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See Family Section  
Page 19



Vol. XXXVIII No. 36

The weekly newspaper serving the Towns of Bethlehem and New Scotland

August 31, 1994

50¢

## All eyes and ears



David Fritts, 6, of Glenmont cuddles up with a rabbit at the Ravena Friendship Festival petting zoo. Doug Persons

## BC board suspends teacher for one year

By Dev Tobin

Regardless of the outcome of the felony drug possession charge he faces, Bethlehem Central Middle School teacher Howard D'Arcangelis can return to his teaching job following a one-year suspension without pay, approved by the BC school board at last week's meeting.

The negotiated settlement, accepted by D'Arcangelis, includes the suspension, successful completion of substance abuse treatment, and reinforcement monitoring and intensive professional supervision upon his return, according to Superintendent Leslie Loomis.

"We have to be assured of his fitness to return to the classroom as an effective teacher," Loomis said. "The district is not willing in any way to tolerate drug and/or alcohol abuse among students or employees."

Recent state education commissioner's decisions "really limit what discipline action school districts can take in instances like this," Loomis said.

**The district is not willing in any way to tolerate drug and/or alcohol abuse among students or employees.**

Through the negotiated settlement, the district avoids a possibly costly and protracted 3020-a teacher disciplinary proceeding at the state Education Department. According to a 1993 survey by the New York State School Boards Association, the average full-length 3020-a proceeding takes about a year-and-a-half and costs school districts more than \$175,000.

A felony drug conviction does not automatically, and may not following a 3020-a proceeding, result in a teacher losing his/her job.

Leslie Loomis

In the appeal of Jay Dubner, a New York City teacher convicted of criminal sale of cocaine (a Class B felony), Education Commissioner Thomas Sobol ruled that the termination ordered by a 3020-a panel was too harsh a penalty, and instead ordered a two-year suspension.

The decision, issued in October 1993, notes that mitigating factors must be considered in cases where criminal conduct results directly from an alcohol- or drug-related problem. Those factors are: whether the teacher suffered from drug/alcohol addiction prior to his/her arrest; whether the teacher acknowledged his/her problem; whether the teacher sought and successfully completed treatment; and whether the teacher is capable of carrying out his/her professional responsibilities.

Sobol emphasizes in the Dubner decision that the "primary purpose of a disciplinary hearing is not punitive, but rather

TEACHER/page 16

## Nice DEIS and no dice greet report

Final Southgate data due mid-September

By Mel Hyman

The main consultant reviewing the Southgate Commons shopping center said a final report on the project's draft environmental impact statement should be ready for the Bethlehem planning board by mid-September.

Some parts of the DEIS, which is several hundred pages long, "look fine," said Rich Kummerle, owner of consulting firm Tectonic Engineering. But, he added, there are other parts that, "We have a few questions about" and "that may need more information."

Three possible areas of deficiency, according to Public Works Commissioner Bruce Secor are slope stability, traffic and alternative development scenarios.

A draft copy of the consultants' report on the proposed 425,000-square-foot shopping center planned for Route 9W in Glenmont has been received by the town planning department.

Secor and Town planner Jeff Lipnicky



Lipnicky

are reviewing the document, and their comments will be sent back to the consultants.

Kummerle said he expected to submit a final report to the planning board in time

for it to be placed on the Sept. 20 planning board agenda.

The consultants were asked to review for completeness the DEIS submitted by

REPORT/page 16

## Delmar woman champions anti-tobacco cause

By Dev Tobin

As a young nursing student, Barbara Bartoletti of Delmar watched a man in his mid-40s with three small children die, slowly and painfully, of lung cancer. So she is profoundly discouraged when she sees a young person smoking cigarettes.

"It's hard to get across to young people today that smoking is addictive and it kills," Bartoletti said. "But if we can prevent kids from smoking, we can prevent a host of economic and social problems down the road."

Bartoletti is in a unique position locally to do something about adolescent smoking.

As legislative director of the state League of Women Voters, she lobbied the legislature successfully for a new law that forbids almost all tobacco use on school grounds.

As president of the Bethlehem Athletic Association and co-vice president of the Bethlehem Central Community Organization (the high school PTA), Bartoletti is working to ensure that BC administrators, teachers, parents and students are aware of the new law, which took effect Thursday, and that it is implemented effectively.

And as a mother of teenagers, she says, "For our kids' sake, we have to get the pro-health message out, and we have to be role models."

TOBACCO/page 16



Barbara Bartoletti

## Board OKs street changes

The town board has approved name changes for several streets with identical names located in different parts of Bethlehem.

The changes were prompted by confusion that frequently arises when an emergency call comes into police and the caller's location can not be quickly determined. The changes were also needed to properly program the emergency 911 system slated to go into effect in the fall.

The following changes were approved by the board at its Aug. 24 meeting.

- Center Lane (Glenmont), renamed Tower Lane.
- Center Lane (Delmar), no change.
- Grove Street (North Bethlehem), renamed Grove Place.
- Grove Street (Delmar), no change.
- Grove Street (Slingerlands), renamed Horseshoe Drive.
- Bridge Street (Slingerlands), renamed Pelzer Place.
- Bridge Street (North Bethlehem), renamed North Bridge Drive.
- Bridge Street (South Bethlehem), no change.
- Pine Street (North Bethlehem), no change.
- Pine Street (Delmar), renamed Tall Pines Place.
- Mosher Road (Delmar), no change.
- Mosher Road (Glenmont), renamed William Mosher Road.
- Orchard Street (Slingerlands), no change.
- Orchard Street (South Bethlehem), renamed Applebrook Drive.
- Maple Avenue (Selkirk), no change.
- Maple Avenue (Elsmere), renamed Sugar Maple Lane.
- Maple Avenue (Slingerlands), renamed Mapleridge Road.
- Hackett Drive (Selkirk), renamed Eagle Court.

## Fall festival planned at Five Rivers center

Five Rivers Environmental Education Center on Game Farm Road in Delmar, will hold a fall festival on Saturday, Sept. 24, from noon to 4 p.m.

The whole family is invited to take part in outdoor fun and nature study.

Parking and admission are free.

## Firefighter pensions to be on ballot

By Dev Tobin

Volunteers in New Scotland's two fire companies could soon earn pension credits, if voters in the Onesquethaw and New Salem districts approve the proposal.

At its special meeting last week, the town board approved sending the plan before the voters.

Anthony Granito of the state fire chiefs association said that the service award program will help the departments attract volunteers.

"These days very few people are willing to rush into a burning building when other people are running out," Granito said. "The service award program stabilizes the volunteer fire service."

Granito estimated the costs (at \$484 annually per participant) for the first year of the program to be \$38,619 for Onesquethaw and

\$32,107 for New Salem.

He added that the program would raise the tax rate by 24 cents per thousand of assessed value in the Onesquethaw district, and by 17 cents per thousand in the New Salem district.

Because of a provision that allows firefighters near or over the entitlement age of 62 to qualify for the program, the annual costs will decline after the first year, and more significantly after 10 years, when the buyback costs will have been amortized, Granito said.

Firefighters need five years of active service and must earn enough points through participation in training and fighting fires to qualify for the pension program.

Based on experience with other departments, Granito estimated that about 75 percent of the departments' membership will qual-

ify for the program. There are 52 active members of the Onesquethaw department and 42 active volunteers in New Salem.

He said that the firefighters would like to hold the vote in a special election, at their expense, in early October because the issues of the pension program "tend to get lost in the context of a general election."

Each department would hold a public information meeting prior to the vote, Granito added.

In other business at the meeting, the board awarded a \$164,400 contract for solid waste services to Robert Wright Disposal of Glenmont, the only bidder.

The board also approved a bid of \$3,985 by Altamont Spray Welding Inc. to provide a new manway cover for the Feura Bush water tank.

## Chambers to team up for marketing seminar

The Bethlehem Chamber of Commerce is teaming up with its Guilderland, Latham, Montgomery County and Southern Saratoga County counterparts to sponsor a self-marketing seminar on Wednesday, Sept. 21, at 7 p.m. The event will take place at The Desmond hotel in Colonie.

James V. Pugliese will give a lecture entitled "Get Visible and Market Yourself."

Cost is \$15 for members of sponsoring chambers, \$25 for non-members. For information, call the Bethlehem Chamber at 439-0512.

## Police make DWI arrests

Bethlehem Police arrested two women last week on charges of driving while intoxicated.

Vernell Kornegay, 38, of 13 Magnolia Circle, Ravena, was stopped at 2:27 a.m. Wednesday, Aug. 24, for speeding on Route 144, police said.

She was also charged with DWI and released pending a Sept. 6 appearance in town court.

Debra A. Garhartt, 41, of 1990 New Scotland Road, was stopped at 12:28 a.m. Sunday, Aug. 28, for failure to keep right on Cherry

Avenue, police said.

She was charged with DWI and released pending a Sept. 6 appearance in town court.

## Thrift store extends Tuesday night hours

The thrift store of the First United Methodist Church of Voorheesville, located at 68 Maple Ave., is open from 7 to 9 p.m. every Tuesday through Sept. 13.

The store features clothing, books, toys, household items, and gift and collector items.

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## BCMS muralists



Incoming sixth-graders at Bethlehem Central Middle School, from left, Ben Sher, Tanya Babi, Rick Root, Nicole Rosano and Andy Holmes brighten their new school with a mural. Doug Persons

# BC tax rates rise to cover decline in assessed value

By Dev Tobin

Costs for special education continue to squeeze last year's Bethlehem Central School District budget, even after the end of the 1993-94 school year.

At last week's meeting, the BC school board had to amend last year's budget by \$307,552, mostly to cover \$286,550 in additional costs for BOCES and for special education teachers' salaries, according to Franz Zwicklbauer, assistant superintendent for business.

The district also spent more than was budgeted for natural gas and electrical service, snow plowing and legal services related to defending an assessment reduction case brought by Niagara Mohawk (the district's largest taxpayer), but most of these costs were covered by interfund transfers from accounts that had outstanding balances at the end of the year.

While there was sufficient revenue available to cover the unexpected overexpenditures, the situation shrunk the district's fund balance and contributed \$218,000 to a \$322,680 shortfall in the 1994-95 budget, Zwicklbauer said.

The remainder of the shortfall



Franz Zwicklbauer

(\$114,680) comes from unexpectedly lower assessed values for district properties in Bethlehem and New Scotland, Zwicklbauer explained.

The district assumed that assessed values would remain constant, but they declined \$4.4 million in New Scotland and \$2.4 million in Bethlehem.

Following Zwicklbauer's recommendation, the board decided to make up the \$114,680 by increasing the tax rate, and the \$218,000 from \$17,500 in additional revenues and \$200,500 in bud-

get reductions.

The cuts were in payments to the teacher and employee retirement systems (\$73,000), savings in health insurance (\$50,000) and workers' compensation (\$15,000), and a 10 percent cut in the district's supply accounts (\$62,500).

"With these substantial over-expenditures, we had to tighten our belts in areas that don't directly affect the classroom," said Superintendent Leslie Loomis.

The final tax rates are \$15.85 per thousand of assessed value for district residents in Bethlehem and \$15.89 for district residents in New Scotland.

These tax rates are seven cents higher than the estimates presented to voters in May, and represent tax rate increases of 5.46 percent in Bethlehem and 5.93 percent in New Scotland (about half a percent higher than originally projected).

Zwicklbauer reported some good fiscal news, albeit for 1995-96 and subsequent years.

The low interest rate bid for the district's \$1,280,000 refinancing of obligations to the Teachers' Retirement System, 4.93 percent by Fleet Bank, came in more than 1 percent less than estimated.

## Bethlehem wants to fix dangerous intersection

The Bethlehem Public Works Department plans to renew efforts to convince the state Department of Transportation to improve state Route 396 (Maple Avenue) in the vicinity of its intersection with Beaver Dam Road.

Town Public Works Commissioner Bruce Secor, reacting to a letter in the Aug. 24 *Spotlight*, said he plans to press the matter once again because of continued concern over the hazardous intersection, which has been the site of numerous accidents over the years.

Route 396, which connects Route 9W with Route 144, makes a sharp curve in the vicinity of Beaver Dam Road (which is owned by the town). The problem arises when motorists traveling south on Route 396 try to make a left turn onto Beaver Dam Road.

The sharp curve prevents drivers from getting a good look at the oncoming traffic, Secor said. In addition, visual impediments such as a series of utility poles and a barn located along the inside of the curve of the state road further reduce sight distance for drivers.

The town had proposed reconstructing Beaver Dam Road so that it feeds into Maple Avenue at a less drastic angle, but that would only solve the problem if the state made improvements to Route 396, Secor said.

In a letter to the DOT regional traffic engineer dated Aug. 19, 1990, Secor wrote that it would serve no useful purpose for the town to reconstruct Beaver Dam Road without the utility poles on Route 396 being moved back and "an existing shed on the southeasterly side of the road taken down or moved and additional clearing provided so that sight distance through the intersection is improved."

Four years have passed and nothing has transpired, although Secor also said that plans are in the works to construct a bypass for Route 396 around the hamlet of Selkirk, which is designed to remove most of truck traffic on the road.

"That should make things somewhat better," he said, but still not solve the problem completely. The intersection problem still needs to be addressed, and "We're going to try and do something about it."

Mel Hyman

## RCS tax rates lower than estimated

By Michele Bintz and Dev Tobin

Because of higher-than-expected state aid, taxpayers in the Ravena-Coeymans-Selkirk School District will face lower-than-estimated tax rates for the 1994-95 school year.

As approved by the school board, the final rates for district residents in Bethlehem and New Scotland are \$15.55 per thousand of assessed value down from \$16.03 and \$15.59 per thousand down from \$16.07, respectively.

The rate reduction comes in spite of the school board's decision to add \$158,900 for necessary safety and environmental renovations at the bus garage in the 1994-95 budget.

The board acted to comply with state and federal regulations, even though the voters had twice rejected a proposition to borrow \$395,000 over five years to do the work.

This year, the renovations will include replacement of a hydraulic lift and overhead door, installation of an oil separator and other drainage improvements.

The board will also consider putting a \$235,000 proposition back before the voters to com-

plete the mandated work, which includes removing underground fuel tanks, replacing them with aboveground tanks and installing fire walls inside the garage.

*I enjoy their (middle school students') energy and enthusiasm, and coming from a K-12 perspective, I know where they're coming from and understand where they're going.*

Leone Schermerhorn

The district also finalized its administrative team with the hiring of Leone Schermerhorn as principal of the middle school.

Schermerhorn comes to RCS from the Roxbury Central School District in Delaware County,

where she was principal of the district's one K-12 school.

A music teacher for more than 20 years before moving into administration, Schermerhorn, 48, said she looks forward to working with middle level students again.

"I enjoy their energy and enthusiasm, and coming from a K-12

perspective, I know where they're coming from and understand where they're going," she said. "This is what I've always wanted, to be able to focus on the middle school level in a larger district with more resources and bigger challenges."

A graduate of Hartwick College and the College of Saint Rose, Schermerhorn has also done graduate work in administration at North Adams State College and the University at Albany.

Superintendent William Schwartz called Schermerhorn "bright, articulate, energetic and compassionate."

Several other administrators will have new assignments in 1994-95 — George Montone, principal at A.W. Becker Elementary School formerly Ravena Elementary principal; Robert DeSarbo, assistant principal at Pieter B. Coeymans Elementary School formerly middle school principal; and Norm Griffin, administrator at Ravena Elementary School formerly Pieter B. Coeymans Elementary assistant principal.

## V'ville high school to be smoke-free

This fall, all tobacco use at Clayton A. Bouton Junior-Senior High School will be prohibited.

The policy, which complies in advance with new state and federal regulations, resulted from a suggestion of the School Improvement Team.

The Voorheesville school board

approved the policy at its last meeting. The policy applies to all use of tobacco products by students, staff, parents and visitors on the school campus.

Any questions about the new policy should be directed to Terry Buslow, the school's principal, at 700-5011.

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# Selkirk Y became a haven to railroad workers

By Allison Bennett

It's all a thing of the past now, but 60 years ago the Selkirk Railroad YMCA on Route 396, next to the railroad yards, was one of the pulse points of the town of Bethlehem.

Railroad workers in the early years were generally held in low esteem and often characterized as "intemperate, licentious, and ungodly." Henry Stager, a train dispatcher in Cleveland, Ohio in 1872, was so shocked at the callous remarks made over the accidental death of a railroad man that he determined to do something for his fellow workers. Just three years after the Golden Spike marked the link-up of East and West, a YMCA reading room was dedicated in Cleveland. That same year a committee of railroad men was named to a Y organizing committee and this became the birth of the Transportation YMCA.

Within a few years Transportation Y buildings and facilities sprang up throughout the rail networks. These buildings represented a "home away from home" for the thousands of railroad employees. They were open 24 hours a day to serve off duty railroad workers waiting for their "turnaround" at the end of a run. The Y was a place of comfort where



Community members watching a sporting event at the Selkirk Railroad YMCA on June 18, 1927.

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men could be assured of a good meal and a good sleep, and a place to relax without feeling out of place. There were facilities for discussion groups, billiards and other games, a room to pursue a hobby and space for a range of indoor and outdoor recreation. As membership organizations these Transportation Y's also reached out to serve the larger community as well, and entire families partici-

pated in the Y's activities and programs.

In 1926, coincident with the building of the great railroad bridge across the Hudson from Castleton to Selkirk, the Selkirk Yard with was opened, and a small army of railroaders needed a place to stay between their runs. In conjunction with the YMCA, the New York Central erected and

furnished a stately building that stood in spacious landscaped grounds, in close proximity to the activity that was going on night and day in the railroad yard. It was a busy life where freight trains were forever arriving and departing, the cars being switched and sorted and repaired, and the engines being made ready for their next trip.

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secretary's of the Selkirk Y in the early years was Joseph E. Paul. He and his wife lived in their own apartment in the building and were completely immersed in their task of running a facility of utility and comfort. The Paul's dedication made them pillars of the community in the southern section of town. In 1928 there were some surprising statistics mentioned in the annual report, to wit: more than 17,000 people attended religious, education, and social functions at the Selkirk Y; there was a membership of 982; more than 217,000 meals were served, more than 51,000 men slept in the dormitories and over 150,000 towels and face cloths were furnished to the guests. The Y even had its own laundry and more than 300,000 pieces were processed there in that year.

Among the many activities in the summer were community vesper services. Large crowds attended baseball games, with competing teams coming to play, via train, from as far away as Cleveland, Buffalo, Syracuse, and New York, all places being on the main line of the New York Central. There were also boxing matches and picnics held in the lovely pine grove behind the Y. Activities included such things as a rifle team for local men and boys who met at the Y, as well as Home Bureau groups for women. An annual Christmas party was held for the adults and children of the community, and public dances were conducted in the spacious auditorium. The restaurant was open to the public and Anthony Riccardo of

Selkirk ran a barbershop in both the old and new Y buildings for many years.

By 1972, the old Y was becoming antiquated and too expensive to renovate and the advent of diesel trains required smaller train crews, so facilities needed streamlining. The old Y was torn down and beside it rose a smaller, modern building, providing the same amenities, but to fewer workers. By this time another well loved Y secretary, Clarence Klahn, had retired, and management changed several times. Within the last few years, because of new Federal laws and regulations and tensions between the railroad union, the YMCA and Conrail, the newer Y building was turned over to an independent corporation known as Conrest and the program was administered for a few years. However, the end result was that the Y was closed for good over a year ago and the railroad workers are now housed in an Albany motel. Conrest sold the building for a token sum to Father Young's "Vista" project at Altamont. Many area charities received generous donations from the remaining assets of the Conrest Corporation.

The building at this time is awaiting a new use, quite removed from its original purpose. The board of Conrest has recently given the Bethlehem Historical Association a group of pictures and other memorabilia of the many Y events since its inception in 1926. This information will be kept at the museum in Cedar Hill.



Religious services were conducted in one of the repair shops for the men of the YMCA at Selkirk.

### Town library closed Labor Day weekend

In observance of Labor Day, the Bethlehem Public Library will be closed on Saturday, Sunday and Monday, Sept. 3, 4 and 5. Regular hours will resume on Tuesday, Sept. 6.

## Cannizzaro to fill seat created by Garufi's death

Albany Democrat Joseph Cannizzaro has been nominated to fill the vacant seat in the Albany County legislature caused by the recent death of Legislator Sal Garufi.

If appointed by the Democratic-controlled Albany County Legislature later this month, Cannizzaro will represent the 10th legislative district, which includes a sizable chunk of the city of Albany along with two election districts in North Bethlehem.

He must run in a special election in November to retain the seat. Cannizzaro is expected to run for a full, four-year term in 1995.

Despite the overwhelming enrollment edge held by the Democrats, Albany County Republican Chairman Dennis Buchan has already indicated that he expects to field an opponent.

Cannizzaro, a former Bethlehem resident, now lives and practices law in Albany. Town Democratic chairman Matt Clyne has approved of the nomination, citing Cannizzaro's ties with the town.

A graduate of Bethlehem Central High School, Cannizzaro attended Albany Law School. He was the principal law clerk to state Supreme Court Justice Joseph Harris and a former assistant public defender before entering

private practice.

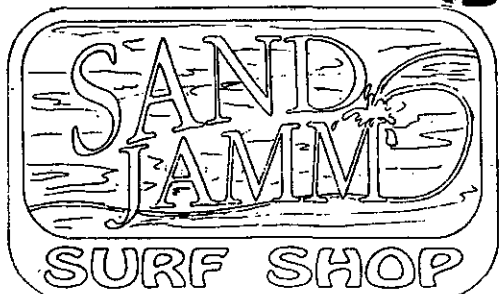
Cannizzaro, who reportedly had Garufi's blessing, was unopposed for the nomination, according to Mary Ann Macri, Democratic coordinator for the 8th Ward in Albany.

Garufi represented the district for more than 13 years, going back to the early 1980s when a small part of North Bethlehem was incorporated into the district to help the city maintain its strength in the county legislature.

Bethlehem Republican committeeman Mark Stuart opposed Garufi in the 1992 election, but was defeated.

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## Matters of Opinion

### No double standards

One of the goals the Bethlehem Central School District set for the 1994-95 school year is the development among students of a greater sense of responsibility for their own behavior.

Although it may not have been intended, the District last week clearly indicated, in disciplining a teacher arrested for possession of a controlled substance, that it intends to follow its own advice.

In a terse public announcement the system said it had suspended eighth-grade English teacher Howard D'Arcangelis without pay for one year and will require him to participate in and satisfactorily complete substance abuse treatment and therapy. The board negotiated the settlement, which will cost D'Arcangelis more than \$56,000 in salary, among other things, with a National Education Association attorney even though the criminal proceedings stemming from his arrest last April on a class D felony charge have not been concluded.

While neither the Board nor the NEA will comment on the negotiations, it is safe to say that were Mr. D'Arcangelis (a first-time offender with 26 years of teaching experience) an employee of a local business rather than the schools, he might well have remained on the payroll and suffered no loss of benefits nor seniority while undergoing treatment. The stern sanctions negotiated by the District thus become a forceful statement that it expects its employees as well as its students to pay more attention to the implications of their actions.

### Spare those trees!

As a matter of policy we are neither pro nor con development. We prefer to evaluate each project on its own merits. And we believe, contrary to some others, that to call a developer conscientious is not an oxymoron. There are such companies.

However, there is one continuing quarrel we have with far too many of these companies. And that is their insistence that a project will not be economically viable unless they remove all the vegetation on the site. A subset of this philosophy has arisen in Charlew Construction's plans for its Blessing Road/Krumkill Road development. The planning board is insisting that the company provide more than one entrance/exit road. Charlew says it can only do so if it levels a 380-foot knoll and 3.3 acres of trees.

Now this is a 16-acre project on which the company plans to build 29 homes. We suspect that on those 16 acres there is another place for a second road in and out. More than likely Charlew doesn't want to go the expense of constructing it and hoped the hue and cry it knew neighbors would raise over the loss of the trees would persuade the board to drop its demand.

It seems to us the solution to this particular brouhaha, as it is in most of these cases, is simple. If the second road is not needed the planners should drop their demand. If it is they should stick to their guns. But in either case they should tell Charlew to leave the trees alone.

### Editorials

## Parents, volunteers share soccer crowns

Editor, The Spotlight:

As the registration approaches for the Bethlehem Soccer Club, I wanted to say I was thrilled to have coached a team of Bethlehem's finest young ladies during the past year. This year the U14 girls had an outstanding season finishing first or second in nine indoor and seven outdoor tournaments including the Nutmeg in Connecticut, the Eastern New York State Cup, Fleet Bank/Clifton Park International and the National Triple Crown Finals in Denver. They also had an undefeated season winning first place in the A Division of Capital District Youth Soccer League. What is especially pleasing is that this was accomplished by a "club" team made up of all Bethlehem girls who were often matched against "select" or "premier" teams formed from regional tryout. This success has not come overnight but is due to a number of factors accomplished over several years.

First, a large nucleus of girls have been playing and, yes, working together for up to six years. Many of the girls were not natural athletes but have become excellent players through practice and a commitment to excel. It is no coincidence that all of these girls have consistently been on the honor roll or high honor roll. Such dedication is refreshing in this era of "couch potatoes" and "dumbing down."

Second, over these years, I have been fortunate to have the support of several dedicated assistant coaches Stan Smith, David Blabey, and Peter Corrigan who are also volunteers. This year we were

joined by Dave Jukins and Eduardo Valverde who coached and assisted our second under 14 team to a highly successful season. Not one of us has ever played a single organized game of soccer. What we have in common is an interest in and commitment to kids which

man whose comment was that the parents of the players should pay for the fields their kids will be using. Most have indeed made substantial contributions but long term capital projects of this sort that are also for future generations require a community effort. We were especially appreciative of several businesses and individuals whose extra contributions helped us offset some of the costs to compete in the national tournament in Denver.

