 p.m.
Lansingburgh
Saturday, April 30, 10 a.m.
Schalmont
Tuesday, May 3, 4 p.m.
Waterford
Friday, May 6, 4 p.m.
at Voorheesville
Monday, May 9, 4 p.m.
Holy Names
Wednesday, May 11, 4 p.m.
at Watervliet
Friday, May 13, 4 p.m.
Cohoes
Saturday, May 14, 10 a.m.
at Averill Park
Monday, May 16, 4 p.m.
at Emma Willard
Wednesday, May 18, 4 p.m.
Mechanicville
Friday, May 20, 4 p.m.
at Lansingburgh
Coach: Bruce Scott

Girls track and field

Saturday, April 9, 9:30 a.m.
at Cohoes Relays
Tuesday, April 12, 4 p.m.
Averill Park/Watervliet
Thursday, April 14, 4 p.m.
Cohoes/Voorheesville
at Cohoes
Tuesday, April 19, 3 p.m.
at Colonial Council Relays
Thursday, May 5, 4 p.m.
Mechanicville/Schalmont away
Tuesday, May 10, 4 p.m.
Holy Names
Thursday, May 12, 4 p.m.
Lansingburgh

Thursday, May 12, 4 p.m.
Voorheesville
Tuesday, May 24, 3 p.m.
at Colonial Council
Championships
Coach: Gary Davis

Boys track and field

Saturday, April 9, 9:30 a.m.
at Cohoes Relays
Tuesday, April 12, 4 p.m.
Averill Park/Watervliet
Thursday, April 14, 4 p.m.
Cohoes/Voorheesville
at Cohoes
Tuesday, April 19, 3 p.m.
at Colonial Council Relays
Saturday, April 30, 9:30 a.m.
at Albany Academy Invitational
Tuesday, May 3, 4 p.m.
Mechanicville/Schalmont away
Tuesday, May 10, 4 p.m.
Albany Academy
Thursday, May 12, 4 p.m.
Lansingburgh/Voorheesville
Saturday, May 14, 9:30 a.m.
RCS Invitational
Tuesday, May 17, 3 p.m.
at Albany County Meet
Tuesday, May 24, 3 p.m.
at Colonial Council
Championships
Coach: James Gorham

Pop Warner gears up in NS and Bethlehem

The New Scotland Pop Warner will hold registration for the 1994 season at the Voorheesville Village Hall on Friday, March 25, from 5:30 to 8 p.m. and Saturday, March 26, from noon to 3 p.m. and Wednesday, March 30, from 5:30 to 8 p.m.

The Bethlehem Pop Warner monthly board meeting is scheduled for 7 p.m. Monday, March 24 at the Bethlehem Town Hall.

On Thursday, March 24, an informational is scheduled at the Bethlehem Town Hall to discuss the 1994 football and cheerleading programs.

Children from 8 to 15 are encouraged to attend if they have interest in either of the programs.

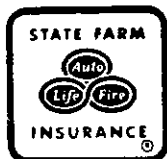
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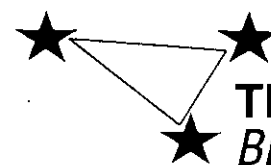
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Glens Falls meet

Youngest Dolphins lead the way

The Delmar Dolphins enjoyed a stellar day at the Glens Falls High School pool recently in the fourth Annual Adirondack Invitational Swim Meet.

Outstanding performances by the younger members of the club indicate continued success for the team in the years ahead. Awards were presented to the fastest six swimmers in each event.

Courtney Arduini swept her events clean, with first place finishes in the 8-and-under girls 100 Individual Medley (IM), the 25 backstroke, the 25 butterfly and the 25 freestyle.

Larissa Suparmanto won the 25 yard breaststroke, was second in the IM, fourth in the butterfly and sixth in the backstroke. Emily Fong was second in the breaststroke, fourth in the back and fifth in the 'fly.

Hannah Gold joined her 8-and-under teammates in the 200 yard freestyle relay, which brought

Swimming

home a first place ribbon. Swimming with the 8-and-under boys, Joseph Cardamone was second in the back and fifth in the 'fly.

Scott Solomon was third in the 100 IM, fourth in both the breaststroke and 100 free and sixth in the 25 freestyle. Rick Grant was third in the 100 freestyle and took fourth places in the IM, 'fly and back.

The Dolphins only representative in the 9-10 age group was Becky Corson who finished sixth in the 200 IM and 50 'fly. Lisa Fong won the 11-12 girls 50 free, was second in the 100 back, third in the 100 'fly and fourth in the 50 breaststroke. Elyse McDonough was fourth in the 100 back.

Sara Gold had a number of excellent performances, including

a personal best performance in the 100 yard 'fly, in which she reduced her previous time by more than five seconds. Brian Dowling won the 100 back, was second in the butterfly, as well as the 50 and 100 freestyle events. Bobby Pasquini was third in the 50 breaststroke.

Competing in the 13-14 year old age group, Erika McDonough was third in the 200 back and 200 free. Nadine Maurer was fourth in the 200 breaststroke, fifth in the 200 IM and 100 'fly. Stephanie Fong was fifth in the IM and 200 breaststroke.

The team of McDonough, Maurer, Fong and Kelly Roberts finished third in the 13-14 girls 200 freestyle relay.

Steve Corson was third in the 200 breaststroke, fourth in the IM and fourth in the 200 freestyle. Cailin Brennan was second in the senior girls 100 'fly and fourth in the 200 freestyle.

Freestyle relay team finishes 4th in state

By Scott Isaacs

The Bethlehem swimmers who competed at the State Championships in Syracuse last weekend showed the grit that made them tops in Section II.

While not placing in the top echelon statewide, all six of the BC representatives had personal best times. The 200 freestyle relay team of Adriaan Denkers, Colin Izzard, Mark Kanuk and Patrick Gallagher narrowly missed out on a third place finish as they placed fourth and were the top finishers for Section II.

The 200 medley relay team of Denkers, Kanuk, Gallagher and Izzard placed sixth, but had a personal best time of 1:40. Jon Church set his career best in the

200 freestyle and finished 12th in the 500 freestyle. Izzard, a senior, placed fifth in the 100 breaststroke.

BC swim coach Ken Neff said the Section II representatives as a whole did not perform well, although he praised the BC swimmers saying, "As a team, we performed very well."

"We set some personal bests and swam a very solid meet. Sec-

tion III is very tough and we should have a few more outside meets with Section III teams after our performance in Syracuse.

"This year was a solid season for us," he continued. "We had some ups and downs, some injuries, but we came back strong. Next year should be interesting. Burnt Hills has all of their swimmers back and Niskayuna looks good. I'm looking forward to it."

Dolphins registration slated next week

The Delmar Dolphins Swim Club will hold registration for new members on Tuesday and Wednesday, March 22 and 23, from 7 to 8 p.m. in the Administrative Conference Room of the Bethlehem Central High School.

Club members must be between 6 and 18, residents of Bethlehem or the Bethlehem school district and be able to swim at least 25 yards unassisted. For information, call Mike McDonough at 439-3805.

Under-14 boys lose to Clifton Park

The eighth annual "Mostly Off the Wall" indoor soccer tournament continued on Sunday, March 6, featuring the Under-14 boys teams.

Bethlehem's team, coached by Bill Cushing, beat Lakehill before losing in the playoffs to Clifton Park.

Goalkeeping for the team were

Greg Cooper, Matt Thibdeau, Zach Hilderbrandt, Rob Tocker, Trafton Drew, Kevin Smith, Pablo Valverde-Woodward and Eamon Brennan.

The final tournament games are scheduled for Sunday, March 20, with the Under-8 coed and Under-14B boys playing at the Bethlehem high school.

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Final Four set in BBC

History repeated itself for the fifth year in a row as an undefeated team in the regular season failed to make it to the championship game of the season-ending tournament of the Bethlehem Basketball Club.

In an exciting, down-to-the-wire finish in the first All-Star Division semifinal game, the number four seed Spurs knocked off the previously unbeaten Mavs 41-39.

Paced by the strong inside play of Toby Cushing (11 points) and Tim Moshier (14 points), the Spurs bounced back from a 21 point deficit in the third period to edge the Mavs. Geoff Hunter's key hoops down the stretch proved to be decisive. For the Mavs, John Fugit scored 14 points and grabbed 10 rebounds while Katie Smith scored 8 points and distributed 6 assists.

In the other All-Star Division semifinal game, the sixth seed Magic dumped the number two seed Hawks, 47-41. The Magic took a 33-18 halftime lead and never looked back as they converted a number of Hawk turnovers into easy baskets at the other end of the court.

The fast-breaking offense of the Magic was paced by the guard play of Sean Battle (19 points) and Geoff Linstruth (15 points). The Hawks were led by Rory McInerney (13 points) and Mark Winterhoff (9 points).

This sets up a showdown for the All-Star Division championship between the Spurs and the Magic at 7:30 p.m. Sunday, March 20. The consolation game between the Mavs and the Hawks will take place at 6:30.

In the Pro Division, two exciting semifinal games produced excitement from start to finish. Behind the 17-point scoring effort of Calvin Brown, the number two seed Lakers just got past a well-drilled and stubborn Bulls squad 40-38. Caleb Bacon dominated both backboards for the winners as he pulled down 13 rebounds.

Pat Hughes, who had 20 points, hit three consecutive layups in the final minutes to help the Bulls stay close down the stretch. For the Bulls, Brendan Griffin's seven points and nine rebounds inspired his teammates.

The Nets put away the Nuggets 38-34 in the other Pro Division semifinal game. The number four seed Nets used the inside game of Ryan Venter (13 points) and the outside shooting of Josh Plattner (10 points) to seal the victory. The Nuggets were led by Nick Conger's 15 points and eight assists and Jonathan Caplan's seven rebounds and seven points.

On Sunday, the Nets will take on the Lakers in the Pro Division Championship game at 3:30 p.m. Closing day award ceremonies for all BBC players will take place at 8:30 p.m.

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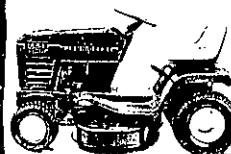
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□ Southgate

(From Page 1)

complete, a recommendation to that effect would be made to the town board. It would then be up to the town board to officially declare the DEIS acceptable.

• Once this occurs, a time clock on public comment would start ticking. A public comment period of at least 30 days would begin, during which time it is likely a public hearing would be held.

The town board — lead agency for the project since it is located in a planned commercial district — would make the final determination on whether additional measures need to be taken by the developers to mitigate any environ-

mental impact.

The original plans for Southgate are still on track, Grayson said. A contract has been signed with the Kmart Corp. for a new Super K store, which would include a Kmart discount center along with a full-service supermarket.

Discussions are proceeding, Grayson said, on attracting a second anchor store to the value-oriented retail center. The second anchor will likely be a home improvement outlet, he said.

About 98,000 square feet of retail space would remain between the two anchor stores for smaller, specialty-type shops.

Citizens Monitoring Southgate, a grass-roots organization that has gone on record as opposing the scale of the shopping center, believes a smaller, community-sized center should be built.

They have cited the town's LUMAC report, which recommends siting shopping centers containing about 250,000 square feet of retail space.

Barr said the LUMAC statement on future shopping plazas was only a recommendation and could be open to interpretation as to "where a community-sized center ends and a regional center starts."

□ Lacrosse

(From Page 1)

Barbara Bartoletti of the high school athletic association said, "Lacrosse has paid its dues."

Lacrosse began at BC in 1990 as a self-funded boys JV team. In 1991, parents funded boys varsity and JV teams for both boys and girls.

