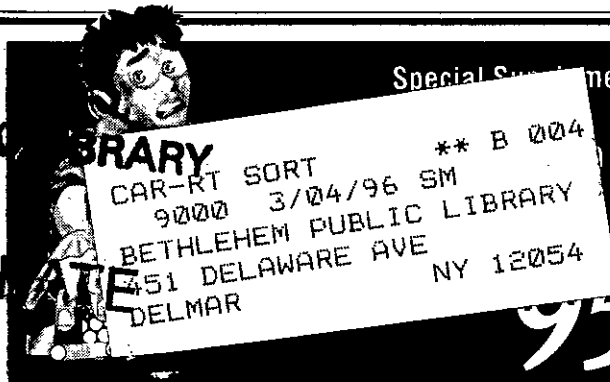


The Spotlight

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Vol. XXXIX No. 35

The weekly newspaper serving the Towns of Bethlehem and New Scotland

August 23, 1995

50¢

Reilly, Ramundo spar at 'marathon' meeting

By Dev Tobin

The rift between New Scotland Councilwoman Victoria Ramundo and Supervisor Herb Reilly, fellow Democrats, widened further in public at last week's town board meeting.

Ramundo, one of the prime movers behind Reilly's loss of the Democratic nomination for re-election, offered two resolutions that were implicitly critical of the way Reilly has handled town affairs.

The first resolution dealt with the preparation of the agenda for board meetings (done by the supervisor) and procedures for dealing with correspondence during meetings.

The second resolution dealt with requiring a bidding procedure for contracts with professionals such as lawyers, engineers, architects and insurance agents.

Ramundo said she was "trying to give us more organization so we can act more effectively."

Ramundo said that board members need more than four days to review the agenda prior to the meeting, so her resolution would have required that the supervisor have completed agendas ready seven days before the meeting.

Reilly replied that a Monday deadline would mean that he could not accept any more items for the agenda after the preceding Thursday, 11 days before the meeting.



Ramundo



Reilly

SPAR/page 18

Agency mergers create 150+ jobs in Elsmere

By Mel Hyman

The soon-to-be expanded New York State Dormitory Authority will bring another 150 jobs into Delmar starting this fall.

The Dormitory Authority, which is now directed by former Rensselaer County Executive John Buono, absorbed two other state agencies earlier this year in a consolidation move ordered by Gov. George Pataki.

The consolidation is expected to mean a reduction of 127 jobs overall, but it also means that many employees of the agencies being absorbed will end up working in Delmar.

"Some of them will be coming from New York City," Buono said. The extra workers will likely be housed in vacant office space along Normansville Boulevard.



We're expected to do more than \$1 billion in construction this year.

John Buono

There are now about 200 Dormitory Authority employees working in the agency headquarters in Delmar. Branch offices of the Authority are located in New York City and Buffalo.

Eleven jobs from Delmar will be eliminated as a result of the merger, but the total local work force will increase by about 150 once the transfers are completed.

"I think it's wonderful," said Marty DeLaney, president of the Bethlehem Chamber of Commerce. "Hopefully they'll have lunch here, shop here and maybe even stay for dinner."

There were 601 people working for the Dormitory Authority, the Environmental Facilities Corp. and the Medical Care Facilities Finance Agency before the merger.

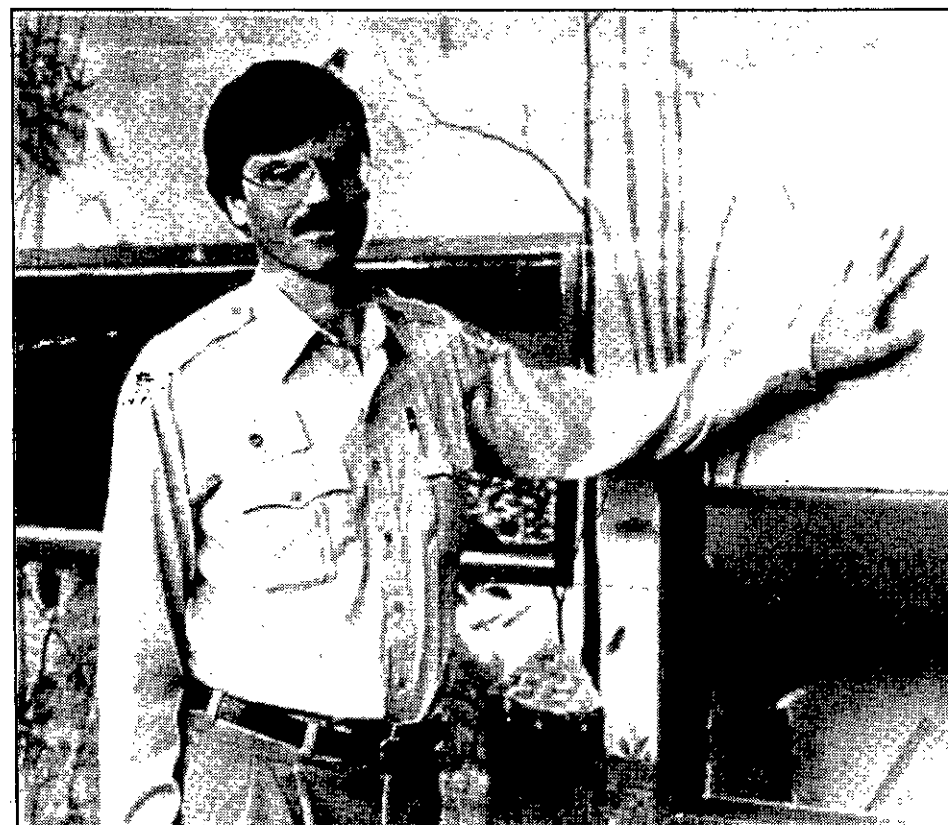
Buono said streamlining the work force and reducing the Dormitory Authority's budget should reduce the cost for clients doing business with the Authority and therefore spur new construction projects.

The Dormitory Authority has been a success story throughout its history, Buono said, adding that now that it is branching out into medical care construction, such as nursing homes, it will be that much more important.

In 1993, the Dormitory Authority

JOBS/page 18

Longtime Five Rivers chief moves on



By Dev Tobin

Alan Mapes' career so far in the state Department of Environmental Conservation can be summed up in two words — Five Rivers.

Delmar resident Mapes has worked at the environmental education center on Game Farm Road for 21 years, and now he is the acting director of environmental education throughout New York state. He replaced Bob Budliger, also of Delmar, who took early retirement.

In Mapes' tenure at Five Rivers, the center has grown from about 35,000 visitors a year to more than 90,000, making it one of the leading visitor attractions in the Capital District.

In Mapes' new job, he will oversee Five Rivers and two similar centers in Dutchess and Chenango counties, as well as three environmental-theme summer camps for teens.

Mapes said he wants to increase teacher training at the centers, both for classroom teachers and for other youth leaders like Scoutmasters.

"We can multiply our effect by working with more teachers," he said.

CHIEF/page 18

Selkirk remains on track for rail car plant

By Mel Hyman

Bethlehem Supervisor Sheila Fuller is keeping her fingers crossed.

Now that a 35-acre site in Selkirk has been announced as one of three finalists for a \$6 million locomotive assembly plant, Fuller said she's "very optimistic" that the package being put together by an economic development team headed up by the Albany-Colonie Regional Chamber of Commerce will carry the day.

"A final decision has not been made yet," she said, "but I feel good about our chances."

SELKIRK/page 28

Alan Mapes explains one of the exhibits at Five Rivers Environmental Education Center.

Pollution expert earns honor

By Mel Hyman

The best way to get a handle on pollution is to find ways to prevent it in the first place.

That's the approach taken by Dr. Thomas Shen of Delmar, who recently published a new book on industrial pollution and is in constant demand as a consultant because of his expertise on the subject.

Service is very important to me. Without all the scholarships and fellowships offered me, I would never have been able to complete my studies (at Northwestern and RPI). Now it's time to give something back.

Dr. Thomas Shen

You'd think that at age 68, Shen would be slowing down a little. And he's trying — mostly because his wife wants him to. But the offers and requests still come in.

"I'm working on an article for an international conference on environmental protection, and I leave for China this month for a conference," Shen said.

In the meantime, he needs to decide whether to accept an assignment from the World Environmental Center, which is part of the United Nations.

"I'm not committed yet because it involves a lot of travel," he said. The project would involve training professionals in underdeveloped Asian countries on ways to



Dr. Thomas Shen

encourage industry without opening the door to pollution.

Shen has been working off and on for the United Nations since 1984. While the remuneration is small, "They treat you good. Wherever you go — Korea, China — they make you feel at home. The money to me is not that important."

Most people with a list of accomplishments such as Shen's wouldn't feel obliged to keep working so hard in their chosen fields following "retirement." Shen worked for 27 years as a research scientist with the state Department of Environmental Conservation and the state Department of Health.

He was also an adjunct professor for 13 years at Columbia University.

But Shen feels he owes something to this country, where he fulfilled his dreams despite having just pennies to his name when he arrived to pursue graduate

studies.

"Service is very important to me," he said. "Without all the scholarships and fellowships offered me, I would never have been able to complete my studies (at Northwestern University and Rensselaer Polytechnic Institute). Now it's time to give something back."

And Shen has been already doing that for many years now. He is a past president of the Delmar Rotary and has been on the board of directors of the Bethlehem Public Library since the mid-1980s.

If you have any questions about pollution and the ways in which we can protect our environment, then Shen is the person to ask.

He was recently honored at the annual meeting of the Air and Waste Management Association, which bestowed fellowship membership on him. From 1989 to 1993, he served as chairman of the Air Pollution Committee of the American Academy of Environmental Engineers, and from 1987 to 1989, he served on the scientific advisory board of the Environmental Protection Agency.

Shen sees chemical pollution as the greatest threat currently facing the environment. "Every year, hundreds of new chemicals come onto the marketplace," he said, and no one is certain about their toxicity.

Whether he continues to travel extensively or not, Shen plans to continue keeping a watchful eye on the environment.

"Even though I'm retired, I write and read as much as I ever have," he said. "Right now I have a clearer mind in terms of analyzing trends than I ever had before."

Principal says thief took more than cards

By Dev Tobin

George Montone's baseball cards escaped the fate of most boys' collections because he didn't keep his cards in his room.

"My mother didn't throw my cards out when I went to college because I kept them in a card file in my father's den, and he was a big baseball fan," said the principal of A.W. Becker Elementary School in Selkirk.

Montone's recollection has a special poignancy, since three of his prized Mickey Mantle cards were stolen from his office sometime in early August while he was away celebrating his 25th wedding anniversary in Hawaii.

The three cards, along with an autographed picture of the Yankee great, were displayed together in a frame on his office wall. The three cards are a 1954 Bowman, and 1957 and 1958 Topps.

Legions of fastidious moms have driven up the value of surviving collections from the 1950s, but Montone does not miss his cards because of their value (conservatively estimated by state police at more than \$2,000).

"I wanted to give them to my two boys, who are card collectors and big Yankee fans," Montone said.

Like many boys growing up in the 1950s, Montone idolized Mickey Mantle, who died Aug. 13.

"We all wanted to play center field and switch-hit. He was my favorite player on my favorite team," Montone recalled.

The stolen cards were "a special part of my youth that is now gone," he said.

Montone is not without valuable cards to pass on to his sons, including three other Mickey Mantle cards, and cards for such 1950s stars as Henry Aaron, Stan Musial, Ted Williams, and Mantle teammates Whitey Ford and Yogi Berra.

Montone said that security is generally very good at the school, and added that he suspects one of the workers on the just-about-completed construction project there may have taken the cards.

"I don't think any staff member would do it," he said.

Montone said he'd "certainly like to get them back," adding, "Anyone who sees cards like these should be aware that they may be the things missing from my office."

State police in Selkirk are investigating the theft.

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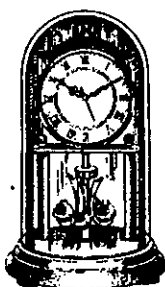
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Cops probe Orchard St. burglary

Bethlehem Police are investigating a recent burglary on Orchard Street in which many valuable pieces of jewelry were stolen.

The heist occurred sometime between 8:15 a.m. and 9:15 p.m. on Wednesday, Aug. 16, police said. The stolen items included bracelets, pendants and rings, one of which was valued at \$7,000. A quantity of cash was also stolen.

The owners were not at home, and entry was probably gained through an unlocked door, according to Police Lt. Frederick Holligan. "The loss was substantial. We haven't totaled it all up yet."

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Breslin supports smaller Legislature

Dem executive sides with GOP

By Mel Hyman

As the debate heats up over whether to downsize the Albany County Legislature, the largest in the state despite the county's moderate population, Republican county executive candidate Kenneth Ringler says he's glad his opponent has finally told the people where he stands.

Democratic County Executive Michael Breslin, who had previously declined to take a stand on the issue, has now joined Ringler in the call for reform.

"I support a rational reduction that will fairly represent all the people of Albany County in accordance with the 2000 census," Breslin said. "If I see a proposal that saved the county money and offered fair representation for minorities, I will support it."

A measure introduced last week by the Legislature's minority leader, Peter Crummey, R-Colonie, would reduce the number of seats in the lawmaking body from 39 to 21.

Downsizing the Legislature would require amending the county charter — a move that would have to be approved by voters during a general election.

Crummey says his proposal would save taxpayers an estimated \$320,000 each year. It's estimated that the salaries and benefits for legislators, who normally attend two or three meetings a month, now cost taxpayers approximately \$700,000 a year.

Ringler supports the Crummey proposal, which is currently lodged in the Legislature's law committee. He said he was glad that Breslin was "finally willing to take a stand on this issue."

"Being county executive means making decisions. I was becoming concerned that he was going to ignore this issue, which is of great interest to taxpayers."

"There's no need to have the largest Legislature in the state," Ringler continued. "I think by downsizing, it will send the right message, that Albany County is serious about getting a handle on its financial affairs."

Downsizing would require the

county's districts to be redrawn, a process Lowell Siegel, legal counsel for the National Association for the Advancement of Colored People, said would almost certainly take power away from minorities.

"I don't see how it can be done and still maintain political empowerment for the minority community," he said. "Any kind of amendment may lead us back into court."

Siegel said the NAACP would probably support a measure that kept the same number of minority-majority districts as there are now — three. But a plan that diminished that number may violate the Voting Rights Act of 1965, Siegel said.

There's no need to have the largest Legislature in the state.

Ken Ringler
GOP county executive candidate

He also said the NAACP should be involved in the redrawing of districts in any downsizing proposal. Otherwise, "The county may lose a lot of money in legal fees," he said. "Our voice will be heard."

Former County Executive Michael Hoblock got the ball rolling when he tried to have the issue addressed by the Charter Review Commission in 1993, but was unsuccessful, Ringler said. "The Democrats wouldn't go for it."

The Democratic majority in the Legislature has still not embraced the idea, according to Crummey. "If the Democrats came on board, there's still time to get it on the ballot this fall."

"The Democratic machine is obviously happy with the most bloated County Legislature in the state," Crummey charged. "There are counties with substantially greater populations that don't have nearly the number of legislators that we have."

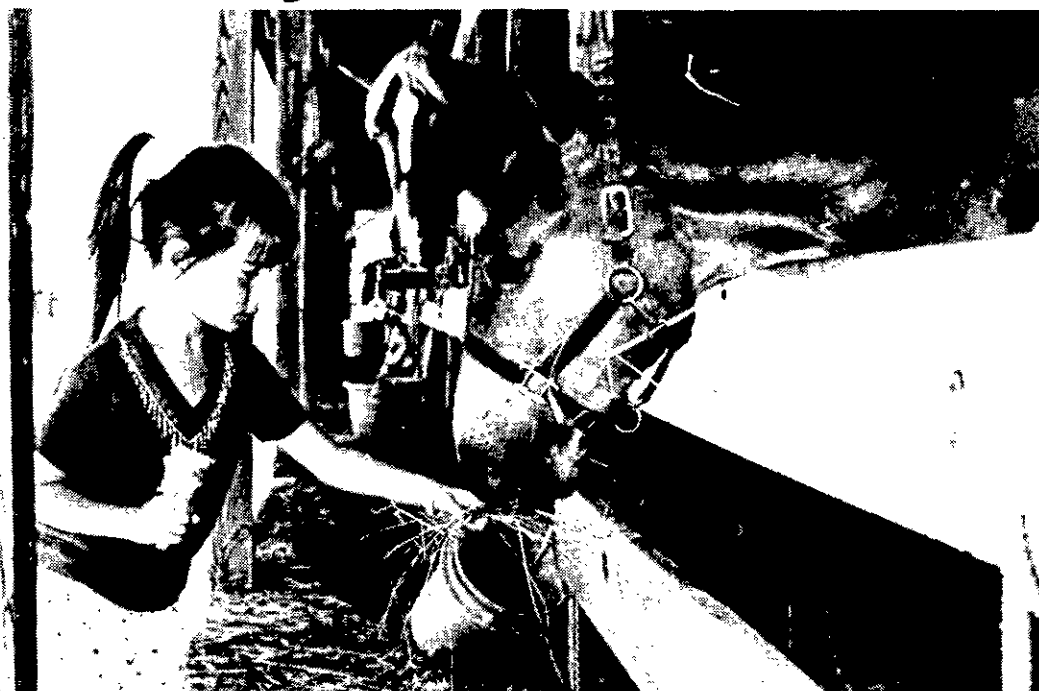
Political scientists have publicly questioned the need for 39 legislators, Crummey said, arguing that the larger the legislative body the more prone it is to party control.

"We're not going to let (the issue) go," he said. "The Democrats, from what they've shown thus far, don't want to jeopardize the fiefdoms they've established over the years."

Sentiment among the Democrats, who have controlled the Legislature since its inception in 1974, does not seem to be running in favor of Crummey's proposal.

"I don't think it's a good idea," said legislator Ronald Russo, D-Albany. "The closer I am to my constituents, the better it is. I know the name of their dogs and the names of the grandchildren. Right now I think there are about 7,500 people in my district. If I had many more, it would be hard to deal with. I consider my constituents my family and my neighbors."

Hay is for horses



Amanda Frost of Schenectady feeds one of the horses at the Altamont Fair stables.

Doug Persons

NS town hall proposal survives vote

By Dev Tobin

In the first town board meeting since Supervisor Herb Reilly lost the Democratic nomination for reelection, and presumably much of his support on the all-Democratic town board, his proposal to build an addition to town hall survived a vote to kill it.

Reilly said he supports the addition as a way to consolidate town offices (building department and assessor) currently housed in a substandard building next to the highway garage in New Salem, to provide for the expected growth of the town work force in the next 10 years, and to comply with the Americans with Disabilities Act.

The approximately 3,000-square-foot addition would be behind the current town hall, and would more than double the current structure's usable area.