These contributors were Pizza Baron, Del Lanes, General Electric, Blackman and DeStefano Real Estate and Drs. Scott Macomber, Myron Serling, Thomas Decker, Michael Sbuttoni, Vorton Boghossian and Jonathan Pasternak.

Finally the team was blessed with the support of the parents who despite busy schedules made time to take their kids to practices, games and tournaments, some of which consume an entire weekend along with the expense of travel, meals and lodging. Some were single parents, too. This represents the single most important factor to the success of the entire program. Unfortunately, I have seen many fine potential players who want to participate at the level of excellence attainable in the Travel Soccer Program but the parents don't want to make the commitment. As satisfying as it is to witness the satisfaction of the players, it is even more rewarding to see the pride of the parents who are sharing their children's accomplishments.

Frank L. Rice, Coach  
Bethlehem U14 Girls

### Letters

is shared by all the volunteers who coach the Bethlehem Soccer Club and participate in other youth organizations. The reward is the satisfaction of seeing the kids grow, learn, and improve. The soccer club always needs more coaches, especially those who have played the game. Come on, make a commitment and join the fun.

Third, we have had the support of the soccer club which provides all the work of organizing the program, registering players and organizing tournaments. This represents thousands of volunteer hours. The club volunteers also have provided coaching clinics, soccer camps and the availability of expert coaches such as former Bethlehem standout Jeff Guinn.

Fourth, we have had the support of the schools and community that have provided the limited practice and playing facilities and have contributed thousands of dollars, materials and labor to the construction of the new Soccerplex. We still have a long way to go and need your continuing support. Unfortunately many have the attitude of one area business-

### He'll side with the pros

Editor, The Spotlight:

I am really getting sick and tired of people using scare tactics in trying to defeat the new water system proposed by the town.

Lets stop scaring (or trying to) people and trust the people who know the science. When the State of New York or Ward Stone tell me the water would be unsafe then I'll pay attention.

Sometimes I think people do not want this extra water because

it might help us to further develop Bethlehem. We need reasonable housing, a community center, more businesses. The historic Hudson River has served us well. Let's continue to clean it and use it.

George Wm. Grandy

Delmar

### Mini-park beautified

Editor, The Spotlight:

Applause is due Town of Bethlehem Supervisor Sheila Fuller for her action in having the corrective work done on the stone corner posts at the mini-park at Hawthorne Avenue and Adams Place and across the way at Adams Place and Adams Street in Delmar.

An eyesore was removed by the town workmen who did the repairs. They are to be commended for their work. The result enhances the vicinity for all who reside in the area or pass through it as well as visitors to the Bethlehem Central School District offices located across from the mini-park.

Alexander J. Woehrl

Delmar

### VFW dinner draws praise from seniors

Editor, The Spotlight

On behalf of the members of the Bethlehem Senior Citizens, Inc., and other senior residents, I wish to thank V.F.W. Post 3185 of Delmar for a wonderful dinner served to us on Aug. 11 at the Slingerlands Fire Department picnic area.

Special thanks is extended to Commander Tom Skultety, the Ladies' Auxiliary, members and friends of V.F.W. Bethlehem Memorial Post #3185 for organizing this annual event; to Slingerlands Fire Department and Rescue Squad for use of their facilities and the help of their volunteers; to the members and volunteers of the American Legion Post #1040; to Kleinke's farm for the donation of all the produce; to Bethlehem Senior Service Staff and volunteers for their help and to the Bethlehem Police Department and Bethlehem Auxiliary Police for their assistance.

All who attended are most appreciative of the great success of the event.

Alfred H. Kelsey  
President

## THE Spotlight

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## Your Opinion Matters

**'Family values' mean most during times of crisis**

The author of this Point of View is a resident of Colonie.

By Alan P. Druckman

We have entered a time in which there is a lot of preoccupation with family values. For too long we have separated ourselves from meaningful family relationships, so that when we need to try to reconnect we feel powerless.

We feel powerless because we have lost sight of our priorities and our ability to identify, appreciate and emotionally integrate our values. We end up in what seems to be an inescapable web of indecision, confusion and misplaced anger.

The "pulling together" of a family and the exemplary notion of family values is no more evident than when there is an impending death in a family. My family and I have experienced such an overwhelming situation since my mother-in-law's recent diagnosis of ALS (Amyotrophic Lateral Sclerosis, or Lou Gehrig's Disease). The stresses that we have encountered seem to be far more intense and debilitating for my wife and children (ages 6 and 10) than for myself, thereby permitting me to be more objective about our situation.

**Point of View**

As a family we are trying to adjust to the acceptance of the daily stresses resulting from the chronic debilitating progression of ALS. There is also the added stress of my mother-in-law living with us. This is no simple matter because it involves a considerable disruption and frequent negotiations in areas of our everyday lives: re-arranging our children's sleeping accommodations, play activities, eating habits and disruption in their sleeping patterns.

There is the rearranging of our work schedules, the imposition on our safety areas, the relinquishing of our private areas, the diminished quality play time with our children, the loss of intimate social interactions and the general feeling of life put on hold. In addition there is the sustained stress that comes from being hyper-vigilant 24 hours a day. Finally, there is the anticipation of the reality of awakening and finding my mother-in-law deceased. It was because of these and other overwhelming stresses that it became necessary to ask assistance from other fam-

ily members.

Well-intentioned family members are not always as solicitous as we would like them to be. Anyone who has experienced a catastrophe or a crisis may not find it unusual to find themselves the unexpected recipient of seemingly endless solicitations from well-intentioned strangers. By contrast, in a crisis situation that involves family there is an *expectation* that they should provide unlimited resources at any time.

**The death of a family member, especially a parent, hits very hard and can cause unresolved and repressed feelings to resurface. These feelings are replayed and often misplaced onto other family members.**

Understandably this is not always the case because of limitations of abilities and priorities. However, when there seems to be minimal resources provided or when the resources arrive too late there is a tendency by the primary care provider to feel angry, resentful and abandoned.

Anyone who has experienced similar situations is probably aware of these feelings and of the potential destructiveness that they can have on the unity and cohesiveness of a family.

As an in-law I feel that I am in a position to observe these destructive forces and the behavioral changes in a more objective manner. I can see the forces taking their toll on the family. I can see the daily changes in everyone's attitudes and mood. I can see some family members totally immersing themselves in the caretaker role while others distance themselves. I can see the effects of the anger, guilt, frustration and exhaustion. I can feel the numbness and the pain from watching what was a cohesive, loving family begin to divide from the strain of the situation.

I have also experienced the pain of watching my children with tears in their eyes wondering if life will ever be the same. I also wonder when all of this will be over so that I can have my family back.

The death of a family member, especially a parent, hits very hard

and can cause unresolved and repressed feelings to resurface. These feelings are replayed and often misplaced onto other family members. These feelings can become destructive to the entire family relationship unless identified early and addressed.

Fortunately with the help of the local Hospice, supporting friends and a strong family we are beginning to cope better. We still have our moments of frustration and exhaustion, but they don't seem to last as long.

**Letters policy**

The Spotlight welcomes letters from readers on subjects of local interest. Letters are subject to editing in keeping with our rules of fairness, accuracy, style and length. All letters must carry the writer's signature, address and phone numbers.

Write to Letters to the Editor, The Spotlight, 125 Adams Street, Delmar NY 12054. Letters may be faxed to 439-0609.



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## Your Opinion Matters

### Bureaucrats engage in 'fishy' politics

Editor, The Spotlight:

The *Spotlight* editorial of July 27, said it all.

Town officials developed this water project three years ago and it is already "far along in construction."

So what has all the ruckus been about recently?

Bureaucrats have ceremoniously conducted and orchestrated town meetings, while imparting

canned platitudes about democracy. However, the "so what" attitude toward dissent, was never disguised.

Therefore, did their decision truly represent the will and best interests of the people or was the public "vote" merely a symbolic gesture of offering the condemned a blindfold?

Politics can be as fishy as any water supply.

What is (that saying) about absolute power?

Edward P. Dillon

Glenmont

### More thanks to Lions for picnic pleasures

Editor, The Spotlight:

On Thursday, Aug. 18, the Bethlehem Lion's Club held their annual Cliff Van Dyke Memorial Picnic for the senior citizens of the Town of Bethlehem. 160 senior citizens from all parts of the Town enjoyed a delicious luncheon of hamburgers, hot dogs, salads and watermelon.

Our special thanks to the members of the Bethlehem Lion's Club and Bethlehem Senior Volunteers who worked so hard to make this an enjoyable outing.

Karen Pellettier

Director of Senior Services

Town of Bethlehem

### Gratitude for help in an hour of need

Editor, The Spotlight:

I would like to sincerely thank those Niagara Mohawk workers and the Delmar Rescue Squad for trying to help my mom, Chris Peterson, who had a cardiac arrest while driving Saturday, Aug. 20 about 1:15 p.m.

She did not recover.

Thank you once again for showing kindness to a stranger in need.

Her daughters

Lynda and Judy Peterson

Glenmont



Fallon Haldane gets "string sprayed" by Dan Buhky, Jared Hoose and Matt Dardani during Ravena's Friendship Festival.  
Doug Persons

### Local residents win many awards at Altamont Fair

Several area residents recently earned recognition for their efforts in various categories at the Altamont Fair.

Ann Gyoerkoe of Voorheesville was first runner-up in the Young Miss Altamont competition.

In the fair's food category, Julie

Plummer of Voorheesville won the Best Baked Cake award and Ginny Starr of Delmar won the Best Decorated Cake award.

In the arts and crafts competition, Lisa Fagan of Glenmont won the Best Quilt award, Mary Lou Wahl of Selkirk won the Best Quilt Article award and Judy Fruiterman of Delmar won the Best Woven Article of Clothing award.

In the scarecrow competition, Jamie Lyman of Delmar came in first and JoAnne M. Brady of Voorheesville finished fourth in the adult division. In the youth division, Tom Lyman of Delmar finished first and Carrie Lyman of Delmar placed fifth.

In the poultry division, Albert Miller of Delmar won the Best Old Male award and Richard Miller of Delmar won the Best Young Male award.

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# Bicentennial diary details life in Bethlehem

By Dev Tobin

As the information superhighway is being built, or at least bruited about, keeping a diary in one's handwriting seems as quaint as hand-cranked ice cream.

For the last decade of Bethlehem's 200 years, Floyd Brewer kept a diary that recorded his personal transition from university professor to retiree/archaeologist/historian, with comments on whatever struck his fancy on both the local and the national scenes.

Little did he suspect as he was toting up his weekly expenses or recording his recipe for breakfast cereal that his musings would form the basis of the second official Bethlehem bicentennial book.

*Bethlehem Diary* will be published this fall, following on the heels of *Bethlehem Revisited: A Bicentennial Story*, the comprehensive town history edited by Brewer and published in 1993 to celebrate the town's 200th birthday.

While Brewer provided the raw material for the book, a sextet of volunteer editors — Joseph Allgaier (Bethlehem town historian), Teresa Buckley (a copy/layout editor for the *Times Union*), Kristi Carr (director of information for the Bethlehem Central School District), Susan Graves (managing editor of *The Spotlight*), Hugh Hewitt (an amateur photographer, and, like Brewer, a retired professor from the University at Albany), and Chuck McKinney (an economic development specialist for the state who served as design consultant for the project) — shaped it into publishable form. (The editors also contributed diary segments of their own for parts of 1993.)

"The editors have done a nice job of selecting a representative balance of entries from the diaries," Brewer said.

The diary as edited features Brewer's views on everything from national politics to grocery shopping, with several entries each on his volunteer work founding the Bethlehem Archaeology Group and editing the bicentennial history.



Brewer

Buckley served as editor-in-chief of the project, convening monthly meetings since 1992 during which Brewer's diary was pared by consensus to about one quarter of its original length.

*Bethlehem Diary* is "a day-to-day view of life, a personalized history of Bethlehem that a lot of town residents, as well as people from outside the town, will be able to relate to," Buckley said.

The diary is remarkable because Brewer is "so open about what he was thinking and what his family was going through, and that he allowed five people the freedom to go through his diary and pick out what should be included in the book, Buckley said.

The book costs \$15 if ordered before Oct. 7, and \$19 after that. For information call the town clerk at 439-4955.

The cover art for the book, an original oil painting of the old Adams House Hotel by David Coughtry, will be put up for silent auction with a minimum bid of \$600, Brewer said.

The painting will be on display at South Street Framers & Gallery at the Four Corners in Delmar in mid-October. The last day for

bidding will be Nov. 18.

Excerpts from *Bethlehem Diary* by Brewer

• April 23, 1983 — Finally, the weather allowed us to dig at the Nicoll-Sill site. ... It was a beautiful day, sunny but cool — exactly the kind of day to dig. Most of us wanted to dig so badly we took only a half hour for lunch. Collectively, hundreds of artifacts were uncovered today. ... They're important since we have only one skimpy inventory on the Nicoll-Sill house, and know almost nothing about the lifestyle of the occupants of the house in the 1700s and 1800s.

• Feb. 23, 1986 — I'm not happy with the empires TV evangelists are building with money from mostly elderly and poor people. Robert Schuller's huge Crystal Cathedral, Jim Bakker's Heritage USA theme park, Oral Roberts' university and his unnecessary City of Faith Hospital, and the Christian Broadcasting Network's extravaganza (three large buildings, 4,000 employees) masterminded by Pat Robertson, are all monuments to large egos, however well-intentioned.

• Oct. 5, 1987 — A freakish, seven-inch, very wet snow fell yesterday with most leaves still on the trees. ... It began to snow more and more branches began to fall: crack, crack, thud as whole trees fell in the woods nearby. It was scary.

• Oct. 7, 1987 — It's amazing

how little you can do without electric power. No warm water for showers, no lights for reading and simply getting around the house at night, no effective (simple) hot food preparation, and the list goes on

• April 16, 1992 — My treasured bicentennial history is at a crucial stage — third drafts on most of the 14 chapters are in, copy is being loaded into the computer, a marketing strategy is under discussion, meetings of the editors and writers are decision-making in character and a hundred

and one details must be resolved. I'm fortunate. Now the people I selected with great care are moving into the forefront, working out the difficult problems and doing the job. Our production team (Chuck McKinney, Hugh Hewitt, Ross Gutman and Emrie La Barge) is turning out beautiful copy and meeting separately to reach cooperative agreements on these special problems.

In Glenmont *The Spotlight* is sold at Cumberland Farms, CVS, Glenmont Deli, Grand Union, Stewarts and Van Allen Farms



Buckley

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## Town vehicles to run on gas

The town of Bethlehem has been awarded a \$7,500 grant from the state Energy Office to convert two town vehicles from gasoline to natural gas fuel systems.

One conversion will take place this year, while the second will occur in 1995, according to town highway superintendent Gregg Sagendorph. A highway department pickup truck will be converted this year because there is an exact companion vehicle, which will be used for comparisons of mileage and maintenance costs.

A state-of-the-art conversion is expected to cost about \$4,500. "This would mean that this year's conversion would be covered in full," Sagendorph said, "and the

town would have to pay approximately \$1,500 toward the 1885 conversion."

The Bethlehem Central School District and the New York State Thruway Authority have already started conversions on existing vehicles to an alternative fuel system.

The vehicles being converted by the town will have a bi-fuel system, meaning that they will be able to run on unleaded gas or compressed natural gas.

If for some reason the pilot project is not successful, the chosen vehicles will continue to operate on their original fuel systems, Sagendorph said.

## Delmar artist to exhibit at gallery

Delmar artist Marion Bers will show 30 of her most recent paintings at the Albany Center Galleries from Friday, Sept. 9 to Oct. 30.

There will be an opening reception on Sept. 9 from 5:30 to 8 p.m. at the gallery on Monroe and Chapel streets in Albany.

Some of the works in this show were inspired by a trip Bers took to the Southwest.

"My paintings are non-objective, but more often than not when each is finished, it is reminiscent to me of some particular place," she said.

Bers, who holds numerous awards for her work, including the Mohawk-Hudson Regional Purchase Prize, an honorable mention in the Albany Tricentennial Art Festival and first prize at the Altamont Fair in 1983, believes paintings should be provocative.

"Most important is that the pic-



Marion Bers

ture should be visually challenging and evoke feelings that are at once mysterious and poetic," Bers said.

Bers' paintings will be exhib-

ited in the Les Urbach Gallery.

She studied at the Corcoran Museum Art School in Washington, D.C., and the California College of Arts and Crafts.

## Coeymans Hollow school house plans annual open house

The Little Red School House Historical Society of Coeymans Hollow will conduct its annual series of open houses Sunday, Sept. 4, through Sunday, Oct. 9.

The school house on Route 143 in Coeymans Hollow will be open to the public from 1 to 4 p.m.

There will be special exhibits at two-week intervals. In September,

paintings by local artists will be featured.

On Sept. 4 and 11, paintings by Edith Blaisdell and Ruth Tompkins will be on display, and on Sept. 18 and 25, works of Thelma Poe and Velma Rafferty will be exhibited.

On Oct. 2 and 9, there will be a display of antique dolls.

## Gospel group to sing at Delmar area church

The Couriers will perform at the Delmar Full Gospel Church, 292 Elsmere Ave. in Delmar, on Sunday, Sept. 4, at 6:30 p.m.

The group covers a wide range of music from classics to gospel and contemporary. They have recorded 55 albums over the past 38 years and have performed in all 50 states and 80 countries around the world.

The concert is part of the festivities celebrating the opening of the church's new sanctuary.

For information, call Rev. Mark Bratrud at 439-4407.

## Meeting offers tips on business success

The Bethlehem Business Women's Club will meet on Wednesday, Sept. 7, at the Noneside Country Club on Salisbury Road in Delmar at 6 p.m.

Ann Connolly will speak on "How to Succeed at a Business Meeting Without Really Trying."

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## Early winners



Bethlehem sports boosters Barbara Bartoletti (left), Dan Dzekioris, Jeff Cohen, Marty De Laney, Sharon Rider and Peter Powell gather to pick two early bird winners in the Bethlehem Sports Group's 1994 raffle. Kira Stokes of Delmar won \$500 and Debra Drescher of Latham won \$250. The main event, a drawing for a new Jeep Cherokee (or \$20,000 cash) and 13 other cash prizes will be Saturday, Oct. 15, at the boosters' annual picnic and magic show at Elm Avenue Park.

## Town chamber slates golf, tennis events

The Bethlehem Chamber of Commerce is planning its annual golf and tennis outing for Monday, Oct. 3.

The tennis tournament will run from 1 to 3:30 p.m. at Southwood Tennis Club on Route 9W in Albany. Dinner will follow from 5:30 to 7:30 p.m.

Reservations must be made by Monday, Sept. 12. The golf package costs \$90, and includes the greens fee, cart, refreshments, lunch and dinner. The tennis package, which includes dinner, costs \$35. For information, call the chamber at 439-0512.

Golfing will begin with a shotgun start at 12:30 p.m. at the Normanside Country Club on Salisbury Road in Delmar. Lunch will be served prior to the event at 11:30 a.m.

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# Columnist bids fond farewell

After almost three years of service to you through weekly community events, updates and photos in *The Spotlight*, I must bid you all a fond farewell.

My family is eagerly waiting to move into a new home, that should be completed very shortly, on the other side of the Helderbergs. Meeting, chatting with and photographing many of you out there has been a very fulfilling and rewarding experience... to say the least.

My best to each of you and a special thanks to *The Spotlight* for giving me the opportunity to help keep you informed, to help you get to know each other and helping me get to know you, my neighbors.

## RCS open houses set

The fall '94 school open house schedule in the Ravena-Coeymans-Selkirk Central School District is:

- A.W. Becker Elementary School, Route 9W in Selkirk, Tuesday, Aug. 30, 11 a.m. to 1 p.m.
- Pieter B. Coeymans Elementary School, Church Street, Coeymans, Thursday, Aug. 1, 11 a.m. to 1 p.m.
- RCS Middle School, Route 9W, Ravena, fifth-grade, Wednesday, Aug. 31, 9 a.m. to noon and all other middle school grade levels Thursday, Sept. 1, 9 a.m. to noon.

For information, contact each school directly.

## Sunshine Seniors to meet at Henry Hudson Park

The Sunshine Seniors group

## NEWS NOTES

**Selkirk**  
**South Bethlehem**  
Michele Bintz  
439-3167



will hold its Monday, Sept. 12, meeting at the Henry Hudson Park pavilion on Route 144 in Selkirk.

The covered dish luncheon at noon will be followed by the monthly meeting at 1 p.m.

Joan Kallenberg of Job Center Club 55 Plus will be the guest speaker.

Kallenberg will discuss how seniors can use their experience to find a job that will supplement their retirement income and how to prepare properly for a job interview.

For information, call June Milburn at 439-7179.

## Continuing ed courses

The RCS continuing education course line-up was recently distributed to district residents as an

insert in the September/October RCS Chalkboard. Classes are scheduled to begin Monday, Sept. 19.

All adults regardless of residency can register by mail or in person on Thursday, Sept. 15, from 6 to 8 p.m. at the middle school.

## RCS board sets meeting

The RCS board of education will hold its next meeting on Monday, Sept. 12, at 7 p.m. at the board office on 26 Thatcher St. in Selkirk.

A 5:30 p.m. work session is scheduled prior to the meeting. Both the work session and meeting are open to the public.

For information, call 767-2511.

## Writer wanted

*The Spotlight* is looking for a correspondent to cover the Selkirk-South Bethlehem area on a weekly basis.

Call Susan Graves at 439-4949 for a complete job description.

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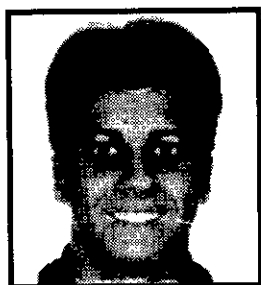
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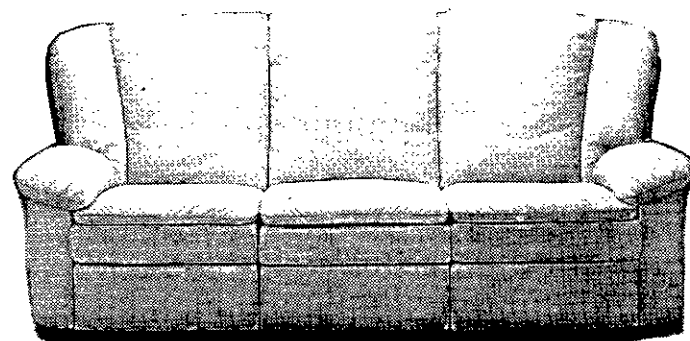
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# Children's programs highlight September offerings

There's lots in store for children at the library in September.

Children and families are invited to help "Celebrate the Library" at the 10th annual community-wide event on Sunday, Sept. 18, from 1 to 5 p.m. From 2 to 4 p.m., unicyclist and juggler Mike McCrea will perform outside on the library green, or inside if the weather is inclement.



Local artists can hang their work in the Bizarre Bazaar outdoor art fair from 11 a.m. to noon, and the work will be judged from noon to 1 p.m.

In the foyer, children can try their hand at quilting stitches at a special demonstration by members of QUILT (Quilters United In Learning Together).

Children will be able to sew colorful, pre-cut fabric blocks together and take their creations home with them. QUILT member Kathy Riedel will have a display about the program in the children's room during September.



Local art teacher Susan Wooster reviews last year's Bizarre Bazaar.

While visiting the children's room on Library Day, be sure to play the "Born to Be a Reader" matching game and check out a book from the "Lonely Hearts Club" display. Between 4 and 5 p.m., teen volunteers will be reading friendship stories at "Tales Told under the Red Umbrella."

Toddlers, age 22 months up to their third birthday, are invited to help celebrate apple-picking time at "Happy Birthday, Johnny Appleseed."

The free program is set for Saturday, Sept. 17, at 10:15 and 11:30 a.m. and on Monday, Sept. 19, at 10:15 a.m. Children will listen to stories, do fingerplays and

make an apple craft. Children and an attending adult must register.

The fall session of storytimes for toddlers and preschoolers will run from Tuesday, Sept. 20, through Wednesday, Nov. 23. Registration for the free program begins in person on Monday, Sept. 12, at 9 a.m. Telephone registration starts at 1 p.m. the same day and will continue until all sessions are filled.

Storytimes are designed to suit the needs and development of various ages: toddlers (22 months up to their third birthday, plus attending adult) have two five-week sessions; preschool (ages 3 and 4) and advanced (ages 4 1/2 to 6) have one 10-week session.

Two special drop-in storytimes are available for preschoolers (ages 3 to 6) and their families. Children meet with their storyteller once a week with a make-up session for the Thanksgiving holiday.

• Toddler: Tuesdays, 10 a.m., Wednesdays, 10:15 a.m., Thursdays, 10:15 and 11 a.m.

• Preschool: Tuesdays, 11 a.m., Wednesdays, 9:30 a.m. and 1:30 p.m.

• Advanced: Wednesdays, 11 a.m., Thursdays, 1:30 p.m.

• Family: Tuesdays, 1:30 p.m., Wednesdays, 6:45 p.m.

All library programs are free and open to the public. Call Beverly Provost, head of children's/young adult services, at 439-9314 for information or to register.

The library will be closed for the Labor Day holiday on Saturday, Sunday and Monday, Sept. 3, 4 and 5, and will re-open at 9 a.m. on Tuesday, Sept. 6.