Last year and this, boys and girls varsity teams were funded by the district, while the JV teams remained self-funded at a cost of about \$6,000. The program has grown to be quite popular, with more than 100 students participating on the four teams.

Several parents and athletes complained about inadequate equipment used in other sports.

Gymnast Sharon Fellows said that the balance beam "wobbles," creating a safety problem.

Athletic Director Fred Powers said that he was aware of the problem, and the balance beam would be replaced before next year's gymnastics season.

Track athlete Jen Christian said, "The starting blocks and hurdles are an embarrassment. Visiting teams have to bring their own blocks so we can have a six-lane race."

Franz Zwicklbauer, assistant superintendent for business, said that replacing sports equipment is evaluated along with the rest of the district's equipment needs.

"After the budget is complete, we allocate equipment funds based on need," he said. "We don't want students using unsafe equipment."

"If there's an immediate safety need, we wouldn't wait" until next year, added Superintendent Leslie Loomis.

In addition to this year's athletic budget for next year, the board approved \$6,250 for full funding of lacrosse, \$10,000 for

new uniforms, \$2,000 more for officials, \$1,440 to provide an equal number of games and scrimmages for girls' teams, \$2,520 to increase the athletic trainer's hours, and \$255 to shift a track coach from the spring to the winter.

Remaining self-funded teams are ice hockey (new this year), modified baseball and modified soccer for boys and girls.

Regarding the high school instructional program, the board approved hiring a net 4 full-time-equivalent teacher for next year.

The alternative Lab School will have 1.4 more FTE teachers next year, to accommodate an enrollment increase of 20 students, Loomis said.

Several programs would see a reduction of a fraction of a teacher, he added.

In other business, the board approved a ballot proposition for purchasing 10 new school buses at a cost of \$568,500, about \$90,000 more than the board had preliminarily OK'd.

Zwicklbauer said that there was a question whether state aid would pay for the refurbished buses in the original plan.

Considering the cost advantage of refurbished buses, which are completely rebuilt from the chassis up, board member Pamela Williams said she did not want to pass up buying the refurbished buses because of vague concerns about safety.

"I want them to give us some hard data on whether refurbished buses are safe," she said.

The board also approved a ballot proposition that would refinance \$1,280,000 owed to the Teachers' Retirement System for the 1988-89 school year. Zwicklbauer estimated that the district would save up to \$94,000 over 10 years through the refinancing.

□ Suit

(From Page 1)

discredit or injure her."

Town Attorney Bernard Kaplowitz said that the town would not acknowledge fault in the matter, would not pay damages and would not opt for a settlement.

"We are arranging for legal counsel" in the matter, Kaplowitz said. "The charges were thoroughly investigated by the Bethlehem police department, with help from the Albany County district attorney's office and the state police, and I'm told they came back with absolutely no evidence of wrongdoing."

Kaplowitz added that it was his understanding that Cook was living with the girl's mother until shortly before the alleged incident occurred. "It's a tough situation when you get this kind of allegation."

Attorney Joseph P. Eriole, who is handling the plaintiff's case for the Schenectady law firm of De Lorenzo, Gordon, Pasquariello, Weiskopf and Harding, said he was not surprised that the law enforcement agencies came to the conclusion that they did.

"This case is so new, it's still fairly undeveloped," he said. "I

think they were only able to get limited information. The nature of what's being charged is such that information regarding it is not liable to be lying around in file folders. ... No one writes reports about what's being charged.

"We wouldn't have brought the claim if there was nothing to it," he added. "They (the town) should pay attention to it."

Free health screening to be held at town hall

A Town of Bethlehem blood pressure screening will be held on Tuesday, April 19, from 10 a.m. to 2 p.m. in the Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar.

For information, call 439-4955.

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Susan and William Cokas

Odenkirchen, Cokas wed

Susan Elisabeth Odenkirchen, daughter of Carl and Stella Odenkirchen of Delmar, and William Peter Cokas, son of Peter and Janice Cokas of Rockville, Md., were married Sept. 4.

The ceremony was performed by Monsignor Charles Rowland in the Church of St. Joseph, Columbia S.C., with a reception following in the McCutchen Mansion.

The maid of honor was Lauren Ross, and bridesmaids were Nancy Fabry, Miriam DiNunzio, Cortney Haber and Ellen Cokas, the groom's sister.

The best man was Michael

Sottong, and ushers were David Odenkirchen, the bride's brother, Andrew Cokas and Dean Cokas, brothers of the groom, and Dr. Thomas McCarter.

The bride is a graduate of Bethlehem Central High School and the University of North Carolina at Chapel Hill. She is a writer for the Chicago Sun-Times and an actress.

The groom is also a graduate of the University of North Carolina at Chapel Hill. He is a commercial writer for the Leo Burnett Advertising Agency, Chicago.

After a wedding trip to Hawaii, the couple lives in Chicago.

Births

Albany Medical Center

Girl, Candace Leigh Cassidy, to Lori Lehner and Michael Cassidy, Delmar, Jan. 26.

Girl, Kelsie Margaree Chisholm, to Margaret and John Chisholm, Voorheesville, Jan. 30.

Girl, Clarissa Laine Zeh, to Caryn and Christopher Zeh, Voorheesville, Feb. 2.

Girl, Katelynn Ann Hyserman, to Christina and Brian Hyserman, Selkirk, Feb. 3.

Girl, Farrell Elizabeth Brennan, to Leslie and Joseph Brennan, Voorheesville, Feb. 6.

Boy, Lukas Karel Sotola, to Janet and Vaclav Sotola, Voorheesville, Feb. 8.

Boy, Casey Daniel McGraw, to Terri and Patrick McGraw, Selkirk, Feb. 8.

Girl, Amanda Nichole Whitten, to Patricia Lozano and Keith Whitten, Feura Bush, Feb. 8.

Girl, Emily Ann Peterson, to Lianne and Wallace Peterson, Delmar, Feb. 10.

Bellevue Hospital

Boy, Joshua Scott Wolfson, to Jacqueline and Mitch Wolfson, Selkirk, Feb. 15.

Local students make dean's lists

The following local college students were named to the dean's lists at their respective schools for the fall semester.

Tufts University — Carl McCoy of Delmar.

University at Buffalo — Stacy Havlik, Tracy Manning and Laura Lee Butt, all of Delmar; Genise Fraiman of Glenmont; and Christopher McDermott and Kari Decker, both of Voorheesville.

University of Rochester — Jeremy Goldman of Delmar.

In Voorheesville
The Spotlight is sold at
Stewarts, Voorheesville
Pharmacy and Voorheesville
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D'Arcy LeMaitre-Share and David Share

LeMaitre, Share marry

D'Arcy Lyn LeMaitre, daughter of Charles and Lyn LeMaitre of Delmar, and David M. Share, son of Robert and Diane Share of Livingston, N.J., were married June 20.

Judge Lawrence LaBelle performed the ceremony in the Canfield Casino, Saratoga Springs, where the reception was held.

The maid of honor was Elizabeth Bartoletti, and bridesmaids were Kathleen Sadlon, Tamar Hamilton, Michelle Buda and Suzanne Wade.

The best man was Steven Share,

and ushers were Casey LeMaitre, Richard Graulich, Michael Raymond and Davinder Walia.

The bride is a graduate of Bethlehem Central High School, Russell Sage College and the University of Massachusetts at Lowell. She is employed as a physical therapist.

The groom is a graduate of Rensselaer Polytechnic Institute, and is employed as an environmental engineer.

After a wedding trip to Barbados, the couple lives in Somerset, N.J.

Mail weddings, engagements

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

Black and white photos are preferred, but color photos are acceptable. Polaroid photos cannot be printed.

For information and submission forms, call 439-4949. Mail announcements to 125 Adams St., Delmar 12054.

Community Corner



Bethlehem library schedules annual book sale

The Bethlehem Public Library, 451 Delaware Ave., Delmar, will host its annual book sale on Saturday and Sunday, March 19 and 20, during regular library hours.

Used hardcover and paperback adult and children's books will be sold along with magazines, puzzles and records.

Used equipment and sets of books, including encyclopedias, will be sold by silent auction.

For information, call Cathy Howell at 439-9314.

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Johnson's Stationery 439-8166. Wedding Invitations, Announcements, Personalized Accessories.

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Obituaries

Ethel Rhenow Spain

Ethel Rhenow Spain, 72, of Colonie and formerly of Delmar, died Tuesday, March 8, at Albany Medical Center Hospital.

A Delmar native, she was educated in the Bethlehem school system.

Mrs. Spain was an office worker for the state Department of Education for 20 years before she retired in 1982.

Survivors include four daughters, June Dayter of Watervliet, Linda Guynup of Albany, Arlene Adams of Schaghticoke and Cindy Spain of Chicopee, Mass.; three sons, Richard Spain of Albany, William Spain of Delmar and David Spain of Snyder's Lake; a sister, Jean Richardson of Guiderland; 16 grandchildren; and several great-grandchildren.

Services were from the Zwack & Sons Funeral Home, Albany, and Grace & Holy Innocents Church, Albany.

Burial was in Bethlehem Rural Cemetery.

Grace Wagner Lee

Grace Wagner Lee, 85, of Voorheesville, died Wednesday, March 9, at Teresian House in Albany.

Born in New York City, she attended schools in Stamford, Conn. She had lived with her daughter in Voorheesville before moving to Teresian House.

Mrs. Lee was an office manager for the Stamford Yacht Club for 21 years retiring in 1971.

She had been a member of the Evangelical Lutheran Church in Glenbrook, Conn.

Survivors include a daughter, Carroll A. Lee of Voorheesville; a son, William Morrell of Stamford, Conn.; two grandchildren; and four great-grandchildren.

Services were from the Daniel Keenan Funeral Home, Albany. Burial was in Springgrove Cemetery, Darien, Conn.

Florence Halsdorf

Florence Halsdorf, 70, of Malta and formerly of Delmar, died Wednesday, March 9, at her home.

Born in Altamont, she had lived

in Altamont and Delmar before moving to Malta.

Mrs. Halsdorf was a homemaker. She was a member of Shenendehowa Senior Citizens.

She was the widow of David H. Halsdorf.

Survivors include three sons, David Halsdorf of Delmar, Donald Halsdorf of Mayfield, Fulton County, and Neil Halsdorf of Fort Worth, Texas; three daughters, Linda Proper of South Carolina, Joan Hynds of Fort Worth, and Laura Olender of Clifton Park; a sister, Virginia King of St. Petersburg, Fla.; and five grandchildren.

Arrangements were by the Gordon C. Emerick Funeral Home, Clifton Park.

Burial was in Holy Spirit Lutheran Cemetery, Glenmont.

Contributions may be made to the American Heart Association in Albany.

Dorothy Isbister

Dorothy Louise Isbister, 75, of Sonoma Valley, Calif. and formerly of Delmar, died Wednesday, March 2, at Sonoma Valley Hospital.

A native of Kane, Pa., she was a registered nurse graduating from the Buffalo General Hospital. Before she retired, she was head nurse of the employee health service at the Albany Medical Center Hospital.

Mrs. Isbister had lived in Delmar for 23 years before moving to Sonoma.

She was the widow of John Isbister.

Survivors include a son, Barry Isbister of Delmar; a daughter, Nancy Wickster of Westchester, Ill.; and three grandchildren.

Arrangements were under the direction of Duggan's Mission

Marguerite E. Zautner

Marguerite E. Zautner of New Scotland Road in Slingerlands, died Saturday, March 5, at St. Peter's Hospital in Albany.