Using a rough estimate of \$100 per square foot, the addition will

cost about \$300,000. Reilly said that 40 contractors had picked up project plans, which could indicate that bids will come in lower than expected.

Two town board members, Victoria Ramundo and Clare Decker, opposed the proposal, while Reilly and Councilmen Edward Donohue and Scott Houghtaling supported it. In a recent party caucus, Decker, with Ramundo's support, wrested the Democratic nomination for supervisor from Reilly, who has secured at least one independent line on the November ballot.

Ramundo has stated in letters to the editor that the \$300,000 would be better spent on developing the town's water infrastructure, but Reilly has replied that the town's general funds cannot be spent for such a purpose.

"I'm looking to put the brakes on; I don't want anybody opening

bids," Ramundo said at the meeting.

Reilly argued that the town is currently debt-free, and the principal and interest payments for a \$300,000 bond over 20 or 30 years "would have very little impact on the tax rate."

At a public hearing preceding the vote, architect Christopher Bovenzi called the addition "a simple, direct answer to the problem at hand, with a design in keeping with the existing character" of town hall.

The addition project also includes a new septic system and heating plant, as well as a new basement storage area for town records and voting machines.

Although the project was not killed, the town board must still vote to accept the bids, which will be opened at the end of the month, before construction could go forward.

Rock drives water district costs higher

EnCon funding offer called inadequate

By Dev Tobin

Extending the Clarksville Water District up North Road to residences affected by an underground gasoline spill will be more expensive than previously estimated, and practically impossible without massive government subsidy, the New Scotland town board learned at last week's meeting.

Jim Edwards of C.T. Male, the town's consulting engineer, explained that the cost of blasting through rock to install the water main is much higher than previously thought.

Edwards said that 15 test probes along North and Upper Flat Rock roads revealed quite a lot of subsurface rock. Therefore, Edwards raised the estimate of the amount of rock that must be removed from 1,000 yards to 2,800 yards.

At \$75 a yard, the additional rock removal will add \$135,000 to the project's costs. After C.T. Male identified other potential savings in its original \$527,000 estimate for the district, the net increase would raise the estimate for the entire project to \$588,000, Edwards noted.

"It's a difficult area to build in," he said.

Councilman Scott Houghtaling said that the proposed contribution of \$210,000 from the state's Oil Spill Fund, administered by the state Department of Environmental Conservation, was grossly inadequate, especially in light of the revised construction cost.

"We have to go back to DEC and ask for 100 percent," Houghtaling said. "That's what the Oil Spill Fund is for."

"DEC is strictly liable to give us

more assistance," said Councilwoman Clare Decker.

As it stands now, the extension has no chance of approval by the state comptroller's office, since the annual charge to pay back the construction bonds, even with the \$210,000 from the spill fund, will be more than \$1,000 for most of the affected residences, more than twice what the comptroller usually allows, according to Supervisor Herb Reilly.

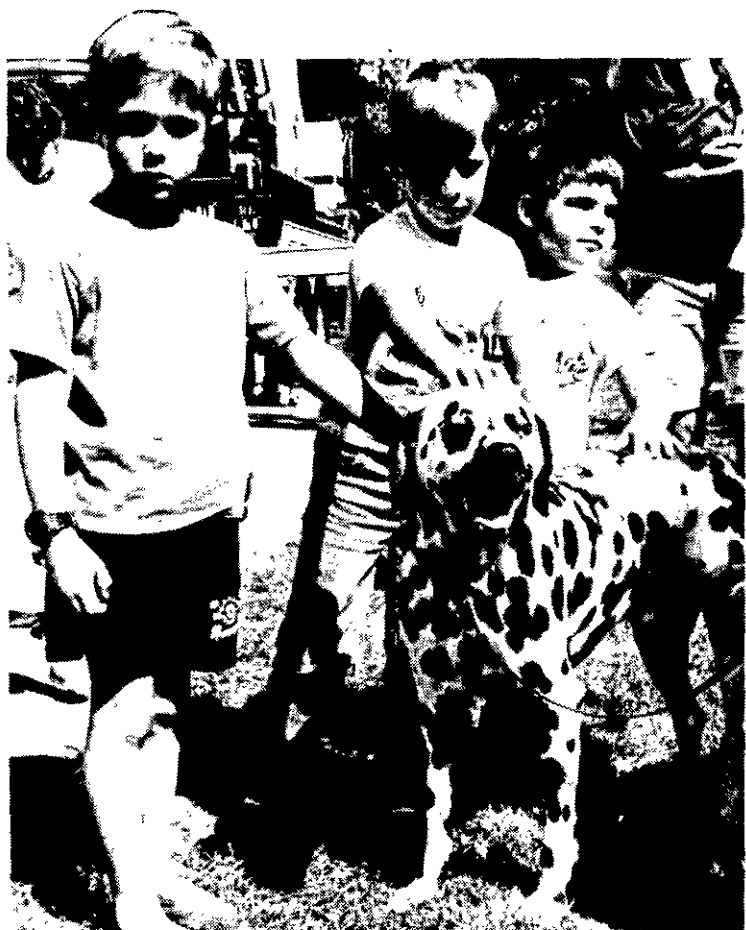
About a dozen residences on North and Upper Flat Rock roads have had their wells contaminated by gasoline byproducts from a spill of unknown origin.

The affected residences are receiving bottled water for drinking and in-home filtration of their well water for cooking and cleaning, all at the expense of the spill fund.

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Safety Awareness Day blends fun, food and education



At the Safety Awareness Day festivities, Max Smith and Chuck and Danny Millions of Delmar pet Cheyenne, a fire department mascot; (clockwise from left) Devon Keir, 4, shows off her drawing skills; Eric Meyer, 3, of Delmar, sits behind the wheel of a fire truck; Sharon Fisher presents her recycling exhibit; and Joe Hayes takes Tom Doyle's blood pressure.

Photos by Doug Persons



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Bethlehem Youth Court hires first coordinator

By Dev Tobin

Bethlehem's program to use peer pressure instead of criminal penalties to nip juvenile delinquency in the bud is set to go with the hiring of April Cook as youth court coordinator.

Cook will begin work in the fall setting up the alternative justice system for first-time juvenile offenders that will be staffed — judge, prosecuting and defense attorneys, and jury — by high school student volunteers.

"We hope to have our first court session in January, and then one session a month after that," Cook said.

Cook will be coordinating training for program, two hours a week over 10 weeks in the fall. The training will be conducted by professionals like David Homer, assistant U.S. attorney.

Cook estimated that about 50 cases a year would fit the standards of Youth Court, basically non-violent first offenses with an



April Cook

having to visit a probation officer," Cook said. "And part of their community service will be that they serve on a youth court jury, so they can see both sides" of the local delinquency problem.

The Bethlehem Youth Court will be the second in the area, after Colonie, which began its program last year. Both are based on a concept that originated in Tarrytown, Westchester County.

Youth court is "an excellent opportunity for the town, the school, police, justice courts and youth to work together" to help reduce the problem of juvenile crime, said town Councilwoman Doris Davis, co-chairwoman of the advisory committee that has been working for almost a year to set up the Bethlehem Youth Court.

Having kids who have gone through Youth Court come back as jurors "helps significantly," Davis noted.

Last year, Cook was a teacher's aide at Bethlehem Central High School, where she worked in the internal suspension program.

She is a graduate of the University at Albany, and is studying for a master's degree in guidance at Sage Graduate School.

The part-time coordinator position has a salary of \$12,000, according to Davis. The money is coming "from various sources in the community," she added.

It's positive for kids who commit minor crimes; they'll get community service instead of having to visit a probation officer.

April Cook

admission of guilt.

Offenses dealt with in Youth Court are mostly misdemeanors and violations such as shoplifting, vandalism, harassment and disorderly conduct, Cook said.

Offenders will receive sentences of restitution, local community service and/or counseling, and will also be required to serve as jurors in Youth Court, she noted. They will not receive criminal records.

"It's positive for kids who commit minor crimes; they'll get community service instead of

Market lends hand to food bank

By Tom Murnane

In the past, tons of perishable food that could not be sold in local markets because it was too old or bruised would end up being thrown away. Food pantries and other groups could only watch helplessly, with no way of collecting most of the food before it spoiled.

As a result, such agencies have had to rely on donations of canned food. Until now.

In July, the Capital District Regional Market on Broadway in Menands quietly began to ask its

wholesalers to drop off unsold fruit and vegetables in one place a couple of times a week so it could be shipped to the Regional Food Bank of Northeastern New York in Latham for distribution.

If a food pantry wanted the market's wholesalers to donate fruits and vegetables in the past, a staffer would have to go from one wholesaler to another, which was a time-consuming matter for both parties, said market manager Paul Wooley.

"Ever since the food bank hired someone to come down and pick

up the food, agencies can go up there to Latham and do one-stop shopping. It saves them time, our wholesalers time, and the best part is, the food gets to people who really need it."

Kerry Barr O'Connor, associate director of the food bank, one of eight such banks in the state, said she first approached Wooley in June to consider the idea, which was initially developed in California.

In July, the market began a "soft-start" version of the program, said O'Connor, and so far it has worked out "perfectly."

The food bank serves more than 700 agencies in 23 upstate counties, but for the time being, the new program, dubbed "Produce for the People," is limited to the greater Capital District, she said.

Village Stage slates auditions for fall show

Auditions for the Bethlehem Village Stage production of "Tin-types," a turn-of-the-century musical revue, are slated for Aug. 28 through 30 at 7 p.m. at the Academy of the Holy Names, 1075 New Scotland Road in Albany.

Two men and three women are needed for the production. Those auditioning should prepare two contrasting songs, and be ready to read from the script and dance.

The show will be performed in late October. For information, contact director Joe Phillips at 458-8373.

Chicken barbecue set

Voorheesville American Legion Post 1493 on Voorheesville Avenue will hold a chicken barbecue on Sunday, Sept. 10, at 4 p.m.

Cost for the meal is \$7 per person. For information, call 765-4712.



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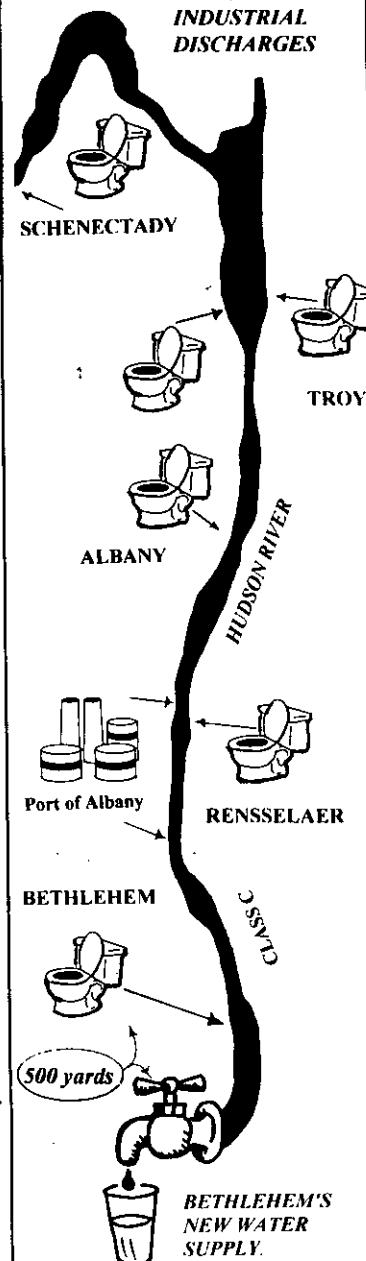


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Good local news

Editorials

The work force in the New York State Dormitory Authority, with offices across Delaware Avenue from Delaware Plaza, will soon be expanded. Former Rensselaer County Executive, John Buono, is the current director of the Dormitory Authority. Because of the consolidation of some state jobs ordered by Gov. George Pataki, two other state agencies will be absorbed into the Dormitory Authority in Elmsmere. Currently, 200 people are working in the agency's headquarters here. About 150 workers from the other two agencies will be transferred to the Delmar headquarters, making a total local work force of about 340 people.

The new state workers are welcome. They'll find gas stations, fast food eateries, restaurants, food stores and more, all located conveniently near their offices in the Dormitory Authority.

Downsize = savings

Albany County's legislature is the largest in the state. Many people, including Michael Breslin, Democratic county executive, and Kenneth Ringler, Republican county executive candidate, believe that the legislature should be downsized. The legislative minority leader, Peter Crummey (R-Colonie) introduced a measure last week that would reduce the number of seats in the county legislature from 39 to 21.

According to Crummey, this move would save taxpayers an estimated \$350,000 each year. That sure isn't peanuts, particularly in these fiscally tight times.

The Democratic majority in the county legislature isn't in favor of legislative reform. They've controlled the legislature since 1974 and don't seem to want to do anything that would rock the boat.

But an annual saving to the taxpayers of \$350,000, seems like a convincing reason for obtaining voters' approval of downsizing at the general election in the fall. The Democrats in the county legislature should give the voters a chance to record their wishes.

Cool, clear water

The New Scotland town board has unanimously approved the establishment of a water district for the residents of Orchard Park. This is good news for a substantial majority of the people living there. They've needed potable water for years. For at least a decade, Orchard Park residents have been trying to get a water district established.

A few of the residents, though, are not happy with the new water district. Some say that their well water is perfectly satisfactory. And some owners of two-family houses say that they will be penalized by having to pay the construction cost for each of the dwellings twice.

But there are valuable and important benefits to having public water. For one thing, property values are normally higher than if wells are the only water source. In addition, public water is a better source than wells for obtaining water for fighting fires, and insurance premiums are lower when public water is available.

In the long run, the majority wins, and in this instance, the changes or improvements will be made for the good of the greatest number of residents.

Constant child watch

The recent attempted child abduction in Schenectady and a similar occurrence last May in Colonie highlight the importance of keeping an eye on our children when we're out in public. These two incidents occurred in supermarkets. The location could just as well have been at a movie, on the street, in the library, in a parking lot—anywhere that our children are not in our sight.

In this era of casualness—casual attire, casual entertaining—we can't afford to be casual about our children. It's vitally important that when we're out in public with them, we know where they are at all times. Our attention to the whereabouts of our children can't be casual.

75 years after suffrage ...

Women still walk long road to equality

The writer of this Point of View is president of the Women's Bar Association of the State of New York and an assistant attorney general. She is a resident of Slingerlands.

By Rachel Kretser

Aug. 26, 1995, marks a milestone in women's history — the 75th anniversary of women's suffrage, when women achieved the ultimate access to power, the right to vote. That basic human right was, however, not easily attained.

Following a march of thousands of suffragists up Fifth Avenue in 1912, *The New York Times* editorialized under the headline, "The Uprising of the Women": "The vote will secure to woman no new privilege that she either deserves or requires. ... Women will get the vote and play havoc with it for themselves and society if men are not wise and firm enough, it may as well be said, masculine enough, to prevent them."

Five years later, the *Times* continued to editorialize against the enfranchisement of women, stating, "That the female mind is inferior need not be assumed: That there is something about it that is essentially different and that this difference is of a kind or degree that with votes for women would constitute a political danger is ought to be plain enough to everybody."

Former President Grover Cleveland, also a staunch anti-suffragist, wrote in the *Ladies Home Journal*, "I am persuaded that the objects and intents of Women's Clubs (organized to promote women's suffrage) are not only harmful, but harmful in a way that directly menaces the integrity of our homes and the benign dispositions of our wives and mothers."

And Senator George G. Vest continued the anti-suffragist refrain when he said, "I would not degrade woman by giving her the right of suffrage. ... It would take her down from that pedestal where

Point of View

she is today, influencing by her gentle and kindly caress the action of her husband toward the good and pure."

Against that cultural backdrop of bigotry and chauvinism, women like Elizabeth Cady Stanton, leading suffragist and mother of seven, stood their ground and spoke eloquently on behalf of all women before a Congressional hearing: "To throw obstacles in the way of complete education is like putting out the eyes; to deny the rights of property, like cutting off the hands. To deny political equality is to rob the ostracized of self-respect; of recompense in the world of work; of a voice in the (selection of) those who make and administer the law, a choice in the jury before whom they are tried and in the judge who decides their punishment. ... Until every citizen shall be cloaked with all (her) rights, and feel a personal responsibility for the nation's welfare, our democracy is a sham and our boasted experiment in self government remains untried."

We owe a great deal to visionaries such as Susan B. Anthony and

Overall, statistics show that there are too many women in poverty and too few women in power.

Elizabeth Cady Stanton and all the other women of their time for their persistence and long years of struggle. Thanks to them and to those who have followed in their footsteps, this century has witnessed a revolution in the legal and political status of women. Women's suffrage, married women's property rights, and anti-discrimination statutes have profoundly altered the legal landscape.

Today there are many visible symbols of our progress. Our state's chief judge and our nation's chief lawyer are women. Women now lead many of the national,

state and local bar associations, including the American Bar Association (President Roberta Ramo), the American Trial Lawyers (President Pam Liapakis), the New York State Bar Association (President-elect Catherine Richardson), and the Albany County Bar Association (President-elect Lorraine Remo). A majority of the federal judicial appointments over the past two years have been women and minorities.

As more and more women have worked their way into positions of leadership in corporate structures, academic institutions and public agencies, our ability to shape solutions to a host of challenges has grown significantly.

But while we congratulate ourselves on how far we have come, we must not lose sight of how far we have to go. Although women constitute more than 50 percent of the electorate, they remain a tiny minority of this country's policymakers, comprising only 8 percent of the U.S. Senate and 10 percent of the Congress. Only one of the nation's 50 states has a woman governor!

Women comprise 54 percent of the New York state electorate but only 18 percent of our state Legislature. The Capital District area has no women representatives in either the state Legislature or the U.S. Congress. The percentage of women judges hovers at only around 10 percent nationally, and here in the Third Judicial Department

(which encompasses the Capital District and surrounding counties) a mere 6 percent of the judges are women.

Women head 16 percent of the colleges and universities across the country and fewer than 6 percent of law school deans are women. The bipartisan U.S. Department of Labor Glass Ceiling Commission reports that only 5 percent of senior management positions in Fortune 500 companies are held by women.

Overall, statistics show that there are too many women in poverty and too few women in power.

□ KRETSEr/page 8

THE SPOTLIGHT

SPOTLIGHT NEWSPAPERS

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OFFICE HOURS:
8:30 a.m. - 5 p.m. Mon.-Fri.

The Spotlight (USPS 396-630) is published each Wednesday by Spotlight Newspapers, Inc., 125 Adams St., Delmar, N.Y. 12054. Second class postage paid at Delmar, N.Y., and at additional mailing offices.
Postmaster: send address changes to The Spotlight, P.O. Box 100, Delmar, N.Y. 12054.
Subscription rates: Albany County, one year \$24, two years \$48, elsewhere, one year \$32.