Anna Jane Abaray

## Cub Scout signups set for Sept. 13

Sign-ups for Cub Scouts will be on Tuesday, Sept. 13, at the Elsmere School on 247 Delaware Ave. in Elsmere from 6:30 to 7:30 p.m.

First-graders can join the Tiger Cubs, a parent assisted program.

Boys in second through fifth-grade can look forward to learning new things, meeting new friends and earning rewards for their efforts.

Pack 258, under the charter of the American Legion Auxiliary, has a long history in the Elsmere and St. Thomas schools, and new members are welcome. No previous Scouting experience is required.

Unit leaders are: Steve Riedel, committee chairman; Scott Mischler, assistant committee chairman; Riedel and Dave Ira, Webelos 2nd year; Laszlo Weress, Rob Geyer and Ted Swiatowicz, Webelos 1st year; Diane Easton, Bob Hansen and Larry Smith, Bear; and Ann Marie Turo, Wolf.

For information, call Riedel at 439-0281 or Mischler at 475-0277.

## Park program mail-ins now being accepted

Mail-in registrations are now being accepted for the town of Bethlehem Parks and Recreation Department fall programs. Registrations will be randomly drawn beginning at 3 p.m. today, Aug. 31, and placed in desired classes.

Telephone and in-person registration will not be accepted until Thursday, Sept. 7.

All program and registration information is contained in the recently mailed Bethlehem Report. Extra copies are available at the park office or Bethlehem Town Hall. Programs are open to residents of the Town of Bethlehem or Bethlehem Central School District only.

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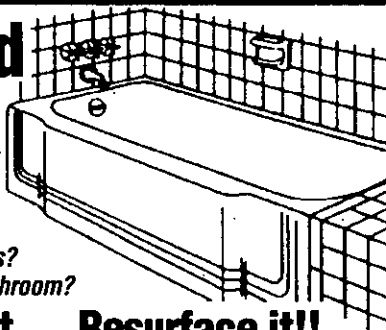
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# Meet school coaches at auditorium tonight

# Screen star to give workshop

Meet the coaches for all fall varsity and junior varsity teams tonight, Aug. 31, at 7 p.m. at the Clayton A. Bouton Junior-Senior High School auditorium.

A reminder: all athletes need a sports physical to participate in practice sessions.

## School opens Sept. 8

The school year for students in kindergarten through grade-12 begins on Thursday, Sept. 8. It will be a full day beginning at 7:43 a.m. homeroom time at the junior senior high school and 8 a.m. at the elementary school. A special orientation program is planned for kindergarteners.

Lunches will be served in both cafeterias. Full lunch including milk will cost \$1.40 for kindergarten through grade-six and \$1.60 for grade-seven through 12. Milk will be available for 30 cents for students who bring their lunch.

Information on free and reduced price lunches will be sent home with each student on the first day of school.

## New faces at school

Students at the elementary school will be welcoming a new assistant principal, Lisa DePaulo. The junior-senior high school has two new associate principals. Linda Wolkenbreit, a Voorheesville veteran, is associate principal for middle level. William Furdon is the new associate principal for grades-nine through 12.

## Smoking banned on school grounds

The junior-senior high school has been declared a tobacco-free zone. This means that use of tobacco products by students, staff, parents and visitors is banned. Outside organizations using any of the facilities at the school must comply with the ban.

## Altamont Fair awards

Local 4-Hers were well represented at the Altamont Fair. In goat judging, Brittany Livingston was fitting and showmanship novice champion. Amanda Dionne was the reserve novice champion. Dionne's goats won reserve champion Nubian and junior champion other recognized breeds. Katie George's Alpine was the reserve junior champion. Amanda Tommell won ribbons for reserve junior champion and senior champion other recognized breeds.

In beef judging, Adam Tommell was fitting and showmanship junior champion. Nick Tommell was the reserve senior champion.

Jeremy Tommell had the champion Hereford and the reserve champion female all breeds. Marc Tommell won ribbons for the champion and reserve champion Angus, the grand champion female all breeds, and the champion steer. The champion and reserve champion other recognized breeds was won by Sam Tommell.

## NEWS NOTES

**Voorheesville**  
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## Ambulance corps seeks bilingual volunteers

Volunteers who are bilingual or multilingual are needed by the Voorheesville Area Ambulance Corps to help handle calls that require a translator.

To volunteer, call the ambulance corps at 765-4000.

## Gardeners to meet Sept. 1

The Helderview Carden Club will meet Thursday, Sept. 1, at 6:45 p.m. at the Voorheesville Public Library. The club is planning special programs to celebrate its 20th anniversary. New members are always welcome. Contact Ivy Brockley at 765-2108.

## School seeking substitute nurses

Substitute nurses are needed at the junior-senior high school for the coming year. Any RN or LPN who is interested should call the school office at 765-3314.

Movie-goers attending the soon-to-be released *Cobb* will see actor George Rafferty on the screen, but young people in grades-seven and up can get an in-person "sneak preview" at the library on Saturday, Sept. 17, from 1 to 3 p.m.

Rafferty will be conducting a hands-on performing arts workshop for prospective actresses and actors.

Pantomime, improvisation and scene study will be used to enhance confidence, self-expression and positive group dynamics.

The actor will be drawing on his experience in a number of feature films in addition to his latest about baseball legend Ty Cobb and the 1916 Detroit Tigers.

His role in the Ron Shelton (*White Men Can't Jump*) film was especially meaningful as Rafferty is a former semi-pro baseball player.

Besides working with Tommy Lee Jones, the highpoint of *Cobb* came when Rafferty stepped up to the plate opposite Boston Red Sox pitcher Roger Clemens.

Rafferty's next role is in the same vein, as he will again be playing ball in an upcoming movie about a modern-day major league baseball scout. He has also appeared in *Malcolm X*, *Ironweed*, and *Cadillac Man* and on TV's

Law and Order.

Sign-up is required for this exciting program for junior and senior high school students, and spots are going fast. Call the reference desk at 765-2791 today to register.

Other programs for young people to watch for over the next



couple of weeks are "Create a Book Cover" which will be held for all school-age children on Saturday, Sept. 10, at 1 p.m. and the return of story hours for the younger set on Monday, Sept. 12.

For adults, the Writers Group will return to twice-monthly meetings beginning on Thursday, Sept. 8, at 7 p.m. The emphasis for the evening is on poetry.

For information, call Barbara Vink.

Nimblefingers and Quilters will meet Tuesdays from 1 to 3 p.m. beginning Sept. 13. New members are cordially invited.

On exhibit for the month in the

hall gallery are oils and watercolors by Kay Cunningham.

In September, works in various media created by the Pleasant Street artists will also be on display.

The Friends of the Library will host a reception for this talented group of neighbors on Friday, Sept. 9, from 7 to 8:30 p.m. Join us for refreshments.

The library will be closed Saturday, Sept. 3, through Monday, Sept. 5, for the Labor Day holiday.

Christine Shields

## Appeals board meets

The Bethlehem Board of Appeals has scheduled three public hearings for Wednesday, Sept. 7, at the town offices located at 445 Delaware Ave. in Delmar.

At 7:30 p.m., the board will consider the application of Patrick Tangora, 306 Glenmont Road in Glenmont.

The application of Cumberland Farms, Route 9W in Glenmont, will be heard at 7:45 p.m.

At 8 p.m., the board will hear the application of Michael Conti, 481 Route 9W in Glenmont.

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# Sports

## Bethlehem looks to show it belongs with Maginn and CBA

By Joshua Kagan

This fall, the Bethlehem football team will attempt to climb up from its mediocre 4-4-1 season last year to the position of title contenders, comparable to powerhouses such as Bishop Maginn and Christian Brothers Academy, which easily defeated the Eagles last season.

"I think we'll be pretty good," BC offensive and defensive tackle Jim Boyle said. "We should play better against CBA and Bishop Maginn. That's our goal—to be able to play with the top teams."

Boyle, who is six-foot-six and 290 lbs., will anchor the offensive line that could make or break Bethlehem's year.

With the quarterback situation still up in the air (whoever the quarterback will be, most likely Josh Naylor or Dan McGuire, he will have had no varsity experience at QB), the Eagles will focus on the running game offensively.

"Some of our experience lies in the line with Jim Boyle, John Savare and Keith Riccio," BC coach John Sodergren said. "It's more the line than the running backs."

Who will be the Eagles' starting running back is not yet clear. Co-captain Rick Sherwin will probably start at fullback, while Brendan Noonan or Chris Britton will start at halfback.

As for the quarterback situation, the Eagles don't seem worried. "They're going to be surrounded by people with lots of game experience, so it shouldn't be much of a problem," Sherwin said.

"It would be detrimental, except we have an extremely good running game," said Boyle. "So, when we do pass, it won't be expected."

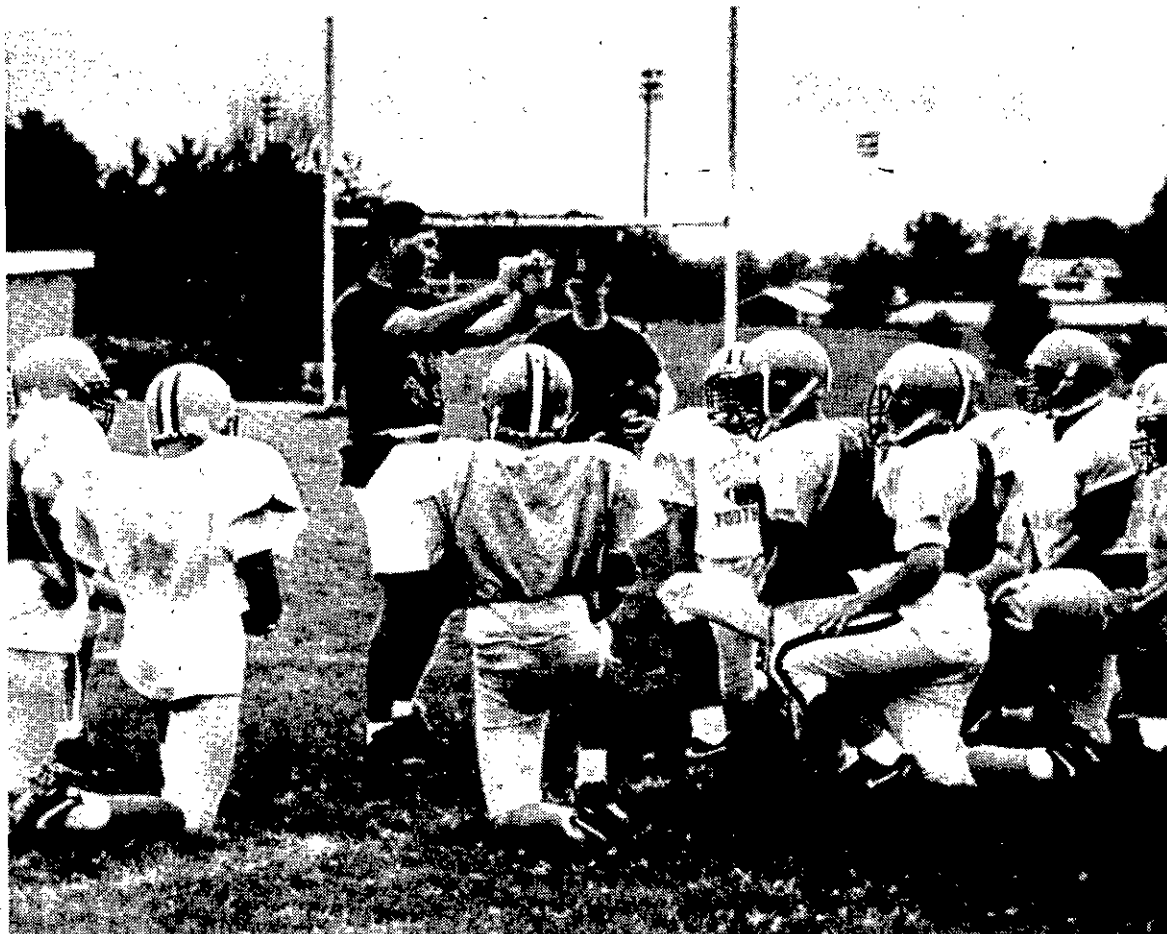
On the defensive side, Bethlehem hopes to see a similar performance to last year's squad, which shut out opponents in four games.

"Our defense will be similar to last year's," Boyle said. "I don't think they'll be any real big stars, but we play together as a unit really well."

Right now, the Eagles are itching to play. "We're optimistic. We're getting anxious to play a game and see where we are," Sodergren said.

Bethlehem will get that chance in their opener against Shaker on Saturday, Sep. 3, at 7:30 p.m. at home. The Eagles defeated Shaker 12-0 in last season's opener.

Shaker might be one of the lesser-quality teams Bethlehem will play against this year. Bishop Maginn, CBA, and Amsterdam, all of which defeated the Eagles last year, are expected to be the tougher teams to beat.



Members of the Bethlehem varsity football team receive some pointers from assistant coach John Furey prior to Saturday's season-opener against Shaker High School. The Eagles hope to improve on last year's 4-4-1 record and vie for the title.  
Doug Persons

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### Sports writers needed

The Spotlight is looking for high school correspondents from R-C-S to cover football and soccer.

Interested students can contact Mel Hyman at 439-4949. Prior sports writing experience is preferred, but not required.

Also needed is a BCHS photographer able to cover sports throughout the school year.

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# HEALTH CARE



## *An ancient art of healing*

### **Modern healers turn to ancient art of acupuncture**

By Mel Hyman

As more and more Americans turn to alternative treatments for their health problems, one of the oldest treatments known to man is making a resurgence.

Acupuncture has been the preferred medical treatment in China and Japan for centuries — about 3,000 years to be exact. In the United States, however,

□ HEALING/page11

photo: Doug Parsons

# 'Tis the season for outbreaks of contact dermatitis

For many people in the northeast, warm weather means seasonal allergies and all the discomfort they bring: sneezing, congestion, itchy eyes.

But there's another type of allergy we need to be aware of this time of year — allergic contact dermatitis.

Contact dermatitis is an inflammation of the skin, a rash, caused by contact with a specific substance. The rash appears most frequently on the hands, but can appear wherever the skin is exposed to irritants.

The symptoms of contact dermatitis vary in severity from person to person, even when the amount of exposure is the same. The skin is usually itchy, red, and swollen, with blistering rashes sometimes occurring. Allergic reactions are generally streaked or stripped in appearance. The first symptoms of exposure can take anywhere from a few minutes to 10 days, with the affected area generally confined to the region of contact.

Contact dermatitis can affect anyone anytime, even if they've never had a skin condition before.

## Types of contact dermatitis

Irritant reactions are either mechanical or chemical in nature. Mechanical irritants include items whose actual structure damages the skin, such as prickly fiberglass and scratchy wool. Chemical irritants include caustic agents that actually destroy or burn away

healthy tissue. These include numerous household products such as soaps, detergents, and cosmetics.

Chemical irritants can also cause or eventually lead to allergic reactions. In order for an allergic reaction to occur, an individual must be sensitized to the irritating agent, which is known as an allergen. The process of sensitization requires initial exposure to an allergen, during which time no

**The symptoms of contact dermatitis vary in severity from person to person, even when the amount of exposure is the same.**

immediate reaction occurs. However, subsequent exposures, regardless of how slight, cause skin inflammation.

Poison ivy is known as a universal sensitizer, because nearly everyone develops an allergic reaction to it after being sensitized. Other common products that contain chemicals which can cause allergic reactions are cosmetics (such as hair treatments, colognes, and perfumes), drugs, dyes, and preservatives.

Jewelry alloys containing nickel and chromium, as well as chemicals used in agriculture and manufacturing, can also cause contact dermatitis. Additionally, oils in numerous house and garden

plants can cause allergic reactions in some individuals. Parsley and many of the ivies are two such examples.

Photo-allergy is another type of contact dermatitis. This results when chemicals contained in perfumes, soaps or even some medication sensitize the skin to ultraviolet light. When this happens, sensitized skin develops a rash when exposed to the sun.

Contact dermatitis can also occur when there is no direct contact with the substance of origin. For example, airborne particles may cause severe rashes. In addition, people can develop contact dermatitis by touching pets or articles of clothing exposed to irritants, such as poison ivy or poison oak.

## Who develops contact dermatitis?

Virtually anyone can develop contact dermatitis. For example, housekeepers and others who are frequently exposed to soaps, detergents, and cleaning fluids often develop dermatitis.

Industrial workers, including auto mechanics, beauticians, and construction workers, are also regularly exposed to a number of

irritating substances, which can cause what is known as industrial dermatitis. Agricultural workers and home gardeners can also develop contact dermatitis from fertilizers, pesticides, and plant oils.

## How to avoid contact dermatitis

According to Dr. Samuel F. Bosco, chief of emergency medicine at St. Peter's Hospital, "Adequate prevention means wearing adequate protection." However, if you know you have been exposed to an irritating substance, you can minimize or avoid contact dermatitis by properly cleansing your skin within one to two hours of exposure.

You must lather and rinse the exposed areas many times, ensuring that you are washing away the irritant, rather than spreading it to unexposed areas.

If you are regularly exposed to irritants due to your job, Dr. Judith A. Mysliborski, assistant attending physician in the department of dermatology at St. Peter's Hospital, recommends that you "wear protective clothing or use a barrier cream to minimize exposure."

In some cases, it's necessary that the individual find another job alternative, because he or she cannot be adequately protected from the irritant.

## Identifying the source of contact dermatitis

Health professionals can usually identify the cause of contact

dermatitis by carefully assessing a patient's recent activities.

A description of the onset and progression of symptoms, a listing of substances to which the patient has been exposed, and patterns of recurrences must all be addressed in order to accurately diagnose the condition. If this procedure does not reveal the source of the contact dermatitis, your doctor may recommend a patch test.

During a patch test, your doctor applies a small amount of the suspected irritant on the healthy skin of your forearm or back, then covers it with a small bandage.

The skin is examined after 24-48 hours. If your skin produces a miniature reproduction of the initial rash, the substance has been identified.

Mysliborski said, "No one should ever try a patch test on their own, because it may cause serious trouble."

In addition, Bosco advises people not to self-diagnose skin conditions, because what appears to be an allergic or irritant reaction may be a serious infection.

## Treatment

The type of treatment depends on the severity of the contact dermatitis. Hydrocortisone creams are generally applied to reduce inflammation. According to Mysliborski, "Over-the-counter hydrocortisone creams are not nearly as effective as stronger prescriptions."

A trip to the dermatologist may provide you with much faster relief." Antihistamines are also frequently prescribed to alleviate itching. Oral or injected medications might be prescribed to reduce severe inflammation and itching.

Because the skin is often open, a protective covering or a barrier cream may also be recommended to avoid the possibility of secondary infection and spreading of the condition.

Bosco said, "Contagious precautions should always be taken to keep from spreading chemicals on yourself and others. Individuals should avoid scratching, because this can worsen the dermatitis and lead to infection."

Under no circumstances should anyone share unwashed clothing, sheets, or towels used by someone who has contact dermatitis. There may be enough of the irritant on the clothes and linens to cause dermatitis on someone who touches the contaminated material.

Mysliborski said, "If you do have contact dermatitis, remember that inflamed skin is particularly susceptible to other irritants."

So, be extra careful when you are exposed to any new substances, and avoid contact with substances that are knowingly troublesome."

This article was compiled by Patricia A. Ranney of St. Peter's MercyCare office.

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Without meat, vegetarians must find other sources of nutrients

## Nutrition for vegetarians requires awareness

For a variety of reasons — ethical and environmental, practical and nutritional — many people are choosing a vegetarian diet these days. That's fine, say health experts, but proper nutrition and a well-balanced diet are still essential to a healthy lifestyle.

Getting sufficient amounts of proteins and certain vitamins and minerals sometimes lacking in a vegetarian's diet is no harder than keeping an informed eye on one's daily food intake, according to Amy Milstein, a registered dietitian and nutritionist, who often works helping reduce the risk of heart disease with patients at Albany Associates in Cardiology on Everett Road.

Those looking to take on the meatless regimen can maintain a healthy diet if they simply "are prepared and do their research on how to be a vegetarian," she said. Milstein said certain nutritional

guidelines should apply to all vegetarians, whether they be "vegans" — people who follow a diet which excludes not only meats, chicken and fish, but also dairy products — or those who consume dairy products.

legume, for example — can complement each other effectively to create what's known as a "complete protein." Put together in the right proportions, they can make up a source of high-quality protein.

**For vegetarians, instead of using meats for their protein sources, they could use a combination of legumes and grains, for example. It's just being a little creative.**

Amy Milstein

Amino acids, the building blocks of proteins, can be found in many foods but often not in the quantity they appear in animal foods.

Matching certain foodstuffs — rice with beans or a grain with a

"The average American actually gets about twice the amount of protein they actually need each day. You really don't need all the protein you get."

A font of information on finding complementary complete proteins is the now-classic vegetarian guidebook, "Diet For a Small Planet" by Frances Moore Lappe.

Deficiencies in storing Vitamin B-12 is also a concern for vegetarians, especially those with a completely meatless, no-dairy diet. Found chiefly in animal products, a severe lack of B-12 can cause a type of anemia and, in serious cases, damage to the central nervous system. Tablet supplements can be found for B-12, however, and it can also be found in soy-based milk products.

For the non-vegan, most dairy products provide a good source of the vitamin.

Calcium, which can no longer be stored after middle age, is another important nutrient for vegans to watch for. "You can get it through vegetable sources, but it's hard to get enough of it through just vegetable sources," Milstein said.

Supplement tablets can also

found for calcium, which helps form strong bones and aids the function of muscles and nerves. "That's important for anybody's diet because that's the one deficiency we see the most of," she said.

Vegans (pronounced vey-gans) should take extra care in finding complete proteins and sources of calcium and B-12, since those found in dairy products cannot be included.

"The best thing you can tell people is to follow the food pyramid guide," said Milstein, referring to the updated chart which shows how many servings of the food groups should be eaten each day.

"For vegetarians, instead of us-

ing meats for their protein sources, they could use a combination of legumes and grains, for example. It's just being a little creative."

Many of Milstein's patients are older people aiming to lower their risk of heart disease and often, she said, there's something of a dietary culture shock when a meat and potatoes person is faced with a changeover to rice and beans.

"It's hard to get the 60-year-old man who has been eating steak and potatoes all his life to adopt a different approach," she said. "Usually I can point out different studies showing that people who have diets high in animal fat have a highest incidence of heart disease. It's not for everyone, but for those who are committed, it works."

## Loving, dedicated adults needed to be foster parents

Do you know someone who enjoys children, believes in the potential of young people and cares enough to work to make a difference in a child's life?

People fitting this description are needed for to become professional foster parents with St. Catherine's new Family Based Treatment Program. The mental health treatment program is designed to help emotionally and behaviorally troubled children between the ages of 5 and 15. The foster parents are trained to work as a part of a professional team and have the responsibility of daily implementation of a treatment plan for one child in their care.

To ensure success of each placement, children are carefully matched to a family. Family Based Treatment considers the child's age, specific behavior problems, likes and dislikes, educational needs and ability to relate to peers as well as the treatment family's activities, location, ages, prefer-

ences and willingness to work with that child.

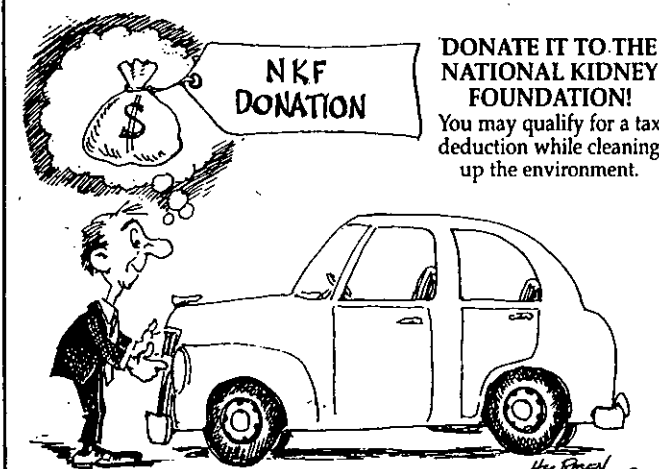
Professional parents receive initial and on-going training, compensation, 24-hour on-call staff support, and respite when needed. A family specialist meets with the parents and child at least weekly. Other treatment team members may include psychological counselors, medical personnel, birth parents and school teachers.

According to program officials, qualified couples are needed in the Capital District to be trained and certified. Initial training is an 18-hour course given over six weeks.

For information, call Sandy Cummings at St. Catherine's Family Based Treatment Program at 435-9029.

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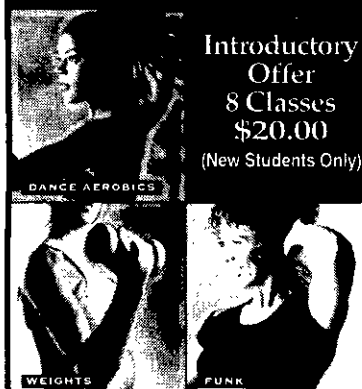
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## Alzheimer's costs rise

A new report that Alzheimer's disease will cost this country \$1.75 trillion is further evidence that this brain disorder is an urgent public health issue requiring immediate attention.

"If the data analysis in this report is accurate, Alzheimer's disease is draining the resources of this country, and its citizens, at a greater rate than even we thought," said Elizabeth Smith Boivin, president of the Capital District chapter of the Alzheimer's Association.

The study, "The U.S. Economic and Social Costs of Alzheimer's Disease Revisited," by Richard Ernst and Joel Hay, appears in the August issue of *American Journal of Public Health*.