Born in Freehold, Greene County, she had lived in Slingerlands for more than 40 years.

For the past 15 years, she was bookkeeper for the Toll Gate

Restaurant. She previously had been a waitress for many years.

Survivors include her husband, Robert N. Zautner Sr.; a daughter, Mary Veltman of Delmar; two sons, Harding Hallenbeck of Delmar and Robert N. Zautner Jr. of Albany; and two grandchildren.

Services were from Applebee Funeral Home on Kenwood Avenue in Delmar. Burial was in Memory's Garden in Colonie.

Contributions may be made to the Delmar Rescue Squad, Adams Street, Delmar 12054.

Association to meet

The Town of Bethlehem Historical Association at Route 144 and Clapper Road in Selkirk, will meet on Thursday, March 17, at 8 p.m.

Janz Vander Veer, an aviation historian, will speak on "Aviation in the Days of Lindbergh." The lecture will be illustrated with slides and displays.

For information, call Edna Strumpf at 767-3052.

Businesswomen set dinner meeting

The Bethlehem Business Women's Club is planning a meeting for businesswomen in the community for Wednesday, March 16, at 6:30 p.m. at Normanside Country Club on Salisbury Road in Delmar.

The program includes dinner and features the "Friendship Singers."

New members are welcome. Reservations are required.

For information, call Helen N. Smith at 439-3916.

Town appeals board to hold hearings

The Town of Bethlehem Board of Appeals has scheduled two public hearings for Wednesday, March 16, at the town offices at 445 Delaware Ave. in Delmar.

At 7:30 p.m., the board will consider the application of Old Loudon Builders Inc., 30 Crystal Lane, Delmar.

At 7:45 p.m., the board will address the application of Edward Foss and Margaret Inderhees, 2 Taylor Terrace, Delmar.

Five Rivers schedules maple-sugaring dates

Maple-sugaring demonstrations are slated for a weekend this month at the Five Rivers Environmental Education Center on Game Farm Road in Delmar.

The demonstrations are scheduled for Saturday and Sunday, March 19 and 20, from 1 to 3 p.m.

During the demonstrations, visitors will observe tapped trees, see a maple sap evaporator and learn to identify sugar maples.

For information, call Five Rivers at 475-0291.

Art & the Bible



Professor Paul Roberts and Hugh McLean of Delmar, a retired professor of English at the University at Albany, enjoy a light moment after the first lecture in a series of four on "The Bible in Art: Painting, Sculpture, Mosaic," at the Presbyterian Church in New Scotland on 2010 New Scotland Road. The next lecture will be on Tuesday, March 22, at 7:30 p.m. All are welcome and admission is free.

Hugh Hewitt

Land

(From Page 1)

and that Powers was welcome to "come in and look at the file."

The town board released a tentative development schedule for the district, which includes drilling a well on the Hilton heirs' land by May and formally forming the district by the end of this year. According to the board's timetable, the district would be built over the summer of 1995 and completed by October 1995.

Regarding the assessor, Reilly noted that former assessor Bill Bailey, who has been filling in for Assessor Richard Law, wants to leave by the end of this month.

Law, who has been out on disability for an infected foot since November, plans to file for permanent disability, Reilly said, and the position needs to be filled immediately.

"The tentative roll is due by May 1, and there is a great deal of work to be done," he said.

The board approved appointing Patricia McVee as acting assessor for an annual salary of \$26,000. McVee, who had been Reilly's confidential secretary, has been working part-time in the assessor's office for the past few months.

Law said that he filed for permanent SSI disability on the advice of his doctor, but added he would be able to volunteer to help out during the grievance period in May.

Reilly had criticized Law's work during last year's reassessment process. A Republican appointee, Law's term is up in August of next year.

Church continues Lenten services

Lenten services will be held at the Bethlehem Lutheran Church, 85 Elm Ave. in Delmar, each Wednesday throughout Lent beginning at 7:30 p.m.

The services will examine the

In related matters, the board approved moving Carol Cootware from part-time to full time, at a salary of \$8 an hour, to serve as Reilly's secretary.

The board also approved building a partition in the town meeting room so that the assessor's office can be moved to town hall from the highway garage in New Salem.

In other business, the board:

- Adjusted the 1993 budget to reflect more than \$200,000 in additional sales tax revenues.

- Increased the sales tax revenue projection for the 1994 budget by \$100,000, and devoted that money to the highway department for snow removal and other expenses.

- Approved the use of Mountainview Church in Voorheesville as a polling place, replacing St. Matthew's Church.

- Received a letter from Cablevision offering to provide service extensions to areas with 15 houses per mile, down from the current 20 houses per mile. Service would likely be extended to parts of Voorheesville Road, Martin Road, Picard Road and Upper Font Grove Road, the letter states, when a new contract is approved.

- Approved a memorial stone for late civic leader Wyman Osterhout in Swift Road Park.

- Approved increasing per diem rates for traveling town employees and officials from \$20 a day to \$40 a day in the New York City metropolitan area and \$30 a day elsewhere.

shapes, histories, backgrounds, and colors of crosses in Christian art as a way of tracing the suffering and death of Jesus Christ.

For information, call the church at 439-4328.

Death Notices

The Spotlight will print paid Death Notices for relatives and friends who do not or have not lived in the Towns of Bethlehem and New Scotland. The charge for a paid death notice is \$25.

We will continue to print Obituaries of residents and former residents of the Towns of Bethlehem and New Scotland at no charge.

SPOTLIGHT ON

Family Entertainment

CALENDAR

ENTERTAINMENT

Area bookstores celebrate Women in History month

By Mel Hyman

March is National Women in History month.

Why such an honor should be bestowed on 51 percent of the population is an interesting question. It's no doubt related to the fact that the contributions of women to American society have often been overlooked and even ignored.

Attempts to correct that injustice are apparent in several quarters of the Capital District starting with the mammoth new bookstores that sit like bookends across from each other in Colonie.

Barnes & Nobles, located on Wolf Road across from Colonie Center, has been actively promoting National Women in History Month for the past two weeks, but the best may be yet to come.

On Saturday, March 19, the store will play host to a Celebrate Women in Music afternoon. Five of the area's most popular women singer/musicians will perform in the bookstore's cafe/lounge area from 12:30 to 5 p.m.

Leading off will be Indian sitar player Veena Chandra. Blues singer Jean Crane, a staple on the area club circuit will follow at 1:15 p.m. Acoustic folk artist Bridget Ball is scheduled for 2 p.m., while jazz pianist Peg Delaney will entertain starting at 2:45 p.m.

Bethlehem folk singer Peggy Eyres, who recently moved to town from the Adirondacks, will sing her unique brand of blues starting at 3:30 p.m. Rounding out

the afternoon's fare will be alternative rock musician Amy Abdou at 4:15 p.m.

Several other programs have been scheduled at the bookstore this month, according to manager Anne Lee, including a discussion titled *Shortchanging Girls, Shortchanging America*. Christine Aulicino of the Albany



Peggy Eyres (lower left), Veena Chandra and Bridget Ball will perform at Barnes & Noble Saturday for Women in History month.

Academy for Girls will speak on the inequities in our educational system on Tuesday, March 22, starting at 7:30 p.m.

If you just happen to be in the vicinity, you might want to check out the Barnes & Noble window display, which features an

extensive collection of books on a variety of topics of interest to women.

Highlighting Women in History Month in such a grand fashion was no

accident, Lee admits. "It's a personal interest of mine. I attended an all-women's college (Barnard), and I thought it was an

□ WOMEN/page 24

New play chronicles George Pullman's rise and fall

By Dev Tobin

The 19th-century industrialist George Pullman, remembered today for the Pullman car and the Pullman strike, is like an American King Lear, according to playwright Jeffrey Sweet.

"It's the story of a real-life Chicago robber baron, set at a wild time of corruption, riot and ragtime," Sweet said.

American Enterprise, Sweet's award-winning play with music about Pullman's rise and fall in Gilded Age Chicago, will be produced by the New York State Theatre Institute through March 25, then the show heads for New York City, to be performed Off-Broadway (its New York City premiere) for two weeks in April.

"It's a good story — was Pullman a robber baron, an idealistic industrialist or perhaps both?" said Ron Nicoll, spokesman for the institute.

Pullman made his fortune building luxurious sleeping and dining railroad cars in the late 1800s. He created a company town named after himself outside Chicago, and fancied himself an "enlightened capitalist," said Nicoll.

"He refused to compromise his standards, which made him a wealthy man," he said. "But he refused to relax his standards for his workers and made people

live the way he wanted them to live."

After Pullman reduced wages, but not rents, following the Panic of 1893, "his workers were not endeared to him anymore," said John Romeo of Feura Bush, who portrays Pullman in *American Enterprise*.

In 1894, a strike and boycott by the American Railway Union led by Eugene Debs was broken by federal troops after Pullman refused to deal with the strikers. Pullman died three years later.

"His intentions were positive, but after the strike, it was clear his ideal wasn't a success anymore," Romeo said.

The staging by director-choreographer Patricia Birch, who has many Broadway and film credits, is "impressive and kaleidoscopic," Nicoll noted.

Performances of *American Enterprise* will be at 10 a.m. March 16, 17, 18, 22, 23 and 24, at 8 p.m. March 18, 19 and 25, and at 2 p.m. March 20. Tickets are \$14 for adults, \$12 for seniors and students, and \$7 for children under 13.

Performances are in the Schacht Fine Arts Center of Russell Sage College in Troy, on the northeast corner of River and Division streets, just south of the Congress Street Bridge (Route 2) from Watervliet and I-787.

For information and reservations, call 274-3256.



John Romeo portrays George Pullman and Erika Newell plays his daughter Florence in *American Enterprise*.

ARTS and ENTERTAINMENT

THEATER

"WENCESLAS SQUARE"

by Larry Shue, Capital Repertory Company, Albany, through March 20. Information, 462-4531.

"AMERICAN ENTERPRISE"

by Jeffrey Sweet, New York State Theatre Institute at Schacht Fine Arts Center, Russell Sage College, Troy, through March 26. \$14 adults, \$12 senior citizens and students, \$7 children. Information, 274-3256.

"FIRE ESCAPE"

by A.J. Craig, Playhouse at Goose Crossing, Route 32, Gansevoort, through March 26. \$8, \$1 senior citizens and students. Information, 745-8390.

"MAN OF LA MANCHA"

Schenectady Light Opera Company, 826 State St., Schenectady, March 18, 19 and 20. \$14, Friday and Saturday, \$10 Sunday. Information, 355-1699.

"ONCE UPON A MATTRESS"

performed by Line & Cue, Colonie Central High School's drama club, Colonie Central High School, 1 Raider Blvd., Friday, March 18, and Saturday, March 19. 8 p.m., \$4.

"ON THE TWENTIETH CENTURY"

Tony Award-winning musical, performed by students from Doane Stuart School, 799 South Pearl St., Albany, March 18 and 19. 8 p.m., and March 20, 2 p.m., \$6, \$4 senior citizens and students. Information, 465-5222.

"A PIECE OF MY HEART"

by Shirley Laud, Albany Civic Theater, 235 Second Ave., March 18 to 20, and 25 to 27. Information, 462-1297.

THE GREAT RADIO CITY MUSIC HALL SPECTACULAR

the Rockettes with special guest Susan Anton, Proctor's Theatre, 432 State St., Schenectady, through March 20. \$39.50, \$33.50, \$27.50 adults, \$20.50 children. Information, 346-6204.