Your Opinion Matters

Positive look at Southgate

Editor, The Spotlight:

This letter is written in support of the developer's principal proposal for the Southgate Commons Shopping Center. My residence is situated on Route 9W north of the project site. As an adjoining neighbor, the project will have an immediate and personal effect on me.

I encourage the planning board to approve the developer's principal proposal because the larger project will permit the developer to provide the necessary infrastructure improvements to Route 9W between Feura Bush Road and the "Jug Handle" (near Stone Ends Restaurant) as well as the new access road to Route 32. These improvements should be mandated of the developer by the town and will benefit all the people who use Route 9W. These road improvements will also benefit the town by providing better access for the surrounding properties.

Approval of the smaller project may result in another under utilized shopping center like the Town Squire Shopping Center. Approval of the smaller project may also encourage the developer to recoup his investment by leasing or selling in smaller parcels creating the potential for future hodge podge development along Route 9W that will not be able to support the needed road improvements.

Opponents of the project have incorrectly stated that the larger project will be a regional shopping mall. In testimony at the public hearing we heard that the larger project is not a regional shopping mall because it will not draw beyond a 30 mile radius north and

Letters

west of the site.

In addition, testimony at the public hearing stated that today's thrust in retailing is away from a series of small disconnected stores to large one-concept stores.

This development is evidenced by today's shopping habits that demand the convenience of one-stop shopping under one roof.

Testimony also was that the increased economic activity from the larger project will benefit the nearby existing shopping centers, especially the Town Squire Shopping Center.

Opponents also cite the LUMAC report, but LUMAC has not yet been approved and passed by the town's elected representatives.

It is indisputable that the project will have some adverse visual and aural effects on neighboring properties including my own and the Glenmont School as brought forth at the public hearing.

These effects and the other concerns expressed can and should be satisfactorily addressed by the developer as part of the town's approval of the project.

As a bedroom community within easy commuting distance to Albany, we must take the best advantage of our town's growth and use it wisely for our future.

Gloria J. Van Derpoel

Glenmont

Treat teens with respect

Editor, The Spotlight:

As upcoming freshmen who will be attending Bethlehem Central High School, we have both lived in or around the Bethlehem area our whole lives.

Lately, when visiting certain stores and restaurants at Delaware Plaza and other locations along Delaware Avenue, we have noted a drastic change in the way we are treated. We are aware that the employees have to look out for the well-being of the store, as well as the other customers in it. We also know that there are many teenagers who don't respect stores and their property, but we think we should be treated with the same amount of respect as any adult customer.

There have been many instances in which this has occurred. For example: When shopping recently at Delaware Plaza, we noticed several store clerks following us around the store, and keeping a close eye on us.

This behavior by the employees was not evident toward the other adult customers in the store. We feel this action is discriminatory and invasive to our privacy.

Another time while shopping at Delaware Plaza, although this time at a different store, we were

at the counter making our purchases, and very loudly and rudely an employee sarcastically mentioned to another employee that she had just turned on the theft alarm.

It was very apparent to us and other customers in the store that they were directing their comment toward us, because as the comment was made many stares were directed our way.

Also, while gathering up change to leave a tip at a restaurant on Delaware Avenue, a waitress walked by and rudely informed us that we better leave a tip, because other kids our age never leave tips.

These are only a few examples of the way we are treated as teenagers in public places.

We would just like to inform readers of *The Spotlight* that the next time they are around teenagers, we hope they would strongly take into consideration that we should be treated with the same respect as anyone else.

Although we are just kids, we have feelings, too.

We appreciate those who will take this into consideration.

Carrie Holligan
Nicole Greer

Delmar

Lions picnic a great success

Editor, The Spotlight:

On Thursday, Aug. 17, 1995, the Bethlehem Lions Club held their annual Cliff Van Dyke Memorial Picnic for the senior citizens of the Town of Bethlehem. Over 150 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 Lions Club and Bethlehem Senior Volunteers who worked so hard to make this an enjoyable outing and to Bob's Produce for donating the watermelons.

Karen Pellettier

Director of Senior Services

Do what is best

Editor, The Spotlight:

Your editorial, "Regarding relocation," that appeared in the Aug. 16 edition of *The Spotlight* was right on the money.

Moving 35 percent of the data processing jobs to the Kingston area would have a devastating affect on the Capital District.

Local leaders, regardless of party affiliation, should join together and support County Executive Michael Breslin's plan to bring the 15 percent of those jobs north.

There is potential for dangerous precedent and local leaders should recognize this and do what is best for their constituency.

Dennis McKenna

Delmar

Southgate Commons proposal inappropriate for community

Editor, The Spotlight:

I, too, have followed the Southgate proposal with great interest, and I must disagree with Marion Kuritz's viewpoint.

Yes, let's get real: Traffic on 9W will be significant. The 1800 and more cars the developer expects during peak shopping hours will not be adequately managed by widening the road for the small stretch at the entrance to the complex. Spend a day at the intersection of 9W and Feura Bush Road, and I think you'll understand.

Second, the school: Some children do walk, and there are activities at the school from 8 a.m. to 5 p.m. as well as meetings, shows, gym activities, science and book fairs, etc., on many evenings during the week.

We also have weekend activities, and with the new playground, we expect that Glenmont families will be spending even more time at the school on weekends. Again, I'd suggest a visit to the school to see the number of cars going in

and out during any given day.

The air quality will be affected by the increased traffic and the noise level will be increased. These will affect the health of our children.

This project is inappropriate for our community. It is meant as a regional shopping center; it is not a community center. It is three times the size of Delaware Plaza.

The stores slated for this complex will be national chains, not locally run businesses. Local businesses run by local people, employing local people who live here and contribute daily to the life of this town, will be adversely affected by this development.

I think there is a silent majority who are not in favor of this project. I think there are plenty of people like me who moved here because we wanted to live in a community of people, not a shopping center.

It is not progress if Bethlehem becomes just another shopping center for the Capital District.

Anita Stein

Glenmont

Proposed NS zoning unfair

Editor, The Spotlight:

I agree with Mrs. Decker that New Scotland is the "jewel" of Albany County.

However, the Krumkill Road Association which supports Mrs. Decker would like to cut that jewel for only the wealthiest of citizens. The minimum 4-acre zoning which they propose will make it impos-

sible for middle-income families to buy a home here.

Too many young people who grew up in New Scotland are being forced out of town by the high cost of housing. Is there to be no room for the average wage earner in the "jewel" of Albany County?

Margaret Quay

Waterford

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Your Opinion Matters

What sort of community do we want?

Editor, The Spotlight:

In the next few months, as Bethlehem decides to go ahead with two large shopping center projects, we have an opportunity to decide what our community will look like in the future.

If we approve the projects in Glenmont off Route 9 and in Slingerlands off Route 85, we will be committed to placing large establishments and the traffic they will bring into the heart of the town.

In addition, we will also probably force several smaller businesses out, as they will no longer will be able to compete with the malls.

This decision affects us in several ways. If we wish to support a

community that is merely efficient, committed to large commercial establishments, dominated by automobile traffic, impersonal, and controlled by corporations, we should approve those developments.

We should also remember that once they are in place, Bethlehem will have been changed forever.

Should we choose to support a close-knit community, one that is responsive to local needs, fosters owner-operated businesses, has less traffic and more face-to-face interactions, we should encourage the town board to veto these projects.

We are voting on more than businesses. We are making a state-

ment about what our community will be like, how we will live, who will control our lives, how our children will grow up.

Letters

Saddened by the loss of many small businesses and the growth of rather ugly commercial establishments in the past decade, I suggest that we say no to commerce and industry simply for the sake of lower taxes and convenience and ask the town board to deny building permits for two new malls in the heart of the community.

Ronald M. Berger

Delmar

Councilwoman questions expansion of town hall

Editor, The Spotlight:

Herb Reilly's recent letter to *The Spotlight* is a good example of why he does not deserve re-election as supervisor of New Scotland.

He proposes to spend over \$300,000 of taxpayer money on a dubious expansion of Town Hall.

The only reason he gives for such an enormous expenditure is that the building that currently houses the Building and Assessment Department needs repair.

What he doesn't say, however, is how much it would cost to spruce up the old building. Does he know

how much it would cost? The answer is no, he hasn't bothered to look into that.

A \$300,000 expenditure on a posh new work place for Mr. Reilly could mean an enormous tax increase for the residents of New Scotland.

How does he propose to pay for it? Will he burden the town for years to come with a huge debt service? He seems to want to ignore these serious issues.

Before any such expenditure is made it should be put up for a public referendum so that the people who will have to pay for it, the taxpayers of the Town of New Scotland, will have the final say.

Clare Decker

Councilwoman

Town of New Scotland

Delaware Plaza...

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DELMAR TRAVEL
LEWANDA JEWELERS
RADIO SHACK
SCISSOR SOCIETY
VILLAGE SHOP

HEARTY FOODS FOR FALL

BRUEGGER'S BAGELRY
GRAND UNION
LITTLE CAESARS
MARIA'S DINER RESTAURANT
PIZZA BARON
SUBWAY
YAN'S CHINESE BUFFET

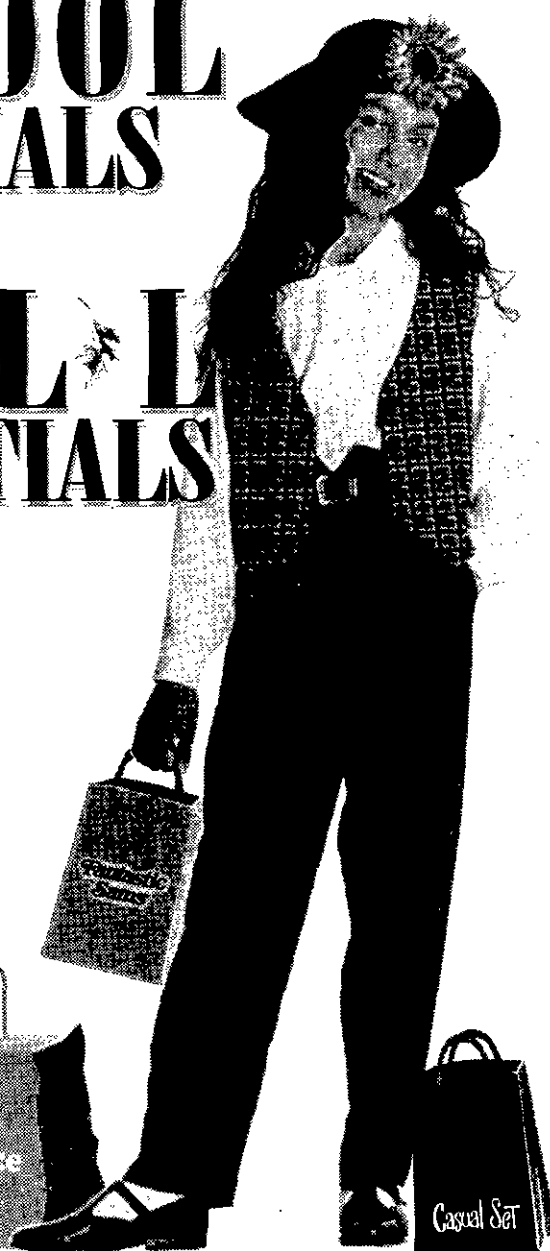
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Kretser

(From Page 6)

While review of affirmative action programs may be appropriate and strict numerical quotas may not be the answer, the growing debate on this subject contains more political vitriol than constructive discussion about solutions to remaining disparities.

In this anniversary year, thoughts of our suffragist grandmothers serve to remind us how far we have advanced toward equality yet how much it continues to elude us. As we reflect upon our past and ponder our future, we should heed the lessons of the courageous, pioneering women who came before us and on whose shoulders we have stood for all these years. They knew then, as we do today, that time alone will not cure the disease of inequality. It is the responsibility of both genders, not just women, to assure equality in appointments, pay and opportunities for advancement.

Together we can ensure that women achieve their full share of power and influence in the decision-making processes that affect us all.

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Your Opinion Matters

BCHS principal explains requirements for graduation

Editor, The Spotlight:

I feel awkward writing about Michelle Manning's personal academic successes and failures at Bethlehem Central High School in a public forum. In fact, it would be unprofessional and unethical of me to do so.

Therefore, I hope the following general information is helpful to her family and to the readers of Richard Swett's letter in the Aug. 16 issue of *The Spotlight*.

New York State requires that

all students demonstrate competency in American History and Government in order to earn a high school diploma. Most BCHS students meet this standard at the end of their junior year through the completion of the American History and Government Regents course and Regents examination.

Some students, including Michelle, choose to fulfill this graduation requirement by taking a full-year course and a competency examination.

In 1993, 91 percent of all BCHS students passed this exam as compared to 81 percent of students in similar schools in the state. And in 1994, we had an 86 percent pass rate while similar schools in the state only achieved a 73 percent passing rate.

When students are not successful in passing this examination, we prefer to schedule them in a full-year, intensive academic course in American History and Government for remediation.

The curriculum in this course covers the very concepts that are to be tested on the competency examination.

Our goals are to prepare the students for the test and to give them the knowledge base to be active, good citizens. Of course, this course of study is a legally accepted means of remediation.

required course or examination is notified at the time of the failure of the need to complete the required course or examination and the options and time frame available to do this work.

Recently, there has been research and discussion regarding the value of developing more challenging academic standards for all of our children. I must admit to you that I am an advocate for appropriately high standards.

But nowhere in the research is there any information about the anguish the student, the parent, the teacher, the guidance counselor, the principal and the superintendent will feel when they must inform a well liked student that he did not fulfill a competency.

Clearly, my hurt is different from that felt by the student and the family. But this hurt and our expectation for student achievement should not be absolved by changing the standard. Instead, we hope to work together to create the learning opportunities for students so that each may have a successful future.

Jon Hunter

Principal

Finally, a student who fails a Bethlehem Central High School

Academic preparation issues clarified

Editor, The Spotlight:

I am writing in response to the letter submitted by Mr. Richard Swett, published on Aug. 16 in *The Spotlight*.

The purpose of my letter is to clarify facts and present another person's perspective about circumstances leading to a time of grave disappointment for a Bethlehem Central student and her family. My letter will address the issues of academic preparation, timing, and concern by faculty and administration.

When a high school junior in NYS fails U.S. History and the corresponding Regents Competency Test (RCT), both of which are requirements for graduation, said student has two options.

The student can repeat the course and the RCT in summer school or during the following school year.

Repeating the U.S. History course is necessary for two reasons. The student needs to earn

one credit for the course by passing it and also needs additional study to further prepare for successful completion of the RCT.

Remediation is mandated for a student when an RCT is failed. In-class remediation, provided by repeating a course, is the most comprehensive help available.

This is in strict compliance with regulations set down by the state Education Department. Teachers work diligently with all students to prepare them to pass the course and the RCT.

Administration of the U.S. History RCT, a test taken primarily by juniors, was scheduled by the state Education Department for all schools in New York, on Wednesday, June 21, 1995, two days prior to the Bethlehem graduation.

This test and other RCT's and Regents exams are scheduled three times each year, once in January, June and August.

Upon arrival at my office on Thursday morning, June 22, 1995,

one day prior to graduation, the first piece of information that I received was the notification that one of my seniors had failed the U.S. History RCT. My heart sank. I didn't want to believe it.

Hoping that somehow this situation could be resolved (reversed), conversations were held with the teacher, the chairman of the social studies department and the principal. These discussions were held with concern, compassion and frustration.

We all knew the unfortunate bottom line, that graduation requirements had almost, but not quite, been fulfilled.

The inevitable time came for me as a guidance counselor to become "the messenger," making the fateful call that I knew would break the heart of a hard-working, sensitive and deserving student.

Mary Ann Mitchell

Guidance Counselor

Bethlehem Central High School

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Block dancers



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Doug Persons

Bethlehem Recycling Corner

By Sharon Fisher, town recycling coordinator

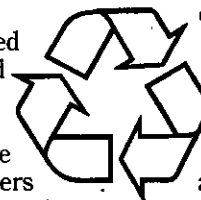
If residents, businesses, schools and churches continue to do their part and encourage others to follow their example, recycling totals will increase in the Town of Bethlehem.

Please flatten corrugated (triple-layer) cardboard boxes that are recycled at curbside. It saves space in your home and in the haulers' trucks. The haulers can move their trucks along quicker if boxes do not require flattening.

Did you know that if the bottom of the box is opened, most boxes will collapse? Use a butter knife to slit open the bottom of the box, or have the kids step (or jump carefully) on the box after placing it sideways on a flat surface. By forcing the box to collapse, the bottom often pops open.

Please remove tape and staples when possible. Water soluble tapes are not a contaminant, and staples are much less of a contaminant than they were formerly. Only the corrugated cardboard that is coated with wax plastic or contaminated by food or paint should be thrown into the garbage.

Single-layer cardboard boxes (paperboard) are being collected now at the Bethlehem Town Hall at 445 Delaware Ave. in Delmar.



The recycling bin for the cereal, cracker, cookie and similar boxes will be available until Friday, Sept. 8.

Many people have requested that this collection continue because they've noticed a tremendous amount of material being diverted from their trash can, and thus the landfill, also.

Last fall, 7.4 tons of clothing and textiles were collected. The Town of Bethlehem will collect clean and dry clothing and textiles in the recycling bin at town hall starting Sept. 15. The clothes will be recycled with Cynamon Textiles of Hartsdale.

For clothing and textiles, the rules are slightly different. Place clean and dry reusable clothing in your own plastic bag. If shoes are included, they must be tied together. When the plastic bag is full (but not too heavy), tie it by hand with a twist tie or rubber band.

If you contribute to local charities and wish to continue donating to them, please do. If you have a garage sale and the clothing does not sell, pass it along or pack it up for the recycling program. Cotton items that are rags can be used by the town highway department or the local mechanic.

Arts league accepts grant applications

Applications are now available from the Albany-Schenectady League of Arts for the Capital District Decentralization Grants.

The grants provide funding for arts and cultural programs sponsored by non-profit organizations in Albany and Schenectady counties.

The application deadline is 5 p.m. on Thursday, Sept. 14.

Three seminars on the grants are scheduled in the coming weeks. Workshops are slated on Tuesday, Aug. 29, at Berne-Knox-Westerlo High School at 1738 Helderberg Trail in Berne; Thursday, Aug. 31, at the Schenectady County Library at the corner of Liberty and Clinton streets in Schenectady; and Tuesday, Sept. 5, at the William K. Sanford Town Library at 629 Albany-Shaker Road in Loudonville. All workshops begin at 7 p.m.

For information, call the Albany-Schenectady League of Arts at 449-2811.

In Voorheesville The Spotlight is sold at Stewarts, Voorheesville Pharmacy and Voorheesville Mobil

Arbor Day Foundation will distribute free dogwood trees

Ten free white flowering dogwood trees will be given to each person who joins the National Arbor Day Foundation during August.