The study found that Alzheimer's disease costs approximately \$174,000 per patient lifetime and is the third most expensive disease in the United States, after heart disease and cancer. Costs include direct medical and social service expenses, unpaid caregiver costs, nursing home costs, and lost earning and productivity by patients.

The study appeared to use conservative estimates of the number of people affected by the disease and its duration. Even so, the costs estimates are overwhelming.

Preventing the disease, or delaying its onset, would greatly reduce its cost, but that requires a stronger commitment by the federal government to biomedical research.

"There is considerable momentum in Alzheimer's research, but the payoff requires additional investment," Boivin said.

Attention also must be given to the immense financial burden borne by families who pay for a large percentage of the cost of in-home care themselves. "Health reform legislation must include long-term care if 19 million Alzheimer's family members are to get any financial relief at all," Boivin said.

The Alzheimer's Association is the only national voluntary health organization dedicated to research for the causes, prevention, treatment and cure of Alzheimer's disease, and assistance to families. The association's Capital District chapter serves the approximately 35,000 families affected in the area.

## Albany Med skin cancer clinic debuts

Albany Medical College has announced the opening of the region's only biweekly Pigmented Lesion Clinic for the early detection and treatment of malignant melanoma.

Pigmented skin lesions include colored or speckled moles which can be a precursor to malignant melanoma, the most serious form of skin cancer.

In the last 10 years, the incidence of malignant melanomas in the northeastern United States has doubled. In the country at large, more than 32,000 cases of melanoma are diagnosed every year, and about 6,800 people die from the disease.

Malignant melanoma occurs in the cells that produce melanin, the pigment that colors skin.

"Early diagnosis of melanoma results in cure," said Dr. Martin Mihm Jr., who heads the clinic. Mihm is professor of pathology and laboratory medicine at the medical college and is director of the division of dermatology and dermatopathology.

Warning signals of malignant melanoma include a change in size or color of a mole or other pigmented growth or spot. Scaliness, oozing, bleeding, spread of pigmentation, a change in sensation, itchiness, tenderness, and pain are

other warning signs.

When discovered in its early stages and with proper treatment, malignant melanoma is highly curable. Malignant melanoma, however, can quickly spread to other parts of the body if not detected and treated.

**Early diagnosis of melanoma results in cure. The clinic will allow more accurate and early diagnosis of malignant melanoma and of any pigmented tumors of the skin.**

Dr. Martin Mihm Jr.

"The clinic will offer a specialized avenue of patient care in the region," Mihm said. "It will allow more accurate and early diagnosis of malignant melanoma and of any pigmented tumors of the skin."

The clinic will operate from 8 a.m. until noon every other Wednesday in room 722 in the Medical Education Building at Albany Medical College, 47 New Scotland Ave.

The new clinic will serve resi-

dents of northeastern New York and western New England.

The Pigmented Lesion Clinic will be a multi-disciplinary effort where dermatologists and skin pathologists work in partnership with medical oncologists, surgical oncologists and plastic surgeons to evaluate and treat pigmented lesions.

The clinic will serve as a referral center for other physicians in the region and also as a self-referral center for patients who have questions about lesions.

If a patient is referred from another physician, the patient's condition will be diagnosed and he or she will be referred back to their original doctor for treatment, unless the treatment required highly specialized care available at Albany Medical Center.

New experimental procedures also will be made available to patients who have melanoma without evidence of any recurrence, but who desire treatment for possible prevention of subsequent recurrences.

Other services at the clinic include the evaluation of family members since many skin disorders are hereditary.

Mihm was one of four physicians who founded the first pigmented lesion clinic in the U.S., which opened at Massachusetts General Hospital in Boston in 1965.

Since that time, he and his colleagues have been instrumental in setting up Pigmented Lesion Clinics in Canada, Germany, Italy, and elsewhere in the U.S.

Mihm currently is the chairman of the World Health Organization's Melanoma Pathology Panel.

Dr. Mihm has conducted clinical and experimental research on malignant melanoma for the last 25 years.

Dr. Gregory Harper, associate professor of medicine and head of the division of medical oncology, will be the clinic's principal adviser for patients with an advanced disease who seek therapy.

Other physicians involved with the clinic include: Dr. Neal Gregory, associate professor of pathology; Dr. J. Andrew Carlson, assistant professor of pathology; and Dr. Marcia Dupree, instructor of pathology and dermatology.

For information about the medical college's Pigmented Lesion Clinic or to make an appointment, call 262-8500.

## Epilepsy association lists toll-free number

The Epilepsy Association of the Capital District (EACD) recently added an 800 number so that persons residing outside the local calling area can access services at no charge. The new number is 1-800-894-EACD.

Services provided by the organization include education, referral, advocacy and support.

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## VIEWS ON DENTAL HEALTH



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



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

## Physical & Dental Health Go Hand in Hand

If you have poor dental health, your physical health probably is not up to par either. Sometimes the aches in your muscles and joints can be attributed to infected teeth or gums. It is common to see a person with a fever and multiple aches and pains get better almost immediately after having a tooth infection attended to.

The reason for this may be that the source of bacteria entering the blood stream was removed when the tooth was treated. Another reason may be because the white blood cells were previously concentrated at the site of the infected tooth, and were not available to fight off any other bodily infections.

The body is not programmed to tolerate most bacterial, viral or fungal

infections, so when a person experiences one of these infections their body may physically respond with a fever, aches in muscles or joints, headaches, fatigue or other symptoms.

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## Early detection can cure colon cancer

Approximately 152,000 cases of colorectal cancer are diagnosed every year in the U.S. While nearly half of the people who develop this cancer will be cured, the other half aren't as fortunate.

Experts maintain that if colon cancers were discovered earlier, the survival rate would improve dramatically.

Despite the fact there's a simple medical procedure that can identify even precancerous tumors, most people don't include this 15-minute procedure as part of their preventive health care.

The procedure, sigmoidoscopy, provides a doctor with a visual examination of the lower and left parts of the colon.

In order to examine the colon the physician looks through a sigmoidoscope, which is inserted rectally. The sigmoidoscope is a long, narrow flexible tube, that allows the physician to actually view the inside walls of the colon.

The sigmoidoscopy allows the physician to find small growths

attached to the colon's surface.

These growths, which usually have no symptoms, are known as polyps. Although most polyps are and will remain benign, some can become malignant.

According to Dr. Richard Clift, attending gastroenterologist at St. Peter's Hospital, "The sigmoidoscopy is inserted up to 60 centimeters, and is able to detect nearly two thirds of all polyps."

Dr. Clift explains that there are two major types of polyps, hyperplastic and adenomas.

"Hyperplastic polyps are harmless, and adenomas are potentially cancerous," he said. "Nearly all colorectal cancers develop from adenomas."

St. Peter's Hospital chief pathologist Dr. Russell Newkirk elaborates that adenomas are further classified as either tubular or villous. Villous adenomas are a greater cancer risk.

Since polyps tend to be symptom-free, it's important to determine when and if a sigmoidoscopy should be included as part of your preventive health care. Fortunately, medical experts have compiled a list of risk factors.

"Ourselves, Growing Older," a book written by Paula Brown Doress in conjunction with the Boston Women's Health Book Collective, states that the risk of developing colon cancer is low if one is less than 40 years of age. From that point on, the risk doubles every ten years.

The American Cancer Society recommends a sigmoidoscopy as a screening test in healthy asymptomatic individuals beginning at age 50. Depending on the findings, a physician will determine how much time should lapse be-

tween sigmoidoscopies.

The likelihood of developing colorectal cancer increases if there is a personal history of inflammatory bowel disease (i.e., ulcerative colitis, Crohn's disease), or if there is a family history of colon cancer.

Under such circumstances, a more complete evaluation of a sedated patient's entire colon using a long flexible scope is recommended.

If an individual is afflicted with familial polyposis, a rare inherited condition where the bowel is studded with polyps, the first sigmoidoscopy typically occurs during adolescence. Such patients have a 100 percent risk of developing colorectal cancer over time.

Dr. Clift adds that two thirds of polyps can be found with a sigmoidoscopy.

If an adenoma is found during a sigmoidoscopy, the patient would then next be scheduled for a colonoscopy — a procedure performed under sedation to examine the entire colon.

If you have any warning signs of colorectal cancer, make an appointment with a physician immediately to determine if a sigmoidoscopy is appropriate.

The warning signs include constipation, diarrhea, rectal bleeding or unexplained weight loss.

Unfortunately, there are still no definitive answers as to what causes colorectal cancer. In the meantime, physicians recommend early detection and a well-balanced, high-fiber, low-fat diet.

The sigmoidoscopy can be a life-saving procedure. And while it may not be the most pleasant 15 minutes you'll ever spend, it could turn out to be the most important.

## Arthritis costs Americans \$54.6B

Arthritis exacts devastating economic and human costs on Americans.

According to the Arthritis Foundation, \$54.6 billion is the estimated annual cost of arthritis to the economy in medical care and lost wages.

Pain, fatigue, loss of movement, disability and job loss are some of the human costs to many of the 37 million Americans affected by arthritis.

For about three million people, arthritis limits everyday activities such as dressing, bathing and walking.

People with arthritis make an average of eight visits annually to the doctor, or twice the average number of visits to physicians per person for all causes.

Arthritis also is a leading cause of industrial absenteeism and, after heart disease, the second leading cause of disability payments.

If you have arthritis, you can help lessen its impact by carefully following an individual health care plan.

Become an active partner with your doctor and other members of your health care team. Take advantage of community services, such as Arthritis Foundation exercise, self-help and support groups.

The Arthritis Foundation advocates state and national government to reduce health care costs for people with arthritis.

To find out how you can help and to learn more about services in your area, contact your local Arthritis Foundation chapter. For general information and a free "Basic Facts" brochure, call the Arthritis Foundation Information Line at 1-800 283-7800.

The Arthritis Foundation supports research to find ways to cure and prevent arthritis and seeks to improve the quality of life for those affected by arthritis.

## New support group meets

A 10 week Holistic Healing Support Group will begin in Delmar on Wednesday, Sept. 14.

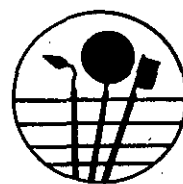
This group is for people experiencing chronic or life-threatening illness, anxiety or severe life stress. The group is based on scientific research that shows that being able to relax, think positively, express emotions, get support from others and get adequate nutrition, rest and exercise are all positively associated with good health. Participants in this group will get the information, support and skills they need to make needed lifestyle changes so that they can experience better health and well being. This approach has been shown to be helpful in a wide range of health problems, including chronic pain, chronic fatigue, heart disease, cancer, AIDS, chronic anxiety, diabetes, digestive disorders and many others.

The group is designed to complement whatever medical treatment participants have chosen to address their illness.

The group will be led by Cindy Perlin, a certified social worker who successfully utilized holistic techniques to heal a chronic, disabling back problem. Perlin has more than 18 years experience in human services, and has run similar groups for the past five years.

She has presented workshops on holistic approaches to healing for many organizations, including the Albany Public Library, Bethlehem Public Library, Center for Independence, Damien Center, Delmar Physical Therapy Associates, Farano House, Knowledge Network, state Division of Criminal Justice Services, state Education Department Employee Assistance Program, Whitney Young Jr. Health Center and Whole Health Expo.

For information on program content and costs, call 439 6431.



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# Good eye care begins with general health care

**Regular check-ups, injury prevention key to keeping good vision**

The key to preventing serious problems with eyes and vision is to take care of the entire body, said optometrist Robert Silverman of Latham.

"Most eye and vision problems are part of something else. The key is to take care of those other health problems," he said.

Warning signs that something may be seriously wrong, such as sudden changes in vision, fluctuations in vision, flashes of light, loss of peripheral vision and double vision, often indicate larger health problems.

"Most of these are not visual problems, but are larger health problems that manifest themselves in the eye," he said. "The two main ones that we're concerned with are diabetes and high blood pressure."

The most important thing people can do to take care of their eyes is to have regular checkups. Silverman said children, from kindergarten through high school, generally should have their eyes examined once a year. "There are exceptions to that," he said. "They're growing so fast, though, that there can be changes very quickly."

**Most eye and vision problems are part of something else. The key is to take care of those other health problems.**

Dr. Robert Silverman

Most adults should have check-ups about every two years.



Optometrists recommend that, on average, children from kindergarten through high school should have eye exams yearly. Seniors generally should also have their eyes checked once a year, while most other adults need check-ups every two years.

"Most of the time for adults, it's more for health screening. Adults' eyes don't change that much," he said.

Senior citizens often need to be checked once a year, and sometimes more frequently if they have warning signs of serious problems, such as cataracts or glaucoma. But Silverman said that even in such cases, patients don't usually need a full examination more than once a year.

He said some studies have sug-

gested high levels of vitamins A and C may help reduce the risk of cataracts, but it hasn't been proven.

Avoiding eye injuries is critical. Silverman said wearing protective eye wear, especially athletic glasses, is particularly important

in racket sports.

The "World Book Medical Encyclopedia" recommends that eye glasses, especially for children, be made of an unbreakable substance. Playing with items such as sharp sticks, toy guns and fireworks puts

## Epilepsy education program scheduled

The Epilepsy Association of the Capital District will conduct a family education and training program on two Mondays, Sept. 19 and 26, at the association's office in Pine West Plaza on Washington Avenue Extension in Albany.

Each two-hour session will begin at 7 p.m.

The program requires preregistration. The fee is \$20 per family. For information on this session or future sessions, call June Corsetti at 456-7501.

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eyes at risk.

Other tips for eye care include:

- Certain kinds of cosmetics can cause eye irritations or allergic reactions. Hypoallergenic cosmetics are now available, and makeup should be cleaned off each night. Mascara, for example, can make eye lashes brittle and ripe for damage.

- Reading in good light helps prevent eyestrain.

- If vision becomes less sharp, it's important to get a checkup as soon as possible. If corrective lenses are needed but not used, blurry vision strains the eyes and can cause headaches.

## Albany nursing home receives top rating from state survey

Child's Nursing Home in Albany has received its third consecutive deficiency-free rating from the state Department of Health.

The annual survey is so extensive and thorough that it is not unusual for even well-run facilities to receive deficiencies in one or more category.

A no-deficiency rating implies that exceptional attention is given to the needs of residents, said Bob Gilpatrick, administrator of Child's Nursing Home.

"Keeping any home safe and comfortable requires some vigilance and continuous attention to details," he said.

The residential facility is home to 120 people in need of around-the-clock skilled nursing care.

Gilpatrick said that every department is surveyed in a visit by as many as seven inspectors. The process normally lasts four-to-five days.

The annual survey is conducted to determine whether state and federal standards are being met.

## Foot Facts

Joseph A. Manzi, D.P.M.  
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### Bunions Afflict Millions

**A**ccording 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.



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## Soccer: a great way to keep fit



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## Jazzercise classes available locally

The movement to get our nation's youth physically fit continues to build momentum as Jazzercise, the number-one dance-exercise program in the world for all ages, launches its third annual Kids Get Fit school program.

Local Jazzercise Instructor Lori Crisafulli has recognized the need to educate our young people about the alarming downward trend in children's physical fitness and the health risks that come with such a decline.

Jazzercise founder Judi Sheppard Missett launched the Kids Get Fit program in 1991, in response to a call from the President's Council on Physical Fitness and Sports to get our children up and moving.

The first Kids Get Fit program in 1991 reached 95,000 children at nearly 700 schools, introducing them to the lifelong physical and mental benefits of regular exercise.

In 1992, the program quadrupled its reach with 402,000 children and 1,000 Jazzercise franchisees participating at 1,512 schools across the U.S. and in Germany, Russia, Scotland, Canada and Australia.

The program provided free to schools by franchised Jazzercise instructors, such as Crisafulli, begins with quality lesson plans on topics such as the body's cardiovascular, skeletal and muscular systems and daily fitness tips. Crisafulli will also volunteer her time to teach Jazzercise classes at local schools during May, National Fitness Month.

Children of all ages love to dance to the latest hit music. The Jazzercise Kids Get Fit program offers the same fun and aerobic conditioning as regular Jazzercise, with concentration in strength, flexibility and endurance designed especially for children.

Jazzercise's network of 5,000 franchised instructors are eager to introduce the program to local school children and to help spread the joy of fitness. In order to lead healthy lives, kids need to understand that fitness is for everyone and it can and should be fun!

If you would like more information on Kids Get Fit program for your school, call Crisafulli at 458-2544.

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10/20/94 Treating the Latino Client Addicted  
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9am - 4:30pm Population\*  
Speaker: Yvonne McNeil

11/4/94 The Boundries of Caring: Counselor/Client  
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# Face arthritis issues head on

If someone close to you has arthritis, you might wonder what the disease is, how it will affect your lives and what you can do to help.

"One of the challenges of being a family member or friend of someone affected by arthritis is finding ways to maintain daily routines, despite the disease," said Dr. Robert Z. Dadekian, rheumatologist, board member of the Arthritis Foundation, Northeastern New York Chapter and chairman of the Chapter's Public Information Committee.

"Regardless of the degree of change that arthritis has brought into your lives, there are many things you can do to help your family member or friend cope with the impact of arthritis," Dadekian said.

The Arthritis Foundation recommends the following:

- Learn about arthritis — Before making any changes in routines, you both will need to find out all you can about the disease.
- Expect to educate others — Neighbors and others will ask questions about arthritis. Be prepared to give them factual information.

- Accept new realities — Living with arthritis may mean changes in habits and standards. The house may not be as neat, and the overall pace may be slower.

- Keep a positive attitude — If you and the person with arthritis are determined not to let the disease get everyone down, then it won't.

**Keep a positive attitude — If you and the person with arthritis are determined not to let the disease get everyone down, then it won't.**

won't. With this kind of positive attitude, you can focus together on ability instead of disability and living instead of worrying about living.

"One of the best ways to cope with the impact of arthritis is to communicate with each other," said Dadekian. "Families and friends experience stress when faced with new or challenging events. It helps to talk regularly, before tensions and fears build

up. If you address issues as they come up, they are less likely to become bigger problems that are harder to solve."

The Arthritis Foundation is one resource available in the 14 counties that make up the Northeastern New York Chapter to people with arthritis, and their families and friends.

The foundation offers a variety of services based on local needs and resources. These include the following:

- Information about arthritis and its treatments.
- Referrals to arthritis specialists.
- Exercise and self-help classes as well as support groups.

For a free, "Basic Facts" brochure, or to request other information, call the Arthritis Foundation at (518) 456-1203.

The Arthritis Foundation is the source of help and hope for the nearly 40 million Americans who have arthritis.

The foundation supports research to find ways to cure and prevent arthritis diseases, and seeks to improve the quality of life for those affected by the disease.

## Juvenile arthritis affects 200,000 U.S. children

If a child avoids using a particular limb, shows signs of stiffness or complains about aching joints, it may not be just growing pains — it could be arthritis. According to the Arthritis Foundation, juvenile arthritis is a painful, sometimes debilitating condition that affects as many as 200,000 American children.

A child with arthritis might find climbing steps, throwing a ball, opening a door or even walking very difficult or even impossible. Along with the pain, arthritis brings fatigue. Some children may have difficulties at school or with the rigorous activities of a field trip. Arthritis can be worse on some days than on others, flaring up when least expected.

Parents, teachers and schoolmates also may have difficulty with the challenges faced by young people who have arthritis. People don't expect to see arthritis in young adults, much less in children. The problems children with arthritis experience are real and painful, even if no outward signs of the illness appear.

Although there is no cure yet for juvenile arthritis, the outlook is optimistic. With early diagnosis and proper support, children, their families and their teachers can learn to cope with juvenile arthritis and enjoy a full range of activities.

Contact your local Arthritis Foundation chapter for information about childhood arthritis and the American Juvenile Arthritis Organization.

For general arthritis information and a free "Basic Facts" brochure, call the Arthritis Foundation Information Line, 1-800-283-7800.

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## Use caution with topical applications

The Arthritis Foundation urges people to use caution when applying topical creams, rubs or sprays for arthritis and to contact their doctor if pain lasts for more than two weeks. An estimated 57 per cent of those with arthritis use these over-the-counter (OTC) remedies for temporary relief.

Topical pain relievers work in several ways, depending on ingredients. Some contain salicylates, the substance found in aspirin, which may penetrate through the skin to the joint and reduce pain.

Others contain ingredients such as menthol or camphor that irritate the skin and distract attention from the actual pain. A third type contains capsaicin, a substance found in hot peppers, that reduces the amount of pain signal to the brain.

The Arthritis Foundation also advises:

- Read and follow package directions.
- Wash your hands after every application.
- Avoid combining topical pain relievers with a heating pad because of the risk of skin burns.
- Keep these products away from eyes, mucous membranes, cuts or irritated skin.
- If you are allergic to aspirin or are taking anticoagulant medication, talk with your doctor before using any topical pain reliever that contains salicylates.
- Use topical pain relievers only as one part of a comprehensive treatment program.



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## Exercise a real boost for keeping joints fit

An exercise program can not only give you more energy, it also strengthens bones and muscles and helps control weight.

According to the Arthritis Foundation, people with arthritis have even more reason to exercise. With medicines, rest and other parts of a treatment program, exercise can help keep joints in working order and can help prevent further joint damage.

The Arthritis Foundation recommends that people with arthritis always check with their doctor or another member of their health care team before starting an exercise program.

Programs should be designed based on the patient's current level of health and fitness.

Many Arthritis Foundation chapters offer both water and dry land exercise programs especially designed for people with arthritis. Local chapters can provide information about schedules and locations.

The foundation recommends these tips when starting an arthritis exercise program:

- Choose exercises you want to do and start gradually;
- Keep a consistent time and place to exercise;
- Contract with yourself to stick with the exercises you choose, then revise your program after you complete the contract;
- Keep an exercise diary or calendar;
- Remember, if pain from exercise lasts more than two hours, you may have done too much.

For a free copy of the "Exercise and Your Arthritis" brochure, call a local Arthritis Foundation chapter. For general information and a free "Basic Facts" brochure, call the Arthritis Foundation information line, 1-800-283-7800.

## Make cleaning chores part of exercise routine

Cleaning is a chore for anyone, but it can be much more difficult for a person with arthritis.

The Arthritis Foundation has released the following suggestions for making the job easier:

- Let both arms share jobs such as dusting;
- Remove surface dirt before it becomes embedded. A daily light pick-up accomplishes more than a monthly heavy cleaning;
- Make cleaning part of your daily exercise routine. Work in rhythm, playing music if it helps;
- Select easy-to-clean furnishings, fabrics and finishes;
- Depending on the extent of your arthritis, you may need to delegate some housecleaning jobs to others.

A few basic principles can help you use your joints wisely when you clean:

- Respect pain — it's one of your body's signals that something is wrong;
- To lessen pain and stiffness, avoid staying in one position for a long time;
- Use the strongest joints and

muscles to reduce stress on smaller joints;

- Spread the weight of an object over many joints to reduce the stress placed on any one joint;
- Balance rest and activity;
- Ask for help when needed and especially for activities that particularly are stressful to joints.

For a free copy of the brochure "Using Your Joints Wisely," contact your local Arthritis Foundation chapter.

## Studies point to progress on arthritis

Recent studies on antibodies may offer ways to stop arthritis inflammation. The Arthritis Foundation, which helped fund two of the studies, notes that the findings are significant steps toward effective treatments for autoimmune forms of arthritis such as rheumatoid arthritis and lupus.

### University of Tennessee researchers have developed a synthetic collagen peptide capable of stopping the inflammatory immune reaction in mice.

In healthy people, antibodies are produced that identify and bind with foreign bacteria or viruses, so the body's white blood cells can destroy them. This binding is described as a key fitting a lock. In autoimmune types of arthritis, antibodies identify and bind with healthy joint tissue, causing swelling, pain, loss of movement and joint destruction.

Studies at the University of Tennessee at Memphis, the University of Michigan and Dartmouth Medical School have explored this binding process in animal models.

University of Tennessee researchers have developed a synthetic collagen peptide capable of stopping the inflammatory immune reaction in mice. At the University of Michigan, research

has shown that antibodies change the structure of DNA molecules in people with lupus to create a tighter bond with the antibody. Researchers at the Dartmouth Medical School have found that the effects of arthritis can be blocked by treatment with a synthetic antibody.

Although practical applications are in the future, the studies indicate the need for continued research.

For general information about arthritis and a free "Basic Facts" brochure, call the Arthritis Foundation information line, 1-800-283-7800.

The Arthritis Foundation supports research to find ways to cure and prevent arthritis and seeks to improve the quality of life for those affected by arthritis.

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## Ease joint stress while shopping

For people with arthritis, shopping can mean increased joint pain and fatigue. Good organization is the first step in making shopping easier. The following eight tips from the Arthritis Foundation can help make shopping safer and less stressful on your joints:

- Post a list in a central place to jot down items you or other family members need.
- Write out your grocery list in the order in which foods are stocked in supermarket aisles; if you use coupons, combine them when you can sit at home, rather than standing at the store.
- Before leaving home, check by phone for hard-to-find items.
- Shop during hours when stores are less crowded to avoid standing in long lines.
- Carry only what you need in a lightweight shoulder bag or knap sack to save stress on your hands and arms.
- When you must carry heavy packages, use a lightweight folding shopping cart.
- Consider shopping by mail or use a grocery store delivery service if costs are not prohibitive.
- Ask family, friends and community volunteers for help when needed.

Contact your local chapter of the Arthritis Foundation for other suggestions. The Arthritis Foundation Guide to Independent Living includes information about carrying and walking aids.

To order a copy, enclose \$11.95 (includes shipping and handling) and send to: Arthritis Foundation, P.O. Box 19000, Atlanta, Ga. 30326.