"VOICE OF THE PRAIRIE"

directed by Val Gray, Church of the Covenant, Route 43, Averill Park, through March 19. \$8 evening shows, \$5 matinees. Information, 674-3664.

"THE HOUSE OF RAMON IGLESIA"

by Jose Rivera, Studio Theatre, Performing Arts Center, University at Albany, March 17, 18 and 19. 8 p.m., \$7, \$5 senior citizens and students. Information, 442-3995.

"OF THEE I SING"

Pulitzer prize-winning musical, Saint Joseph Hall Auditorium, The College of Saint Rose, 985 Madison Ave., Albany, March 18, 2 p.m., March 19, 2 and 7 p.m., March 20, 2 p.m., \$3, free with Saint Rose I.D. Information, 454-5242.

"A CONVERSATION WITH OLIVIA"

dramatic monologue portrayal of the life of Olivia Slocum Sage, Sage Hall, Russell Sage College, Troy, Thursday, March 17, 1 p.m. Information, 270-2246.

MUSIC

VALENTINE SMITH

promoting their CD "Back on Earth," Sunday, March 20, Borders Books & Music, 59 Wolf Road, Colonie, 3:30 p.m., free, and at Q&A, 13 Central Ave., Albany, 8 p.m., \$6.

BURNT HILLS ORATORIO SOCIETY

Memorial Chapel, Union College, Schenectady, Sunday, March 20, 3 p.m., \$12, \$8 senior citizens and students. Information, 885-5472.

THE FLIRTATIONS

The Eighth Step Upstairs, 14 Willett St., Albany, Friday, March 18, 8 p.m., \$12. Information, 434-1703.

AZTEC TWO-STEP

The Eighth Step, 14 Willett St., Albany, Saturday, March 19, 8 p.m., \$10. Information, 434-1703.

DUO PIANO RECITAL

Michael Musial and Barbara Borkowski, Bush Memorial Center, Russell Sage College, Troy, Sunday, March 20, 3 p.m. Information, 270-2246.

ST. CECILIA ORCHESTRA

Troy Savings Bank Music Hall, State and Second streets, Troy, Friday, March 18, 8 p.m., \$15. Information, 273-0038.

MICHE FAMBRO

acoustic guitarist, Borders Books & Music, 59 Wolf Road, Colonie, Saturday, March 19, 8 to 10 p.m. Information, 482-5800.

GIL SHAHAM

violinist, accompanied by pianist Rohan DeSilva, Balsam Music Hall, 46 Holmes Dale, Albany, Sunday, March 20, 3 p.m. Information, 449-1217.

THE GUILD TRIO

Kiggins Hall, Emma Willard School, 285 Pawling Ave., Troy, Sunday, March 20, 7 p.m., \$13, \$6 students. Information, 273-8135.

ANDREA MARCOVICCI

cabaret singer in a benefit performance for the Albany Institute of History & Art and the Millay Colony for the Arts, Empire Center at the Egg, Albany, Monday, March 21, 8 p.m., \$75 benefactors, \$50 patrons, \$25 friends. Information, 463-4478.

CAPITOL CHAMBER ARTISTS

Doane Stuart Chapel, 799 South Pearl St., Albany, Saturday, March 19, 8 p.m., \$12, \$8 students. Information, 458-9231.

CHRIS SHAW

folksinger, Adirondack Museum, Blue Mountain Lake, Sunday, March 20, 1:30 p.m., \$5 families, \$4 member families, \$3 individuals, \$2 members

DANCE

SQUARE DANCE

Single Squares of Albany, Ponderosa Hall, Airport Road, Scotia, Wednesdays, March 16 and 23, 7:30 to 10 p.m., \$3.50. Information, 459-2888.

OLD SONGS COUNTRY DANCE

Guiderland Elementary School, Route 20, Guiderland, Saturday, March 19, 8 to 11 p.m., \$6, \$2 children. Information, 765-2815.

SQUARE DANCE

Heldeberg Twirlers, Ponderosa Hall, Airport Road, Scotia, Friday, March 18, 8 to 11 p.m. Information, 382-7874.

CALL FOR ARTISTS

AUDITIONS

for Park Playhouse 1994 summer production of "Brigadoon," Washington Park Lakehouse, Albany, Friday, March 18, 6 to 11 p.m., and Saturday, March 19, noon to 4 p.m. Information, 434-2035.

CLASSES

FINE ART CLASSES

for children, high school students, and adults, through March, at The Hyde Collection, 161 Warren St., Glens Falls. Information, 792-1761.

ART THERAPY: THE HEALING VISION

Albany Institute of History & Art, 125 Washington Ave., Wednesday, March 16, 7 to 9 p.m. Information, 463-4478.

EXPERIENCE BALLET

free classes for girls and boys ages 9 to 12, Albany Dance Institute Studios, 170 Myrtle Ave., March 19 and 26, 2 to 3 p.m. Information, 432-5213.

LECTURES

ART TALK

"Backgrounds of Modern Painting in France," Albany Institute of History & Art, 125 Washington Ave., Wednesday, March 16, 12:10 p.m. Information, 463-4478.

"GLENN MILLER: THE MAN-THE MUSIC-THE ERA"

presented by Jack Hotchkiss of the Glenn Miller Society, William K. Sanford Town Library, 629 Albany-Shaker Road, Colonie, Tuesday, March 22, 7 p.m. Information, 458-9274.

"ALTERNATIVE REMEDIES IN FAMILY HEALTH ISSUES"

by Betsy Mercogliano of the Family Life Center, Capital District Mothers' Center, 405 Quail St., Albany, Monday, March 21, 7:30 p.m., \$3 center members, \$5 non-members. Information, 482-5427.

"AFRICA FROM NORTH TO SOUTH"

presented by Professor Kay Teale, Campus Activities Center, The College of Saint Rose, 420 Western Ave., Albany, Friday, March 18, 11:30 a.m. to 12:30 p.m. Information, 454-5206.

IMMIGRATION AND AMERICAN EDUCATION

"Immigrant Children in American Public Schools: A New York City Model, Past and Present," by Professor Selma Berrall of Baruch College, Sunday, March 20, Albany Institute of History & Art, 125 Washington Ave., Albany, Sunday, March 20, Information, 463-4478.

READINGS

CLAYTON ESHLEMAN

poet, editor, and translator to read from his work, Recital Hall, Performing Arts Center, University at Albany uptown campus, Monday, March 21, 8 p.m. Information, 442-5620.

POETS

THE SPOKEN WORD

Three Guys Poetry followed by open forum, Stephanucci's, Wolf Road, Colonie, Wednesday, March 16, 8 p.m. to midnight. Information, 435-9334.

FILM

"A ROOM WITH A VIEW"

Roger Bacon Hall, Siena College, Loudonville, Wednesday, March 23, 7:30 p.m. Information, 783-2325.

FAMILY ENTERTAINMENT

"CHARLOTTE'S WEB"

Hook & Laughter Company production, Steamer No. 10 Theatre, 500 Western Ave., Albany, weekends through March 27, 1 and 4 p.m., \$6, \$4 senior citizens and children. Information, 438-5503.

SCHENECTADY SYMPHONY ORCHESTRA

concerts for tiny tots and children, Proctor's Theatre, 432, State St., Schenectady, Wednesday, March 23, 9 and 10 a.m. Information, 374-3217.

ENVIRONMENTAL EXHIBITION

featuring snakes, turtles, iguanas, and marine animals, The Junior Museum, 282 Fifth Ave., Troy, Sunday, March 20, 4:30 to 6:30 p.m. Information, 235-2120.

CAROL CONNOLLY

storyteller, Borders Books & Music, 59 Wolf Road, Colonie, Saturday, March 19, 2 p.m. Information, 482-0298.

SPRING TEA PARTY

featuring illustrator Jeff Scherer, Borders Books & Music, 59 Wolf Road, Colonie, Sunday, March 20, 3 p.m. Information, 482-5800.

KALEIDOSCOPE WORKSHOPS

New York State Museum, Albany, Saturday, April 2, 10:30 to 11:30 a.m. and 1 to 2:30 p.m., \$12, \$10 museum members. Preregistration required by March 18. Information, 474-5801.

VISUAL ARTS

ART SHOW AND SALE

"Art As Industry/Industry As Art," sponsored by The Hudson Mohawk Industrial Gateway, Burden Iron Works Building, Polk Street, Troy, March 18 to 20, noon to 5 p.m. Information, 274-5267.

MIRRORS: REFLECTIONS OF SOCIETY AND SELF

New York State Museum, Empire State Plaza, Albany, through Aug. 21, 10 a.m. to 5 p.m., daily. Information, 474-5877.

LITERARY THEMES IN JOHN ROGERS' SCULPTURE

featuring 16 John Rogers sculptures, The Hyde Collection, 161 Warren St., Glens Falls, through April 10. Information, 792-1761.

THE GURLEY-SMART COLLECTION

surveying and engineering instruments, New York State Museum, Albany, through May 29. Information, 474-5877.

"WORKING WITH TRADITION: THE ACADEMIC ARTIST"

works by artists teaching in the SUNY system, New York State Museum, Albany, through May 15. Information, 474-5877.

"SELLING THE GOODS"

products and advertising in Albany, Albany Institute of History and Art, 125 Washington Ave., through July 8. Information, 463-4478.

EXHIBIT

"English Silver: Masterpieces by Omar Ramsden from the Campbell Collection," The Hyde Collection, 161 Warren St., Glens Falls, through April 24. Information, 792-1761.

EXHIBIT

works by Elizabeth Mowry, Mary Miller, and Bob Moylan, Greenhut Galleries, Stuyvesant Plaza, through April 30. Information, 482-1984.

COLLEGE OF SAINT ROSE ART FACULTY EXHIBIT

Picotte Hall, The College of Saint Rose, 324 State St., Albany, through March 22. Information, 485-3902.

"TOGETHER"

exhibit of paintings about relationships, Russell Sage College Gallery, Troy, through March 26. Information, 270-2246.

WANDA RIES

Spencertown Academy Gallery, Route 203, Spencertown, through March 29. Information, 392-3693.

ART SHOW

Colonie Art League, Pruyn House, 207 Old Niskayuna Road, Newfane, through March 30. Information, 489-7691.

EMMA GOLDMAN EXHIBIT

38 documents, letters, and personal materials from the life of the civil rights pioneer, Room 224, Campus Center, Russell Sage Albany campus, through March 20. Information, 445-1778.

"HANGING BY A THREAD"

exhibit presented by the Hudson-Mohawk Weavers' Guild, Guiderland Public Library, Route 20, through March 31. Information, 439-7055.

"CREATIVE HANDS, CREATIVE VISIONS"

art from workers and residents in New York's not-for-profit long term care facilities, North Gallery, Empire State Plaza, Albany, through March 22. Information, 449-2707.

"THE CAT'S MEOW"

highlights of a three-year study by Kristin Woodward, William K. Sanford Town Library, 629 Albany-Shaker Road, Colonie, through March 31.

"MORE FLOWERS"

recent paintings by Raymond Decker, Bethlehem Public Library, 451 Delaware Ave., through March 31. Information, 439-3491.

"FUNCTIONAL FORUM"

Rice Gallery, Albany Institute of History & Art, 125 Washington Ave., through May 28. Information, 463-4478.

"STYLE FOLLOWS FUNCTION"

architecture of Marcus Reynolds, Albany Institute of History & Art, 125 Washington Ave., March 18 through June 5. Information, 463-4478.

Weekly Crossword

"Happy St. Pat's Day!"