The free trees are part of the non-profit foundation's "Trees for

America" campaign.

The trees will be shipped post-paid at the right time for planting between Oct. 15 and Dec. 10, with enclosed planting instructions. The six- to 12-inch trees are guaranteed to grow or they will be replaced free of charge.

Members will also receive a subscription to the foundation's colorful bimonthly publication, "Arbor Day," which includes regular features about tree planting and care.

To become a member of the foundation, send \$10 by Aug. 31 to Ten Dogwoods, National Arbor Day Foundation, 100 Arbor Ave., Nebraska City, Neb. 68410.

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The village smithy



Jim LaVan of Raymertown demonstrates his blacksmithing skills at the Altamont Fair. *Doug Persons*

Discounts available for Bermuda cruise

Rev's Tours of South Bethlehem, headquartered in the South Bethlehem United Methodist Church, is offering an eight-day, seven-night cruise to Bermuda from Oct. 1 through 8.

Guests can sign up for the trip on the Royal Caribbean Cruise

Line's *Song of America* for the discount price of \$599. The cruise will leave from New York.

The only qualification for the discount is that one member of the attending party is 55 or older.

For information or to make reservations, call 767-2281.

Bethlehem library to display kids' artwork

Artwork by Bethlehem youngsters will be on display at the Bethlehem Public Library at 451 Delaware Ave. in Delmar on Sunday, Sept. 17.

Mixed media, prints, watercolors, drawings, photographs, sculptures, and oil and acrylic paintings

will be on display.

Andy Massino, art supervisor at Bethlehem Central High School, will judge the works. Winners will be invited to a group show at the library.

For information on entering, call the library at 439-9314.

RCS Middle School open house set

The RCS Middle School Partners in Education will sponsor an open house for incoming fifth-graders and other new pupils on Wednesday, Aug. 30, from 9 a.m. to noon.

The event provides an opportunity for new students and their parents to tour the school and meet the teachers.

All middle school pupils are welcome to attend.

For information, call the school at 756-2155, ext. 348.

Friendship Festival slated Saturday

The annual Friendship Festival is set for Saturday, Aug. 26, from noon to 7 p.m. in Mosher Park in Ravena.

Quilters to show off summer projects

Quilters United in Learning Together (QUILT) will meet on Friday, Sept. 8, at 9:30 a.m. at the First United Methodist Church located at 428 Kenwood Ave. in Delmar.

Members will share projects completed over the summer. Visitors are welcome.

For information, call 439-9976.

Cub Scouts to hold organizational meet

An organizational meeting for Elsmere Cub Scout Pack 258 is set for Monday, Aug. 28, at 7 p.m. at the Bethlehem Town Hall, located at 445 Delaware Ave. in Delmar.

Adults willing to help out in the planning of activities for next year are invited to attend.

For information, contact Robert Hanson at 439-2152.

Young Delmar poet has work published

Will Dzierson of Delmar, a student at The Doane Stuart School in Albany, recently had a poem published in *The Apprentice Writer* put out by Susquehanna University in Selinsgrove, Pa.

His work is entitled "Tabletop Christmas Tree."

NEWS NOTES

Selkirk
South Bethlehem
Linda Marshall
756-3520



Fire company plans clam steam Aug. 27

The Selkirk Fire Co. No. 3 will host a clam steam on Sunday, Aug. 27.

For information or to make a reservation, call 756-8445 or 767-9513.

Local trainer chalks up a winner

Thoroughbred horse trainer

RCS graduate earns Fulbright

Howard Hulbert of Hannacroix, of former RCS history teacher, had a winner at Saratoga on Aug. 6. Kudos for Sweets has won \$125,000 in her career.

Frank M. Scalzo of the RCS class of 1976 is a recipient of a Fulbright grant.

Scalzo is an associate professor of pediatrics, toxicology and pharmacology at the University of Arkansas.

He will use the award to travel to Slovenia where he will do research and give lectures.



Views On Dental Health

Dr. Virginia Plaisted, D.D.S.

Prosthetic Teeth

Artificial, or prosthetic teeth are either acrylic or baked porcelain. They are fabricated to fit the shape, size and color of each individual patient.

Your dentist is a skilled evaluator of which shape and color to use.

A word of caution. Don't opt for teeth that are too perfect or too white. They won't look natural and may dominate a smile which looks "false". Follow your dentist's advice and go with a shape and color that will restore as well as enhance.

The best prosthetic teeth have slight irregularities in shape and

alignment, and subtle changes in color, just as natural teeth do. Porcelain teeth are stronger, and more resistant to wear and staining than acrylic teeth. Acrylic, however, is more resilient, and doesn't transmit as much chewing pressure to the underlying gum and bone. Acrylic is also less prone to fracture.

Prepared as a public service to promote better dental health from the office of:

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Local youth capture Altamont Fair prizes

By Joshua Kagan

Each year at the Altamont Fair, scores of local residents from all over the towns of Bethlehem and New Scotland enter specialty competitions that involve a favorite activity of theirs.

And each year, local residents bring home scores of prizes, rewarding their work and dedication.

Among this year's winners is the Bedrosian family of Delmar. Gina Bedrosian and her sons Geoffrey, 11, and Gary, 6, recently captured a combined total of 15 awards.

Some categories were broken into divisions by age. Geoffrey won first place in several cooking competitions for fudge, cookies and banana bread. He also won the fabric toy competition, and finished second in the Christmas ornament category.

His younger brother won the puppet and castle cake categories, and came in second in the chocolate lollipops competition.

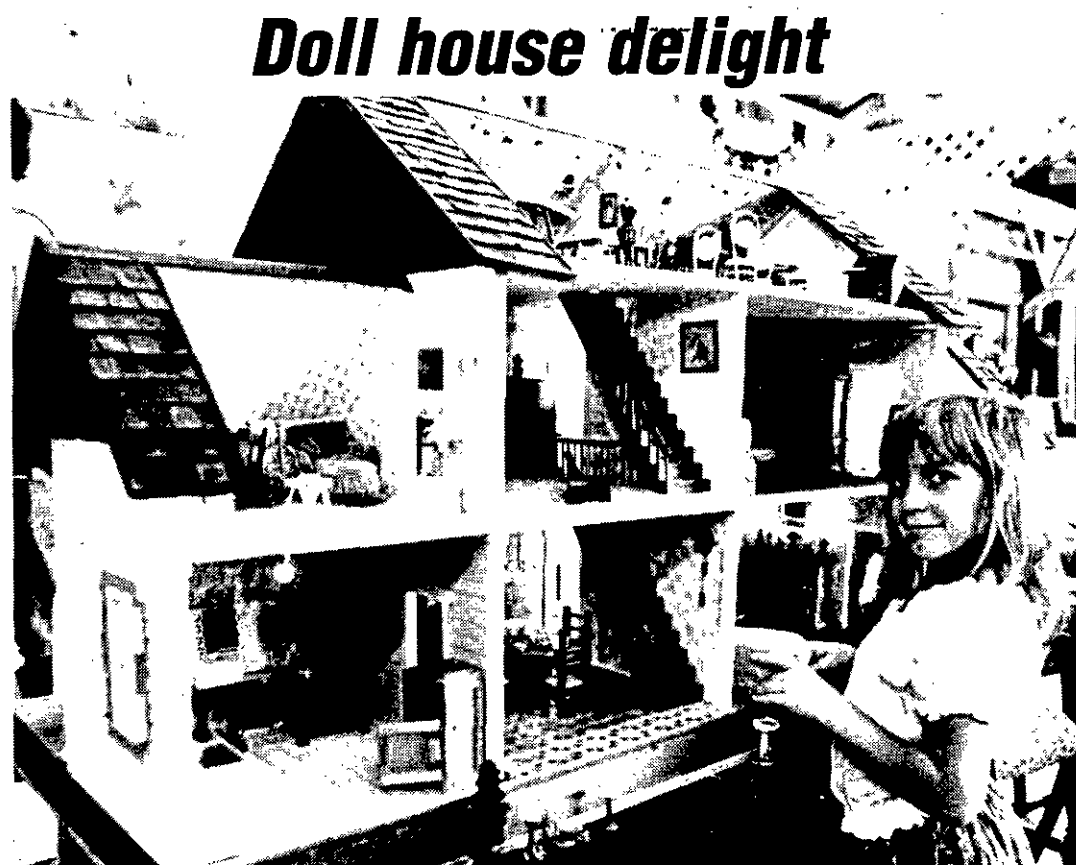
Gina Bedrosian said it is the hard work and "tenacity" that leads so many local residents to awards.

"Geoffrey had to bake the banana bread three times before it was good enough," she said. "Gary is only 6, but he worked so hard you'd think he was working on a college thesis."

She said hard work over long periods of time also allows for so much success at the fair. For instance, both Geoffrey and Gary have worked in the kitchen for several years, which greatly helped them in the cooking categories they entered.

Gina Bedrosian won seven awards herself, including a Best of Fair prize in decorated bridal tables.

A lot of free time often goes into the fair entries. For instance, Bedrosian, a physician, worked on her entries mostly after coming home from work.



Amanda Pollard, 7, enjoys playing with a large doll house display at the Altamont Fair. Doug Persons

Cub Scout registration scheduled

Cub Scout Pack 258 of Elsmere will hold sign-ups for new and current members on Tuesday, Sept. 12, from 7 to 7:30 p.m. at the Elsmere Elementary School on Delaware Avenue in Delmar.

Boys in grades one through five can register; no previous scouting experience is necessary.

Special events planned for the coming year include the Pinewood

Derby, Klondike Derby and Blue and Gold Breakfast.

For information, call Steve Riedel at 439-0281 or Rick Touchette at 756-8322.

*In Selkirk
The Spotlight is sold at
Andy's Subs, Bonfare,
Deli Plus, 3 Farms, and Stewarts*

Make-A-Wish looking for Monopoly players

Corporate sponsors are being sought for the sixth annual Make-A-Wish/Monopoly Tournament, scheduled on Thursday, Oct. 19, at the Colonie Country Club in Voorheesville.

Sponsored by the Greater Capital Association of Realtors, the tournament will benefit the Make-A-Wish Foundation, a non-profit organization that helps children with life-threatening illness.

The tournament is limited to 35 corporate-sponsored Monopoly tables, each with six competitors. Officials from Cohoes Savings Bank or Orange County Funding will serve as the game's bankers, while a local celebrity will be among the six players at each table.

Prizes will be awarded, and a special dinner buffet and compli-

mentary bar will be available to all participants.

For information, call the Greater Capital Association of Realtors at 489-5476.

King Brothers opens Slingerlands branch

King Brothers Builders, a full-line remodeling company, has relocated to offices at 60 Union Ave. in Slingerlands.

The company specializes in exterior and interior remodeling, including additions, basement conversions, bathrooms, decks, handicapped accessibility features, kitchens, roofing, siding and windows.

The company's phone number is 475-1442.

Investment seminar slated at library

A seminar on investment techniques will be offered on Thursday, Sept. 7, at 7 p.m. at the Bethlehem Public Library, 451 Delaware Ave., Delmar.

Bumper Wagoner of AIFG Consultants and Robert Ippolito of the Enterprise Group will discuss international investing and style opposites, strategies which can reduce portfolio risk and increase performance.

For information, call the library at 439-9314.

Local Navy recruit reports for carrier duty

Navy Airman Recruit Benjamin B. Slingerland, son of Don Slingerland of Slingerlands, recently reported for duty aboard the aircraft carrier USS George Washington, homeported in Norfolk, Va.

The 1991 graduate of Bethlehem Central High School joined the Navy in November 1994.

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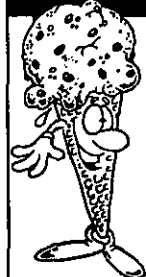
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The Wedding Ring: A Loving Tradition

The use of the wedding ring was first recorded in ancient Egypt. It was worn on the third finger of the left hand because that finger was believed to be connected by an artery to the heart. During the late Roman Empire, a young maiden would receive a gold engagement ring. The ring symbolized an everlasting love that would never tarnish, just like the metal from which it was made. In 1554, Queen Mary chose a "plain hoop of gold" for her marriage to Phillip of Spain, establishing the prestige of the simple gold wedding band. At that time, the wedding ring was worn on the third finger of the right hand in some cultures. And during the reign of Henry VIII, it was fashionable to wear a wedding ring on the thumb!



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**Saturday,
Aug. 26th**

from 9am - 3pm

The bag sale will take
place at 1:00pm

Church office - 439-1766

Women's groups to celebrate suffrage

Area women's organizations are planning a cruise along the Hudson River to celebrate the 75th anniversary of women's suffrage on Saturday, Aug. 26.

The cruise will be on *The Spirit of St. Joseph*. Participants will meet on Riverside Avenue in Rensselaer. Boarding begins at 1:30 p.m. The cruise will leave at 2 and return at 5 p.m.

The Rensselaer County Historical Society will have a special display set up relating to the local suffrage movement. The League of Women Voters will register voters on the dock before the cruise.

Everyone on the cruise is requested to wear white in honor of those who fought for women's suffrage. All those attending will be given a souvenir commemorative sash. There will also be a special raffle of items related to women's suffrage and the fight for political equality.

The cruise marks the 75th anniversary of the passage of the 19th Amendment, which gave women the right to vote, on Aug. 26, 1920.

The event is being sponsored by the Capital District Women's Political Caucus, the League of Women Voters, The Women's Building, Albany Area NOW, the Capital District Women's Bar Association and the State Street Business and Professional Women's Club.

Tickets for the cruise are \$25 for adults and \$10 for children ages 5 to 12. The price includes hors d'oeuvres, music and door prizes. For information, call 581-8334.

RISE info service available

Thanks to public radio station WMHT-FM in Schenectady, the library's media center now has a RISE radio receiver available for loan to patrons who cannot read print.

RISE is a closed-circuit, 24-hour-a-day, radio information service that makes printed materials accessible to the visually impaired and disabled. RISE programs cannot be picked up on a regular radio.



RISE listeners can tune in to hear specially trained volunteers read the *Times Union*, *Daily Gazette*, *Wall Street Journal* and *New York Times*, as well as best-selling books and current magazines. The library's receiver circulates for two weeks, free of charge. It is pre-tuned to the RISE signal.

Those who enjoy using the library's receiver can obtain their own personal RISE receiver free from WMHT. Receivers are provided by the generosity of a private foundation.

For information, call the media center at 439-9314.

The library is hosting several exhibits through Aug. 31. Delmar resident John O'Connor is presenting "Inner-Action," his second exhibit at the library. O'Connor, a

student of teacher and art therapist Colleen Kriss, has been studying art for two-and-a-half years. The 24 brightly-colored abstract works include watercolors and acrylics on canvas.

According to Michelle Brown, a friend who has helped the disabled artist mount his exhibits, O'Connor has difficulty communicating verbally, and uses art to express his feelings to others.

"John's work has shown much growth in the last year. His brush strokes are firmer and he has become a lot more self-assured," said Brown. O'Connor recently joined the Bethlehem Art Association and is hoping to do more exhibits.

Landscape painter Mike Gibbons, whose family lives locally, is displaying 19 oils in the foyer gallery.

Gibbons, a computer graphics designer by trade, works from field sketches and photographs. The works include remote Western locales, as well as scenes from Alaska to New England.

Shirley and Albert Schadow are presenting "America's Lighthouses," a display of photographs, memorabilia and lighthouse models built by Albert Schadow.

The 75th anniversary of the League of Women Voters is the subject of an informational display on the cork board.

The children's room thanks Bethlehem residents Judy and Doris Sagor, Shauna Peckham and Becky Marvin for loaning their collections to create this month's "International Dolls" exhibit.

Anna Jane Abaray

Support groups set to begin next month

Cindy Perlin, a certified social worker and biofeedback practitioner, will facilitate three health support groups in Delmar beginning in September.

A 10-week wellness support group will start up on Tuesday, Sept. 12, at 7 p.m. The group is designed for individuals with severe illness, stress or anxiety disorders, or for those who wish to improve their emotional and physical states of being. The group will focus on relaxation techniques, positive thinking, emotional ex-

pression, exercise and nutrition.

On Sept. 14, a 10-week pain management support group will begin for people experiencing chronic pain. The group will teach participants skills such as relaxation, self-hypnosis and visualization to help them cope. Individuals will also learn about potentially beneficial community resources.

Perlin will also lead an ongoing women's support group which will start on Thursday, Sept. 14, at 7:30 p.m. The group presents women with an opportunity for mutual problem-solving, support and friendship-building.

For information, call 439-6431.

Workshop to offer deck-building tips

John Kohler of the Cornell Cooperative Extension of Albany County will present a workshop on building a deck on Wednesday, Sept. 6, at 7 p.m. at the Bethlehem Public Library, 451 Delaware Ave., Delmar.

Kohler will cover site selection, materials, code and insurance requirements, tools, safety, step-by-step instructions and choosing a contractor.

The program is geared for both individuals who plan to do their own work and those who will hire a contractor.

For information, call the library at 439-9314.



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Folk dance group to cap concert series

Bobba Culpa, an international folk dance band, will perform at the Voorheesville Public Library at 51 School Road in Voorheesville today, Aug. 23, at 7 p.m.

The appearance will be the final performance in the library's 1995 Together at Twilight concert series.

Bobba Culpa plays folk dance music from around the world, with an emphasis on Eastern European

music. The group features authentic costumes and instruments, and sings songs in their original languages.

In addition to familiar instruments, the ensemble plays unusual ethnic instruments including the tambura (Bulgarian mandolin), kaval (end-blown flute), dumbek (Turkish drum) and tupan (large, double-headed drum).

For information, call the library at 765-2791.

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Celebrate summer with Bobba Culpa

Tonight is Bobba Culpa! The international folk dance band will appear at the library tonight, Aug. 23, at 7 p.m. as the final performers in the "Together at Twilight" concert series. As summer winds down, enjoy the open air evening of music with your friends and family.

Voorheesville Public Library



If you're a movie buff, join the gang at the Roald Dahl Film Fest, part of "Cool Kids' Cinema," on Thursday, Aug. 24. The animated short films from this master of wicked humor use original drawings by Quentin Blake.

The show begins at 2 p.m., with a total running time of approximately 95 minutes. Free popcorn will be available; don't forget to bring a drink. No sign-up is necessary.

The library's Summer Reading Club '95 made the history books by exceeding its goal of 3,600 hours. There were 336 participants in the club, plus 83 student guides who volunteered their time to help out.

Including the hours from the preschool summer Read-to-Me

Club, Voorheesville Public Library youngsters racked up 3,855 hours of reading time this summer. What an accomplishment! Special thanks to Stewart's Shops, the Altamont Fair and the National Association of Independent Record Distributors, who contributed items to the programs.