## Strength training key to injury rehab

"An ounce of prevention is worth a pound of cure," the saying goes.

While this is the best approach to sports and fitness, the adage "accidents can happen" also has some relevance.

If you find yourself in the "accidents can happen category" with a sports or chronic injury, bear in mind the rehabilitative value of strength training.

"The goal of strength training for rehabilitative purposes is to regain the strength of the muscles that support the injured joint or those muscles that are 'neglected' as a result of the injury," said Jeff Zwiefel, director of The National Exercise For Life Institute.

"Additionally, because your body may adopt abnormal movements to make up for limited use of certain joints, strength training plays an important role in re-establishing muscle balance," he said.

However, not all forms of strength training are equal when

it comes to successful results for rehabilitation—isokinetics has been recognized as the preferred resistance system for numerous reasons.

### History of isokinetics

Isokinetic exercise is the newest entry into the strength training arena.

For years, isokinetic resistance was available in expensive, diagnostic equipment that was used only for rehabilitative and therapeutic purposes.

Specifically, athletic trainers and sports physical therapists would utilize isokinetics to help individuals recover from injuries and measure their progress in rehabilitation.

Today, isokinetic resistance is also more readily available to the general public through cost-effective in-home exercise equipment.

### Isokinetics defined

The term isokinetics originally meant "same speed." However, today isokinetics is most often

defined as "accommodating resistance" which means that the resistance automatically matches the force being generated by the muscle.

Not only does this allow the muscle to work near maximum throughout the full range of motion, it allows the muscle to work at speeds relevant to various activities.

Isokinetic exercise also is among the safest forms of resistance for rehabilitation as the user will never experience more resistance than they can handle because the resistance is equal to the force applied.

### Why is it more effective for rehabilitation?

Isokinetic exercises are often preferred because of the ability to control speed while maintaining force.

Studies have demonstrated that participants in both isokinetic and isotonic training programs eventually reach the same degree of absolute strength, but the participants in the isokinetic program reach that goal sooner with less post-workout soreness.

This is because the amount of resistance with isokinetics depends on the patient's ability to exert a force against a regulated or controlled speed.

This allows patients to move at a slow speed thereby producing a greater amount of force than they may be able to produce when working at a fast speed.

Additionally, the ability to control speed with isokinetics allows stimulation of both slow and fast twitch fibers which is better for injury rehabilitation because each of these fibers play an important role in performing daily activities.

Finally, studies have shown that heavy isokinetic training effectively recruits and trains more muscle fibers than other forms of exercise.


A five-year study on post-surgical knee rehabilitation by Kent Timm found that isokinetic exercise is more efficient and effective than non-isokinetic programs at helping rehabilitating individuals resume activities of daily living and recreational activities without pain or symptom recurrence.

The study also looked at longitudinal rehabilitative success.

After five years, those rehabilitating using isokinetics experienced a 61 percent success rate compared to only seven percent for those using isotonic programs.

"Not only is strength training important to rehabilitation," said Zwiefel, "but the form of strength training used for rehabilitation plays an important role in the overall success of a training program."

"So for those interested in rehabilitating from an injury or preventing recurrence, isokinetic resistance will yield the best results in terms of recovery time and effectiveness," he concluded.



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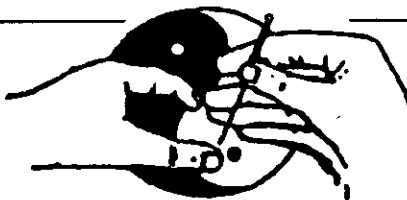
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# Ancient

(From Page 1)

it has basically been dismissed by the medical establishment as unproven and not scientifically based.

But the times are changing and gradually, if not grudgingly, the resistance to nonconventional therapies is easing.

"More and more physicians in this country feel that this is something we need to explore," said Donna Reynolds, a licensed acupuncturist practicing in Delmar.

The licensing procedures for acupuncturists were recently relaxed by the state Legislature. The current regulations, which are enforced by the state Education Department's professional licensing board, require passage of the national certifying exam along with graduation from an accredited acupuncture school.

Reynolds, who has been licensed since 1986, graduated from the New England School of Acupuncture in Boston. She's seen the increased willingness of people to try nondrug therapies and she now wishes that the country's insurance companies would come on board as well.

A nationwide lobbying effort is under way to convince insurance companies that acupuncture is a bonafide therapy that should be covered. However, given the traditional reliance on pharmaceuticals in this country, it will not be an easy task.

Internationally, acupuncture

has begun to receive wide acceptance over the past few decades. The World Health Organization (a branch of the United Nations) has recognized acupuncture as an effective treatment for dozens of medical conditions, including asthma, colitis, digestive problems, headaches, back pain, sciatica, depression and chronic fatigue.

**More and more physicians in this country feel that this is something we need to explore.**

Donna Reynolds

The concept behind acupuncture is quite different than the focus of western medicine, according to Dan Zal, a licensed acupuncturist with offices in Colonie and Schenectady.

When the cause of an ailment is not clear, western medicine focuses on trying to relieve the symptoms through drugs and other technological procedures, he said. Acupuncture, on the other hand, emphasizes helping the body become more healthy by releasing the energy stored at different points in the body. These energy centers are stimulated by the insertion of very thin, fine needles.

"These acupuncture points have been shown to have certain electrical properties and can be located with an electronic device," Zal explained. "They have also in many cases been shown to have

specific physiological effects when stimulated in certain ways."

Once released, the energy travels along meridians to different external and internal body parts, helping to restore the energy balance in the body.

It may all sound a bit theoretical, but people in the Orient have relied on acupuncture for centuries and, by and large, the Chinese do not rack up health care bills anywhere near as exorbitant as those of Americans.

The other thing to remember, Zal said, is that acupuncture is a holistic health system and works best in conjunction with a lifestyle that incorporates a healthy diet, herbs, massage and exercise.

## Kidney Foundation collects old cars

Do you have a car in your driveway that you no longer use? Even if it's rusty and no longer runs, the National Kidney Foundation of Northeast New York is collecting these old cars to help in the fight against kidney disease.

The contributor of the vehicle may be eligible for a tax break.

For information, call the National Kidney Foundation at 1-800-999-9697.

## St. Peter's sets 'Aerobics Plus'

St. Peter's Hospital Wellness Center will sponsor two six-week long "Aerobics Plus" courses on Tuesdays and Thursdays from 5:30 to 6:30 p.m. at 102 Hackett Boulevard.

"Aerobics Plus" is a low-impact, low-intensity exercise program for beginning exercisers who are mildly, moderately or severely overweight.

Orientation will take place on Thursday, Sept. 8, at 5:30 p.m. The first session will run from Sept. 13 to Oct. 20, and the second session is scheduled from Oct. 25 to Dec. 6.

The cost is \$45 for 12 classes. The instructor is certified by the American Council on Exercise, and also in CPR/First Aid.

Participants must obtain a medical release from a personal physician. To register or for information, call St. Peter's Hospital Wellness Center at 449-2212.

## MS society sets support group meetings

The Capital District Multiple Sclerosis Society has scheduled a number of self-help and support group meetings for the month of September.

The Multiple Sclerosis Society Mildly Affected Self-Help Support Group will meet on Wednesday, Sept. 7, at 7 p.m. at Woman's HealthCare Plus at 2093 Western Ave. in Guilderland.

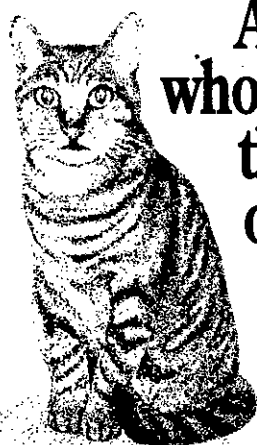
A self-help group will meet on Wednesday, Sept. 7, and again on Wednesday, Sept. 21, in wing C of the seventh floor of the Stratton Veterans Administration Medical Center Hospital at 113 Holland Ave. in Albany.

A self-help group for friends and family of MS patients will meet in classroom six of the Colonie Community Center at 1653 Central Ave. in Colonie at 1 p.m. on Saturday, Sept. 17.

The Multiple Sclerosis Self-Help Group of Albany County plans to meet on Tuesday, Sept. 20, at the Bethlehem Public Library at 451 Delaware Ave. in Delmar at 2 p.m.

The Multiple Sclerosis Latham Self-Help Group will meet at 7 p.m. on Wednesday, Sept. 21. Call for meeting location.

For information, call the chapter office at 427-0421.



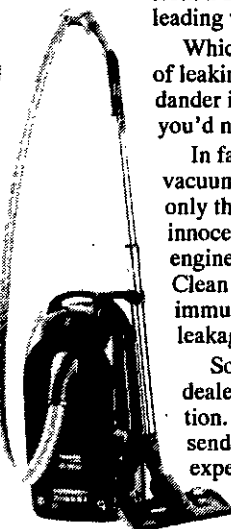
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# THE HEALTH PLAN WE'VE ALL BEEN WAITING FOR IS ALREADY HERE.

With the Capital District Physicians' Health Plan, you will find that many of the proposed health care reforms have already been made. In fact, we made them in 1984 when we created a health plan based on managed care principles. Here are the six major points of health care reform — and real examples of how CDPHP is prepared for them.

## SECURITY

### GUARANTEED, COMPREHENSIVE BENEFITS

CDPHP does not deny employer groups coverage due to pre-existing conditions. And a person who has either lost their job or left it can maintain coverage through our new basic plan option (which is available to anyone), a direct pay policy, or COBRA. In addition, CDPHP covers preventive care costs including routine doctor visits, diagnostic services and catastrophic coverage.

## SAVINGS

### CONTROLLING HEALTH CARE COSTS

CDPHP is working hard to keep rate increases to a minimum. In fact, our 1994 rates will only increase an average of 0.4%, the lowest increase in the area. Albany is already a very competitive market for health insurance and that helps to keep

prices controlled. In addition, our large membership combined with our managed care philosophy allows us to work with all of our providers in negotiating cost-effective arrangements.

## QUALITY

### MAKING THE WORLD'S BEST CARE BETTER

Preventive medicine is the backbone of our managed care philosophy and is the most logical way to improve the health of our members. Routine care, preventive services and wellness programs are all part of the benefits CDPHP offers.

## CHOICE

### PRESERVING AND INCREASING WHAT YOU HAVE TODAY

CDPHP gives members the freedom to choose their provider from a list of over 1,800 local physicians and providers, plus 15 hospitals. Coverage ranges from preventive care to catastrophic coverage including worldwide emergency care. This freedom combined with the wide range of products we offer has resulted in an unbelievable 99%+ member satisfaction rate over the past two years.

## SIMPLICITY

### CUTTING PAPERWORK AND RED TAPE

CDPHP is proud of its ability to reduce red tape. Unlike members of other plans, our members do not have to fill out claim forms or paperwork every time they go to the doctor. In fact, our administrative costs are well below all national and regional levels. We utilize a standard claim form for providers and almost half of these claims are currently processed electronically.

## RESPONSIBILITY

### MAKING EVERYONE RESPONSIBLE FOR HEALTH CARE

Through member education, an emphasis on preventive care and wellness programs, CDPHP strives to keep its members involved in taking responsibility for their health.

For more information on how CDPHP is providing quality health care at an affordable cost, please call (518) 452-1823 for a free copy of our latest brochure "The Value of Managed Care." In it, you will learn that the health plan we've all been waiting for is already here.



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## Selected to perform in Alabama for Senior Bowl

# BCHS cheerleaders credit coach for success

At a National Cheerleaders Association summer camp held at Rensselaer Polytechnic Institute this summer, Tricia Kandefer and Kristen Cushman proved their mettle.

Both girls, who are entering their year at Bethlehem Central High School, have been cheerleading since they were in elementary school, and thought it might be something worth pursuing when they got older.

Now they will have an opportunity that's available to only a small percentage of the girls who participate in the sport.

They were selected to the NCA All-American team as a result of their showing in summer camp and will be headed to Mobile, Ala., in mid-January to perform during halftime at the Senior Bowl (where the most talented college seniors display their skills for the last time).

Cushman began cheerleading with Pop Warner in the fourth grade and Kandefer in the sixth. Besides cheerleading for the varsity squad at BCHS, they are both in their fourth years of coaching for the Pop Warner league.

At the RPI summer camp, the girls were among only six out of 95 who were selected to the All-American team. Two other se-



Tricia Kandefer and Kristen Cushman show their winning form before cheerleading practice at the high school. *Doug Persons*

lectees were from Saratoga, one girl was from Catholic Central High School in Troy, and one was from Bethel, Ct.

"You either like (cheerleading) and fall in love with it or you hate it," Kandefer said. "I always found it challenging, because there's always another level you can go on to."

Plus, "there are so many different components to it. You're always doing something different."

Cushman credited varsity cheerleading coach Susan Lasher with being "a really good coach. She is a major reason for our accomplishments. Both for us and our squad."

"She (Lasher) is very tough, but not in a mean way, which is what we need. She can also be fun to joke around with when you're not working."

The NCA sponsors "All-American Team" awards at more than 500 NCA workshops around the U.S. The winners are selected on

the basis of technique, leadership and all-around cheering ability.

Kandefer aspires to be a marine biologist and wants to continue cheerleading on the college level.

Cushman said she is "totally undecided" about what's in store beyond graduation, except that she wants cheerleading "to be involved in my future in some way."

Any individual or corporation willing to help sponsor the girls' trip to Alabama may call 475-9466.

*Mel Hyman*

## Team plans trip

A chicken barbecue to benefit a planned trip by the BCHS varsity cheerleading squad to Dallas, Tx. in December is scheduled for Friday, Sept. 9, from 5 to 7 p.m., at the high school.

Tickets can be purchased at the door or at the first football game on Saturday, Sept. 3. For ticket information, call 475-1353.

## Dolphins registration

The Delmar Dolphins Swim Club has slated registration for Tuesday and Wednesday, Sep. 6 and 7, from 7 to 8 p.m. in the administrative conference room across from the pool in Bethlehem Central High School at 700 Delaware Ave. in Delmar.

The club is open to residents of the Town of Bethlehem and its school district who are 6 to 18 years old.

Fall fees are \$140, \$155, or \$175, depending on the group the swimmer falls into. For information, call Kathy Dowling at 475-1689.

## Pop Warner to meet

The monthly meeting of Bethlehem Pop Warner is scheduled for Monday, Sep. 15, at 8 p.m. in room 106 of the Bethlehem Town Hall on Delaware Avenue in Delmar.

For information, call Michael Frangella at 455-7655.

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In February of this year, I joined Mike Mashuta's Training Center in Delmar. My personal goals were to qualify in the 100 and 200 Meter events for the Empire State Games Master's Division (Ages 40-44), and to compete successfully for the Adirondack Region at the Games to be held in Syracuse in August.

Mike, Sam and their well-trained staff developed a customized program providing me the opportunity to achieve these goals. Their program emphasized cardiovascular training for increased stamina combined with nautilus workouts aimed at developing strength and speed while reducing the possibility of injury.

It worked! On June 21, I won both races at the qualifying meet held at the Colonie High School. Next stop, Syracuse!

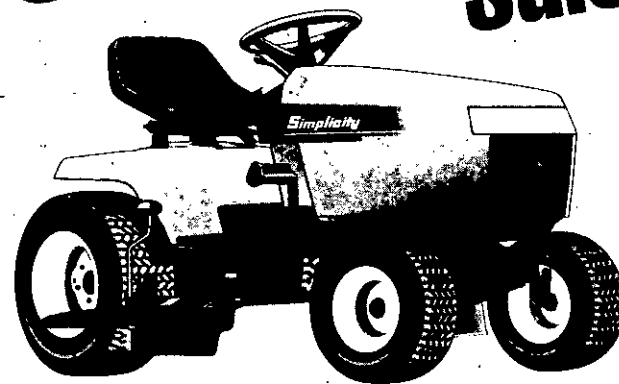
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*Dan Case, left, takes pointers from owner Mike Mashuta.*

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## Teacher

(From Page 1)

to determine a teacher's fitness to teach and carry out professional responsibilities."

D'Arcangelis has already completed inpatient substance abuse treatment, and is currently undergoing outpatient treatment, said Roger Fritts, attorney for the school district.

In April, D'Arcangelis was arrested in Albany's Arbor Hill and charged with fifth-degree criminal possession of a controlled substance, a Class D felony, soon after he allegedly purchased a small amount of the crack cocaine.

D'Arcangelis is free on \$5,000 bail, and his case is pending, according to the Albany County district attorney's office.

Following his arrest, he was removed from his eighth-grade English classroom and assigned to do curriculum work in the district office. D'Arcangelis is a tenured teacher with 26 years experience, and was paid \$56,726 last year, according to district records.

At last week's meeting, the school board also approved hiring Susan Burns as a one-year replacement for D'Arcangelis at a salary of \$30,682.

## Report

(From Page 1)

the project developer, the Rubin Organization of Philadelphia.

If the consultants decide the DEIS is incomplete in many respects, it could mean a lengthy delay. That in turn would not be good news for the developers, who are eager to get the project moving.

Southgate project manager Douglas Grayson has stated previously that unless the company can start moving ground sometime next spring, the entire deal could fall through.

Leonard Shore, executive vice president of the Rubin Organization, said last week that he was satisfied with the progress being made by the planning board and is still counting on a groundbreak-

ing in midspring of 1995.

"The soils there are best moved in summertime," he said. "We want to utilize the next construction season so that we can open the Super K (mart) by Thanksgiving. That's our objective."

The Rubin Organization footed the bill for the consultants' report to the tune of about \$40,000. The work was performed by Tectonic, a 50-member firm with corporate headquarters in Orange County and a branch office in Colonie, and Greenplan Inc. of Dutchess County, a much smaller engineering firm.

Karen Bonventre, spokeswoman for local residents group Citizens Monitoring Southgate, said her organization believes a "large number" of areas need clarification in the DEIS.

The group released a 10-page commentary last week on the points they contend were not addressed adequately by the developer. The document focused mostly on the traffic problems allegedly ignored by the DEIS.

A second commentary, certain to be submitted to the planning board along with the first, will be released shortly, Bonventre said.

Shore flew into Albany on Thursday, Aug. 25, and visited with Supervisor Sheila Fuller, Town Attorney Bernard Kaplowitz, planning board attorney Robert Alessi and Lipnicky to — in his words — "nudge" the process along.

Fuller said she explained to Shore that Southgate isn't the only project in the hopper and that the town is doing its best to expedite the process.

## The Spotlight remembers

This week in 1984, these stories were making headlines in *The Spotlight*.

- The Voorheesville school board rejected board member Steven Schreiber's proposal to make a review of teacher quality one of the district's priorities for the 1984-85 year. Board member Ann Balk said teacher quality was "a most important question, but not a black-and-white issue to be pursued in a direct manner," because to do so may cause morale problems.

- Bethlehem police Lt. Frederick Holligan attended and graduated from the Federal Bureau of Investigation's National Academy in Quantico, Va.

- Local blue-ribbon winners at the Altamont Fair included Karin Demis of Feura Bush, Rebecca Bull of Selkirk, Donna Lyn Stahl of Slingerlands and Incaranata Darpino of Voorheesville.

- The father-daughter team of Craig and Jody Jones finished first in the Equitable Family Tennis Challenge sectional tournament in Rochester, winning an expenses-paid trip to the playoffs at the National Tennis Center in Flushing Meadows during the U.S. Open.

## Tobacco

(From Page 1)

Assemblyman John McEneny, D-Albany, a co-sponsor of the new law, said that Bartoletti is more powerful and effective as a lobbyist because she is a mother active in her local schools.

"When she talks about children's health in school, she has enormous credibility, so legislators listen attentively," he said.

McEneny said that Bartoletti "is a tireless worker with an excellent track record, plus she is always cheerful."

The new state law, which prohibits tobacco use on school grounds during school hours, will ensure that students do not receive a mixed message at school (i.e., seeing adults smoke while being taught the adverse health consequences of tobacco use), Bartoletti said.

"When I was lobbying, I could see what this legislation meant at

the local level," Bartoletti said. "If done right, this can have a real impact on our kids."

Since there has been little notice of the law since its passage, Bartoletti said that a strong community education effort is necessary.

For example, the new law forbids tobacco use at outdoor athletic events for the first time, and adult spectators should be forewarned before they attend this Saturday's football game, she said.

"Before, I would go up to people who were smoking at games and say, 'It's not a good idea.' Now I can say it's against the law," she said.

The athletic department will put up signs on backstops and portable bleachers and make public address announcements about the new law, according to Fred Powers, BC athletic director.

"We'll let parents know about it at meet the coaches night," noted Powers, adding that smoking outside the school building during basketball games and other indoor events will also be prohibited.

Student smoking in the bathrooms will be the focus of an increased monitoring effort by

teacher aides, according to a new high school discipline plan outlined by principal Jon Hunter.

Teachers will have no problem with the new no-smoking policy, said Roberta Rice, president of the Bethlehem Central Teachers Association.

"There are only three or four teachers who smoke at the high school, so it won't affect teachers that much," Rice said.

## Delmar native tapped for college fellowship

Delmar native William H. Townsend has been named the first Golub Fellow through the Golub Corporate Fellowship Program sponsored by Union College and the Golub Corp.

The program gives students in the college's Graduate Management Institute free tuition and work experience in the Golub Corp.

Townsend, a resident of Schenectady, will begin working in Price Chopper's Grocery Merchandising Department in Rotterdam in September. He is pursuing his master's degree at Union.

## Holistic healing group to meet in Delmar

A 10-week Holistic Healing Support Group led by social worker Cindy Perlin will begin in Delmar on Wednesday, Sept. 14.

The group is for people experiencing anxiety, severe stress or chronic or life-threatening illness. The group is designed to benefit people's health by increasing their ability to relax, think positively, express emotions, rest and exercise efficiently.

For information, call 439-6431.

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Joan and Michael Pritchard

## Carpenter, Pritchard marry

Joan Elizabeth Carpenter, daughter of George and Lorraine Carpenter of Delmar, and Michael Arthur Pritchard, son of Alun and Mary Pritchard of Schenectady, were married June 25.

Father James Daley performed the ceremony in the Church of St. Thomas the Apostle, Delmar, with a reception following at Colonie Country Club, Voorheesville.

The matron of honor was Noreen Conte, the bride's sister, and bridesmaids were Amy Pritchard, the groom's sister, Audry June, Kim Zornow and Deborah Ravidia.

The best man was Brian McK-

enna, and ushers were Michael Alois, Paul Chang, Joseph Herman and Paul Woodford.

The bride is a graduate of Bethlehem Central High School, Sage Junior College of Albany, the College of Saint Rose and SUNY Buffalo. She is employed as a speech language pathologist at Albany Medical Center.

The groom is a graduate of Hudson Valley Community College and SUNY Buffalo. He is employed as a commodities futures trader by CCA Capital Management in Delmar.

After a wedding trip to France, the couple lives in Menands.

## Births

### St. Peter's Hospital

Boy, Louis Michael DiVirgilio, to Cynthia and Louis DiVirgilio, Voorheesville, July 3.

Boy, Matthew Tucker Glazier, to Heidi and Melvin Glazier, Slingerlands, July 6.

Girl, Megan McAuliffe Bettinger, to Joyce and Eric Bettinger, Delmar, July 8.

Girl, Bethany Elisabeth Irene Tesch, to Victoria and Charles Tesch, Selkirk, July 14.

### Out of town

Boy, Gregory Ralph Gill Jr., to Jennelle and Gregory Gill Sr., at Camp Lejeune Base Hospital, Jacksonville, N.C., Aug. 7. Maternal grandparents are Richard and Janet Simpson of Selkirk and paternal grandmother is Geraldine Gill of Delmar.

## Class of '94

Boston University — Susan Zolezzi of Delmar (juris doctor).

Bowdoin College — Joel Van Amberg of Voorheesville (bachelor's in religion, summa cum laude), and Marshall Felix of Slingerlands (bachelor's in sociology-environmental studies, magna cum laude).

Penn State University — Steven O'Brien of Bethlehem (bachelor's in architecture).

Regents College — Linda Morrell of Glenmont (bachelor's in nursing).

## Dean's List

The following local college students were named to the dean's lists at their respective schools for the spring semester.

Cornell University — Josh Norek of Slingerlands.

Russell Sage College — Christina Travis of Glenmont.

St. Bonaventure University — Angela Washburn of Voorheesville.

University of Rochester — Britta Wehmann of Delmar.



Deborah Watson and Steven Claydon

## Watson, Claydon to marry

Deborah Marie Watson, daughter of Thomas and JoAnn Watson of Arden, N.C., and Steven John Claydon, son of Charles and Anne Claydon of Glenmont, are engaged to be married.

The bride-to-be is a graduate of the University of Central Florida. She is employed as an investment

officer for Barnett Bank in Florida.

The future groom, also a graduate of the University of Central Florida, is a manager for Technical Support Services, Inc., in Orlando, Fla.

The couple plans a Sept. 24 wedding in St. Petersburg, Fla.

## Extension offers gov't intern program

The Cornell Cooperative Extension and the Albany County Legislature are co-sponsoring the Albany County Government Intern Program open to high school juniors and seniors.

Students are matched with local government officials to discover first-hand how government oper-

ates. They also learn through guest speakers, independent projects, seminars, legislative meetings and field trips throughout the school year. Some schools grant credit for successful completion of the program.

For information, call the Cornell Cooperative Extension at 765-3500.

## Here's to a Wonderful Wedding!



### BAKERY

Zachary's Pastry Shoppe — Trendsetters of the 90's Specializing in Rolled Fondant designs. Call for an appointment. 427-6200. 1241 Broadway, Albany.