By Gerry Frey

ACROSS

- 1 Irishman
- 5 Irish lasses
- 10 Eve's son
- 14 Couple
- 15 Escape
- 16 Colt's mom
- 17 Irish writer
- 19 Cleveland's Lake
- 20 Eat voraciously in Glasgow
- 21 City, County, poem
- 23 Gratuities
- 26 Precedes mate: Educated guess
- 27 Sel. Svc. Sys.
- 30 Baseball teams
- 32 CPA'S
- 36 Irish
- 38 Wine
- 39 Jai
- 40 Historical period
- 42 Hawaiian goose
- 43 Prefixes for charger and jet
- 45 Irish Province
- 47 Navigate
- 48 Alabama City
- 49 Parisian summer
- 50 Mathematician Descartes
- 52 Jacob's son
- 54 Messrs. Behan and Shanahan
- 58 Math major?
- 62 Cosmonaut Gagarin
- 63 _____ loora
- 66 Woman's name
- 67 City in France
- 68 Dryer waste
- 69 Writer O'Casey
- 70 Cheryl and Alan
- 71 French Saintes: Abrev

DOWN

- 1 USN officers
- 2 Word with Big or Down
- 3 Parasitic insects
- 4 A piece of land
- 5 London District
- 6 Muhammad
- 7 Jethro _____ Rock star
- 8 Messrs. Albert and Cantor
- 9 Appears
- 10 Many Irish expatriots
- 11 City in Italy
- 12 Mr. Clapton
- 13 Onion
- 18 Nose: Comb. form
- 22 And others: Lat
- 24 Foundations
- 25 Cut wuth scissors
- 27 Scrams
- 28 Hi in French
- 29 Gaze
- 31 Pierre's school
- 33 Mediterranean island
- 34 Dogma
- 35 One cubic meter
- 37 Irishman
- 38 Toll
- 41 Prisoner's home

"TIES THAT BIND"

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AROUND THE AREA

WEDNESDAY
MARCH

16

ALBANY COUNTY

FAMILY EDUCATION

Family Education and Training Program, conducted by the Epilepsy Association of the Capital District, Pine West Plaza, Washington Avenue Extension, Albany, 7 p.m. Information, 456-7501. Information, 456-7501.

ENVIRONMENTAL HEARING

hearing by Board of Regents on environmental quality in schools in the fifth floor conference room of the State Education Building, Albany, 10 a.m. Information, 486-5918.

THE NETWORK

featured speaker will be Connie Poletto, a health care consultant for Coopers and Lybrand, at the Holiday Inn Turf, Wolf Road, Albany, 6 p.m.

MULTIPLE SCLEROSIS SELF-HELP GROUP

United States Government Veterans Administration Medical Center Hospital, 113 Holland Ave., Albany, 11 a.m. Information, 427-0421.

LENTEN DINNER AND TALKS

"Family Violence and Our Response" and "You're Reformed, So What About Family Life?" at the First Church in Albany, 110 North Pearl St., Albany, 6 p.m. Cost, \$5 for adults and \$3 for children. Information, 463-4449.

EUROPEAN ECONOMIES DISCUSSION

"The Use of Information Technology in the New Market Economies of Europe" in the College of Saint Rose's Dining Room 4 of the Campus Activities Center, 420 Western Ave., Albany, 11:30 a.m. Information, 454-5102.

INFORMATION SESSION

for the College of Saint Rose's Adult and Continuing Education program at the Campus Activities Center, lower level conference room, 420 Western Ave., Albany, 6 p.m. Information, 454-5136.

WINTER FARMERS' MARKET

Grand Concourse, Empire State Plaza, Albany, 11 a.m. Information.

ALBANY RIVER RATS VS. ADIRONDACK

Knickerbocker Arena, 51 South Pearl St., Albany, 7 p.m. Cost, \$10, \$6 for children under 18 and students with a valid college ID. Information, 487-2100.

US TOO

support group for prostate cancer patients and their families in the Marcelle Congregation Room of the Albany Medical Center, New Scotland Avenue, Albany, 7 to 9 p.m. Information, 262-6752.

FARMERS' MARKET

Holy Cross Church, Western and Brevator avenues, 2 to 6 p.m. Information, 272-2972.

RENSSELAER COUNTY

MUSICAL HISTORY PROGRAM

focusing on music of the American labor movement at the Rensselaer County Historical Society, 59 Second St., Troy, 7:30 p.m. Cost, \$2. Information, 272-7232.

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

ALBANY AREA ASTRONOMERS

monthly meeting at the Schenectady Museum and Planetarium, Nott Terrace Heights, Schenectady, 7:30 p.m. Information, 374-8460.

ALZHEIMER'S SUPPORT GROUP

for those who care for Alzheimer's parents, Royce House, 117 Nott Terrace, Schenectady, 1 p.m. Information, 438-2217.

COLLEGE DONOR DRIVE

and March 18, for eye donors, sponsored by Lions Eye Bank of Albany at the College of Saint Rose, Western Avenue, Albany, 8 a.m. to 4 p.m.

INTERNATIONAL STUDENT LECTURE

"Self-Reference Criterion: A framework for Getting Around in a New Culture" by Dr. Chandan DeSarkar at the College of Saint Rose Campus Activities Center, 420 Western Ave., Albany, 11:30 a.m. Information, 454-5206.

HUDSON-MOHAWK ALARM ASSOCIATION

a trade group for security professionals, Hampton Inn, Route 9, Latham, 6:30 p.m. Information, 446-0395.

INFORMATION SESSION

for the Empire State College of the State University of New York's Graduate Program at the College's Northeast Center, Room 114, Empire State Plaza, Albany, noon. Information, 587-2100.

GOVERNMENT AND BUSINESS FORUM

"Local Government and Your Business—An Open Forum" sponsored by the Guiderland Chamber of Commerce with Guiderland government officials at the Albany Ramada Inn, 1228 Western Ave., Albany, noon to 1:30 p.m. Cost, \$10 for members, \$12 for non-members. Information, 456-6611.

MULTI-MEDIA DEMONSTRATION

sponsored by the Creative Computer Club, Christopher Wagner will show how to put together a 30-second spot, Broadcast News Networks, Route 9, Latham, 6 p.m.

1994 SESQUICENTENNIAL

COMMUNITY CONVERSATION a panel discussion of the "New York State College for Teachers Years: The 1940's and 1950's" at the SUNYA University Library, Room B15, Washington Avenue, Albany, noon to 2 p.m. Information, 442-3542.

FREE MAMMOGRAMS

for uninsured women over 40, by appointment only, in room ME-722 of the Albany Medical Center Hospital, New Scotland Avenue, Albany. Information, 262-4999.

ALZHEIMER'S SUPPORT GROUP

University Heights Health Care Center, 235 Northern Blvd., Albany, 5 p.m. Information, 438-2217.

FARMERS' MARKET

corner of Pine Street and Broadway, Albany, 11 a.m. to 2 p.m. Information, 272-2972.

SENIOR CHORALE

Albany Jewish Community Center, 340 Whitehall Road, Albany, 1 p.m. Information, 438-6651.

ALL YOU CAN EAT BREAKFAST BUFFET

Sunday, March 20th
9:00 am - 12 noon

at the BETHLEHEM ELKS LODGE
Route 144, Selkirk, NY

— Menu —

Pancakes, Eggs, Sausage, Bacon, French Toast,
Elk Gravy, Juice and Coffee

Adults \$5.00 Child under 12 \$3.00
Senior Citizens \$4.00

For more information call 767-9959

THURSDAY
MARCH

17

ALBANY COUNTY

SCOLIOSIS ASSOCIATION of the New York Capital Area, monthly meeting, President Janice Sacks will speak at Albany Memorial Hospital, 600 Northern Blvd., Albany, 7:30 p.m. Information, 475-0859.

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Thurs. & Fri. March 17 & 18

Corned Beef & Cabbage Special
w/ Irish Soda Bread
Lunch —\$4.95 Dinner —\$7.95

— Thurs. March 17 —

LIVE Music by MARTY BRANDON
5:00 till ?

— Fri. March 18 —

LIVE Music by THE PORTERS
9:00 p.m. - 1:00 a.m.

JAZZ BRUNCH this Sunday
with SKIP PARSONS and the Brunch Bunch

11:30 a.m. - 2:30 p.m.

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SPOTLIGHT

By Martin P. Kelly

Sunset Boulevard coming to New York in a swirl of good box office controversy

When *Sunset Boulevard*, the musical adaptation of the very successful movie, arrives in New York later this spring, it will be as the dust settles around the controversy that's sprung up over who will star in the show. Which of the two famed actresses will sell the most tickets and break the most hearts as the ill-fated Norma Desmond.

Patti Lupone who opened the show in London and is still appearing in it until April, was promised by composer Andrew Lloyd Webber that she'd open in New York. After all, she helped make *Evita* a big hit there.



Martin P. Kelly

But the backers for the \$8 million production in New York have decided that movie star Glenn Close will open instead. There's no question she's good as she is currently wowing audiences in the Los Angeles production.

The backers feel that Close is better known to wider audiences than Lupone despite Lupone's stage success in *Evita*. Following her disappointment, Lupone is devastated and has missed performances in London while advance sales are soaring in New York. For his part, Webber is also distraught since he seems to have lost control of his own show. He had promised Lupone the star turn and now can't deliver.

Granted, Lupone will probably receive upwards to a \$5 million settlement for her disappointment but there seems to be a muddled situation all around. Still, the producers in New York will make out like bandits because Close is good and they're going for the buck.

Damn Yankees produces nicer story in its New York revival

When the revival of *Damn Yankees* opened several weeks ago, the original writer and director moved down the aisle to his seat with a standing ovation.

George Abbott, now 106 years old and still keeping his hand in theater, is beloved by all who have known his work over seven decades.

He did some of the rewriting for this revival and was consulted by the director.

Eight years ago on his 98th birthday, I had the opportunity to interview him and he was bemoaning the fact that he had to give up playing tennis. "I'm having trouble seeing the ball coming back over the net," he said.

But, he was still playing some golf and engaging in ballroom dancing, one of his favorite pastimes.

He is a gentle giant of the theater and this revival is a fitting tribute to him.

Susan Anton makes her mark in big stage extravaganzas

Susan Anton has been around musical theater for more than 15 years, but lately she's been showing up in the big shows on Broadway and on tour.

She was the singing, dancing and sexy narrator for the *Will Rogers Follies* when it opened in New York (Marla Maples eventually replaced her) and now can be seen this week heading the company of *The Great Radio City Music Hall Spectacular*.

Built around the famed Rockettes, the show is a compilation of the many which have played the 6,000-seat theater in New York for more than 60 years. Vaudeville acts, singers and most of all, dancers abound in this show.

It's at Proctor's Theater in Schenectady through Sunday. Tickets and information available at 382-1083.

Around Theaters!

Wenceslas Square, dark comedy by Larry Shue at the Capital Repertory Company in Albany through Sunday, March 20, (462-4534)

The Spotlight CALENDAR

WEDNESDAY MARCH 16

BETHLEHEM

ST. PATRICK'S DAY PARTY

"Gaelic Notes," a sing-along program for children 5 and up, at the Bethlehem Public Library, 451 Delaware Ave., 4 p.m. Information, 439-9314.

BOU MEETING

Bethlehem Town Hall, 445 Delaware Ave., 4 p.m.

ECUMENICAL LENTEN BIBLE STUDY

led by the Rev. Lynn Joosten, Delmar Reformed Church, 386 Delaware Ave., 9:30 to 11 a.m. Information, 439-8415.