The Every Other Thursday Night Poets meet on Thursday, Aug. 24 at 7 p.m.

Barbara Vink

Park offers tours of Indian Ladder Trail

John Boyd Thacher State Park in New Scotland will offer tours of the Indian Ladder Trail every Sunday at 2 p.m. through Sept. 3.

Park naturalist Blayne Coryer will lead the tour down part of the Helderberg escarpment where sediments from the Paleozoic Era, underground streams, caves, waterfalls and fossils can be seen. He will also discuss the local history that surrounds the region.

The one-hour tours begin at the Indian Ladder trailhead near the parking lot by the main pool gate.

For information, call the park at 872-1237.

In Clarksville The Spotlight is sold at P.J.'s Mini Mart and Stewarts

Troop 73 planning B-day bash

Boy Scout Troop 73 will celebrate its 75th anniversary with a picnic in the Greenhouse area at Thacher Park on Saturday, Aug. 26, from noon to 6 p.m.

There will be games, special quests, and a chicken and ribs barbecue from Z's BBQ & Caterers.

The troop is also planning a short hike on the section of the Long Path that goes through Thacher Park.

The cost for the event is \$10 for adults and \$6.50 for children ages 12 and under. There is a \$3 park entrance fee.

For information, call Frank Wozniak at 765-4951.

Voorheesville Elementary welcomes new pupils

An orientation for new pupils entering grades one through six is set for Tuesday, Aug. 29, at 1 p.m. at Voorheesville Elementary School.

Pupils will watch a video, tour the school and make their own ice cream sundaes.

For information, contact the school office at 765-2332.

Kiwanis Club bash slated at Picard's Grove

The Kiwanis Club of New Scotland will hold its 45th anniversary celebration at Picard's Grove on Thursday, Aug. 31, starting at 5 p.m.

The event is open to all members of the community. A special invitation is extended to past members and anyone considering joining the club.

Tickets are \$20 per person. For information, call Dick Ramsey at 765-4225 or Jim Hladun at 765-4241.

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NEWS NOTES

Voorheesville
Elizabeth
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765-2813



Soccer clinics on for Kiwanis players

Two skill clinics will be held for children registered in the Kiwanis fall soccer program. The first clinic is set for Tuesday, Aug. 29, and the second is on Thursday, Aug. 31. Both will run from 5:30 to 7 p.m.

All players must wear shin guards. Cleats are not required. Players will be notified by their coaches about team practice times.

The fall soccer season runs from Sept. 5 through Oct. 13.

For information, call Kyle Schlappi at 765-9337 or Steve Conklin at 765-2386.

Deputies' picnic to benefit scholarship fund

The Albany County Sheriff's Union is planning a picnic for Sunday, Sept. 24, at 1 p.m. at John Boyd Thacher State Park in New Scotland.

The event will benefit the Sgt. Joseph Berben Memorial Scholarship Fund.

The picnic will feature performances by two bands, Yukon and The Refrigerators, and chances to win 24 door prizes. The grand prize will be a new Chevrolet Tahoe 4 x 4 or \$30,000 cash. Other prizes include a 1950 Dodge custom automobile, four one-week time shares on a yacht, and 18 cash prizes. The chances of winning a prize are one in 188.

The picnic is sponsored by WPYX-106 and several local businesses. Tickets, which cost \$25,

Open house announced

An open house for the Helderberg Workshop's fourth and final session will be Thursday, Aug. 24, from 6 to 8 p.m.

Community members are invited to attend.

V'ville trustees switch planners' meeting dates

The Voorheesville Village Board of Trustees recently changed the meeting day for the planning commission.

Meetings will move from their current slot on Tuesday evenings to the third Wednesday of every month at 7:30 p.m. at the village hall.

The board also appointed Ned Stanton of Oak Court to fill the planning commission seat vacated when Kevin Garrity was elected to the board of trustees.

may be purchased at participating businesses, including any Jiffy Lube location, the Albany Wal-Mart and The Scoreboard. Checks should be made out to the CAI Sheriff's Fund.

For information, call 438-8888.

Praying mantis to star in nature program

A family-oriented program on the praying mantis is scheduled on Saturday, Aug. 26, at 10 a.m. at the Five Rivers Environmental Education Center on Game Farm Road in Delmar.

The praying mantis is one of the larger insects common to this area. Other common insects found this time of year will also be discussed.

Participants should bring insect identification books if possible. For information, call Five Rivers at 475-0291.

Naturalists to search for wild woodpeckers

The Five Rivers Environmental Education Center on Game Farm Road in Delmar will offer a program on woodpeckers on Saturday, Sept. 2, at 2 p.m.

Center naturalists will discuss identification of several species of woodpeckers common to the Capital District, and lead participants on an outdoor walk looking for the birds in their natural habitat.

For information, call Five Rivers at 475-0291.

Vadney family to hold Feura Bush reunion

The Vadney family will hold a reunion on Sunday, Aug. 27, at the Feura Bush Park.

The family will take a driving tour of Feura Bush starting at 11 a.m.

For information, contact Norma Vadney Wally at 439-1702.



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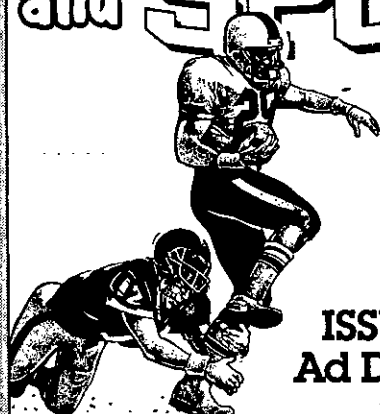
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A supplement to THE SPOTLIGHT, the COLONIE SPOTLIGHT and the LOUDONVILLE WEEKLY

Health Care '95

SPOTLIGHT NEWSPAPERS ILLUSTRATION BY JACK BRENT



10 IN SMOKE ...

Tips to help you kick the habit

By Jared H. Beck

For smokers looking to kick the habit, deciding on a cessation method is often their first challenge.

Techniques available to would-be quitters include group therapy and self-help sessions, cold turkey and tapering strategies.

Some programs make use of nicotine gum or the nicotine patch, others do not.

☐ **SMOKE/page 8**

Doctor thinks 'thin pill' may be cure for obesity

By Joshua Kagan

Comics and television shows frequently find a source of humor in the ever-present problem of losing weight. However, if the high hopes of researchers are realized, significant weight loss may become as simple as swallowing a pill.

Local doctors say there is reason to think that the seemingly magical "thin pill" that was shown to cause obese mice to become normal may become a reality for humans in the foreseeable future.

It would regulate weight almost regardless of what a person eats. We've been waiting for something like this for a long time.

Dr. Stuart Erner

"If the companies can successfully identify compounds that will only affect fat cells, that would be the miracle 'thin pill,'" said Dr. Stuart Erner, an internist who specializes in weight disorders. "It would regulate weight almost regardless of what a person eats. We've been waiting for something like this for a long time."

However, Erner said, the current version of the drug affects cells in the cardiovascular system in addition to fat cells, which could damage the cardiovascular sys-



Area physician Dr. Stuart Erner estimates that the much-touted "thin pill" won't be widely available for at least 10 years. *Doug Persons*

tem. Researchers must find a chemical that only affects fat cells in order for the pill to be entirely safe.

He said developers of the pill would run many detailed tests to ensure it has no adverse side effects.

This is especially important in this case because, "It would be perhaps the most widely used medicine in the history of the pharmaceutical companies," Erner

said. He said he knew of no such tests in the Capital District.

Erner estimated that it would be 10 to 20 years before the pill goes on the open market. Even when it does, not everyone will be able to obtain it. This would guard against people becoming too thin to be healthy.

"It's going to have to be very judiciously prescribed," said Erner. "The way I see it being used, it will only be for people who are clinically obese."

Clinically obese people are 20 percent heavier than their ideal weight. The thin pill would be "extremely valuable" to such patients because, Erner said, current treatments do not consistently result in success for the clinically obese.

For those who want only to lose 10 or 20 pounds, the familiar mantra of exercise and a healthy diet will most likely be the prescription, so the comics and sitcoms will still have material.

"People who want to lose 20 pounds or so won't get the pill," Erner said. "They'll be told to exercise and to eat better."

Even those on the pill will be encouraged to eat well and work out often. Fatty foods and a lack of exercise will still lead to other health problems, such as heart disease, despite the thin pill.

"We're not going to change our dietary recommendations," the

doctor said.

He said it was not clear how well people would be able to keep off weight lost with the help of the thin pill. He said he thought some would be able to keep off the weight without the pill, while some would continue to use it.

Book offers new thoughts on dieting middle ground

The pressure to diet and be thin in America is intense. Thin, beautiful supermodels always have been featured on runways, on television, and in magazines, but what's astounding is the growing weight-loss industry. For whatever reasons, more and more people seem to be affected by the desire to be thin; the \$30 billion-a-year diet industry offers strong evidence for this.

Two nutritional therapists, Evelyn Tribole and Elyse Resch, have re-thought the strategies of weight loss. Their new book, "Intuitive Eating: A Recovery Book for the Chronic Dieter" (St. Martin's Press), speaks more to individuals not satisfied with the results of their diet plan. It is also revolutionary — it aims to bridge the gap and seek middle ground between the anti-dieting movement, which contends that dieting doesn't work, and the medical weight-loss community, which disagrees with that rationale.

While the anti-dieting movement shuns dieting and hails body acceptance, it may fail to address the health risks of obesity and eating. Tribole and Resch were faced with the problem of somehow reconciling forbidden-food issues with eating healthfully — while not dieting.

If you are weary of dieting, yet terrified of eating, the methods and solutions prescribed in "Intuitive Eating" may be right for you. It "provides a new way of eating that is ultimately struggle-free and healthy for your mind and body," write Tribole and Resch. They offer "a process that unleashes the shackles of dieting... It means getting back to your roots — trusting your body and its signals."

Tribole and Resch believe that the chronic dieter of the 1990s has lost touch with his or her own body by not listening to its signals. When you were a child, for example, you intuitively ate when you were hungry and stopped when you were full. In many respects, this book helps you rediscover the basic necessity of eating — to nourish the body. Yet, to be realistic, you are not told to reject the pleasures that food can bring. Part of learning how to "honor" your hunger and your fullness is to rediscover the delights of food.

"Intuitive Eating" offers a new way of eating without guilt. You are told, in a sense, to make peace with food and that your body has its own natural weight, which is often lighter than you are at the moment, but not necessarily the supermodel dimensions that advertisers portray as paragons of health, happiness and beauty.

According to Tribole and Resch, diets sometimes fail, because they are all about rules and restrictions. An eating binge, for example, actually can turn out to be a great experience from what one learns about his or her thoughts and feelings as a result of the binge.



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Conditioning still key to avoid injuries

By Tom Murnane

As high school and elementary school sports become increasingly competitive, young athletes often push their bodies without proper conditioning.

And when that happens, say experts, injuries are bound to occur.

Now, more schools are offering athletic screening clinics to help kids minimize their chances of

being injured as their bodies continue to develop.

"One of the most common problems physical therapists see with athletes, particularly the younger ones, is a lack of preparatory work before they hit the soccer or football fields," said Rick Leva, a physical therapist with Sports Therapy of Albany, a clinic located on Executive Park Drive behind Stuyvesant Plaza.

Leva and his colleagues each year travel to Bethlehem Central High School and Christian Brothers Academy in Albany to help coaches evaluate the condition of their athletes.

"Kids are evaluated for flexibility and strength," said Leva, "and if we come across any deficiencies, we let them know. Some kids will tell our trainers things that they might not tell their parents, and

that's why, as sports get more competitive, you're seeing clinics like ours get more emphasis."

The problem with most kids, he added, is that they want to go out and play right away without stretching and warming up properly. And when they do stretch, usually it's not long enough. Athletes should take up to 15 to 30 seconds per stretch instead of just a couple of seconds, Leva said.

"The good thing is that more people are becoming aware of the need to stretch, but whether they do that is another story. Usually, when we see someone in our office, it's to help them deal with an injury after the fact."

Conditioning is crucial for helping kids avoid injuries, said Suzanne Aberdale, a Latham physical therapist and athletic trainer who works with physical therapist Thomas Nicolla, who has offices throughout the Capital District.

Aberdale helps administer a free clinic at Shaker High School each year featuring an orthopedic surgeon to answer questions. She agrees that screening clinics are one of the best ways to evaluate the condition of young athletes.

"We look at a person's whole body and assess it, and if a person has a problem, we make recommendations to correct the problem," said Aberdale, who also works with several Shaker teams throughout the year.

The only problem with screening clinics, Aberdale said, is that while some coaches have accepted their benefits, other coaches "are more close-minded."

"It depends on who you're dealing with, and there are some coaches that just are not open to new ideas," she said.

Tips for pain-free running, walking

Are you getting ready to cut loose those sedentary habits? If you've decided to run or jog away those blues, be careful not to risk triggering an aching back.

When you start your running program, do so with care, warns the International Chiropractors Association. Safe-running guidelines developed by ICA's Sports and Fitness Council include:

- Wear a running shoe with ample heel padding. Your lower back takes a pounding from running. Each heel hits the ground about 1,500 times a mile, adding potential stress to your lower back.

- Run on surfaces that "give." Give preference to grass, pathways and dirt roads. If you run on pavement or asphalt, use shoes constructed for hard surfaces.

- Alternate sides of the road. Running on one side continually may cause imbalance in the muscles of the lower back because the grade of the road or pavement may slope at the edges. If the tightness persists, stop and bend your body to the side. Try to touch the side of your knee with your hand.

- Stretch for at least five minutes before and five minutes after running. If you are a "weekend-only" runner, you may need to stretch longer. Stretch both leg and lower back muscles. Jog in place lightly for a few minutes first, because stretching "cold" may cause microtears in the muscles.

- Watch the mileage. Do not overdo. Listen to your body. If back pain occurs, cut back immediately.

- Avoid hills. With gravity pulling you on a downgrade, your normal three foot stride becomes five feet. To compensate for gravity and the longer stride, the body often leans backwards to maintain balance.



Physical therapist Rick Leva, right, works on strength and flexibility training with Larry Goble of Ballston Spa at Sports Therapy of Albany. As youth sports become more competitive, conditioning has become even more important in the prevention of injuries.

Doug Persons

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New book says vitamins and antioxidants can stop aging

More study needed on role of vitamins in health

By Dev Tobin

Can a fistful of vitamins and minerals, along with a low-fat diet and moderate exercise, be the modern-day Fountain of Youth?

According to a new best-selling book by medical writer Jean Carper, with the arresting title "Stop Aging Now," certain vitamins and minerals provide antioxidants that are vital in fighting free radicals, which she identifies as Public Enemy No. 1 in the aging process.

The book debuted last week at No. 3 on the New York Times best-seller list in the "Advice, How-to and Miscellaneous" category.

In the book, Carper advocates a multivitamin, vitamins C and E, beta carotene, chromium, calcium, zinc, selenium, magnesium and coenzyme Q-10. Aside from supplements, Carper recommends getting antioxidants from a low-fat diet with lots of fresh fruits and vegetables, salt-water fish, garlic and tea.

Local medical professionals and vitamin store owners agree that much of Carper's advice make common sense.

According to Dr. Barbara Kapuscinska, medical director of coronary prevention for Albany Associates in Cardiology in Colonie, antioxidants are helpful in lowering the "bad" LDL cholesterol, thereby reducing the risk of coronary heart disease, the nation's No. 1 health problem.

Studies have shown that taking higher amounts of vitamins C, E and beta carotene can produce a "significant" heart disease risk reduction of about 30 percent, said Kapuscinska, who also has a Ph.D. in biochemistry.

The LDL cholesterol becomes dangerous only after it's been "oxygenated," she explained, and antioxidants naturally interfere with the oxygenation process in the blood.

More study is generally needed on vitamins, but pharmaceutical

companies are generally unwilling to underwrite such studies because vitamins cannot be patented, she said.

Kapuscinska noted that double-blind scientific studies have not been performed on the beneficial effects of magnesium or coenzyme Q-10.

Low levels of magnesium have been related to a greater risk of arrhythmia (irregular heart beat), but whether magnesium supplements can prevent arrhythmia is not clear, she said.

Kapuscinska also said that there have been few studies done the effects of coenzyme Q-10. "If it were that good, wouldn't it be better known in the medical literature?" she said.

Kapuscinska noted that one of the most important findings in heart disease research, the preventive value of an aspirin a day, has been backed up by the kind of solid, double-blind studies that are lacking for some of the vitamin

and mineral supplements.

Overall, Kapuscinska said that Carper's recommendations "probably don't hurt."

The antioxidant revolution has also reached local vitamin stores.

"I do believe in taking antioxidants as one of the easiest and most important ways to maintain health," said Karen Monroe, owner of The Essential Food Store in Latham.

According to Monroe, coenzyme Q-10, while relatively unknown in this country, has been very popular in Japan for many

years. Coenzyme Q-10 may be a more powerful antioxidant than the more well-known vitamin E, which it resembles, she said.

Some studies have shown that the enzyme may help increase the effectiveness of the immune system, Monroe added.

Monroe said she has several customers who "buy it religiously," despite its relatively high cost (\$22.95 for 50 30-milligram pills).

Monroe also noted that studies show that minerals like zinc and selenium "are a lot more important in the diet than thought before."

Brochure details fitness for life

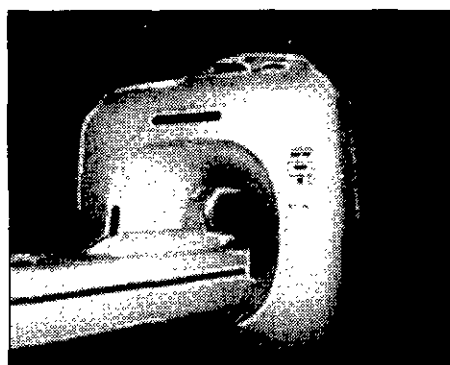
The National Cancer Institute urges eating five servings of fruits and vegetables a day for better health. In order to start yourself on the path to good health, Sunkist published "Fit for Life With Fresh Fitness," by Dr. Jack Wilmore.

This brochure provides the perfect introduction to healthier ways of living. Total fitness, the author says, is not only based on exercise and diet, but it also means eliminating cigarettes, moderating alcohol and caffeine intake, getting sufficient rest, and coping with stress.

Physical fitness describes optimal levels of strength, flexibility, aerobic endurance and body composition. The definition of optimal varies with each person, depending on sex, age and fitness goals. "Fit for Life" offers tips and advice for individual optimal physical and total fitness.