### RECEPTIONS

Normanside Country Club, 439-2117. Wedding and Engagement Parties.

### FAVORS

Home Sweet Home — Homemade molded chocolates. Unique ideas for weddings & showers. Call Kim Ryan 439-9240 or Donna Raffaele 439-9948.

### JEWELRY

Harold Finkle, "Your Jeweler" 217 Central Ave., Albany. 463-8220. Diamonds — Handcrafted Wedding Rings & Attendant's Gifts.

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### PHOTOGRAPHY

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### INVITATIONS

Johnson's Stationery 439-8166. Wedding Invitations, Announcements, personalized Accessories.

Paper Mill Delaware Plaza 439-8123. Wedding Invitations, writing paper, Announcements. Your Custom order.

# Community Corner



## BOU seeks members

Bethlehem Opportunities Unlimited, which helps provide youth with alternatives to drugs and alcohol, is seeking new members.

An individual membership costs \$7, and a family membership costs \$10. Checks should be made payable to BOU, P.O. Box 492, Delmar 12054.

For information, call BOU President Holly Billings at 439-6885.



## Obituaries

### Edna M. Fronk

Edna M. Fronk, 79, a Bethlehem native and resident of Second Street in Albany, died Tuesday at her home.

She was a lifelong resident of the Capital District.

Mrs. Fronk was a sales clerk at the former Montgomery Ward store in Menands for 31 years. She retired in 1977.

She was a member of the Calvary-St. Luke's Methodist Church in Albany.

She was the widow of George Fronk.

Survivors include a sister, Sarah Chewing of Albany, and a brother, William Wickham of Rensselaer.

### Luella M. Barnes

Luella M. Barnes, 100, a former teacher in the Bethlehem school district and resident of Pittsburgh, Pa., died Monday, Aug. 22, at Passant Hospital in Pittsburgh.

Miss Barnes was educated at the Peru, Nebraska, State Normal School and received a master's degree from Columbia University.

She first taught at the Emma Willard School in Troy for 30 years and then in Elsmere Elementary School for another 30 years.

She was a member of the Greenstone United Methodist Church in Bellevue.

Survivors include a sister, Mrs. Frank G. Alston of Ingomar, Pa.

Services were from the Orion C. Pinkerton Funeral Home in Pittsburgh.

Burial was in Bayne Cemetery in Bellevue.

### Elaine R. Conway

Elaine R. Lawrence Conway, 79, of Woodstream Drive in Delmar, died Thursday, Aug. 25, at her home.

Born in Flushing, Queens, Mrs. Conway was a longtime resident of the Capital District. She was a homemaker.

Survivors include six sons, Dr. William F. Conway of Glenmont, Gerald L. Conway of Slingerland, John E. Conway of Chicago, Edward P. Conway of Denver, Lawrence C. Conway of Albany and Thomas A. Conway of Delmar; four daughters, Elaine R. Conway Jr., Gayle Doyle and Rita C. Bebb, all of Delmar, and Mary Lucy Cook of Alabama; and 30 grandchildren.

Services were from the McVeigh Funeral Home and the Church of St. Vincent de Paul, both in Albany.

Contributions may be made to St. Peter's Hospital Foundation, 317 South Manning Blvd., Albany 12208.

### John J. Pappalau

John J. Pappalau, 81, a Bethlehem native and resident of Edgewater, Fla., died Friday, Aug. 12, at his home.

Mr. Pappalau had worked for Agway in the Port of Albany for 40 years before he retired in 1973. He moved to Florida in 1975.

Survivors include his wife, Dorothy Pappalau; a son, John A. Pappalau of Syracuse; four grandchildren; and two great-grandchildren.

Local arrangements were by the Applebee Funeral Home in Delmar.

Contributions may be made to Hospice, in care of J. Shelby, 655 North Clyde Morris Blvd., Daytona Beach, Fla. 32114.

### Correction

Part of Harriette Powers' work history was omitted in her obituary in last week's edition. Mrs. Powers had also worked as secretary to the principal of Bethlehem Central High School for 20 years.

### Temple announces fall holiday services

Congregation Beth Emeth on 100 Academy Road in Albany, has scheduled its Rosh Hashana and Yom Kippur services.

Rosh Hashana services will begin at 8 p.m. on Monday, Sept. 5, and continue on Tuesday, Sept. 6, at 10 a.m.

The following week, Yom Kippur services will begin with Kol Nidre on Wednesday, Sept. 14, at 8 p.m., and continue on Thursday, Sept. 15, with family, youth, afternoon, memorial and closing services.

Babysitting is available. Tickets are required and can be obtained by calling the temple office at 436-9761.

### Bethlehem museum is open on Sundays

The Bethlehem Historical Museum, located at Route 144 and Clapper Road in Selkirk, is open Sundays through Labor Day, Monday, Sept. 5, from 2 to 5 p.m.

Currently on exhibit are costumes from the 1880s to 1920s. Included is the dress worn by Amy Chester when she was presented to the queen of England at the turn of the century.

The museum grounds feature an herb garden and the Toll House, which contains antiques.

Admission is free of charge. For information, call 767-3052.

### Center offers lessons in field identification

An environmental education workshop is slated for today, Aug. 31, from 9:30 a.m. to 12:30 p.m. at the Five Rivers Environmental Education Center on Game Farm Road in Delmar.

Participants will learn how to use field identification books for trees, birds, flowers and other wildlife.

The program, which is open to teachers and youth leaders, is an indoor/outdoor, hands-on workshop. For information, call Five Rivers at 475-0291.

## Ronald's friends



The inexpressible Ronald McDonald poses with Kris Gossman and her daughter Amanda of Greenville during Ravena's Friendship Festival last weekend.  
Doug Persons

### Delmar man receives award for AIDS work

Mary Fisher's Family AIDS Network recently honored Timothy J. Palmer of Delmar with the National Outstanding Caregiver Award of Merit for his work creating and running the Corporation for AIDS Research, Education and Services (CARES), a Delmar-based non-profit organization.

Palmer gained experience with and knowledge of AIDS through the experiences of his friend, Scott

Osadchey, who died of an AIDS-related illness one week before CARES began in June 1990.

Since then, Palmer has led a full-time volunteer effort through CARES to help people with AIDS, especially assisting those in rural New York areas to obtain the services they need.

The award is given to recognize the role of caregivers in the AIDS epidemic.

### V'ville firefighters compete in tourney

The Voorheesville Volunteer Fire Department recently took part in the Firematic Competition hosted by the Coeymans Hollow Fire Department.

Voorheesville's team, made up of Bill Stone, Dick Berger, Clark Thomas, Harry Timmis, John Hensel, Buddy Deschenes, Ted Stanowski and August Jones Jr.,

won the overall competition. They placed first in two individual categories, finished second in two others and were awarded the sportsmanship trophy.

Each of the five categories was designed to test the firefighting capabilities of the teams.

### Church lists events

The Grace United Methodist Church at 16 Hillcrest Drive in Ravena has announced its schedule for the week of Sept. 1.

Alcoholics Anonymous and the church's administrative council will each meet on Thursday, Sept. 1, at 7:30 p.m.

Morning worship will begin at 10:30 a.m. on Sunday, Sept. 4, followed by a coffee hour at 11:40 a.m. Alcoholics Anonymous will meet at 7 p.m.

A Bargain Shed Open will run from 9 a.m. to noon on Tuesday, Sept. 6. A Sunday School meeting is scheduled for 7:30 p.m. on Sept. 6.

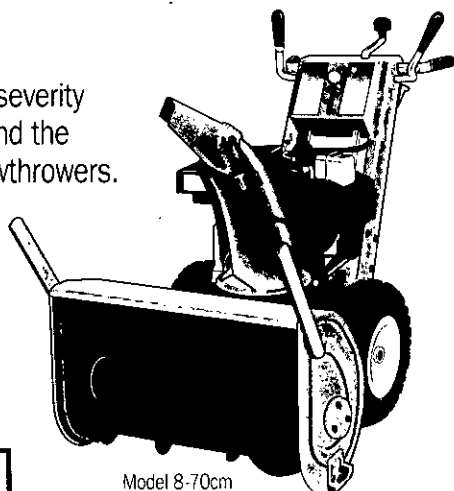
On Wednesday, Sept. 7, the TOPS Club will meet at 6:30 p.m., Al Anon will meet at 7 p.m. and the Bible study group will meet at 7:30 p.m.

For information, call the church at 756-6688.

## Give this winter a one-two punch!

① **BUY NOW...**  
remember the severity of last winter and the scarcity of snowthrowers.

② **PAY LATER...**  
no payments and no interest until April '95.\*



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SPOTLIGHT ON

# Family Entertainment

CALENDAR • ARTS • ENTERTAINMENT

## Ending the Summer on a Highland note

### Local events to cap off the season

By Jared Beck

The last week of summer vacation is often a time of anxiety for children dreading the return to school, and anticipation for parents eager to get the little brats out of the house.

But those families searching for one last dose of fun before the kids go back to the books should have no problem finding suitable entertainment during the last week of vacation, when three different traditional events will kick off across the Capital District.

For the first time in 17 years, the Capital District Scottish Games will take place over two days, Saturday, Sept. 3, and Sunday, Sept. 4, at the Altamont Fairgrounds on Route 146.

This year's games have been selected as the venue for the 1994 U.S. Inter-Regional Highland Dance Championship, an event that brings together the best 90

highland dancers in the United States. Dancers compete by age category, each vying for the title of "Dancer of the Day."

Also slated for Saturday is the Northeastern U.S. Pipe Band Championship, which attracts pipe bands from all over the Northeast and Canada. Awards are given out for best bands, solo piping and solo drumming.

Those who prefer witnessing amazing feats of strength and agility should plan to attend the Highland Athletics, scheduled for Saturday. Competitors will toss the caber (a large log), put the stone, throw the weight, toss the sheaf (a burlap bag full of hay) and take part in other traditional Scottish events that aren't even sanctioned by the Olympics.

Always a favorite of the younger crowd is the series of dog exhibitions that has become a staple of the Games. The Scot-



The annual Capital District Scottish Games will turn the Altamont Fairgrounds into the Scottish Highlands for two days this year, Saturday, Sept. 3, and Sunday, Sept. 4. Local favorite Mirinda James, left, is set to perform at the Schaghticoke Fair, which runs from Wednesday, Aug. 31, through Monday, Sept. 5.



tish Fling, a competitive obedience event, is slated for Saturday. Also planned are an exhibition of all 14 breeds of dogs which originated in Scotland, a general obedience demonstration conducted by the Albany Obedience Club, and an open obstacle course that may be negotiated by any Scottish-breed canine brought to the Games.

For music-lovers, a variety of groups will offer tuneful interludes.

The Dady Brothers are set to perform on Saturday. This ensemble makes use of

a gamut of instruments, including guitars, fiddles, harmonicas, banjos, tin whistles, Irish pipes, mandolins and bodhrans.

Musical entertainment will be provided on both days by the Brigadoons, who sing a repertoire of Scottish and Irish ballads, and The Porters, a local favorite.

Sunday will mark the appearance of Nancy and Jerry Bell, recent Scottish immigrants, who entertain in the minstrel style of medieval Scottish bards.

□ SUMMER/page 24

# ARTS and ENTERTAINMENT

## THEATER

### "FOLLIES"

Musical by Stephen Sondheim, Round Lake Summer Stock Theatre, Round Lake Auditorium, Sept. 1, 2, 3 and 4, 8 p.m., \$12, \$10 students and senior citizens. Information, 899-7141.

### "JESUS CHRIST, SUPERSTAR!"

Andrew Lloyd Weber's Broadway musical, Mac-Haydn Theatre, Route 203, Chatham, through Sept. 11, \$17.90, \$18.90, and \$16.90. Information, 392-9292.

## MUSIC

### LOWDOWN ALLIGATOR JAZZ BAND

New Orleans jazz, Adirondack Lakes Center for the Arts, Blue Mountain Lake, Saturday, Sept. 3, 8:30 p.m., \$12. Information, 352-7715.

### BIG BAND BASH

featuring La Chic'n Bones, Dyanne Marlowe Big Band, and Al Cavalieri Orchestra, Empire State Plaza, Albany, Wednesday, Aug. 31, 7 p.m. Information, 473-0559.

### RICKY VAN SHELTON AND MARTINA MCBRIDE

Starlite Music Theatre, Route 9R, Latham, Wednesday, Aug. 31, 8 p.m., \$24.50. Information, 783-9300.

### THE DUGANS

acoustic rockers, Borders Books & Music, 59 Wolf Road, Colonie, Friday, Sept. 2, 8 to 10 p.m. Information, 482-5800.

### DYANNE MARLOWE

big band, Riverfront Park, Troy, Sunday, Sept. 4, 12:15 p.m.

## JOHNNY CASH

Starlite Music Theatre, Route 9R, Latham, Friday, Sept. 2, 8 p.m., \$22.50. Information, 783-9300.

### FESTIVAL NEW ORLEANS

featuring Boozoo Chavis, The Wild Magnolias, Soul Rebel Brass Band, and more, Saratoga Performing Arts Center, Saratoga Springs, Sunday, Sept. 4, noon to 8:30 p.m. Information, 587-3330.

### ALLAN ALEXANDER

lute and guitar player, Allegro Cafe, 33 Second St., Troy, Sept. 3, 10, 17 and 24, 7 and 11 p.m. Information, 271-1942.

### AIR NEW ZEALAND ACCORDION ORCHESTRA

Empire Center at The Egg, Albany, Thursday, Sept. 1, 7:30 p.m., \$5. Information, 473-1845.

### HORDE FESTIVAL

featuring the Allman Brothers, Blues Traveler, Big Head Todd & the Monitors, and Screamin' Cheetah Wheels, Saturday, Sept. 3, 2 p.m., \$22.50, \$15 lawn. Information, 584-9330.

### MATTHEW HERSKOWITZ

pianist, Guggenheim Pavilion, Rensselaerville Institute, Rensselaerville, Sunday, Sept. 4, 3 p.m., \$8, \$4 students, senior citizens, and children. Information, 797-3783.

## DANCE

### SWING DANCE

First Lutheran Church, 181 Western Ave., Albany, Friday, Sept. 2, 8:30 p.m., \$7. Information, 463-1622.

## CALL FOR ARTISTS

### OPEN AUDITIONS

Capitol Hill Choral Society, Albany. For appointment, call 465-3328.

## EXTRAS NEEDED

by Palace Theatre, Albany, for November-December production of *A Christmas Carol*. Send photo/resume to: Christmas Carol Casting, 106 S. Lake Ave., Albany 12208. Information, 432-6430.

## OPEN REHEARSAL

Mendelssohn Club, 70-voice male choir, New Covenant Presbyterian Church Hall, 916 Western Ave., Albany, Wednesdays, Sept. 7 and 14, 7 p.m. Information, 482-8701.

## CLASSES

### JAZZEXERCISE LITE

exercise and jazz dance combination, free class, Jazzercise Fitness Center, 116 Everett Road, Albany, Saturday, Sept. 3, 10:15 a.m. Information, 435-1107.

### SCHOOL OF THE ALBANY BERKSHIRE BALLET

25 Monroe St., Albany, beginning Sept. 8. Registration through Sept. 2, 10 a.m. to 6 p.m. Information, 426-0660.

## LECTURES

### MARK ARBEIT

Center for Photography at Woodstock, 59 Tinker St., Woodstock, Saturday, Sept. 3, 8 p.m., \$5, \$2.50 senior citizens and students. Information, 914-679-9957.

## FILM

### "WYATT EARP"

starring Kevin Costner, Dennis Quaid and Gene Hackman, Proctor's Theatre, 432 State St., Schenectady, Aug. 31, 7:30 p.m., and Sept. 1, 7:30 p.m., \$3, \$2 children (balcony), \$2, \$1 children (downstairs). Information, 382-1083.

## "THAT'S ENTERTAINMENT III"

Proctor's Theatre, 432 State St., Schenectady, Sept. 2, 1:30, 4, 6:30 and 9 p.m.; and Sept. 3, 1:30, 4, 6:30 and 9 p.m., \$3, \$2 children (balcony), \$2, \$1 children (downstairs). Information, 382-1083.

## FAMILY ENTERTAINMENT

### ALBANY CITY TROLLEY TOURS

leave from Albany Visitors Center, Clinton Avenue, Thursdays and Fridays through Sept. 30, 2 p.m., \$4, \$2 children. Information, 434-6311.

### "ALICE IN WONDERLAND"

Mac-Haydn Children's Theatre, Route 203, Chatham, Sept. 2 and 3, 11 a.m., \$5. Information, 392-9292.

### KIDS' JAM USA

featuring music, face painters, arts & crafts, clowns, and more, Saratoga Performing Arts Center, Saratoga Springs, Monday, Sept. 5, 2 p.m., \$15 lawn and amphitheatre. Information, 587-3330.

### HENRY HUDSON PLANETARIUM

Albany Urban Culture Park, Visitors Center, 25 Quackenbush Square, "Little Star That Could," 11:30 a.m.; "Daughter of the Stars," 12:30 p.m., Saturdays, Sept. 3, 10, 17, and 24, \$4, \$2 senior citizens and children. Information, 434-6311.

### "SCIENCE LABS FOR KIDS: FUN, FUN, FUN!!"

hands-on learning for children ages 3 to 8, Saturday, Sept. 17, 10:30 a.m. to noon, State Museum, Madison Avenue, Albany. Preregistration required by Sept. 2, \$12. Information, 474-5877.

### SCOTTISH GAMES

Altamont Fairgrounds, Route 146, Sept. 3 and 4. Information, 785-5951.

## CHILDREN'S FILMS

Adirondack Lakes Center for the Arts, Blue Mountain Lake, Friday, Sept. 2, 10 a.m., \$1. Information, 352-7715.

### MOUNTAIN EAGLE INDIAN FESTIVAL

Hunter Mountain, Hunter, Sept. 3 through 5. Information, 263-3800.

## VISUAL ARTS

### "SELLING THE GOODS"

products and advertising in Albany, Albany Institute of History and Art, 125 Washington Ave., through Nov. 13. Information, 463-4478.

### "FACING PORTRAITS"

multimedia portraiture, Albany Institute of History & Art, 125 Washington Ave., through Sept. 4. Information, 463-4478.

### "INTROSPECTION"

self-portraits, Albany Institute of History & Art, 125 Washington Ave., through Sept. 4. Information, 463-4478.

### "EACH A GLORY BRIGHT: MARY BANNING'S MUSHROOMS"

watercolors of fungi by Mary Banning, New York State Museum, Albany, through Jan. 8. Information, 474-5877.

### "ADIRONDACK WORKS"

by Winslow Homer, The Hyde Collection, 161 Warren St., Glens Falls, through Sept. 4. Information, 792-1761.

### JOHN C. MENIHAN

lithographs and watercolors, St. Francis House, Siena College, Loudonville, through Aug. 31.

## EXHIBIT

featuring the works of Jean-Charles Blais, Louis Stettner, and Charles William Yeiser, Greene County Council on the Arts, Catskill Gallery, 398 Main St., Catskill, through Sept. 3. Information, 943-3400.

## EXHIBIT

works of Laramie, Liddell, Munson, Handelsman, and Oliver, Art Awareness, Route 42, Lexington, through Sept. 4. Information, 989-6433.

## INAUGURAL EXHIBIT

featuring the work of the Broadway Gallery Membership Group, Broadway Gallery, 991 Broadway, Albany, through Sept. 18. Information, 463-3252.

### "THE MOTORCYCLE"

action/reaction exhibit, Albany Institute of History & Art, 125 Washington Ave., through Feb. 26. Information, 463-4478.

### "RECENT ACQUISITIONS: THE LATHROPS"

Albany Institute of History & Art, 125 Washington Ave., through Nov. 10. Information, 463-4478.

### "FLUFF & FEATHERS"

"An Exhibition on the Symbols of Indianess," New York State Museum, Albany, through Dec. 31. Information, 474-5877.

### "SARATOGA CELEBRATION"

works by Greg Montgomery, Greenhut Galleries, Stuyvesant Plaza, Western Avenue, Albany, through Aug. 31. Information, 482-1984.

## EXHIBIT

nine photographs from the collection of Dan Wilcox, Stephanucci's Bakery and Coffee House, Wolf Road, Colonie, through Aug. 31. Information, 435-9334.

### "REBECCA SMITH: RECENT WORK"

sculpture and paintings, The Hyde Collection, 161 Warren St., Glens Falls, through Oct. 9. Information, 792-1761.

### "AUTUMN IMAGES"

works by Rick Sacchetti, Anthony Petchkis, and Dorothy Englander, Greenhut Galleries, Stuyvesant Plaza, Western Avenue, Albany, Sept. 1 through 30. Information, 482-1984.

### "COLLAGE"

survey exhibit, Greene County Council on the Arts, Mountaintop Gallery, Main Street, Windham, Sept. 3 through Nov. 7. Information, 943-3400.

## RECEPTION

for new artist-in-residence Maria Cabellero, Art Awareness, Route 42, Lexington, Sunday, Aug. 4. Information, 989-6433.

### "EVOLUTION"

work by Gary Shankman and Karen Meyer, Rathbone Gallery, Sage Junior College of Albany, 140 New Scotland Ave., Albany, Sept. 6 through 27. Information, 445-1778.

## Weekly Crossword

### "Labor Day"

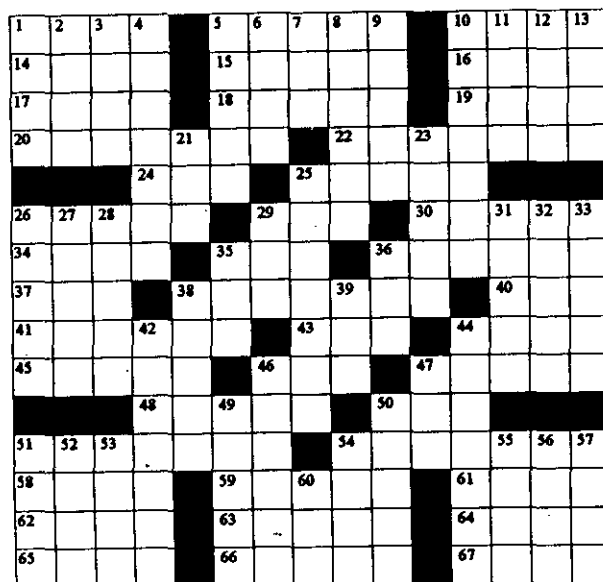
By Gerry Frey

## ACROSS

- 1 Va. Sen. Charles
- 5 Achievements
- 10 Mr. Clinton's abbreviated title
- 14 Robert
- 15 Stop in Paris
- 16 Discourteous
- 17 Prom
- 18 Savor
- 19 "Bus Stop" author
- 20 Freud's job
- 22 Rosie's job
- 24 Owl sound
- 25 Copenhagen residents
- 26 Ms. Muffet a tuffet
- 29 DC's Aspin
- 30 Major follower
- 34 Harvest
- 35 Lair
- 36 down cake
- 37 Author Rand
- 38 Emerson's & Swift's jobs
- 40 Word with can or ear
- 41 Singer Johnny
- 43 Hotel
- 44 Makes lace
- 45 Pry
- 46 Comes before tee
- 47 Tight
- 48 Past tense of lean
- 50 Med. abbrev.
- 51 Monet's and Manet's jobs
- 54 Meat market worker
- 58 Praise
- 59 Covered the floor
- 61 Use
- 62 colada
- 63 Skirt type
- 64 Ms. Ferber
- 65 Kill
- 66 Des Cartes and Rodin
- 67 Oboe need

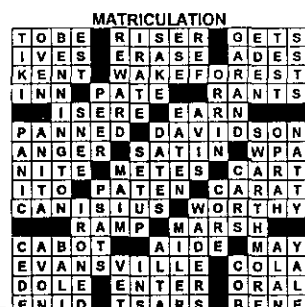
## DOWN

- 1 Ms. McEntire
- 2 Pearl Buck heroine



- 3 Actor Lugosi
- 4 Hotel worker
- 5 Chubby person
- 6 Era, eras
- 7 gratia artis
- 8 Tropical fish
- 9 Gertrude
- 10 Ministerial workers
- 11 Smallest of the litter
- 12 Rim
- 13 Forecaster
- 21 Over there
- 23 CEO aides
- 25 Enamel worker
- 26 Swindles
- 27 Indo-European
- 28 Lone Ranger's sidekick
- 29 Hawaiian neck piece
- 31 Giant
- 32 Proofreads
- 33 Wisdom
- 35 Med. people
- 36 Vase

- 38 Rubs off dirt
- 39 Printers' measure
- 42 Labor Day, e.g.
- 44 School worker
- 46 Store fodder
- 47 Small child
- 49 Fragrant oil
- 50 City slicker's
- 51 European mountains
- 52 Amtrak need
- 53 Charlie for one
- 54 Note
- 55 Conceal
- 56 Sea eagle
- 57 Examine a book
- 60 Linear:Abbrev



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<b>\$4.59</b>	*	Sun. 12 noon - 9 pm
	*	<b>\$6.49</b>

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# AROUND THE AREA

**WEDNESDAY  
AUGUST**
**31**
**ALBANY COUNTY**
**WINTER FARMERS' MARKET**

Grand Concourse, Empire State Plaza, Albany, 11 a.m. Information.

**FARMERS' MARKET**

Holy Cross Church, Western and Brevator avenues, 2 to 6 p.m. Information, 272-2972.

**FARMERS' MARKET**

Evangelical Protestant Church, Alexander and Clinton streets, Albany, 11 a.m. to 2 p.m.