BC SCHOOL BOARD

90 Adams Place, 8 p.m. Information, 439-7098.

ZONING BOARD OF APPEALS

town hall, 445 Delaware Ave., 7:30 p.m. Information, 439-4955.

BINGO

Blanchard American Legion Post, 16 Poplar Drive, 7:30 p.m. Information, 439-9819.

YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 9:30 a.m. to noon. Information, 439-0503.

TESTIMONY MEETING

First Church of Christ, Scientist, 555 Delaware Ave., 8 p.m. Information, 439-2512.

WELCOME WAGON

newcomers, engaged women and new mothers, call for a Welcome Wagon visit, Monday to Saturday, 8:30 a.m. to 6 p.m. Information, 785-9640.

SOLID ROCK CHURCH

1 Kenwood Ave., evening prayer and Bible study, 7 p.m. Information, 439-4314.

BETHLEHEM LIONS CLUB

Normanside Country Club, Salisbury Road, 7 p.m. Information, 439-4857.

BETHLEHEM ELKS LODGE 2233

Route 144, Cedar Hill, 8 p.m. Information, 767-2886.

ONESQUETHAU CHAPTER, ORDER OF THE EASTERN STAR
Masonic Temple, 421 Kenwood Ave., 8 p.m. Information, 439-2181.

NEW SCOTLAND

STORY HOUR

Voorheesville Public Library, 51 School Road, 4 p.m. Information, 765-2791.

MOUNTAINVIEW EVANGELICAL FREE CHURCH

evening service, Bible study and prayer, Route 155, Voorheesville, 7:30 p.m. Information, 765-3390.

NEW SCOTLAND SENIOR CITIZENS

Wyman Osterhout Community Center, New Salem, call for time. Information, 765-2109.

AA MEETING

First Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 489-6779.

AL-ANON MEETING

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 477-4476.

FAITH TEMPLE

bible study, New Salem, 7:30 p.m. Information, 765-2870.

THURSDAY MARCH 17

BETHLEHEM

BETHLEHEM HISTORICAL ASSOCIATION

Janz Vander Veer will speak on "Aviation in the Days of Lindbergh" at Route 144 and Clapper Road, 8 p.m. Information, 767-3052.

RECOVERY, INC.

self-help for chronic nervous symptoms, First United Methodist Church, 428 Kenwood Ave., 10 a.m. Information, 439-9976.

YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 9:30 a.m. to noon. Information, 439-0503.

BETHLEHEM SENIOR CITIZENS

town hall, 445 Delaware Ave., 12:30 p.m. Information, 439-4955.

CLASS IN JEWISH MYSTICISM

Delmar Chabad Center, 109 Elsmere Ave., 8 p.m. Information, 439-8280.

BETHLEHEM LUTHERAN CHURCH

Bible study, 10 a.m., Creator's Crusaders, 6:30 p.m., senior choir, 7:30 p.m., 85 Elm Ave. Information, 439-4328.

AMERICAN LEGION LUNCHEON

for members, guests and membership applicants, Blanchard Post, 16 Poplar Drive, noon.

RCS CHORAL CONCERT

with grades 5 through 12 in the Senior High School auditorium, Route 9W, Ravena, 7 p.m.

AA MEETINGS

Slingerlands Community Church, 1499 New Scotland Road, noon, and Delmar Reformed Church, 386 Delaware Ave., 8:30 p.m. Information, 489-6779.

NEW SCOTLAND

NEW SCOTLAND KIWANIS CLUB

New Scotland Presbyterian Church, Route 85, 7 p.m.

FAITH TEMPLE

Bible study, New Salem, 7:30 p.m. Information, 765-2870.

FRIDAY MARCH 18

BETHLEHEM

FISH FRY

sponsored by the Selkirk Fire Company No. 1 Auxiliary, 4:30 to 7 p.m., adults \$4, children \$2. Information, 767-9545.

SATURDAY MARCH 19

BETHLEHEM

LAS VEGAS NIGHT

for those 21 or older, at the Albany County Association for Retarded Citizens, 334 Krumkill Road, 7 p.m. to midnight. Information, 459-0750.

SUNDAY MARCH 20

BETHLEHEM

USED BOOK SALE

Bethlehem Public Library, 451 Delaware Ave., regular library hours. Information, 439-9314.

UNITY OF FAITH CHRISTIAN FELLOWSHIP CHURCH

Sunday school and worship service, 10 a.m., 436 Krumkill Road. Information, 438-7740.

FIRST CHURCH OF CHRIST, SCIENTIST

Sunday school and worship service, 10 a.m., child care provided, 555 Delaware Ave. Information, 439-2512.

BETHLEHEM COMMUNITY CHURCH

Sunday school, 9 a.m., worship service, 10:30 a.m., nursery provided, evening fellowship, 7 p.m., 201 Elm Ave. Information, 439-3135.

NORMANSVILLE COMMUNITY CHURCH

Sunday school, 9:45 a.m., worship service, 11 a.m., 10 Rockefeller Road. Information, 439-7864.

ST. STEPHEN'S EPISCOPAL CHURCH

Eucharist, breakfast, coffee hour, 8 and 10:30 a.m., nursery care provided, Poplar Drive and Elsmere Avenue. Information, 439-3265.

SELKIRK CONGREGATION OF JEHOVAH'S WITNESSES

Bible lecture, 9 a.m., Watchtower Bible study, 10:25 a.m., 359 Elm Ave. Information, 767-9059.

SLINGERLANDS COMMUNITY UNITED METHODIST CHURCH

worship service and church school, 10 a.m., fellowship hour, nursery care provided, 1499 New Scotland Road. Information, 439-1766.

SOUTH BETHLEHEM UNITED METHODIST CHURCH

Sunday school, 9:30 a.m., worship service, 11 a.m., followed by coffee hour, Willowbrook Avenue. Information, 767-9953.

CHURCH OF ST. THOMAS THE APOSTLE

Masses — Saturday at 5 p.m. and Sunday at 7:30, 9, 10:30 a.m. and noon, 35 Adams Place. Information, 439-4951.

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Women

(From Page 19)

important event to celebrate."

Across the road from Barnes & Noble, just north of Colonie Center, Borders Books & Music has also been celebrating the contributions of women with special programs and eye-catching book displays.

On Saturday, March 26, Borders will highlight publication of what promises to be a fascinating look at women photographers heretofore unrecognized or undiscovered.

Author Diane Galusha has put together a lavishly illustrated look at rural upstate New York from the turn of the century by three women photographers. The area they focused on was a remote farming region in the northwestern Catskills.

Starting at 2 p.m., the author will sign copies of *Through a Woman's Eye* and shows some of the original pictures.

If you're curious about one of the pioneers of the women's rights movement in the U.S., a revealing portrait of the renowned Emma Goldman can be viewed at the Rathbone Gallery on the Junior College of Albany campus on New Scotland Avenue in Albany.

Reproductions of rare historical photographs, personal letters, government documents and other memorabilia will be on display through Sunday, March 20.

Junior Museum opens exhibit

The Junior Museum at 282 Fifth Ave. in Troy will open its newest environmental exhibition, "Habitat," on Sunday, March 20, from 4:30 to 6:30 p.m.

Live snakes, turtles, iguanas and marine animals will be presented in realistic habitats.

For information, call the museum at 235-2120.

Museum event features rare animals

Families will have a chance to meet a baby black bear, a baby clouded leopard, an African hedgehog and a macaw at the New York State Museum in "Rare and Endangered Animals: A Live Animal Program" on Sunday, March 20, at 1 and 3 p.m.

Heather Magoon, head zookeeper at the Flag Acres Zoo in West Hoosick, will present the program.

Admission is \$2.50 for adults and \$1.50 for children.

For information, call the museum at 474-5877.

LEGAL NOTICE

FOR SALE
PICK-UP TRUCK - 1987 Chevrolet, 4 wheel drive, automatic. Sealed bids will be accepted at the Village office of the Village of Voorheesville, 29 Voorheesville Avenue, Voorheesville, New York until the time of bid opening at 10:00 a.m. on March 22, 1994. All bids must include a non-collusive bidding certificate as required by the General Municipal Law.

The Board of Trustees reserves the right to reject any and all bids. The truck may be seen at the Village Garage, 12 Altamont Road in said Village. Questions should be directed to the Supt. of Public Works at 765-4512.

The successful bidder will be required to present payment in the form of certified check, bank draft or money order. Removal of the vehicle must be within two weeks of the award of the bid.

By Order of the Board of Trustees
Village of Voorheesville
Lauren C. Hatch
Village Clerk
(March 16, 1994)

PUBLIC NOTICE OF SALE

Sale of the following vehicles will take place on Friday, 5/8/94, at Neenan's Garage, 90 Industrial Park Rd., Alb any, N.Y. 12206 at 9:00 a.m.: 1987 Hyundai (I.D. #KMHLEF21J9HU236886) owned by Myrna Lopez; 1986 BMW (I.D. #WBAAE6405G1705381) owned by Tjada Payne; 1985 Isuzu (I.D. #JAACL14A8F0710650) owned by Raphael Alexander; 1983 Suzuki (I.D. #JSIGP51A0D2103857) owned by John Cooley, Sr.
(March 16, 1994)

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Precast Concrete Manhole Blocks during the period from 1 May 1994 to 30 April 1995 inclusive, for the use of said Town, as and when required.

Bids will be received up to 2:10 p.m. on the 29th day of March, 1994 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. Original and one copy of each shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York.

LEGAL NOTICE

and address of the bidder and the subject of the bid. Original and one copy of each shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York.

The Town Board reserves the right to waive any and all informalities in and/or to reject any or all bids.

BY ORDER OF THE TOWN BOARD
OF THE TOWN OF BETHLEHEM
Kathleen A. Newkirk
TOWN CLERK

Dated: March 16, 1994
(March 16, 1994)

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Iron Castings during the period from 1 May 1994 to 30 April 1995 inclusive, for the use of said Town, as and when required.

Bids will be received up to 2:00 p.m. on the 29th day of March, 1994 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. Original and one copy of each shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York.

The Town Board reserves the right to waive any and all informalities in and/or to reject any or all bids.

BY ORDER OF THE TOWN BOARD
OF THE TOWN OF BETHLEHEM
Kathleen A. Newkirk
TOWN CLERK

Dated: March 16, 1994
(March 16, 1994)

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Precast Reinforced Concrete Manhole Sections during the period from 1 May 1994 to 30 April 1995 inclusive, for

LEGAL NOTICE

the use of said Town, as and when required.

Bids will be received up to 2:20 p.m. on the 29th day of March, 1994 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. Original and one copy of each shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York.

The Town Board reserves the right to waive any and all informalities in and/or to reject any or all bids.

BY ORDER OF THE TOWN BOARD
OF THE TOWN OF BETHLEHEM
Kathleen A. Newkirk
TOWN CLERK

Dated: March 16, 1994
(March 16, 1994)

NOTICE OF ANNUAL ELECTION THE BETHLEHEM CENTRAL SCHOOL DISTRICT OF THE TOWNS OF BETHLEHEM AND NEW SCOTLAND COUNTY OF ALBANY, NEW YORK

NOTICE IS HEREBY GIVEN that the annual election of the inhabitants of the above named school district will be held in the upper gymnasium of the Bethlehem Central Middle School, 332 Kenwood Avenue, Delmar, New York, on Wednesday, May 4, 1994, between the hours of 7:00 a.m. and 9:00 p.m. EDT.