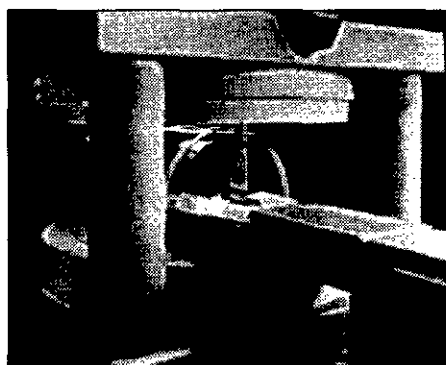
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Herb cures tap ancient understanding of medicine

By Mel Hyman

The use of herbs for medicinal purposes is nothing new to the '90s.

It goes back centuries, says Bill Creighton, owner of Paradise Natural Foods on Western Avenue in Guilderland. "They were used by the ancient Chinese, the Egyptians and the Greeks. In fact, one of the most popular herbs, echinacea, was grown by the American Indians in the Central Plains states. They used to eat the plants raw."

Herbs like echinacea, which some studies have shown helps boost the immune system, are increasingly being sought out by people looking for alternatives to modern medicine, Creighton said.

"(Consumers) are a lot more knowledgeable now," he said. "They're willing to experiment, and most times they know what they want before they come in the store."

Many of the pharmaceutical drugs people consume already have herbs in their formulas, Creighton noted, such as valium, which relies heavily on the herb valerian.

Valerian root, as well as chamomile, are both well-known calming agents, he explained. "They can be used for sleeping or when you just need to calm down."

The herb saw palmetto may be

beneficial for the prostate gland, and fenugreek has been known to help break up bronchial congestion.

"We have more than 350 herbs in our store," Creighton said. "We have the largest selection in the Capital Region."

The herbs are stored in glass jars to retain freshness, and they're sold by the ounce. But there are also a wide variety of tea bags available for those who don't have the time to brew loose tea.

Judi Woodin, proprietor of the Delmar Health Hut, has seen the interest in her herbs section grow every year since she opened her Delaware Avenue store in 1980.

"Not on a grandiose scale," she said, "but it's been steadily increasing. Echinacea is probably our biggest seller."

It comes in bulk form, but is also available in tea bags and tinctures. Herbs transformed into tinctures pack the most wallop, and should be used according to the directions on the bottle.

Another popular herb these days, Woodin said, is ginger root. It's especially popular this time of year when people travel because it's believed to help with motion sickness.

"If you're going on a car trip or a whale watch, or even if you're



Judi Woodin, owner of the Delmar Health Hut, has seen the herbs section of her store grow in popularity.

Doug Persons

flying, you can get some relief from ginger root," she said, without having to put up with the "side effects of some pharmaceuticals."

There are literally hundreds of herbs that are said to aid the human body, whether it's healthy or in a weakened condition. And most health food stores, such as the Honest Weight Food Co-op in Albany, stock books and manuals on exactly what herbs help what ailments.

"We sell a lot of bulk herbs and we do a lot with extracts (tinctures), too," said Josh Rosenblum, a manager at the Honest Weight Co-op. "We pay a lot of attention to quality issues, such as whether the herbs are organically grown."

Herbs "are a major drawing card for us," he said. "There's a lot of interest now in herbs that help the body resist disease."

Goldenseal is an herb many people seek out for colds because it can sometimes help you get over it, Rosenblum said.

The other main use of herbs is as a tonic, he added. Herbs like ginseng and ephedra are said to be energy boosters, although people should be careful not to

"self-medicate" or take a quantity of herbs blindly.

"If you have any questions after reading up on herbs, you should consult an herbalist," Rosenblum said. Herbs can be potent, especially in the extract form, and "there's no substitute for knowing how to use them wisely."

An ounce of prevention ...

In recent years, there has been a growing interest in complementary medicine, which embraces alternative therapies in conjunction with, rather than as a substitute for, conventional medicine. While people understand the value of conventional (orthodox) medicine, they are beginning to discover its limitations.

The strength of conventional medicine is in acute crisis care, diagnostic evaluations and technical surgeries. However, some people believe that treating the symptoms to make them disappear is not enough. They expect the underlying cause of the symptoms to be accurately identified and corrected.

Just as doctors and patients have made connections between diet, exercise and good health, they also are learning that lifestyle, temperament, relationships and the entire outlook on life all contribute to one's overall health.

Not too long ago, complementary practitioners, like homeopaths, massage therapists, chiropractors, herbalists and acupuncturists were not taken seriously. Now, as people become better informed and more responsible for their own well-being, they are seeking alternative means of staying healthy and treating health problems, especially the treatment and management of chronic disease — the strength of alternative treatments.

"The Complete Home Healer" (HarperCollins), by Angela Smyth, attempts to guide people through more than 300 of the most common health problems with a variety of treatments. Each illness en-

try has a varied range of preventative measures and complementary treatments. "My aim has been to bring together much of this varied and often conflicting information in an easy-to-use reference book," writes Smyth.

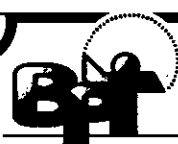
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Seniors can still eat out — despite special diets

By Denise Kolankowski

Dining out can be a major chore for the health-conscious, but it can be particularly difficult for seniors trying to stay fit. What do you do when that "special diet" your doctor prescribes leaves you staring at the menu, wondering what's safe and what's not?

How do you identify low-fat foods or those low in cholesterol, low in sodium, or safe for diabetics? Gone are the days when the options were a juicy steak with a baked potato slathered in butter and sour cream — and don't forget the three-scoop hot fudge sundae with whipped cream and nuts.

Nothing is more important than a lifetime of proper nutrition. And senior citizens must pay special attention to nutrition, because their needs are unique.

As we age, physical changes take place that can lead to poor eating habits. For instance, decreased senses of taste and smell may result in excessive salt and sugar consumption. Poor teeth and gums often result in eating only easy-to-chew, nutritionally deficient foods. Reduced saliva production makes swallowing difficult, so elderly people may skip meals.

"Digestion also becomes more difficult as individuals age," says Dr. Richard Levine, attending physician at MercyCare's Our Lady of Mercy Life Center in Guilderland. "Changes in the intestinal tract may cause reduced absorption of important nutrients, including proteins, carbohydrates, fats, vitamins and minerals."

"Illness, increased use of medications, depression and loneliness further contribute to nutritional deficiencies in the elderly," he adds. "When we consider all the physiological and lifestyle changes

that occur in one's later years, it's clear that seniors have numerous special dietary requirements."

The Public Health Service of the Department of Health and Human Services, together with the U.S. Department of Agriculture, has created a set of dietary guidelines for Americans which address the relationship between diet and chronic diseases.

Revised in 1988, the guidelines are easily adapted to the dietary requirements of older citizens, even when dining out. Along with using fats, oils and sweets sparingly, the guidelines include these tips:

- **Eat a variety of foods.** Seniors must eat a variety of foods to ensure a balanced nutritional intake. In 1992, the USDA developed the food guide pyramid, which provides an outline of what to eat each day from the five different food groups.

The pyramid emphasizes a daily number of servings from each of the food groups: bread, cereal, rice and pasta (six to 11 servings); vegetables (three to five servings); fruits (two to four servings); milk, yogurt and cheese (two to three servings); and meat, poultry, fish, dry beans, eggs and nuts (two to three servings).

According to Levine, "Fulfilling the serving requirements is easy when you eat out. There are revisions and substitutions for virtually every food item."

For example, one serving from the bread, cereal, rice and pasta group is as little as one slice of bread, one ounce of ready-to-eat cereal, half a cup of cooked rice or pasta, half a hamburger roll, bagel or English muffin, or three to four small crackers. When you eat out, order whole grain, enriched breads or cereals, muffins, bagels

or tortillas, or enriched pasta, rice, grits or noodles. When possible, avoid ordering snack chips or crackers, sweetened cereals, or pancakes, doughnuts and biscuits.

You can fill one serving from the vegetable group with one cup of raw, leafy vegetables, a half cup of cooked vegetables, or three-quarters of a cup of vegetable juice.

When you eat away from home, order fresh, frozen, canned, baked or boiled potatoes and dark green or deep yellow vegetables. Avoid deep-fried vegetables, chips, pickled vegetables, and highly salted vegetables or juices.

One medium-sized piece of fruit, a half cup of chopped, cooked or canned fruit, or three-quarters of a cup of fruit juice equal one serving from the fruit group.

When you dine out, try to order unsweetened fruits or juices. Avoid sweetened fruits and juices, coconuts and avocados, which are higher in fat and sugar.

The milk, yogurt and cheese group requires only one cup of milk or yogurt, one and one-half ounces of natural cheese, or two ounces of processed cheese to equal one serving.

When you visit a restaurant, select low-fat or skim milk, low-fat cheeses, and low-fat yogurt. Avoid cheese, yogurt and ice cream that contain whole milk.

One serving in the meat, poultry, fish, dry beans, eggs and nuts group is as little as two to three ounces of cooked lean meat, poultry or fish, or a half cup of cooked dry beans, one egg or two tablespoons of peanut butter.

When you eat out, order poultry without the skin, low-fat cheeses (such as cottage cheese or part-skim mozzarella), peanut butter, or dry beans and peas.

Avoid fried or fatty meats and fish, fried poultry or poultry with skin, high-fat cheeses (such as cheddar and processed cheeses), eggs (try to eat no more than three eggs per week) and nuts.

- **Maintain desirable weight.** Weight is directly related to diet and health. According to the 1988 Surgeon General's Report on Nutrition and Health, older Americans should maintain their desirable body weight by eating well and exercising appropriately. Seniors can do this by adhering to the food guide pyramid and remaining physically active as long as possible.

- **Avoid too much fat, saturated fat and cholesterol.** When eating out, order meat, fish, poultry and legumes. They're good sources of protein with low fat content.

Food preparation is another key to avoiding fats. Look for foods that are steamed, broiled, poached or boiled. Avoid foods that are deep fried or breaded. If the menu doesn't tell you how foods are prepared, you can always ask your server.

If you're looking for healthy meat substitutes, dry beans and peas are delicious choices that contain no cholesterol and very little fat.

Avoid ordering foods that contain avocados, butter or lard, margarine made from hydrogenated or saturated fats, coconut or palm oil, hydrogenated vegetable shortening, olives, bacon, meat fat/drippings, gravy and sauces. If you can't turn down the gravy and sauces, request them on the side so you can more easily control the amount you eat.

- **Eat foods with adequate starch and fiber.** Because your body needs carbohydrates for en-

ergy, it's particularly important to increase your starch and fiber intake if you've reduced fat and sugar in your diet.

Fresh garden salads, baked potatoes, fruit platters, whole grain rice, bread, cereal and pasta are all good choices when eating out.

Dressings, butter, margarine, sauces and toppings should be ordered on the side, if you must have them.

- **Avoid too much sugar.** Excessive sugar consumption can be deadly to a diabetic. Contrary to popular belief, sugar does not cause diabetes. However, it does cause tooth decay, has no nutritional value, and is packed with calories.

When ordering dessert, select fresh fruits or fruits processed without syrup or served with light, rather than heavy, syrup.

Order desserts that are lightly sweetened and contain only moderate fat, such as puddings made from skim milk, angel food cake, and fruit-based desserts.

- **Avoid too much sodium.** According to the U.S. Department of Agriculture and the U.S. Department of Health and Human Services, high blood pressure among those with low sodium consumption is rare.

When people with high blood pressure restrict their sodium intake, their blood pressure usually falls. Unfortunately, much of the sodium we eat is hidden, but there are certain food choices you can make to avoid excessive sodium consumption.

Order foods that are seasoned with herbs, spices and lemon juice. Avoid fast food restaurants because most of their food is loaded with sodium.

Be aware of the following high-sodium foods when you eat out: salted potato chips, pretzels, nuts and popcorn; condiments, including soy sauce and steak sauce; cheese, pickled foods, and cured meats and cold cuts.

Although the guidelines suggested here are a good starting point for older adults, Levine stresses that regular check-ups with a doctor are still important.

"Even though good eating habits are basic to good health and vitality, it is important to remember that lifestyle, heredity and environment also play important roles," he says.

(Denise Kolankowski is the chief dietician at Our Lady of Mercy Life Center in Guilderland.)

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Reducing stress is foundation for good health

By Cindy Perlin, C.S.W.

Exercising and eating right are not the only components of a healthy lifestyle.

Stress is now thought to contribute to as many as 90 percent of visits to primary care physicians, and doctors say that managing stress is an important part of achieving optimum health.

However, before we can manage stress, we must have an accurate understanding of what it is.

Many people think of stress as the external circumstances in their lives that cause them distress. Technically speaking, this is incorrect.

External events are "stressors." "Stress" is a physiological response of the body to a threat to its survival, also known as the "fight or flight" response.

The problem is that our bodies are rather primitively "wired." Although our lives have changed since prehistoric times, the way our bodies respond is still the same. When we experience something that we interpret as a threat, our bodies respond as if to an immediate physical danger, such as a tiger chasing us. As a result, our bodies prepare to fight off or flee a physical threat, even though the danger may be emotional.

Special music soothes stress

Is the urban jungle making you tight as a drum? Is your heart running its own minimarathon? Are you counting memos, instead of sheep, to fall asleep at night?

You're not alone. Millions of Americans are riddled with stress, which, after a while, can chip away at quality of life. To lighten the strain of everyday stress, people try different approaches, including physical (exercise) or mental (painting or listening to music).

Psychoacoustics, the scientific study of how music affects people, has been shown to have a profound effect on reducing stress. Using the tenets of psychoacoustics, musical compositions can be scientifically altered to elicit beneficial responses from listeners.

"Or, to put it simply, music can soothe the savage beast inside you," says musician Michel Bayan, who has studied the effects of sound in reducing stress.

Out of Bayan's research came a system of music, called Collage, that has been clinically tested and proven effective in reducing stress, anxiety and depression.

In addition to helping reduce day-to-day stress, the Collage musical compositions are widely used in doctors' offices and hospitals to help diminish patient stress, as well as by professional athletes before games.

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Cindy Perlin

Changes in our bodies that occur under stress include: increased blood pressure and heart rate; withdrawal of circulation from the hands and feet and concentration of blood flow in the heart, lungs and brain; increased respiration rate; increased blood sugar levels; and increased muscle tension. All these changes are designed to prepare the body for vigorous physical activity.

In addition, there is a suppression of bodily functions that are not immediately necessary to preserve our lives at that moment, including digestion, immune system activity and replacement and repair of bodily tissues, so that all of the body's awareness and energy can be focused on surviving

the immediate danger.

Long-term effects of stress

The body's physiological changes can give us extraordinary strength to meet difficult physical challenges. The problem arises, however, when we experience chronic threats to our survival that we can't fight or flee. If we remain in the stress response, the physiological changes become relatively permanent, exhausting us physiologically and emotionally.

Chronic stress can lead to high blood pressure, chronic pain due to muscle tension and fatigue, increased susceptibility to infection, asthma, Raynaud's Syndrome, difficulty healing from injury, digestive disorders, difficulty controlling blood sugar levels in diabetics, anxiety, depression and many other problems.

How to reduce stress

One way to turn off the physiology of stress is through relaxation. Some relaxation techniques work directly with the physiology of stress, such as learning to relax the muscles or breathe more slowly and deeply. Exercise can also reduce the physiology of stress. Since the body is geared up for vigorous physical effort, exercise is a natural way to reduce that tension.

Some relaxation techniques work on a cognitive (thought) level, since it is our mental reaction to what is happening that trig-

gers the physiology of stress. Other techniques include those that quiet the mind, such as meditation, and replacing worries or anxiety with positive thoughts and images.

Interrupting the stress response at any of these levels will cause the body to go into the relaxation response, with corresponding positive physiological and emotional changes.

Learning relaxation techniques is relatively simple. Mastering these techniques requires commitment and practice, much like an exercise fitness program.

Most of us have forgotten how to deeply relax, and we must relearn this skill. It can be helpful to get coaching in these techniques from a trained professional through individual counseling or a group stress management program. Biofeedback, which provides direct, immediate information about relaxation during practice, can be of significant benefit in learning relaxation skills.

You can get started on your own by trying the following relaxation technique whenever you are feeling stressed:

1. Take a deep breath and let it out in a sigh. This slows and deep-

ens your breathing.

2. Focus your attention on your breath.

3. On the inhalation, think the word "relax."

4. On the exhalation, think the words "let go."

5. Continue to focus on your breathing, inhale "relax," exhale "let go," and if your mind wanders, bring it back to the breath.

6. This can be done for any length of time. Five minutes can make a significant difference in your stress level. For best results, 20 minutes twice a day is recommended.

Note: Do not feel guilty when your mind wanders — that is the nature of the mind. You are training your mind in this exercise, so just gently bring your attention back to the breath as soon as you notice your mind has wandered. Do not try to change the breath, which can create tension. Just watch the breath going in and out of your body. This technique can be done with the eyes open or closed, but is easiest when done with the eyes closed.

(Editor's note: Cindy Perlin is a certified social worker and certified biofeedback practitioner in private practice in Delmar.)



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Smoke

(From Page 1)

Although none of these methods has emerged as the one preferred by professionals, according to Ken Scallon of the American Lung Association, the success of a particular strategy may depend on the personality of the smoker attempting to quit.

"Strong personalities can benefit from self-help programs while others need peer pressure," said Scallon, managing director of program services for the ALA's state office and a former smoker himself. The association offers self-help manuals and a relaxation tape for \$23. Group therapy courses cost \$70 for 10 sessions.

Whether they involve self-help or groups, cessation programs have many common elements, noted Lorraine Wallace, Community Health Plan health educator for Massachusetts. "The person has to be motivated," she said.

According to Scallon, programs provide motivation by dispelling myths about tobacco use, exploring the reasons for smoking, and finding substitutes to take the place of cigarettes. "Participants start off our classes by physically dumping their cigarettes and lighter in the wastebasket. It's symbolic but it does help," Scallon said.

While the scientific evidence linking smoking to lung cancer, emphysema, heart disease and other medical problems is clear-cut enough, individuals may use a number of excuses to justify lighting up. One is the notion that quitting smoking results in substantial weight gain.

"Studies show that only some people put on weight after quitting, and then it's only on average from 3 to 5 pounds," said Scallon. Other popular myths maintain that quitting is too difficult, or that it won't do any good after a certain age. However, ALA literature stresses that more than 40 million Americans have stopped smoking, and doing so after any number of years almost always proves beneficial to the body.

Some misconceptions and excuses are heavily favored by teenage tobaccophiles. "One thing that must be addressed is that young people don't envision their own mortality. They seem to think that cures will be developed within their lifetime, so they don't have to worry about quitting," Scallon said. "We have to show them the devastation it has on their bodies."

Cessation classes targeted at teens also take a hard look at advertising ploys. "They (teens) need

Passive smoking can cause health problems for kids

Even if you don't light up that cigarette and inhale, you can still suffer from the effects of smoking.