**MULTIPLE SCLEROSIS SELF-HELP GROUP**

U.S. Government Veterans Administration Medical Center Hospital, 113 Holland Ave., Albany, 11 a.m. Information, 427-0421.

**RENSSELAER COUNTY**
**CHORUS REHEARSAL**

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

**SCHENECTADY COUNTY**
**SQUARE DANCE**

Single Squares of Albany, Ponderosa Hall, Airport Road, Scotia, 7:30 p.m. Information, 664-6767.

**RIVER VALLEY CHORUS MEETING**

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

**THURSDAY  
SEPTEMBER**
**1**
**ALBANY COUNTY**
**LA LECHE LEAGUE**

breastfeeding support group, Woman's HealthCare Plus, 2093 Western Ave., Guildland, 10:30 a.m. to noon. Information, 452-3455.

**PRINTING HOUSE CRAFTSMEN CLUB**

Capital District chapter, Crossgates Restaurant and Banquet House, Washington Avenue Extension and Rapp Road, Albany, 5 p.m. Information, 884-2762.

**FARMERS' MARKET (June 23 to Nov. 17)**

Third Reformed Church, Kate Street and Whitehall Road, Albany, 3 to 6 p.m.

**THE QUEST**

a contemporary, systematic study of spiritual principles, Unity Church, 725 Madison Ave., Albany, 7 to 9 p.m. Information, 475-9715.

**FARMERS' MARKET**

Albany YWCA, 28 Colvin Ave., Albany, 11 a.m. to 2 p.m. Information, 438-6608.

**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.

**SENIORS LUNCHESES**

Albany Jewish Community Center, 340 Whitehall Road, Albany, 12:30 p.m. Information, 438-6651.

**CONCERNED FRIENDS OF HOPE HOUSE**

meeting, support group for families of substance abusers, Child's Nursing Home auditorium, 25 Hackett Blvd., Albany, 7:30 p.m. Information, 465-2441.

**FRIDAY  
SEPTEMBER**
**2**
**ALBANY COUNTY**
**FARMERS' MARKET**

Outdoor Plaza of the Empire State Plaza, Albany, 11 a.m. to 2 p.m. Information, 473-0559.

**FARMERS' MARKET (JUNE 24 TO NOV. 18)**

Sacred Heart Church, Walter Street, Albany, 11 a.m. to 2 p.m.

**MOTHERS' DROP IN**

sponsored by the Capital District Mothers' Center, First Congregational Church, Quail Street, Albany, 9:30 a.m. to noon. Information, 475-1897.

**SENIORS LUNCHESES**

Albany Jewish Community Center, 340 Whitehall Road, Albany, 12:30 p.m. Information, 438-6651.

**SATURDAY  
SEPTEMBER**
**3**
**ALBANY COUNTY FAMILY STAR SHOWS**

"Little Star That Could," 11:30 a.m., "Daughter of the Stars," 12:30 p.m., Henry Hudson Planetarium, 25 Quackenbush Square, Albany, Cost, \$4 for adults, \$2 for children and senior citizens. Information, 434-6311.

**GARAGE SALE**

inside Holy Cross School, Western and Brevator avenues, 9 a.m. to 3 p.m.

**HISTORICAL WALKING TOUR (June to Sep.)**

beginning at Albany Visitors Center, 25 Quackenbush Square, Albany, and continuing through downtown Albany, 11:30 a.m. to 1 p.m. Information, 434-6311.

**FARMERS' MARKET (June 25 to Nov. 12)**

First Congregational Church, 405 Quail St., Albany, 9 a.m. to noon.

**SARATOGA COUNTY**
**PET ADOPTION CLINIC**

sponsored by the Capital District Humane Association—For the Love of Animals, M & E Kennels, off Route 9P, Saratoga Lake, 11 a.m. to 2 p.m. Information, 581-2171.

**SCHENECTADY COUNTY**
**SIBLING CLASSES**

to prepare expectant siblings for the role of big brother/sister, Bellevue...The Woman's Hospital, 2210 Troy Road, Niskayuna, 10:15 and 11:30 a.m. Information, 346-9410.

**SUNDAY  
SEPTEMBER**
**4**
**ALBANY COUNTY**
**PHELAN TO PREACH**

Rev. Thomas Phelan to preach at the last service of the summer series at the Rensselaerville Presbyterian Church, Rensselaerville, 11 a.m. Information, 797-3181.

**SCOTTISH DANCING**

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

**SARATOGA COUNTY**
**BASEBALL CARD AND COMIC BOOK SHOW**

monthly, St. Clement's School Gym, 231 Lake Ave., Saratoga Springs, 1 to 5 p.m. Cost, \$1. Information, 584-1429.

**MONDAY  
SEPTEMBER**
**5**
**ALBANY COUNTY**
**SENIORS LUNCHESES**

Albany Jewish Community Center, 340 Whitehall Road, Albany, 4:45 p.m. Information, 438-6651.

**SCHENECTADY COUNTY**
**LABOR DAY 5K**

sixth annual sponsored by the State Employees Federal Credit Union, open to all, begins at the Casino in Schenectady's Central Park, 9 a.m. Entry fee, \$10. Information, 346-6635.

## SPOTLIGHT

By Martin P. Kelly

### Home Made Theater plans 10th season with well-known plays

Saratoga's Home Made Theater is reviving audience favorites for its 10th anniversary season at the Saratoga Performing Arts Center's Little Theater.

Tennessee Williams' *A Streetcar Named Desire* opens the season October 14 as a tribute to the late American playwright.

The holiday production this season will be a presentation of Lewis Carroll's *Alice In Wonderland*. For the past several seasons, the theater has been presenting Dickens' *A Christmas Carol* but decided this season to present the delightful fairy tale during the holidays. It opens December 16 for two weekends.



Martin P. Kelly

*Angel Street*, a darkly absorbing melodrama by Patrick Hamilton will continue the season, opening February 17. This drama about a woman concerned for her own sanity is set in the Victorian period and has been an audience favorite since the 1940s.

The fourth production of the 10th season will be Kaufman and Hart's zany comedy *You Can't Take It With You*, a play which was done in Home Made Theater's first season. The Depression-era family of non-conformists is a joy for actors and audiences alike.

The season will conclude with two performances, May 19 and 20, with *Ten Scenes from Ten Shows in Ten Years*, a retrospective of the best of various plays done over the lifetime of the theater. In many instances, actors will recreate the roles they originally did in the full productions.

More information available at 587-4427.

### Schenectady Civic Players get first rights to award-winning Simon play

After months of waiting, director Carol Jones took it into her own hands to talk to the Samuel French company in New York (agents for rights to plays) and in the matter of minutes secured rights to do Neil Simon's Tony Award-winning play, *Lost in Yonkers*, for the Schenectady Civic Players. This will be the first production of the play by a local area theater.

Jones, a very busy actress as well as director, will hold auditions September 20 and 22 at 7 p.m. at the theater (12 South Church Street in Schenectady) for roles in the December 2-11 production.

The director is particularly interested in attracting young teenage boys to the audition since pivotal characters are 13 and 16 years of age. The play also has two wonderful roles for women—the grandmother and the aunt. The latter is a woman whose childlike delight is attending movies.

This play is the second of the season for Schenectady which currently has the 18th century farce *The School for Scandal* in rehearsal, preparing for a October 14 opening. Director Joseph Fava has Doug De Lisle and Michael Steese in the leading roles of two foolish noblemen being tricked by women and servants.

In late January, a production of Arthur Miller's *All My Sons* opens for two weeks and will be followed by a relatively new play *Someone Who'll Watch Over Me*, opening March 17. The season concludes with Alan Ayckbourn's *Bedroom Farce* whose title says it all. It plays May 5 through 14.

Getting back to Carol Jones, she most recently stepped into Riverview Entertainment Production's comic revue, *Lovin' With Legs* as Jack (Legs) Diamond's girlfriend, Kiki Roberts. Jones' blonde but not bright interpretation and distinctive singing style captivated audiences, particularly at Costanzo's Riverside Restaurant in Waterford where the production was introduced this summer. It is expected to continue through the fall. Dates will be announced soon.

As for the Schenectady Civic Players where Jones also helps with costumes and publicity, more information on the season can be obtained at 382-2081.

### Around Theaters!

*Breakin' Legs* at the Lake George Dinner Theater through October 14 (668-5781)...*Follies*, Stephen Sondheim musical at Round Lake Auditorium through Sunday, September 4 (899-7141)...*I Do, I Do*, musical revival of two-character play at The Georgian in Lake George through October 20 (668-5401)

## 元寶屋 DUMPLING HOUSE

Chinese Restaurant

Specializing in Dumplings, Lunches, Dinners, Cocktails, Mandarin, Szechuan, Hunan & Cantonese. Eat in or Take Out. Open 7 days a week.

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Just the way you like it!!

Cheese.....	6.75	Broccoli (White).....	7.95
Sausage.....	7.75	Black Olives.....	7.95
Pepperoni.....	7.75	Anchovies.....	7.95
Mushrooms.....	7.75	Meatballs.....	7.95
Peppers.....	7.75	Hamburger.....	7.95
Bacon.....	7.95	Onion.....	7.10
Ham.....	7.95	Extra Cheese.....	8.25
Hawaiian		Extra Sauce.....	7.25
(Ham & Pineapple).....	9.15		

And this Thursday, Sept. 1st, you can enjoy our Irish Specialty

### Boiled Corned Beef & Cabbage

served at Lunch with potato, carrots & rye bread for only —\$5.50

and served at Dinner with relish tray, salad, or cup of pea soup, potato, carrots & rye bread for only —\$8.50

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For Reservations & Take Out Call 439-9810

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- PRE BALLET (Ages 4-6)  
...A charming introduction to the grace and beauty of Classical Ballet.
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...Elementary through Professional levels of instruction.
- MODERN DANCE (Teens - Adults)
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### Classes Begin Sept. 8th

Studio Registration 8/29 - 9/2 10am-6pm  
Tues. 9/6 • Wed. 9/7 10am-6pm

Albany Berkshire Ballet at the Palace  
"NUTCRACKER"

Auditions - Sun. Sept. 11th • 12 noon  
518-426-0660  
25 Monroe St., Albany

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Three 2/3 mile tracks  
Open Memorial Day through Columbus Day  
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## BROMLEY VERMONT

Route 11, 6 miles from Manchester, Vermont

DEL

# The Spotlight CALENDAR

**WEDNESDAY**  
**AUGUST 31**

## BETHLEHEM

### ENVIRONMENTAL EDUCATION WORKSHOP

Five Rivers Environmental Education Center, Game Farm Road, 9:30 a.m. to 12:30 p.m. Information, 475-0291.

### 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.

### WELCOMEWAGON

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.

## NEW SCOTLAND

### 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.

### MOUNTAINVIEW

EVANGELICAL FREE CHURCH evening service, Bible study and prayer, Route 155, Voorheesville, 7:30 p.m. Information, 765-3390.

### FAITH TEMPLE

bible study, New Salem, 7:30 p.m. Information, 765-2870.

**THURSDAY**  
**SEPTEMBER 1**

## BETHLEHEM

### GUIDED NATURE WALK

Five Rivers Environmental Education Center, Game Farm Road, 10 a.m. Information, 475-0291.

## 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.

### CLASS IN JEWISH MYSTICISM

Delmar Chabad Center, 109 Elsmere Ave., 8 p.m. Information, 439-8280.

### BETHLEHEM SENIOR CITIZENS

town hall, 445 Delaware Ave., 12:30 p.m. Information, 439-4955.

### BETHLEHEM LUTHERAN CHURCH

Bible study, 10 a.m., children's choir, 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

### FEURA BUSH FUNSTERS

4-H group for ages 8 to 19, Jerusalem Church, Feura Bush, 7 to 8 p.m.

### FAITH TEMPLE

Bible study, New Salem, 7:30 p.m. Information, 765-2870.

**FRIDAY**  
**SEPTEMBER 2**

## BETHLEHEM

### MARTY WENDELL

in concert with his band, St. Stephen's Episcopal Church, Elsmere Avenue and Poplar Drive, Elsmere, 7:30 p.m. Information, 439-3265.

### 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

United Pentecostal Church, Route 85, New Salem, 7 p.m. Information, 765-4410.

**SATURDAY**  
**SEPTEMBER 3**

## BETHLEHEM

### AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779.

### BETHLEHEM ARCHAEOLOGY GROUP

excavation and laboratory experience for volunteers, Archaeology lab, Route 32 South. Information, 439-6391.

**SUNDAY**  
**SEPTEMBER 4**

## BETHLEHEM

### COURIERS

In concert, Delmar Full Gospel Church, 292 Elsmere Ave., 6:30 p.m. Information, 439-4407.

### 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

worship service, 9:30 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 9:30 a.m., nursery care provided, Poplar Drive and Elsmere Avenue. Information, 439-3265.

### SELKIRK CONGREGATION OF JEHOVAH'S WITNESSES

Bible lecture, 9:30 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.

### DELMAR PRESBYTERIAN CHURCH

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, 10 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 COMMUNITY CHURCH

worship service, 10 a.m., nursery care provided, 1 Chapel Lane. Information, 436-7710.

### 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.

### 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 service, 9:30 a.m., 428 Kenwood Ave. Information, 439-9976.

### BETHLEHEM LUTHERAN CHURCH

85 Elm Ave., continental breakfast at 8:30 a.m., worship service at 9:30 a.m., nursery care, coffee/fellowship. Information, 439-4328.

## NEW SCOTLAND

### BETHEL BAPTIST CHURCH

Sunday school, 9:15 a.m., worship service, 10:15 a.m., Auberge Suisse Restaurant, Route 85. Information, 475-9086.

### FAITH TEMPLE

Sunday school, 10 a.m., worship service, 7 p.m., New Salem. Information, 765-2870.

### 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

worship service, 9:30 a.m., followed by coffee hour, Route 32, Feura Bush. Information, 439-0548.

### NEW SALEM REFORMED CHURCH

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, 439-5454.

### 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, 9 a.m., church school, 10:30 a.m., 68 Maple Ave. Information, 765-2895.

### 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**  
**SEPTEMBER 5**

## BETHLEHEM

### 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.

**TUESDAY**  
**SEPTEMBER 6**

## BETHLEHEM

### DOLPHINS REGISTRATION

for previous and new members of the Delmar Dolphins Swim Club, Administrative Conference Room, Bethlehem Central High School, 700 Delaware Ave., 7 to 8 p.m., \$115, \$130 or \$150, depending on group. Information, 475-1689.

### PLANNING BOARD

town hall, 7:30 p.m. Information, 439-4955.

### 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.

### THRIFT SHOP AND LUNCH

sponsored by the South Bethlehem United Methodist Women's Organization, at the church on Willowbrook Avenue, 10 a.m. to 4 p.m., with lunch from 11 a.m. to 1 p.m. Information, 767-9953.

### BINGO

at the Bethlehem Elks Lodge, Route 144, 7:30 p.m.

Searching?

Join us ...

Journey with us ...

to God, self and church

## OPEN HOUSE for Inquirers of the Faith

Wednesday, September 14 - 11:00 a.m.  
at St. Thomas Parish House (rectory)  
35 Adams Place, Delmar  
**439-4951**

The Roman Catholic Community  
of St. Thomas the Apostle  
Delmar, New York

## CAPITAL DISTRICT SCOTTISH GAMES

a celtic festival of the arts

Cead Mille Failte!

Saturday, September 3, 1994

Sunday, September 4, 1994

Altamont Fairgrounds, Altamont, NY

## Presenting the 14th Annual United States Highland Dance Championship

Saturday's Events  
(9:00 a.m. to 6:00 p.m.)

- U.S. National Highland Dance Championship (continuing Sunday)
- Northeastern U.S. Pipe Band Championship
- Competitive Highland Athletics
- Exhibition of Scottish Dogs
- Mike Ferrell School of Irish Dancing
- Bonniest Knees Contest
- The Brigadoons, The Dady Brothers, The Porters
- The HARP'ers
- Sheep Dog Exhibition and Clydesdale Horses

Sunday's Events  
(11:00 a.m. to 5:00 p.m.)

- Pipe Band Concerts
- Highland Dance Demonstration
- Highland Athletics Demonstration
- Fiddler Jamboree
- Nancy & Jerry Bell — Celtic Storytellers/Minstrels
- Kate & Mark Cushing — Traditional Irish & Scottish Music
- The Brigadoons, The Porters
- Taconic Fox Hunters Exhibition
- Haggis Hurl
- Albany Obedience Club Demonstration

On Both Days ...

Performances by Massed Bands • Exhibits by Clans and Societies • Vendors for Kilts • Sweaters Woolens • Celtic Jewelry • Kilt Making Demonstration • Capital District Scottish Country Dancers • Military Historians • Highland Cattle • Events for Children  
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Saturday: Adults \$8, Children \$3  
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Pastor Mark and Lorraine Bratrud  
~ invite you to a ~

## Grand Opening Celebration

## Delmar Full Gospel Church

292 Elsmere Avenue

Couriers Concert

Sept. 4th, 6:30pm

Opening Celebration

Sept. 11th, 6:30pm

Church Choir, Refreshments

**YOUTH EMPLOYMENT SERVICES**

Parks and Recreation Office, Elm Avenue Park, 9:30 a.m. to noon. Information, 439-0503.

**ELSMERE FIRE DISTRICT COMMISSIONERS**

firehouse, Poplar Drive, 7:15 p.m. Information, 439-9144.

**DELMAR ROTARY**

Days Inn, Route 9W, Information, 482-8824.

**A.W. BECKER PTA**

Becker Elementary School, Route 9W, 7:30 p.m. Information, 767-2511.

**SLINGERLANDS FIRE DISTRICT COMMISSIONERS**

firehouse, 8 p.m. Information, 439-4734.

**NEW SCOTLAND****VOORHEESVILLE PTA**

in the elementary school cafeteria, 7 p.m. Information, 765-3644.

**NIMBLEFINGERS/QUILTERS**

Voorheesville Public Library, 51 School Road, 1 to 3 p.m. Information, 765-2791.

WEDNESDAY  
SEPTEMBER

7

**BETHLEHEM****DOLPHINS REGISTRATION**

for previous and new members of the Delmar Dolphins Swim Club, Administrative Conference Room, Bethlehem Central High School, 700 Delaware Ave., 7 to 8 p.m., \$115, \$130 or \$150, depending on group. Information, 475-1689.

**NATURETALK**

"New Guinea: Birds of Paradise, Pigs and Sweet Potatoes" by Arthur Cooley, Five Rivers Environmental Education Center, Game Farm Road, 7:30 p.m. Information, 475-0291.

**ZONING BOARD OF APPEALS** town hall, 445 Delaware Ave. 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.

**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.

**TESTIMONY MEETING**

First Church of Christ, Scientist, 555 Delaware Ave., 7:30 p.m. Information, 439-2512.

**BETHLEHEM LIONS CLUB**

Normanside Country Club, Salisbury Road, 7 p.m. Information, 439-4857.

**SOLID ROCK CHURCH**

evening prayer and Bible study, 1 Kenwood Ave., 7 p.m. Information, 439-4314.

**ONESQUETHAU CHAPTER, ORDER OF THE EASTERN STAR** Masonic Temple, 421 Kenwood Ave., 8 p.m. Information, 439-2181.

**BETHLEHEM BUSINESS WOMEN'S CLUB**

Normanside Country Club, Salisbury Road, 6 p.m. Information, 439-0074.

**BETHLEHEM ELKS LODGE 2233** Route 144, Cedar Hill, 8 p.m. Information, 767-2886.

**NEW SCOTLAND****VOORHEESVILLE ZONING BOARD OF APPEALS**

village hall, 29 Voorheesville Ave., 7 p.m. Information, 765-2692.

**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.

**MOUNTAINVIEW**

**EVANGELICAL FREE CHURCH** evening service, Bible study and prayer, Route 155, Voorheesville, 7:30 p.m. Information, 765-3390.

**FAITH TEMPLE**

bible study, New Salem, 7:30 p.m. Information, 765-2870.

THURSDAY  
SEPTEMBER

8

**BETHLEHEM****RECOVERY, INC.**

self-help for chronic nervous symptoms, First United Methodist Church, 428 Kenwood Ave., 10 a.m. Information, 439-9976.

**CAREGIVER SUPPORT GROUP**

Church of St. Thomas the Apostle, 35 Adams Place, 7 p.m. Information, 439-7387.

**YOUTH EMPLOYMENT SERVICES**

Parks and Recreation Office, Elm Avenue Park, 9:30 a.m. to noon. Information, 439-0503.

**CHP DELMAR HEALTH CENTER**

open house, 250 Delaware Ave., 6 and 8 p.m. Information, 783-1864.

**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., children's choir, 6:30 p.m., senior choir, 7:30 p.m., 85 Elm Ave. Information, 439-4328.

**DELMAR FIRE DEPARTMENT LADIES AUXILIARY**

firehouse, Adams Place, 8 p.m.

**BETHLEHEM MEMORIAL VFW POST 3185**

404 Delaware Ave., 8 p.m. Information, 439-9836.

**ELSMERE FIRE COMPANY AUXILIARY**

firehouse, Poplar Drive, 7:30 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****FAITH TEMPLE**

Bible study, New Salem, 7:30 p.m. Information, 765-2870.

FRIDAY  
SEPTEMBER

9

**BETHLEHEM****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**

United Pentecostal Church, Route 85, New Salem, 7 p.m. Information, 765-4410.

SATURDAY  
SEPTEMBER

10

**AA MEETING**

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779.

**BETHLEHEM ARCHAEOLOGY GROUP**

excavation and laboratory experience for volunteers, archaeology lab, Route 32 South. Information, 439-6391.

SUNDAY  
SEPTEMBER

11

**BETHLEHEM****CAR SHOW**

11th annual all-day show to benefit disabled veterans, Bethlehem Lodge of Elks, 1016 River Road, Selkirk, 8 a.m., \$2. Information, 756-9659.

**CAREGIVERS SUPPORT GROUP**

for people caring for frail or elderly relatives, Delmar Reformed Church, 386 Delaware Ave., 3 to 4:30 p.m. Information, 439-9929.

**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**

worship service, 9:30 a.m., nursery provided, evening fellowship, 7 p.m., 201 Elm Ave. Information, 439-3135.

## Receptionist for Animal Hospital

Thursdays & Fridays,  
7:45am - 5:30 pm,  
computer experience  
helpful.

Phone weekdays  
between 9am - 4pm  
**439-9361**

## RESTAURANT POSITION

We're looking for a few  
great people.

Increase in business has  
created openings for  
our restaurant.

- Cooks • Cashiers
- Waiter/Waitress

Day/Evening positions  
available, flexible hours.

Great for moms  
& college students.

Apply in person,

**FRIENDLY'S**  
270 Delaware Ave.,  
Elsmere.

**ST. STEPHEN'S EPISCOPAL CHURCH**

Eucharist, breakfast, coffee hour, 8 and 9:30 a.m., nursery care provided, Poplar Drive and Elsmere Avenue. Information, 439-3265.

**SELKIRK CONGREGATION OF JEHOVAH'S WITNESSES**

Bible lecture, 9:30 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.

**DELMAR PRESBYTERIAN CHURCH**

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 COMMUNITY CHURCH**

worship service, 10 a.m., nursery care provided, 1 Chapel Lane. Information, 436-7710.

**NORMANSVILLE COMMUNITY CHURCH**

Sunday school, 9:45 a.m., worship service, 11 a.m., 10 Rockefeller Road. Information, 439-7864.

**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.

**FIRST UNITED METHODIST CHURCH**

church school, 9:45 a.m., worship service, 9:30 a.m., 428 Kenwood Ave. Information, 439-9976.

**BETHLEHEM LUTHERAN CHURCH**

85 Elm Ave., worship service at 8 and 10:30 a.m., Sunday School and Bible classes at 9:15 a.m., nursery care, coffee/fellowship. Information, 439-4328.

**NEW SCOTLAND****JERUSALEM REFORMED CHURCH**

worship service, 9:30 a.m., followed by coffee hour, Route 32, Feura Bush. Information, 439-0548.

**NEW SALEM REFORMED CHURCH**

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.

## PHOTOS FOR SALE

Prints of photos taken  
by staff photographers  
that appear in the Spotlight  
may be purchased  
at the office for \$5.00  
or by phone for \$7.50  
(\$2.50 handling and postage).

## The Spotlight

125 Adams Street, Delmar, NY 12054  
**439-4949**

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MAIL YOUR SUBSCRIPTION TO:  
The Spotlight, P.O. Box 100, Delmar, NY 12054

## Grand Union Food Markets accepting applications

Glenmont/Elsmere now accepting applications. Immediate p/t hours available for cashiers, night crew clerks, service clerks, deli clerks. Flexible hours available for all shifts. Homemakers, retirees and students welcome. For application/interview apply directly to our Glenmont & Elsmere Grand Union food market. EEOC



# Summer

(From Page 19)

Also scheduled for Sunday are Kate and Mark Cushing who capture the Celtic heritage through dance tunes, jigs and original compositions.

Vendors will be on hand both Saturday and Sunday with an assortment of merchandise including kilts, woolens, Tartan ties, Scottish and Irish musical recordings. Favorite Scottish foods like meat pies, fish and chips, bridies and shortbreads will be on sale alongside American fare served up by Brooks Barbecued Chicken of Oneonta.

In addition, those who want to pursue the Scottish aspects of their genealogies will have opportunities to discuss family names and histories with representatives of the major Scottish clans.

Admission to Saturday's festivities is

\$8 for adults \$3 for children ages 6 to 12. Admission on Sunday costs \$5 for adults and \$2 for children ages 6 to 12, while two-day tickets are available at \$11 for adults and \$4 for children. Advanced sale tickets may be purchased at reduced rates at all Shop 'N Save supermarkets.