The Board of Education will present for consideration the school district budget for the period of July 1, 1994 to June 30, 1995. Copies of said budget may be previewed by any inhabitant of the district during the fourteen (14) days immediately preceding the annual election, except Saturdays and Sundays, between the hours of 8:30 a.m. and 4:30 p.m., EDT at the Educational Service Center, 90 Adams Place, Delmar, New York, and the office of the elementary schools, the Middle School, and the High School of the district.

LEGAL NOTICE

The trustees of the Bethlehem Public Library will present for consideration the public library budget for the period July 1, 1994 to June 30, 1995. Copies of the budget may be obtained at the reference desk of the library.

PLEASE TAKE FURTHER NOTICE that a public hearing to discuss the proposed budget will be held on the 13th day of April, 1994 at the Educational Service Center located at 90 Adams Place, Delmar, New York at 8:00 p.m.

Petitions nominating candidates for the Board of Education for a full term of three (3) years commencing July 1, 1994, to fill the vacancy caused by the expiration of the terms of William Collins and Lynne Lenhardt; and petitions nominating candidates for the office of trustee for the Bethlehem Public Library for a full term of five (5) years commencing July 1, 1994, to fill the vacancy caused by the expiration of the term of Dr. Thomas Shen must be filed with the Clerk of the School District, 90 Adams Place, Delmar, New York, not later than 4:30 p.m., EDT, April 4, 1994.

TAKE FURTHER NOTICE THAT votes will be taken upon the following:

1. Upon the appropriation of the necessary funds to meet the estimated expenditures of said Bethlehem Central School District and authorizing the levy of taxes therefor;

2. For the election of the members of the Board of Education of said Bethlehem Central School District, two (2) for a full term of three (3) years, all commencing July 1, 1994, to fill vacancies caused by the expiration of the terms of William Collins and Lynne Lenhardt;

3. Upon the appropriation of the necessary funds to meet the estimated expenditures of said Bethlehem Public Library and authorizing the levy of taxes therefor;

4. For the election of one trustee to the Board of Trustees of said Bethlehem Public Library, for a full term of five years commencing July 1, 1994, to fill the vacancy caused by the expiration of the term of Dr. Thomas Shen;

5. Upon the appropriation of \$568,500 to purchase ten (10) buses of the Bethlehem Central School District and authorizing the levy of taxes therefor.

6. Upon the appropriation of \$1,280,000 for the payment of amortized amounts outstanding for Teacher Retirement System contributions for the 1988-89 fiscal year and authorizing the levy of taxes therefor.

NOTICE IS ALSO GIVEN that applications for absentee ballots for voting on these propositions may be applied for at the office of the School District Clerk, 90 Adams Place, Delmar, NY 12054. A list of all persons to whom absentee ballots shall have been issued will be available in the office of the School District Clerk, between the hours of 8:00 a.m. and 4:00 p.m. on each of the five days prior to the annual election on May 4, 1994, except Saturdays and Sundays, and such list will also be posted at the polling place on May 4, 1994.

Franz Zwickbauer
School District Clerk

March 4, 1994
(March 16, 1994)

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THE Loudonville Weekly
Colonia Spotlight

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30¢ each additional word

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1	2	3	4	5
6	7	8	9 \$8.00	10
\$8.30	11 \$8.60	12 \$8.90	13 \$9.20	14 \$9.50
\$9.80	16 \$10.10	17 \$10.40	18 \$10.70	19 \$11.00
\$11.30	21 \$11.60	22 \$11.90	23 \$12.20	24 \$12.50
\$12.80	26 \$13.10	27 \$13.40	28 \$13.70	29 \$14.00
\$14.30	31 \$14.60	32 \$14.90	33 \$15.20	34 \$15.50
\$15.80	36 \$16.10	37 \$16.40	38 \$16.70	39 \$17.00
40				

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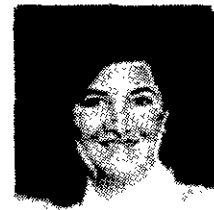
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Sales Associate
Delmar Office

Office: 439-9906

Residence: 439-2180

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worship service, church school, nursery care, 10 a.m., fellowship and coffee, 11 a.m., adult education, 11:15 a.m., family communion service, first Sunday, 585 Delaware Ave. Information, 439-9252.

DELMAR REFORMED CHURCH
Sunday school and worship service, 9 and 11 a.m., nursery care provided, 386 Delaware Ave. Information, 439-9929.

FIRST REFORMED CHURCH OF BETHLEHEM
church school, 9:30 a.m., worship service, 11 a.m., youth group, 6 p.m., Route 9W, Selkirk. Information, 767-2243.

GLENMONT REFORMED CHURCH
Sunday school and worship service, 11 a.m., nursery care provided, 1 Chapel Lane. Information, 436-7710.

ST. MICHAEL'S CHURCH
Latin Mass, 10 a.m., Route 9W, Glenmont.

SOLID ROCK CHURCH
worship service, 11 a.m., 1 Kenwood Ave. Information, 439-4314.

FIRST UNITED METHODIST CHURCH
church school, 9:45 a.m., worship services, 9:30 and 11 a.m., 428 Kenwood Ave., Delmar. Information, 439-9976.

BETHLEHEM LUTHERAN CHURCH
85 Elm Ave., Delmar; worship services at 8 a.m. and 10:30 a.m.; Sunday School and bible classes at 9:15 a.m.; nursery care; coffee/fellowship. Information, 439-4328.

NEW SCOTLAND

BREAKFAST
at the Voorheesville American Legion, 8 a.m. to noon, adults \$3.50, children \$2.50.

BETHLE BAPTIST CHURCH
Sunday school, 9:15 a.m., worship service, 10:15 a.m., Auberge Suisse Restaurant, Route 85. Information, 475-9086.

ST. MATTHEW'S ROMAN CATHOLIC CHURCH
Masses — Saturday at 5 p.m. and Sunday at 8:30, 10 and 11:30 a.m., Mountainview Street, Voorheesville. Information, 765-2805.

JERUSALEM REFORMED CHURCH
Sunday school, 9:30 a.m., worship service, 10:30 a.m., followed by coffee hour, Route 32, Feura Bush. Information, 732-7047.

NEW SALEM REFORMED CHURCH
Sunday school, 9:30 a.m., worship service, 10 a.m., nursery care provided, Route 85. Information, 765-2354.

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

UNIONVILLE REFORMED CHURCH
Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by fellowship, Delaware Turnpike. Information, 439-5001.

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

UNITED PENTECOSTAL CHURCH
Sunday school and worship service, 10 a.m., choir rehearsal, 5 p.m., evening service, 6:45 p.m., Route 85, New Salem. Information, 765-4410.

FIRST UNITED METHODIST CHURCH OF VOORHEESVILLE
worship service, 10 a.m., church school, 10:30 a.m., 68 Maple Ave. Information, 765-2895.

FAITH TEMPLE
Sunday school, 10 a.m., worship service, 7 p.m., New Salem. Information, 765-2870.

MOUNTAINVIEW EVANGELICAL FREE CHURCH
worship service, 9:30 a.m., evening service, 6:30 p.m., nursery care provided, Route 155, Voorheesville. Information, 765-3390.

CLARKSVILLE COMMUNITY CHURCH
Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by coffee hour, nursery care provided. Information, 768-2916.

MONDAY MARCH 21

BETHLEHEM

ADIRONDACK PRESENTATION
Slide show and lecture by Craig Brandon on his book "Murder in the Adirondacks: An American Tragedy Revisited," at the Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 475-1464.

INDOOR PISTOL SHOOTING
Albany County Pistol Club, Winne Place, 7 to 9 p.m. Information, 439-0057.

MOTHERS' TIME OUT
program on relaxation techniques, Christian support group for mothers of preschool children, Delmar Reformed Church, 386 Delaware Ave., nursery care provided, 10 to 11:30 a.m. Information, 439-9929.

RCS SCHOOL BOARD
at the board offices, 26 Thatcher St., Selkirk, 7:30 p.m. Information, 767-2513.

DELMAR KIWANIS
Days Inn, Route 9W, 6:15 p.m. Information, 439-5560.

AA MEETING
Bethlehem Lutheran Church, 85 Elm Ave., 8:30 p.m. Information, 489-6779.

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

DELMAR COMMUNITY ORCHESTRA
rehearsal, town hall, 445 Delaware Ave., 7:30 p.m. Information, 439-4628.

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

TEMPLE CHAPTER 5 RAM
Masonic Temple, 421 Kenwood Ave.

NEW SCOTLAND

BUDGET WORKSHOP
sponsored by the Voorheesville school board, 7:30 p.m., in the high school cafeteria. Information, 765-3313.

BOARD OF TRUSTEES MEETING
Voorheesville Public Library, 51 School Road, 7:30 p.m. Information, 765-2791.

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

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

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

TUESDAY MARCH 22

BETHLEHEM

BOOK FAIR
sponsored by the A.W. Becker Elementary School PTA, at the school on Route 9W, 9 a.m. to 3 p.m. Information, 767-2511.

INDOOR PISTOL SHOOTING
Albany County Pistol Club, Winne Place, 7 to 9 p.m. Information, 439-0057.

TREASURE COVE THRIFT SHOP
First United Methodist Church, 428 Kenwood Ave., 11 a.m. to 6 p.m.

BINGO
at the Bethlehem Elks Lodge, Route 144, 7:30 p.m.

YOUTH EMPLOYMENT SERVICES
Parks and Recreation Office, Elm Avenue Park, 9:30 a.m. to noon. Information, 439-0503.

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

NEW SCOTLAND

NIMBLEFINGERS/QUILTERS
Voorheesville Public Library, 51 School Road, 1 to 3 p.m. Information, 765-2791.

ZONING BOARD OF APPEALS
town hall, Route 85, 7 p.m. Information, 765-3356.

VOORHEESVILLE VILLAGE BOARD
village hall, 29 Voorheesville Ave., 8 p.m. Information, 765-2692.

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

WEDNESDAY MARCH 23

BETHLEHEM

ECUMENICAL LENTEN BIBLE STUDY
led by the Rev. Warren Winterhoff, Delmar Reformed Church, 386 Delaware Ave., 9:30 to 11 a.m. Information, 439-8415.

TOWN BOARD
town hall, 445 Delaware Ave., 7:30 p.m. Information, 439-4955.

BUDGET WORKSHOP
sponsored by the Bethlehem school board, district offices, 90 Adams Place. Information, 439-7098.

BOOK FAIR
sponsored by the A.W. Becker Elementary School PTA, at the school on Route 9W, 9 a.m. to 3 p.m. Information, 767-2511.

BINGO
Blanchard American Legion Post, 16 Poplar Drive, 7:30 p.m. Information, 439-9819.

YOUTH EMPLOYMENT SERVICES
Parks and Recreation Office, Elm Avenue Park, 9:30 a.m. to noon. Information, 439-0503.

TESTIMONY MEETING
First Church of Christ, Scientist, 555 Delaware Ave., 8 p.m. Information, 439-2512.

WELCOME WAGON
newcomers, engaged women and new mothers, call for a Welcome Wagon visit, Monday to Saturday, 8:30 a.m. to 6 p.m. Information, 785-9640.

SOLID ROCK CHURCH
evening prayer and Bible study, 7 p.m. Information, 439-4314.

NEW SCOTLAND

MOUNTAINVIEW EVANGELICAL FREE CHURCH
evening service, Bible study and prayer, Route 155, Voorheesville, 7:30 p.m. Information, 765-3390.

NEW SCOTLAND SENIOR CITIZENS
Wyman Osterhout Community Center, New Salem, call for time. Information, 765-2109.

NEW SCOTLAND ELKS LODGE
22 South Main St., Voorheesville, 8 p.m. Information, 765-2313.