Secondhand smoke is the mixture of smoke given off at the burning end of a cigarette, cigar or pipe and the smoke exhaled from the lungs of smokers. This smoke contains more than 4,000 substances, and at least 40 are known to cause cancer. According to the U.S. Environmental Protection Agency, exposure to secondhand smoke, which is also known as involuntary or passive smoking, causes approximately 3,000 lung cancer deaths in nonsmokers each year.

Secondhand smoke has been classified by the EPA as a known cause of lung cancer. Because it irritates lungs, passive smokers can experience coughing, excess phlegm, chest discomfort and reduced lung functions, and studies have linked exposure to secondhand smoke with chest pain.

Passive smoking poses a huge health risk for children, especially those younger than 18 months. These children have an increased risk of lower respiratory tract infections, like pneumonia and bronchitis. They are also vulnerable to respiratory irritation, coughing, wheezing and middle-ear fluid buildup.

The EPA has estimated that passive smoke causes 150,000 to 300,000 lower respiratory infections in infants annually. Between 7,500 and 15,000 of these youngsters require hospitalization.

Doctors recommend the following tips to protect children from passive smoke:

- Don't smoke or permit others to do so around your children. Go outside and light up.
- Keep your home smoke-free. Smoke lingers in the air, and can affect people even if they aren't present when you smoke.
- If you must smoke indoors, limit smoking to a room that has windows to open for cross-ventilation.
- Don't smoke in the car with the windows closed. The concentration of smoke increases the exposure for others.

For information on secondhand smoke, contact the U.S. Environmental Protection Agency Indoor Air Quality Information Clearinghouse at 1-800-438-4318.

to think about advertising and the messages it relays," said Scallon. "What does it really mean?"

Self-analysis can help facilitate cessation as well. "Tracking smoking patterns is a key part of our classes," Wallace said. For example, if individuals find that they use cigarettes for tactile or oral stimulation, then appropriate substitutes such as rubber bands worn around the wrist or chewing gum may be employed. Individuals may also be able to identify environmental or stress-related triggers that entice them to light up.

Analysis of the financial impact of smoking can also provide the impetus to stamp out the cigarette habit. The ALA estimates a one-pack-a-day habit costs around \$500 per year. "It's a very powerful motivator," Scallon said. "We ask smokers what else they could be doing with their money."

Relatively new products like nicotine gum and nicotine patches are available by prescription to help ease the often-painful transition. According to Scallon, the effectiveness of these products depends on whether they're used in conjunction with formal programs like those conducted by the ALA. "I've seen a lot of people who used the patch without a program and six to nine months later they were back on smoking," he said.

Those who fail to quit shouldn't be discouraged, however. Research shows that, on average, it takes five to eight attempts before success is attained. Also, Scallon said, "Those who have the real, immediate support of a relative or friend stand a better chance."

For information on smoking cessation programs, call the American Lung Association at 459-4197 or the Community Health Plan at 783-3110.

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Professional offers advice for nutritional know-how

Making the right choices about the foods that you eat can be difficult and confusing. You often may hear conflicting advice or may be confused by the information provided in advertisements and the realities brought to bear by doctors and nutritionists.

Here are some commonly asked questions on nutrition, with answers provided by Karen Collins, M.S., R.D., of the American Institute for Cancer Research:

Q: Are the dates stamped on packages in the grocery store deadlines for selling or using that food?

A: Both types of datemarking are used. Foods that can sit on the shelf a long time without spoiling, like cereal or crackers, are often stamped for about a year from the current time, meaning that the food will keep its best taste and texture if it is used by that date; the food would still be safe to eat after that, however.

Foods that safely last a shorter time tend to be stamped with dates by which they should be sold. The length of time after this date that a food is likely to be safe to eat varies: Milk and yogurt generally last a week beyond the "sell by" date; chicken and ground meat can last just two days in the refrigerator (longer in the freezer); solid cuts of meat last up to five days; eggs last about three weeks.

Q: Are the green- and orange-colored pastas more nutritious

than regular white pasta, since they are made with vegetables?

A: No. So little spinach is used to make green pasta and tomatoes to make orange pasta that there is no nutritional difference between colored and white pasta. All pasta is a nutritious source of energy and vitamins, but more vegetables should come from hearty servings with your pasta, not from counting on the little bits added to these colored varieties.

Q: What is the difference between green tea and regular tea?

A: The same plant produces both green tea and black tea. Black tea includes the common Western brands of "regular" orange pekoe tea and English breakfast tea. In producing black tea, the leaves are broken and exposed to air, which produces a milder taste.

Nutritionally, green tea is receiving more attention, since research suggests that it may have substances, called "polyphenols," that help prevent cancer development, according to the American Institute for Cancer Research. Black tea seems to offer less of these potential benefits, because its polyphenols are changed during processing of the leaves.

Q: How much bran would I need each day to be sure I'm getting

enough fiber?

A: Experts recommend that, each day, people eat from 20 to 35 grams of fiber. However, that fiber should come from a variety of sources, because different types of fiber have different effects, ranging from improving intestinal function and lowering risk of colon cancer to improving blood cholesterol.

Concentrate on getting several servings of whole-grain products, like whole-wheat bread and cereal or brown rice, as well as other grain products, and five servings of fruits and vegetables each day. This should bring you close to or within the recommended range of dietary fiber, while also providing a variety of nutrients that are equally important. Small amounts of bran and dried beans or peas, like kidney or garbanzo beans and lentils, can then boost fiber even further.

Q: I keep hearing that it's best to use lean meats. Besides chicken and fish, what meats are considered lean, and how do I prepare them?

A: Skinless poultry and fish are lean, but some cuts of red meat are not much higher in fat. Look for cuts that do not have much fat marbling throughout the meat.

These include beef top or bottom round, eye of round, sirloin, tenderloin, top loin and top steak. In addition, pork loin (chops or roast), tenderloin and leg (fresh ham) are quite lean. Cook these meats in ways that keep them moist and tender: stir-fry, braise (cooking with a small amount of liquid) or broil (except beef bottom round that isn't marinated). These cuts get extra flavor and tenderness when marinated from 20 minutes to a few hours in a mixture of vinegar, wine or a citrus juice and some flavorings.

Q: Does "salt-free" on a food label mean the same thing as "sodium-free"?

A: Salt and sodium are not the same thing. Sodium is a mineral that makes up just part of salt. Too much sodium in the diet can cause or worsen high blood pressure in some people with severe heart or kidney disease. Since many consumers confuse the two terms, the product-labeling law requires that a "salt-free" food meet the requirements of a "sodium-free" food, less than 5 milligrams of sodium per serving.

The terms "unsalted" and "no salt added" are allowed when a food that is usually processed with salt has no added salt, even if it

contains more than five milligrams of sodium in sodium-based preservatives and other ingredients. (Then the label must also state "not a sodium-free food.")

Q: Do some fish contain fewer contaminants than others?

A: How much risk is posed by seafood that might contain chemical contaminants like PCBs and mercury is still under investigation. Some studies suggest that exposure to these chemicals over time may affect reproduction, child development and lifetime cancer risk. PCBs are banned industrial substances still present as pollutants in some lakes, rivers and ocean bays. Sport fishermen and those who eat large amounts of fish from questionable inland waters are mainly at risk.

Chemicals are most likely to accumulate in large predatory fish that live a long time, like swordfish, shark and mackinac, so some experts suggest limiting your use of these fish to no more than once a month. Most of the commercial fish supply is harvested deep at sea and tests well below established limits for contaminants. You can enjoy cod, flounder, haddock and ocean perch, for example, frequently as part of a healthful diet.

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Weight training offers way to increase physical fitness

Getting physically fit has become a national phenomenon, and people across the country are turning to one of the oldest form of exercise — weight training — to get in shape.

According to Steve Karel of the National Physique Committee of the U.S.A., the official governing body of amateur body-building, more than 25 million people in the United States use weights three times a week as part of their exercise routine, and the number keeps growing.

According to studies done at the University of Wisconsin and Brookhaven National Laboratories, even people in their 70s and 80s can add weight and strength to their bones if they undertake a regular program of appropriate physical exercise. They also believe that gravity-resisting exercise, like weight training, is better than other kinds.

According to exercise professionals, weight training is a good way for people to get in shape, because:

- It reduces body fat.
- It's good for overall conditioning.
- It contributes to a positive mental attitude. Studies have shown that people who weight train perform better at work, are more attentive and deal with stress better.

Of course, people should consult their physician before starting any type of weight-training program.

"Health and fitness is the fountain of youth for life," says Wayne DeMilia, vice president of the International Federation of Body-Builders and chairman of the Pro Division. "If you exercise, you will increase your metabolism, better your appearance and have more energy."

Health and fitness is the fountain of youth for life.

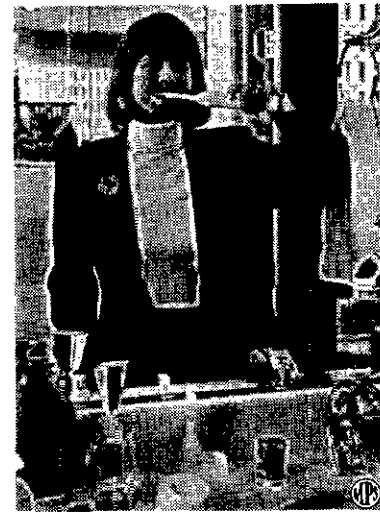
Wayne DeMilia

For a healthy mouth — attack plaque

Plaque is more than just a sticky, colorless film that forms on your teeth. Plaque is home to colonies of microscopic, potentially disease-producing bacteria that live in everyone's mouth. In fact, bacteria make up 98 percent of plaque.

Plaque also is the cause of gum disease, which will, in some form, affect three out of four Americans and is one of the leading causes of tooth loss in adults, according to the National Institute of Dental Research. Gum disease begins when plaque bacteria form in colonies in hidden crevices below the gumline where toothbrush bristles cannot touch.

The colonies of bacteria in these tiny crevices release toxins that can make gums red and swollen. If not treated, gums can fall away from teeth and form periodontal pockets. Bacteria colonies form in these pockets and produce toxic waste that eventually affects the roots of the teeth and the bones that hold the teeth in place.



Thorough home cleanings can reduce plaque bacteria in the mouth.

before it causes damage. Most dentists agree that cleaning teeth and gums thoroughly at home every day is an effective way to help prevent gingivitis, an early form of gum disease.

"Cleaning teeth and gums thoroughly at home every day can reduce plaque bacteria, reverse gingivitis and help prevent the problems that lead to tooth loss," says Dr. David Engel, a member of the dental and bioengineering team at the University of Washington, Seattle. "It is very

Cleaning teeth and gums thoroughly at home every day can reduce plaque bacteria, reverse gingivitis and help prevent the problems that lead to tooth loss.

Dr. David Engel

The good news is that it is possible to rid your teeth of most of the plaque bacteria in your mouth easy to take good care of your teeth at home — you just need to follow your dentist's advice and

use effective, high-quality products."

Dr. Engel suggests following these simple steps for fighting gum disease:

- See your dentist every six months for regular checkups and cleaning. This is as important for children as it is for adults.
- Brush for two minutes twice a day. Use a fluoride toothpaste to reduce tooth decay.
- Clean between teeth daily with floss or interdental cleaners to remove plaque.
- Eat a well-balanced diet, and avoid frequent snacking.
- Don't smoke — scientific studies show that smoking is a major contributor to periodontal disease.
- Use any other tooth- or gum-care products recommended by your dentist, like an electric toothbrush. Researchers at the State University of New York at Buffalo conducted a study which showed that electric toothbrushes remove plaque associated with gum disease more successfully than manual brushes. Be sure that the products you choose have been clinically tested and can support the claims they make.

For information on tooth and gum care, order a free copy of "Beyond Your Smile ... Healthy Teeth and Gums For Life," by sending a self-addressed, stamped envelope to Sonicare, P.O. Box 520, Bellevue, Wash. 98009.

Albany Med slates free symposium on Parkinson's

Albany Medical College is planning a free symposium for individuals with Parkinson's disease and their families and caregivers for Saturday, Sept. 16.

A variety of medical experts will discuss current medical treatment, as well as the causes of Parkinson's disease and other issues.

The symposium will be held from 9:30 a.m. to 1:30 p.m. at the Italian-American Community Center on Washington Avenue Extension in Albany.

Other topics to be covered include speech therapy, the latest information on clinical drug trials, exercise and activity for Parkinson's patients.

Medical College staff making presentations will include Stewart Factor, D.O., the Riley Family Chair in Parkinson's Disease; Eric Molho, M.D., assistant professor of neurology; Andrew Dubin, M.D., assistant professor of physical medicine and rehabilitation; G. David Podskalny, D.O., assistant professor of neurology; Denise Birdsell, M.A., senior speech-language pathologist; and Dinae Brown, R.N., nurse coordinator of the medical center's Movement Disorders Center.

The program is funded by Sandoz Pharmaceuticals, Inc., Athena Neuroscience, DuPont Pharma and the American Parkinson's Disease Association.

The symposium will be limited to 300 people. For information, call the medical college at 262-3322.

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Fit folks feel better for life

For years, doctors have been telling people to eat right and exercise for better health. While many people have started to take better care of themselves, some are still holding back, thinking that it will hinder their lifestyles.

Getting fit doesn't have to be a burden. Good nutrition and exercise can be enjoyable and actually can give people more energy, make them look better and lower their risk of developing certain diseases. With some easy-to-follow tips, everyone can start on the road to better health.

The National Cancer Institute and the National Heart, Lung and Blood Institute recommend that people follow these basic guidelines for healthy eating.

- Eat a variety of foods to get enough of the essential nutrients.

- Eat only enough calories to maintain a desirable weight. Being overweight is associated with high blood pressure, high blood cholesterol, diabetes, heart disease and stroke.

- Avoid too much fat, saturated fat and cholesterol.

- Eat food with adequate starch and fiber.

- Avoid too much sugar.

- Avoid too much sodium.

Exercising also can be fun; it doesn't have to be a chore.

- Walking can easily be incorporated into busy days. All it requires is comfortable shoes and clothing. People can take along their dog or a cassette player, headphones and a tape of their favorite music.

- People shouldn't exercise without warming up first, because joints can be stiff and muscles tense. A good warm-up consists of movements that get the joints and muscles working. Arm circles with feet wide apart and arms loose or side bends with feet wide apart and hands on hips are good and promote agility and good posture.

- Whatever type of exercise people do, they shouldn't overwork themselves. If they feel dizzy, sick or out of breath, they should stop.

Good nutrition and regular exercise, along with adequate sleep and yearly checkups, are important ways to help ensure good health.

Compeer lends aid to recovering adults

Volunteers needed to form friendships with the mentally ill

Compeer, a program of the Council of Community Services, matches volunteers in one-to-one friendship relationships with adults who are recovering from a mental illness.

Compeer volunteers spend at least one hour per week with their friend, participating in activities

such as going to the movies, attending sporting events or just visiting. By making a one-year commitment, Compeer volunteers are able to help reduce isolation and loneliness. With over 60 people on the waiting list, Compeer is in great need of volunteers.

Compeer is also recruiting vol-

unteers to make a weekly 15-minute phone call to someone waiting for a one-to-one friendship.

All volunteers receive orientation, training, education seminars

and support throughout the friendship match.

For information, call Danny Patrick, Compeer Coordinator at 434-9194.

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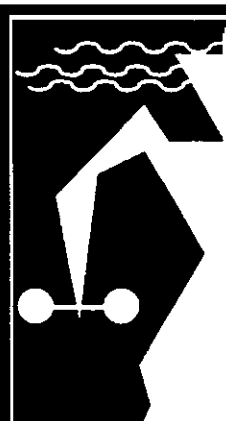
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Beat bacteria by being a careful, cautious cook

Ever had food poisoning? Perhaps you have, but you thought you had something like the flu. Actually, it's called food-borne illness; and roughly 7 million Americans will suffer from it this year.

The reason so many people get sick is because, at the right temperature, bacteria you can't see, smell or taste can multiply to the millions in a few short hours. In large numbers, bacteria can cause illness.

It doesn't have to happen, though. Most (about 85 percent) cases could be avoided if people just handled food properly.

Here are some strategies — from shopping to storing leftovers — from the U.S. Department of Agriculture's Food Safety and Inspection Service to guide consumers away from the likelihood of contracting a food-borne illness.

Shopping

Make buying groceries the last stop on the loop. Take the food straight home to the refrigerator, and never leave food in a hot car. Make sure to check the dates on the packages. Make sure refrigerated food is cold to the touch and frozen food is rock-solid. Canned goods should be free of dents, cracks or bulging lids — which can indicate a serious food-poisoning threat.

Storage

To keep bacteria in check, the refrigerator should run at 40 F and the freezer unit at 0 F. Generally,

keep your refrigerator as cold as possible without freezing your milk or lettuce. Freeze fresh meat, poultry or fish immediately if you can't use it within a few days.

Preparation

Bacteria can live in the kitchen towels, sponges and cloths. Wash them often. Replace sponges every few weeks. Keep raw meat, poultry, fish and their juices away from other food. Wash your hands, cutting board and knife in hot soapy water after cutting up the chicken and before dicing salad ingredients. Use plastic cutting boards rather than wooden ones, where bacteria can hide in grooves. Thaw food in the microwave or refrigerator, not on the kitchen counter. Marinate in the refrigerator, too.

Cooking

It takes thorough cooking to kill harmful bacteria, so you're taking chances when you eat meat, poultry, fish or eggs that are raw or only partly cooked. Cook red meat to 160 F and poultry to 180 F. Use a meat thermometer to check that it's cooked all the way through. To check visually, red meat is done when it's brown or gray inside, poultry when juices run clear, and fish when it flakes with a fork. Salmonella, bacteria that cause food poisoning, can grow inside fresh, unbroken eggs. So, cook eggs until the yolk and white are firm, not runny. When you cook ahead of time, divide large portions of food into small, shallow

containers for refrigeration. This ensures safe, rapid cooling.

Microwaving

The microwave has one food-safety disadvantage; it sometimes leaves cold spots in food in which bacteria can survive. It helps to cover food with a lid or plastic wrap, so steam can aid thorough cooking. Vent wrap, and make sure it doesn't touch the food. Stir and rotate your food for even cooking. If your oven does not offer a turntable design, rotate the dish by hand once or twice during cooking. Observe the standing time called for in a recipe or package directions, because food finishes

cooking during this time. Use the oven temperature probe or a meat thermometer to check that food is done, and be sure to insert it at several spots.

Leftovers

When you handle leftovers, divide large amounts into small, shallow containers for quick cooling in the refrigerator. Don't pack the refrigerator — cool air must circulate to keep food safe. With poultry or other stuffed meats, remove stuffing and refrigerate it in separate containers. When reheating, bring sauces, soups and gravy to a boil. Heat other leftovers thoroughly to 165 F. Micro-

wave leftovers using a lid or vented plastic wrap for thorough heating.