Across the Hudson River, the Rensselaer County Fair, popularly known as the Schaghticoke Fair, will be celebrating its 175th anniversary this weekend. The event is set to take place from Wednesday, Aug. 31, through Monday, Sept. 5, at the Schaghticoke Fairgrounds on routes 40 and 67.

According to Theresa Moore, one of the event's organizers, the fair has always been tried to spotlight top country music. No shortage in that department is to be expected at Schaghticoke in 1994 as hot acts including Cleve Francis, Jo Ann Redding, Hill Town Ramblers, Janie Fricke, Alex Craig and Mirinda James are

set to perform.

On Wednesday, the fair's official anniversary, the ever-popular "jalopy football" game is scheduled for 7:30 p.m. Teams of demolition derby cars make fans forget the NFL as they try to score touchdowns with a gigantic tire football.

Other highlights include sanctioned New York Tractor Pull Association events on Friday at 1 and 7 p.m.; the Joie Chitwood Thrill Show at 8 p.m. on Sunday; and demolition derby shows on Monday at 2 and 7 p.m.

Daily entertainment will be provided by Robinson's Racing Pigs, the Royal Hanneford Circus, Cummertford Petting Zoo and Reithoffers amusement park rides. In addition, there will be numerous demonstrations of activities as varied as cow milking, weaving, sheep shearing and woodworking throughout the six days. According to Moore, these educational opportunities have drawn families

back to Schaghticoke for the past century and three quarters.

Admission to the fair is \$5.50 per day for adults and free for children 13 and under. Wednesday features free rides from noon to 1 p.m., and on Thursday senior citizens will be admitted for \$3. The cost of parking is set at \$2.

Another area mainstay, the Chatham Fair, heads into its 154th year on Thursday, Sept. 1, and continues through Monday, Sept. 5, at the Chatham Fairgrounds off routes 203 and 66.

Of course, Chatham also offers fair standards every day — a circus, petting zoo and racing pigs.

Adults pay \$4 admission, while children under 12 are admitted free. There is a \$2 parking charge.

## LEGAL NOTICE

### VOORHEESVILLE CENTRAL SCHOOL DISTRICT SCHOOL COLLECTOR'S NOTICE

Notice is hereby given that I have received the tax list and warrant for the collection of school taxes in the Voorheesville Central School District.

I will receive all taxes for a period of 61 days beginning September 1, 1994 at the places listed below. During the 30 day period from September 1, 1994 through September 30, 1994 inclusive there will be no penalty charge for the collection of the tax.

From October 1, 1994 through October 31, 1994 in accordance with Section 2130 of Education Law and Section 1328 of the Real Property Tax Law, Penalty will be charged at a rate of 2% for the month of October.

No collections will be made after October 31, 1994.

#### PAYING IN PERSON:

Voorheesville Branch of Key Bank

Voorheesville Plaza  
Monday-Friday: 9 A.M. - 3 P.M.  
Friday: 4 P.M. - 6 P.M.

#### PAYING BY MAIL:

Voorheesville Central School District  
Tax Collector  
Post Office Box 201  
Voorheesville, New York 12186

Make checks payable to:

## LEGAL NOTICE

Voorheesville Central School District  
Marilyn Schaff,  
Tax Collector  
Voorheesville Central School District  
Voorheesville, New York 12186  
(August 31, 1994)

### VOORHEESVILLE CENTRAL SCHOOL DISTRICT NOTICE TO TAXPAYERS FROM THE VOORHEESVILLE BOARD OF EDUCATION

For those taxpayers who are having their school taxes paid through an escrow account the district recommends contacting your bank to ensure proper payment. However, if you receive the tax bill and you have an escrow account, it is your obligation to contact your bank.

Sincerely,  
Marilyn Schaff, Tax Collector  
Voorheesville Central School District  
Voorheesville, New York 12186  
(August 31, 1994)

### NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN

that the Town Board of the Town of Bethlehem hereby invites bids for the printing of the Bethlehem Directory.

Bids will be received up to 2:00 p.m. on the 12th day of September

## LEGAL NOTICE

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 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: August 24, 1994  
(August 31, 1994)

## PUBLIC NOTICE

PLEASE TAKE NOTICE that the Zoning Board of Appeals of the Village of Voorheesville will hold a public hearing on the request of John Eric King for area variances to place a structure consisting of a raised bed system on each of two proposed lots on property owned

## LEGAL NOTICE

by him on Swift Road in Voorheesville.

A public hearing will be held on Wednesday, September 7, 1994 at 7:00 p.m. at the Village Hall, 29 Voorheesville Avenue, Voorheesville, New York.

Tom Coates  
Chairman  
Zoning Board of Appeals  
Dated: August 26, 1994  
(August 31, 1994)

### NOTICE TO BIDDERS WATER DISTRICT NO. 1 TOWN OF BETHLEHEM ALBANY COUNTY, NEW YORK EXPANSION OF WATER SUPPLY FACILITIES RAW WATER TRANSMISSION MAIN CONTRACT NO. 3

Separate sealed proposals for Contract No. 3 for the construction of the Expansion of Water Supply Facilities, Raw Water Transmission Main for Water District No. 1 of the Town of Bethlehem, Albany County, New York, consisting of the following work:

Contract No. 3 - Project consists of the construction of approximately 12,000 linear feet of 24 inch diameter ductile iron water main and appurtenances, including two 36 inch steel casing bores will be received by the Town Board of the Town of Bethlehem, New York, at its office in the Town Hall, 445 Delaware Avenue, Delmar, New York, until 2:00 p.m. local time, on September 21, 1994, and at that time and place will be publicly opened and read aloud.

Plans and Specifications for the proposed work are on file and are now publicly exhibited at the Office of the Town Clerk, 445 Delaware Avenue, Delmar, New York, and at the Office of J. Kenneth Fraser and Associates, P.E., L.S., L.A., P.C., Consulting Engineers, 22 High Street, Rensselaer, New York. Copies of said plans and specifications can be obtained at either of the above addresses.

A deposit of \$100.00 will be required for each set of plans and specifications furnished to prospective bidders, which sum will be refunded only to those submitting a formal bid, if said plans are returned in good condition within ten (10) days after the opening of bids. If additional sets of plans and specifications have been obtained, one-half the amount of the deposit will be refunded upon the return, in good condition, of each additional set. Refunds will not be made to non-bidders or materialmen.

Each proposal must be accompanied by a certified check in the sum of five percent (5%) of the amount of the bid, drawn upon a National or State Bank or Trust Company, to the order of the Town of Bethlehem, New York, or a bond with sufficient sureties in a penal sum equal to five percent (5%) of the bid, conditioned that if his bid is accepted, he will enter into a contract for the same and that he will execute such further security as may be required for the performance of the contract. A separate Performance and Payment Bond, each equal to one hundred percent (100%) of the contract amount will be required of the successful bidder, and the bonds shall be satisfactory to the Town Board.

The bidder to whom the contract may be awarded shall attend at the said opening place of said bids, with the sureties offered by

## LEGAL NOTICE

him, within seven (7) days after the date of notification of the acceptance of his proposal, and there sign the contract for the work in triplicate. IN case of his failure to do so, or in case of his failure to give further security as herein prescribed, the bidder will be considered as having abandoned the same, and the certified check or other bid security accompanying his proposal shall be forfeited to the Town.

The Town Board of the Town of Bethlehem reserves the right to waive any informalities in or to reject any or all bids submitted. No bidder may withdraw his bid within forty-five (45) days after the actual date of the opening thereof.

By Order of the Town Board of the Town of Bethlehem, New York.

(Signed) Kathleen A. Newkirk  
Town Clerk  
Dated: August 26, 1994  
(August 31, 1994)

## NOTICE OF PUBLIC HEARING

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, September 7, 1994, at 7:30 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Patrick Tangora, 306 Glenmont Road, Glenmont, New York 12077 for Variance under Article XVI, Front Yards, Section 128-67 of the Code of the Town of Bethlehem to allow a constructed 6 foot fence to remain at premises 306 Glenmont Road, Glenmont, New York.

Michael C. Hodom  
Chairman  
Board of Appeals  
(August 31, 1994)

## NOTICE OF PUBLIC HEARING

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, September 7, 1994, at 7:45 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Cumberland Farms, Route 9W, Glenmont, New York 12077 for Modification to a previously granted Special Exemption under Article VI, Permitted Uses of the Code of the Town of Bethlehem to change hours of operation from 7:00 a.m. - 11:00 p.m. to 6:00 a.m. - 11:00 p.m. at premises Route 9W, Glenmont, New York.

Michael C. Hodom  
Chairman  
Board of Appeals  
(August 31, 1994)

## NOTICE OF PUBLIC HEARING

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, September 7, 1994, at 8:00 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Michael Conti (c/o Calvary Cemetery), 481 Route 9W, Glenmont, New York 12077 for Variance under Article XVI, Front Yards, Section 128-67 of the Code of the Town of Bethlehem to allow a constructed 6 foot fence to remain at premises 481 Route 9W, Glenmont, New York.

Michael C. Hodom  
Chairman

## LEGAL NOTICE

Board of Appeals  
(August 31, 1994)

### NOTICE OF PUBLIC HEARING TOWN OF BETHLEHEM, ALBANY COUNTY

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem, Albany County, New York will hold a public hearing on September 14, 1994 at 7:30 p.m. at the Town Hall, 445 Delaware Avenue, Delmar, NY to consider proposed Local Law No. 7 of 1994, amending Local Law No. 5 of the Year 1991 which rezoned certain lands from Residence "A" and Planned Residence Districts to Residence "AA" and Residence "AAA" Districts. All parties in interest and citizens will have an opportunity to be heard at the said hearing.

The Town of Bethlehem provides reasonable accommodations for the disabled. Disabled individuals who need assistance in order to participate should contact David Austin at 439-4131. Advanced notice is requested.

BY ORDER OF THE TOWN BOARD  
TOWN OF BETHLEHEM  
Kathleen A. Newkirk  
TOWN CLERK

Dated: August 10, 1994  
(August 31, 1994)

### LEGAL NOTICE PUBLICATION NOTICE OF FORMATION OF LIMITED PARTNERSHIP UNDER REVISED LIMITED PARTNERSHIP ACT GIMP LIMITED PARTNERSHIP DATED: AUGUST, 1994

Notice is hereby given of the formation of the above-named Limited Partnership for the transaction of business in the State of New York and elsewhere. Pursuant to Section 121-201, Subdivision (c), of the Partnership Law of the State of New York, your attention is directed to the following facts:

1. The name of the Limited Partnership is GIMP LIMITED PARTNERSHIP.

2. The Certificate of Limited Partnership of GIMP LIMITED PARTNERSHIP was filed with the New York State Department of State on July 19, 1994.

3. The county in which the principal place of business of GIMP LIMITED PARTNERSHIP shall be located is Albany County.

4. The New York State Department of State has been designated as agent of the Limited Partnership upon whom process against it may be served. The New York State Department of State shall mail a copy of any process against GIMP LIMITED PARTNERSHIP to the following post office address:

Gimp Limited Partnership, c/o Gordon Development, 50 State Street, Fourth Floor, Albany, New York 12207.

5. The name and business or residence address of each general partner is available from the New York State Department of State.

6. The latest date by which the partnership will dissolve is May 25, 2044.

7. The character of the business intended to be transacted by GIMP LIMITED PARTNERSHIP is as follows: to acquire, hold, invest in, construct, develop, improve, maintain, operate, lease, demolish, dispose of, and otherwise deal with realty or personality of all kinds.  
(August 31, 1994)

## Classified Advertising...

### It works for you!

#### Spotlight Classifieds Work!!

#### WRITE YOUR OWN...

Minimum \$8.00 for 10 words, 30¢ for each additional word. Phone number counts as one word. Box Reply \$3.00. Business ads to be charged to account \$2.50 extra.

Write your classified ad exactly as you want it to appear in the newspaper. Do not abbreviate. Telephone # is one word. Be sure to include the telephone # in your ad. It is not necessary to include the category in your ad.

#### Classified Advertising

runs in 3 newspapers  
**THE Spotlight** **Colony Spotlight**  
**THE Loudonville Weekly**

45,000 readers every week

\$8.00 for 10 words

30¢ each additional word

CLASSIFIED DEADLINE - 4:00 PM FRIDAY for next Wednesday's papers

1	2	3	4	5
6	7	8	9 \$8.00	10
\$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				

Classified ads may be phoned in and charged to your MasterCard or VISA at 439-4949

or submit in person or mail with check or money order to:  
**Spotlight Newspapers**  
125 Adams Street  
Delmar, NY 12054

Category \_\_\_\_\_

I enclose \$\_\_\_\_\_ for \_\_\_\_\_ words

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Please run my ad on the following Wednesday issues: 1x 2x 3x 4x ☐ Till I Call to Cancel

# CLASSIFIEDS

Minimum \$8.00 for 10 words, 30 cents for each additional word, payable in advance before 4 p.m. Friday for publication in Wednesday's newspaper. Box Reply \$3.00. Billing charge for business accounts \$2.50. Submit in person or by mail with check or money order to Spotlight Newspapers, 125 Adams Street, Delmar, New York 12054. Phone in and charge to your Mastercard or Visa.

## 439-4949

### ADVERTISING

THE ONLY way to cover all of NYS is with a classified ad. Your 5 word classified ad will run in the New York State Classified Advertising Network (NYSCAN), 90% of 42 weekly newspapers statewide for only \$240. You can advertise your classified in specific regions (Western, Central and Metro). Only \$97 for one region, \$176 for two regions or \$240 for all 3 regions. Visit The Spotlight, or call 439-4949.

### ANTIQUE SHOWS

ANTIQUE/FLEA MARKET, Sundays, 9 a.m. - 4 p.m., Route 145, Preston Hollow, through October 16. Over 50 dealers, refreshments. Information, 797-3230 or 239-251.

### AUTOMOTIVE CLASSIFIEDS

#### USED CARS AND TRUCKS

CARS AUCTIONED NATION-WIDE!! Also trucks, motor homes, computers, boats, etc. Vehicles under \$200. Call toll-free: 1-800-336-6867 (ext. A-2844).

84 ELDORADO, little rust, runs well, first \$2,000, 459-8052, 9 a.m. to 12 noon.

87 MALLARD MOTOR coach, Class A, 31-foot 454 Chevy engine, excellent condition, \$27,900, 765-4507.

### Cousin BUD KEARNEY, INC.

FORD • MERCURY • TRUCKS  
Rt. 9W, Ravena • 756-2105

### BABYSITTING SERVICES

BEFORE SCHOOL CARE, Hammagradi area, caring mother of three, 439-4274.

CHILDCARE: 2 full-time openings (November) in my Slingerlands home. College educated, CPR/First Aid certified. Loving, learning environment, 478-9612.

DAYCARE, full-time, part-time, experienced mom, CPR certified, fenced yard, healthy, lunch and snacks, 767-9269.

ELSMERE SCHOOLS mom, part-time, afternoon openings, experienced, references, 475-0283.

ELSMERE SCHOOLS, 1 block, full/part-time, after school, 439-4736.

LOUDONVILLE: Quality daycare in my home, NYS licensed, 18 months and up, 438-6016.

LOVING MOM/preschool teacher to provide before and afterschool care, holidays, halfdays, snowdays also, 475-0551.

QUALITY CARE, my Glenmont home, full-time and part-time, 427-8199 (after 5 p.m.).

QUALITY CHILD CARE, my Clarksville home, all ages, full/part-time, Tammy, 768-2138.

UNIONVILLE MOM (1 3/4 miles past BCHS), with family daycare experience offers loving, playful environment for your child, 439-7714.

### BABYSITTING HELP WANTED

BABYSITTER NEEDED for aerobics class, 1 hour a.m., various days, 357-0902.

BABYSITTER WANTED part-time in my Delmar home beginning September 6, 475-9084.

EMPTY NEST? Put your experience to work as a live-in nanny or housekeeper. NYC suburbs. Call A Choice Nanny agency. No fee, (212)246-5437.

### BOXING LESSONS

BOXING LESSONS, the best training available, call Rick at 449-4745.

### BUSINESS OPPORTUNITY

BEAUTY SHOP, 2 stations, fully equipped, Delmar location, \$8,000 firm, 439-6369.

OWN YOUR OWN apparel or shoe store. Choose jeans, sportswear, bridal, lingerie, westernwear, ladies, men's, large sizes, infants/pre-teens, petite, dancewear/aerobic, maternity or accessories store. Over 2,000 name brands, \$24,000 to \$36,900. Inventory, training, fixtures, grand opening, etc. Can open 15 days. Mr. Loughlin, (612)888-6555.

FRANCHISE OPPORTUNITY: We offer a proven operating system, proprietary software, and a nationwide advertising and public relations support program. Call Jackson Hewitt, 1-800-277-FAST.

MOBILE SMALL engine repair, 4 years established, includes truck, tools, parts and 50 unrepaid mowers, \$10,000, 475-0908 or beeper, 422-9565.

### CLEANING SERVICES

A CLEAN HOUSE. That's what you'll get. Reasonable rates, references, reliable. Call Margo, 756-8833.

MATURE, EXPERIENCED woman to do housework, call 439-7112.

REASONABLE, reliable, references, free estimates, 433-0965.

### COMMERCIAL SPACE FOR RENT

OFFICE SPACE FOR RENT, Delaware Avenue location, 1 office, 510 sq. ft., \$425/month; 1 office, 360 sq. ft., \$300/month. Heat and light included, no triple net. Call Greg or Burt at 439-9958.

### FINANCIAL

FEDERAL LOANS to homeowners or businesses for refinancing, remodeling and catching up on bills or back-taxes. Private money also available. (Bank turn-downs, self-employed, O.K.). No application fees, 1-800-874-5626.

### FIREWOOD

ALL HARDWOOD, \$125, full cord; \$60 face cord; 5 face cord load, \$220. Also want standing timber, Simpson Logging, 767-2594 or 284-2053.

SEASONED FIREWOOD: Cut, split and delivered. Full Cord \$125. Face Cord \$55. Jim Haslam 439-9702.

### FITNESS

PERSONAL TRAINER at your home. Gain muscle, strength and endurance, lose fat, 357-0902.

### FOUND

BLACK CAT, vicinity of Greenleaf Drive (off Kenwood Avenue), Delmar, 439-4108.

KEYS, vicinity of Frederick Place and Brockley Dr., 439-5999.

KITTEN, 6 months old, white, orange and black, black spot between eyes, friendly house cat, found around Route 144, Glenmont, 426-3035.

### GARDENING

FINEST QUALITY landscaping mulch and topsoil. Truckload delivery or yard pick-up, J. Wiggand & Sons, Inc., Glenmont, 434-8550.

### HEATING

SYSTEMS FOR HOME OR BUSINESS. Super efficient, warm, safe, significant savings from day 1. Easy install. Smart Home 438-4772.

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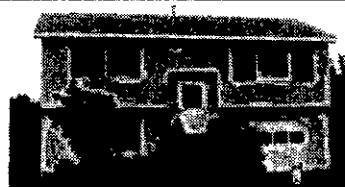
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**DELMAR:** 27 Nathaniel Blvd., 9 a.m. - 12 noon, Saturday, Sept. 3, furniture, toys, bikes & more.

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# Voorheesville middle schoolers earn awards

Voorheesville Junior High School recently named students who received awards for their work during the 1993-94 school year. The students and their awards are:

**Exceptional achievement award:** seventh-graders Caryn Adams, Julianna Baron, Krysta Berquist, Tristan Cooper, Megan Dorn, Cynthia Griffin, Jason Halpin, Brian Kern, Alison Leonard, Justin Maikoff, Tiffany Miller, Ryan Nolan, Whitney Reed, Trinell Russel, Beth Tidd, Andrew Walter, Erin Wiater and Lynette Winchell.

**And eighth-graders** Joseph Arena, Matthew Baron, Ariel Belasen, Regan Burns, Brett Fortran, Julia Guastella, Erik Ilves, John Kazukenus, Beth Korolewicz, Jane Meade, Katherine Primiano, Cynthia Reed, Christine Robertson, Justin Rymanowski and Christina Schachne.

**Kiwanis scholarship award:** Ryan Nolan and Jane Meade.

**Citizenship award:** Tristan Cooper, Alison Leonard, Kevin Ruane, Christina Schachne and Christopher Stehr.

**School improvement award:** Nicole Filkins, Michael Wiater, Ian Hackett and Colleen Hotaling.

**Ray Kroc youth achievement award:** Trinell Russel.

**Outstanding achievement in English:** Ryan Nolan, Michael Wiater, and Joseph Arena.

**Outstanding achievement in math:** Trinell Russel, Deborah Freihofer, Jane Meade, Colleen

Hotaling, Ryan Nolan, Christina Schachne.

**Outstanding achievement in keyboarding:** Ryan Nolan and Trinell Russel.

**Outstanding achievement in science:** Ryan Nolan, Jane Meade, and Andrew Walter.

**Outstanding achievement in social studies:** Ryan Nolan and Matthew Baron.

**Outstanding achievement in foreign languages:** Carolyn Nemeth, Christina Schachne and Matthew Baron.

**Outstanding achievement in physical education:** Caryn Adams, Trinell Russel, Christina Schachne and Jane Meade.

**Outstanding achievement in home & career skills:** Ryan Nolan, Regan Burns, Amanda Grieco and Christopher Stehr.

**Outstanding achievement in health:** Beth Tidd.

**Outstanding achievement in technology:** Ryan Nolan, Alison Leonard, Megan Dorn, Trinell Russel, Andrew Walter, Zachery Malloch and Christina Schachne.

**Outstanding achievement in band:** Jason Halpin and Gregory Tobler.

**Outstanding achievement in chorus:** Michael McCune and Naomi Coons.

**Outstanding achievement in general music:** Rebecca Cavalieri and Sarah Abbott.

**Outstanding achievement in art:** Brittany Roberts.

**Leslie Beth Cutler scholarship award:** Sarah Abbott.

**Student council awards:** Megan Dorn, president; Ryan Devine, vice president; Kevin Griffin, treasurer; and Christine Robertson, secretary.

**Class officer awards:** grade-seven — Ryan Nolan, president; Caryn Adams, vice president; Andrew Walter, treasurer; and Jessica Lindner, secretary; and grade-eight — Justin Fuld, president; Patrick Fidell, vice president; Cynthia Reed, treasurer; and Regan Burns, secretary.

**Drama Club award:** Sarah Steinkamp and Michael Stanton.

**Colonial Council Math contest award:** Bradley Berger, Megan Dorn, Jason Halpin, Ryan Nolan, Joseph Arena, Ariel Belasen, John Kazukenus and Justin Rymanowski.

**New York State Math League contest award:** Jason Halpin, Andrew Walter and Ariel Belasen (all first place); Thomas Gregory, Joseph Arena and Stephen Stark (all second place); Ryan Nolan and Matthew Baron (both third place); and Megan Dorn, Matthew Dunbar, Justin Maikoff and Justin Rymanowski (all fourth place).

**American Junior High Mathematics Examination award:** Jason Halpin (first place); Ariel Belasen and Zachery Malloch (both second place); and Joseph Impicciatore and Ryan Nolan (both third place).

**Elizabeth Frasure memorial**

**scholarship award:** Megan Dorn.

**New York State Music Association solo competition award:** Krysta Berquist, Daniel Hihn, James Pfeleiderer, Michelle Rathke, Trinell Russel, Erin Wiater, Lynette Winchell, Julie Brownell, Thomas Craig, Bethany Douglas, Christine Robertson, Crystine Roth, Matthew Schreiber and Gregory Tobler.

**Spelling bee awards:** Jason Halpin (first place overall and in seventh-grade), Daniel Greenberg (second place overall), John Kazukenus (third place overall and first place in eighth-grade), Carolyn Nemeth (second place in seventh-grade), Beth Korolewicz (second place in eighth-grade), Matthew Melewski and Krysta Berquist (third place tie in sev-

enth-grade), and Michael Stanton (third place in eighth-grade).

**Perfect attendance award:** Caryn Adams, Christopher Carpentier, Meghan Conway, Sara Edson, Nicole Filkins, Jason Halpin, Daniel Hihn, Alison Leonard, Daniel Stanford, Lynette Winchell, Naomi Coons, Thomas Craig, Julia Guastella, David Hoyt, Marc Lawson, Brian Pilatzke, Justin Rymanowski, Eric Schedlbauer, Christopher Stehr and Gregory Tobler.

**Johns Hopkins University Talent Search award:** Christopher Carpentier, Rebecca Cavalieri, Megan Dorn, Jeffrey Shear and Andrew Walter.

**Robert Andrews Oratorical award:** Sarah Steinkamp.

## Birders set New Guinea talk at Five Rivers

The Hudson-Mohawk Bird Club has scheduled a talk by Arthur Cooley entitled "New Guinea: Birds of Paradise, Pigs and Sweet Potatoes," on Wednesday, Sept. 7, at 7:30 p.m. at the Five Rivers Environmental Education Center on Game Farm Road in Delmar.

The talk will focus on the wild-life and people of New Guinea.

Cooley will discuss how wild species and Western society have influenced the nation's culture.

For information, call the bird club at 439-8080.

## Country group to perform at St. Stephen's

Marty Wendell and the Tour Band, local country musicians, will perform at St. Stephen's Episcopal Church at the corner of Elsmere Avenue and Poplar Drive in Delmar on Friday, Sept. 2, at 7:30 p.m.

Wendell was the 1992 recipient of the Northeast Country Music

Association's Pioneer Award for significant contributions to country music. He has performed throughout the Northeast, and has opened for Johnny Cash and other well-known acts.

For information, call the church at 439-3265.

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