AA MEETING
First Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 489-6779.

AL-ANON MEETING
First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 477-4476.

FAITH TEMPLE
bible study, New Salem, 7:30 p.m. Information, 765-2870.

THURSDAY MARCH 24

BETHLEHEM

BETHLEHEM ART ASSOCIATION
monthly meeting with a demonstration on new artists' materials and techniques by Ed Brickler, Bethlehem Public Library, 451 Delaware Ave., 7 p.m. Information, 765-9341.

TECHNOLOGY PANEL DISCUSSION
on educational use of technology, with chairperson of the BC Technology Committee JoAnn Davies, BCHS Principal Jon Hunter and Ed Hancock of the state Education Department, Bethlehem Central High School, 700 Delaware Ave., 7 to 8:30 p.m. Information, 439-9735.

BOOK FAIR AND OPEN HOUSE
fair sponsored by the A.W. Becker Elementary School PTA, at the school on Route 9W, 5 to 9 p.m., open house from 7 to 8 p.m. Information, 767-2511.

WOMEN'S BIBLE STUDY
Bethlehem Community Church, 201 Elm Ave., 9:30 to 11:15 a.m. or 7:30 to 9:15 p.m. Information, 475-9573.

RECOVERY, INC.
self-help for chronic nervous symptoms, First United Methodist Church, 428 Kenwood Ave., 10 a.m. Information, 439-9976.

YOUTH EMPLOYMENT SERVICES
Parks and Recreation Office, Elm Avenue Park, 9:30 a.m. to noon. Information, 439-0503.

BETHLEHEM LUTHERAN CHURCH
Bible study, 10 a.m., Creator's Crusaders, 6:30 p.m., senior choir, 7:30 p.m., 85 Elm Ave. Information, 439-4328.

AA MEETINGS
Slingerlands Community Church, 1499 New Scotland Road, noon, and Delmar Reformed Church, 386 Delaware Ave., 8:30 p.m. Information, 489-6779.

NEW SCOTLAND

FAITH TEMPLE
Bible study, New Salem, 7:30 p.m. Information, 765-2870.

FRIDAY MARCH 25

BETHLEHEM

TEEN STRESS WORKSHOP AND PIZZA PARTY
"Organize, Prioritize and Energize: How Teens Can Beat Stress," presented by Erin Loffredo of the Albany County Substance Abuse Prevention Program, Bethlehem Public Library, 451 Delaware Ave., 12:15 p.m. Information, 439-9314.

NIGHT WALK
Five Rivers Environmental Education Center, Game Farm Road, 7 p.m. Information, 475-0291.

BOU AUCTION
to benefit Bethlehem Opportunities Unlimited, Bethlehem Central High School cafeteria, 700 Delaware Ave., 7:30 p.m. Information, 439-3481.

A.W. BECKER MOVIE NIGHT
featuring "Newsies," at the school on Route 9W, refreshments will be available, \$1 per person. Information, 767-2511.

CHABAD CENTER
Friday services, discussion and kiddush at sunset, 109 Elsmere Ave. Information, 439-8280.

AA MEETING
First Reformed Church of Bethlehem, Route 9W, 7:30 p.m. Information, 489-6779.

NEW SCOTLAND

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

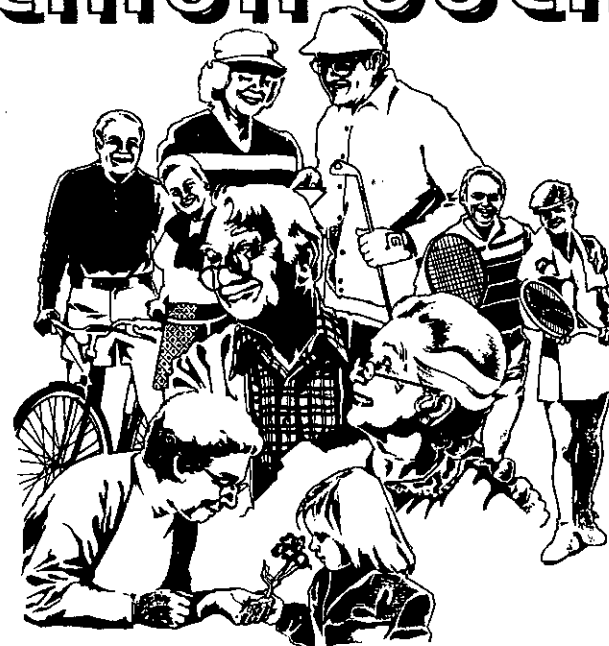
SATURDAY MARCH 26

BETHLEHEM

"BE A SPRING PEEPER"
program for toddlers, 22 months to 3 years old, at the Bethlehem Public Library, 451 Delaware Ave., 10:30 a.m. Information, 439-9314.

PASSOVER SEDER
Delmar Chabad Center, 109 Elsmere Ave., 7 p.m. Information, 439-8280.

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METICULOUS, PERSONALIZED cleaning, 8 years experience, reasonable, dependable, references. 439-2796.

SQUEAKY CLEANING, environmentally safe, experienced, reliable, references, reasonable rates, 279-9678.

FINANCE

GOVERNMENT PROGRAMS: Homeowners or businesses refinance. Catch up on bills, remodel. Cash, any reason (private money also available). Bank turnarounds, problem credit, self-employed, all okay. No application fees, 1-800-874-5626.

MORTGAGE

TIRED OF collecting a monthly payment? We buy privately held mortgages. Receive all cash now. No fees, fast closing, highest prices paid! Capital Investments, (800)743-1380.

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ALL HARDWOOD: 5 face cords, \$200; 1 cord, \$125. Seasoned firewood, \$75 a face cord. Also want standing timber, 767-2594.

MIXED HARDWOOD: cut, split and delivered; full cord, \$120. Jim Haslam, 439-9702.

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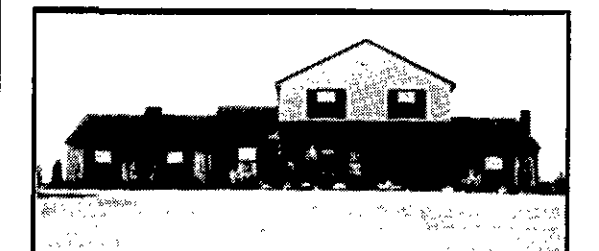
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NEW '94 ESCORT WAGON



#R173—Blue, Air Cond., P. Steering, Defroster, Light & Convenience Group, Wagon Group, Luggage Rack, Rear Wiper & much more. Over 20 available.

\$179^{+Tax} A Month
For Only 24 Months

Plus \$1,000 Down & First Payment & Security Deposit

8¢ per mile over 15,000 miles per year. Total payments equal \$4,296.00 plus tax. Purchase option price of \$6,760.00. \$1,393.00 total money for down payment, 1st payment, and refundable security deposit due at lease inception.

NEW '94 F150 PICK UP TRUCK



#RT314—Tabago, 8 Ft. Box - 302 V8, Elec., Automatic O/D Trans, Head Liner Insulation Package, AM/FM Stereo, Clock, 6250 GVW, Step Bumper, Cloth & Vinyl Seat & more. Over 10 in stock.

\$249^{+Tax} A Month
For Only 24 Months

\$1,000 Down & First Payment & Security Deposit

8¢ per mile over 15,000 miles per year. Total payments equal \$5,976.00 plus tax. Purchase option price of \$9,506. \$1,544.00 total money for down payment, 1st payment, and refundable security deposit due at lease inception.

NEW '94 TAURUS 4-DR. SEDAN



#R304—Indigo Clearcoat, 3.0 Liter V6, GL Decor Group, Air Cond., Power Windows, Locks & Seat, Defroster, Floor mats, Light Group, Speed control, AM/FM Stereo Cassette, Automatic, Deluxe Wheel Covers & more. Over 60 in stock.

\$229^{+Tax} A Month
For Only 24 Months

\$1,850 Down & First Payment & Security Deposit

8¢ per mile over 15,000 miles per year. Total payments equal \$5,496.00 plus tax. Purchase option price of \$11,567.00. \$2,329.00 total money for down payment, 1st payment, and refundable security deposit due at lease inception.

NEW '94 AMER. CONVERSION VAN



#RT425—Mocha Clearcoat, 7 Passenger, Air Cond., AM/FM Stereo Cassette, 4 Wheel Anti Lock Brake System, Power Windows & Locks, Speed Control & Tilt Wheel. Must Be Seen. 4 In Stock.

\$359^{+Tax} A Month
For Only 24 Months

\$2,000 Down & First Payment & Refundable Security Deposit

8¢ per mile over 15,000 miles per year. Total payments equal \$8,616.00 plus tax. Purchase option price of \$13,259.00. \$2,788.00 total money for down payment, 1st payment, and refundable security deposit due at lease inception.

NEW '94 AEROSTAR XL WAGON



#RT395—7 Passenger with Captain Chairs, Air Cond., Convenience Group, Privacy Glass, Speed Control, Tilt Wheel, Deluxe Paint Stripe, 3.0 V6 Automatic O/D, Electric Defroster, Luggage Rack, More. 4 In Stock At This Price.

\$299^{+Tax} A Month
For Only 24 Months

\$1,500 Down & First Payment & Refundable Security Deposit

8¢ per mile over 15,000 miles per year. Total payments equal \$7,176.00 plus tax. Purchase option price of \$10,692.00. \$2,147.92 total money for down payment, 1st payment, and refundable security deposit due at lease inception.

NEW '94 PROBE 3-DOOR



#R114—Coral Mist Clearcoat, Automatic Trans., Dual Electric Mirrors, Electric Defrosters, Tilt Wheel, Convenience Group, Interval Wipers, Tinted Glass, More. 3 In Stock.

\$249^{+Tax} A Month
For Only 24 Months

\$1,000 Down & First Payment & Refundable Security Deposit

8¢ per mile over 15,000 miles per year. Total payments equal \$5,976.00 plus tax. Purchase option price of \$8,935.00. \$1,544.00 total money for down payment, 1st payment, and refundable security deposit due at lease inception.

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\$8,995*

1993 Ford Taurus GL

Auto, 3.8 V6, AC, PS, PB, PW, AM/FM Stereo, Miles 19,156 to 20,698. Pre-Rentals. Dual Air Bags & Anti-Lock Brakes. 8 To Choose From.



Was \$14,995 — NOW
\$13,395*

'93 Ford Aerostar XLT

Auto, AC, PS, PB, PW, Rear AC, AM/FM Stereo, Miles 13,455 to 29,353. Pre-Rentals. 4 To Choose From.



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\$14,495*

'93 Mercury Cougar XR7

Auto, AC, PS, PB, PW, AM/FM Stereo Cass., Miles 19,305 to 14,060. Pre-Rentals. Red & Green. 2 To Choose From.



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Super Cab 4x4, 6 cyl., Auto, PS, PB, Bed Liner, Cap, Extra Sharp! 14,068 miles. Stock# 12407B

\$15,995*

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V6, Auto, A/C, PW, PL, Super Sharp, 9,725 Miles

\$13,995*

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LE 2DR, Auto, Air Conditioning, Sharp, Red, 27,757 Miles.

\$6,995*

1993 Ford Explorer

4x4, 2 DR, Sport, 5 spd, Air Conditioning, PW, PL, Sunroof, 24,821 miles.

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1993 Ford F-150 PU XL

5 spd, 6 cyl., AM/FM Stereo, 15,974 Miles ONLY

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Auto, Air, PS, PB, PW, PL, Real Diamond, 12,356 Miles ONLY

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