Discarding

If you're not sure how old something really is, throw it out. Never taste food that looks or smells strange to see if you can still use it. The mold you see is only the tip of the iceberg. The poisons that molds can form are found under the surface of the food.

So, while you can sometimes save hard cheese, salamis, and firm fruits and vegetables by cutting the mold out — remove a large area around it. Most moldy food should be discarded.

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Sports

Hoosick Falls ends Bethlehem's title bid

By Scott Isaacs

The Bethlehem Shredded Eagle ended their season falling just short to District IV champs Hoosick Falls in the finals of the Capital Region Senior Babe Ruth District IV-V Tournament.

The game was marked by strong pitching on both sides, but a seventh inning rally doomed the Eagles to a 4-3 defeat.

Nathaniel Sajdak once again pitched well, going the distance, striking out six and walking only one. The game-winning run was unearned, as a throwing error allowed the runner to score.

The Eagle offense was paced by Kevin Blanchard, who smacked a home run into the swimming pool located just past the right field fence, and Scott Isaacs, who knocked out a single and double. Jeff McQuide and Brian Rice also contributed singles.

The Shredded Eagles, who improved to 14-9 and won the District V Championship in their third season, drew nothing but praise from coach Neil Isaacs.

"I was very impressed with our play this year," he said. "I think it had a lot to do with our improved pitching, especially from our ace, Nathaniel Sajdak. He showed a lot of smarts up on the mound.

"Kevin Blanchard and Aaron Thorpe also were very solid. Aaron also helped us get through some injury problems by filling in whenever we needed him in the field.

"Todd Everleth improved dramatically at the plate," Isaacs continued, while "maintaining his sterling glove at third base. The solid hitting of Any O'Brien, Brian Rice, Ted Hartman, Chris Leonardo, Jeff McQuide, John Czajka and Chris DiMuria really helped pick up the slack when we were without Kevin and Scott for significant stretches of time.

"I'm very proud of our players and look forward to next year," he added.

Church teams capture titles

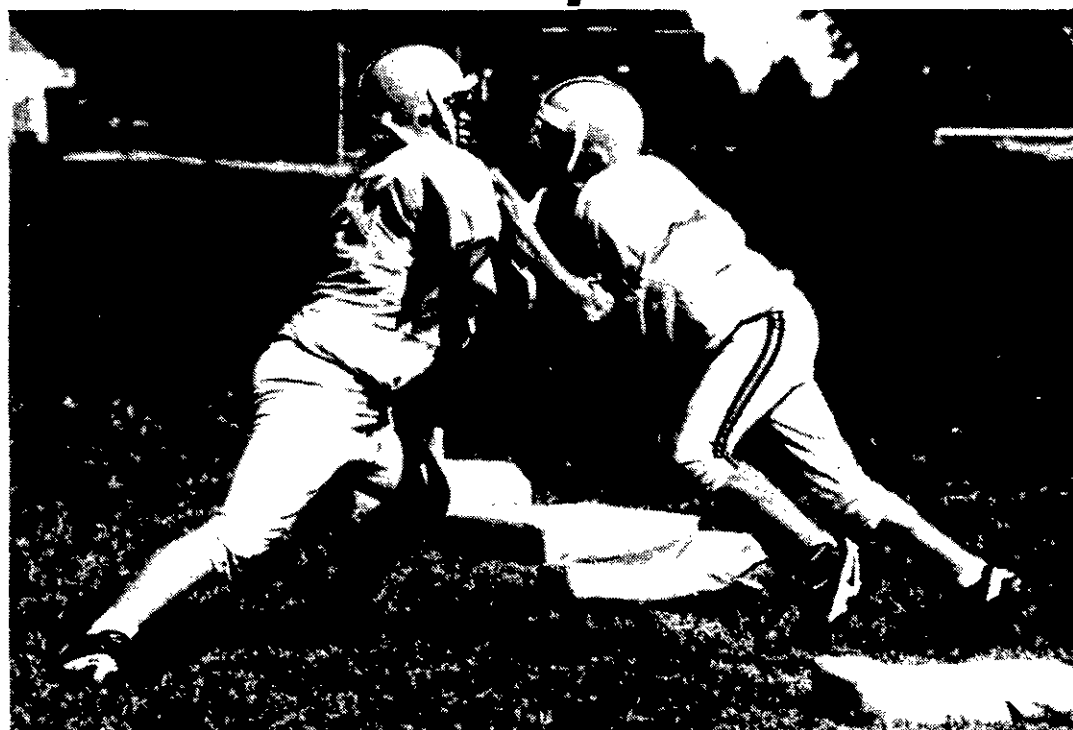
St. Thomas II and Methodist were crowned champions of their respective divisions in their church softball league last week.

St. Thomas II captured the Division A title with a 9-6 victory over Wynantskill in the third game of a best of three series. Wynantskill had forced the third game with a 7-5 victory in game two.

Methodist swept Delmar Fire Department in the Division B finals. Methodist clinched the championship with an 8-5 win in game two of the series.

It was the first time Methodist won its division. St. Thomas II last won its division in 1988. Wynantskill was the defending Division A champion.

BC football preseason



Two Bethlehem football players practice blocking during summer tryouts.

Doug Persons

Booster club slates car wash

The Bethlehem Central Soccer Booster Club has slated a car wash and bake sale on Saturday, Aug. 26, from 9 a.m. to 2 p.m.

The car wash will be held in the parking lot of the Key Bank at 343 Delaware Ave. in Delmar.

A car wash costs \$4.

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The Delmar Dolphins Swim Club is offering a NEW swim lesson program for 7, 8 and 9 year old Bethlehem residents. The ten, 45 minute lessons cost \$40.00. The registration deadline is August 28. Class size is limited. A lottery system will be used.

Dates: 9/5 thru 9/9, 9/11 thru 9/15
Time: 4:15 - 5:00 and 5:15 - 6:00
Place: Middle School Pool
Staff: Delmar Dolphins Coaches
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Athletes win medals at Empire State Games

Twenty-three local athletes brought home medals from the Empire State Games.

Local gold-medal winners are: Robert Acker of Feura Bush in the scholastic men's 12-pound hammer throw, Liz Lops and Karen Zornow of Delmar on the open women's basketball team, Jacqueli Tracy of Voorheesville in the open women's kayak quad 500 meter race, Steve Ciccio of Delmar on the open men's soccer team, Danielle Hummel of Glenmont and Heather Mann of Delmar on the scholastic women's soccer team, Brian McKenna of Voorheesville on the scholastic men's 400-meter freestyle relay and 100-meter and 200-meter backstroke, Reid Putnam of Slingerlands in the scholastic men's 400-meter freestyle relay and Brian Washburn in the scholastic men's 400-meter freestyle relay and 50-meter freestyle.

Local silver-medal winners are: Nicole Conway of Glenmont on the scholastic women's basketball team, Heather Selig of Delmar on the open women's bowling trio, Jacqueli Tracy of Voorheesville in the open women's kayak pair 1,000-meter and 500-meter races

and open women's kayak single 500-meter race, Meagan Tougher of Delmar in the open women's 100-meter breaststroke and Maggie Wolfert of Delmar in the scholastic women's 200-meter freestyle.

Local bronze-medal winners are: John Tracy of Voorheesville in the open men's canoe pair 1,000-meter race, Tim and Chris Wenger of Delmar on the scholastic men's soccer team, Erika McDonough of Delmar in the scholastic women's 200-meter backstroke, Seth Rose of Voorheesville in the open men's 400-meter freestyle relay, Tougher in the open women's 400-meter medley relay, Kristine Gerg and Kimberly Vanderzee of Ravena on the open women's volleyball team and Andrew Loux of Delmar in the scholastic men's 48-kilogram (106-pound) freestyle wrestling.

The athletes represented the Adirondack Region of New York State. The games were held in Ithaca in the third week of August.

In Clarksville The Spotlight is sold at P.J.'s Mini Mart and Stewarts

Starfish swimmers to teach in Arbor Hill

The A-V Starfish Swim Club will provide swimming lessons to the children of Arbor Hill as part of the Arbor Hill Elementary School summer activities program.

The lessons, which will be held at the Livingston Middle School pool, will follow the Red Cross structure of progressive water safety and skill development.

The program is being held this month, with swimming lessons on Tuesdays and Thursdays.

For information contact 438-4891.

Bethlehem chamber to hold golf outing

The Bethlehem Chamber of Commerce will sponsor a golf outing on Monday, Oct. 2, at Normanside Country Club in Elmsmere.

Registration and lunch are set for 11:30 a.m., with a shotgun start at 12:30 p.m. Prizes will be awarded for low gross, low net, longest drive and closest to pin.

Cost is \$95 per golfer or \$360 per foursome. The deadline for registration is Wednesday, Sept. 20. For information, call the chamber at 439-0512.

'Highland Athletics' come to 18th Scottish Games

"Highland Athletics" will highlight the 18th Capital District Scottish Games on Saturday, Sept. 2, from 9 a.m. to 6 p.m.

Several traditional events are scheduled, including caber toss, putting the stone, throwing the weight and tossing the sheaf.

In the caber toss, athletes throw a caber, a 17 to 20-foot log weighing 80 to 140 pounds, end over end for distance. In putting the stone, an event similar to shot put, a 22-pound stone is thrown with one hand for distance. In throwing the weight, 28 and 56-pound stones are thrown with an iron ring for height over a bar. In tossing the sheaf, a burlap bag full of hay is thrown for height over a bar with a pitchfork.

The games will also feature an exhibition of Scottish breeds of dogs hosted by Steve Caporizo of WTEN Channel 10, a display of several Clydesdale horses, a demonstration of sheep herding by Scottish border collies and a variety of Scottish food and musical performances.

The games will take place at the Altamont Fairgrounds in Altamont.

Admission to the games is \$10 for adults and \$3 for children 6 to 12. Children under 6 are admitted free. There is a \$1 parking fee at the fairgrounds. Advance tickets are available at reduced prices until Wednesday, Aug. 30, at all Capital District Shop 'N Save Supermarkets.

For information on the games, call 785-5951.

Delmar youth sinks record hole-in-one

Tom Pludrzynski, 14, of Delmar became the youngest player ever to score a hole-in-one at the Normanside Country Club in Elmsmere on Friday, Aug. 18.

He hit the 134-yard hole-in-one with a five-iron on the third hole.

Sports writers apply

The Spotlight is looking for Voorheesville and Bethlehem high school students interested in covering sports during the 1995-96 school year.

For information, call Mel Hyman at 439-4949.

Student sports series planned

Columbia Physical Therapy's Athletic Training Division will be conducting the first of a series of student athletic seminars on Tuesday, Aug. 29.

The seminars will be held periodically throughout the 1995-96 school year. Local high school juniors and seniors are invited to attend.

The seminars will be conducted at the Pond View Medical Arts building in Schodack from 7 to 9 p.m., with dinner provided.

For information, contact the Sports Care Center hotline at 479-7206.

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Obituaries

Molly R. Walsh

Molly R. Walsh, 83, of Royal Boulevard in Delmar, died Saturday, Aug. 19, at St. Peter's Hospice in Albany.

Born in Batavia, Genesee County, she moved to the Capital District in 1948.

She had worked for Flah's in Stuyvesant Plaza until she retired in 1986.

Mrs. Walsh was an avid bowler with the B'nai Brith Women.

Survivors include her husband, James I. Walsh; three daughters, Donna Walsh of Latham, Karen Simmons of Albany and Roz Kopach of Delmar; two sisters, Belle Brenner of Batavia and Fannie Stillman of Millburn, N.J.; and three grandchildren.

Services were private.

A period of mourning will conclude today, Aug. 23, at the Simmons residence.

Contributions may be made to Congregation B'nai Shalom, 420 Whitehall Road, Albany 12208, or to charity.

Anna B. Maloy

Anna B. Maloy, 94, of the Villa Mary Immaculate Nursing Home, a former Glenmont resident, died Sunday, Aug. 20, at the nursing home.

Born and educated in Albany, she had lived on Murray Drive in Glenmont since 1954. Mrs. Maloy moved to the nursing home seven years ago.

She was a homemaker and a communicant of Church of St. Thomas the Apostle in Delmar.

She was the widow of John B. Maloy.

Survivors include a daughter, Jean Ann Ryan Masterman of Menands, three grandchildren; and four great-grandchildren.

Services were scheduled at 8:30 a.m. today, Aug. 23, at the Dufresne & Cavanaugh Funeral Home, 149 Old Loudon Road, Latham, and at 9:30 a.m. at the Church of St. Thomas the Apostle, 35 Adams Place.

Burial will be in Our Lady Help of Christians Cemetery in Glenmont.

Contributions may be made to the LaSalette Seminary Aid Society, Altamont 12009.

Albert J. Lehmann Jr.

Albert J. Lehmann Jr., 71, of Port Charlotte, Fla., a former Selkirk resident, died Tuesday, Aug. 15, in Port Charlotte.

Born in Albany, he had lived in Selkirk until he retired in 1986.

He owned and operated Lehmann's Garage in Selkirk for 40 years.

Mr. Lehmann was a member of the First Reformed Church in Bethlehem and the Masonic Temple 1096 in Delmar. He was also a member of the Selkirk Fire Co. No. 1 and the American Legion Post 110 in Port Charlotte.

Survivors include his wife, Edith Marhoefer Lehmann; a daughter, Elsie M. Wilsey of Selkirk; a son, Albert J. Lehmann III of Selkirk; and five grandchildren.

Services were from the Babcock Funeral Home in Ravena.

Burial was in Elmwood Cemetery in Selkirk.

Contributions may be made to the American Cancer Society, 24D Stuyvesant Plaza, Box 3549, Albany 12203.

Kenneth Stevens

Kenneth Stevens, 43, of Pheasant Run Apartments in Voorheesville, died Saturday, Aug. 12, at his home.

Born in Pittsfield, Mass., Mr. Stevens lived in Dalton, Mass., and the New York City area before moving to Voorheesville.

He was a graduate of Wahconah Regional High School in Dalton and the Stockbridge School of Agriculture and Turf Management in Amherst, Mass.

Mr. Stevens was golf course superintendent at Colonie County Club in Voorheesville at the time of his death. He had previously worked at the Highland Park Golf Club in Auburn Cayuga County, and the former Willows Country Club in Rexford.

He was a member of the Golf Course Superintendents Association of America. He was a golfer and also enjoyed skiing, motorcycles and computers.

Survivors include his mother, Rosalie Stevens of Dalton; a brother, William Stevens of Latham; and two sisters, the Rev. Judith Johnson of Ashton, Idaho, and Theodora Carter of Worthington, Mass.

Services were from the Bartlett-Wellington Funeral Home in Dalton.

Burial was in Main Street Cemetery in Dalton.

Contributions may be made to the Northeastern Golf Course Superintendents Association Scholarship Fund, P.O. Box 391, Latham 12110.

Francis Ouellette

Francis C. "Frank" Ouellette of Delmar died Wednesday, Aug. 16, at Albany Medical Center Hospital.

Born in Saratoga Springs, Mr. Ouellette graduated from Saratoga Springs High School. He moved to Albany in the 1930s and to Delmar in 1973.

He was a staff sergeant in the Army Air Forces during World War II.

Mr. Ouellette worked in construction throughout the Capital District as a member of the Operating Engineers Union Local 106. He was also the proprietor of the Busy Corner Newsstand on South Pearl Street in Albany for 25 years.

He was a communicant of Our Lady Help of Christians Church in Albany. He was a member of the North Albany American Legion Post and the Bethlehem Veterans of Foreign Wars Post.

He was husband of the late Mary Sweeney Ouellette.

Survivors include two sons, Francis Ouellette of New York City and Michael Ouellette of Guilderland; a sister, Marie Lenderman of St. Petersburg, Fla.; and three brothers, Joseph Ouellette of San Francisco, Leo Ouellette of Nassau and Eugene Ouellette of Mechanicville.

Services were from the Daniel Keenan Funeral Home in Albany. Burial was in Our Lady Help of Christians Cemetery in Glenmont.

Eleanor Murphy

Eleanor Woods Murphy, 79, of Delmar died Wednesday, Aug. 16, at the Rosewood Gardens Nursing Home in East Greenbush.

Born in Canton, St. Lawrence County, she was a graduate of Canton High School and Potsdam State Teachers College.

She moved to St. Petersburg, Fla., in 1972 and to Delmar in 1988. She also maintained a home in Sackets Harbor, Jefferson County.

She was an elementary school teacher in Carthage, Jefferson County, and Pyrites, St. Lawrence County.

Mrs. Murphy was a communicant of the Church of St. Thomas the Apostle in Delmar.

She was the widow of Robert F. Murphy.

Survivors include a son, David Murphy of Delmar; two daughters, Maureen Wiltse of Delmar and Linda De Guardie of Naples,

Ontario County; and five grandchildren.

Arrangements were by the Daniel Keenan Funeral Home in Albany.

Services were private.

Walter Whalen

Walter L. Whalen, 98, of the Good Samaritan Nursing Home in Delmar, died Friday, Aug. 18, at the home.

Born in Rensselaer, Mr. Whalen had lived in East Greenbush for most of his life, before moving to Delmar 10 years ago.

He was a mechanic at Huyck Felt Co. in Rensselaer for more than 50 years.

Mr. Whalen was an Army veteran of World War I.

He was husband of the late Rose Warman Whalen.

Survivors include nieces and nephews.

Services were from the Rockefeller Funeral Home and St. Mary's Church, both in East Greenbush.

Burial was in Holy Sepulchre Cemetery, East Greenbush.

Tastee Treat planning September concerts

Tom's Tastee Treat at 2105 New Scotland Road in New Scotland has slated five acoustic musicians to perform on Saturday nights in September.

Frank Jaklitsch will perform his mix of well-known classics, Irish music and children's songs on Sept. 2; Chris Decker, who has been performing on Long Island all summer, will perform covers and original songs on Sept. 9; Scott

Scholarships on tap for business students

The Heldeberg Business and Professional Women's Club is offering scholarships to business and professional studies college students.

Applicants must be graduates of the Bethlehem, Berne-Knox-Westerlo, Guilderland or Voorheesville school districts, and have completed one year of study at a four-year or two-year institution.

Applications must be filed by Saturday, Aug. 26. For information, contact Ruth Briggs at 765-3117.

Five Rivers walkers to hunt for insects

The Five Rivers Environmental Education Center on Game Farm Road in Delmar will offer a program on insects on Wednesday, Aug. 23, at 7 p.m.

Naturalists will lead participants around the center grounds searching for insects and their habitats.

Participants should bring insect identification books if possible. For information, call Five Rivers at 475-0291.

Stockman, known for his versions of Neil Young songs, will appear on Sept. 16; Tyson Fricker will present a concert of music by Michael Eck on Sept. 23; and Chris Decker will close out the series on Sept. 30 with songs from his new release, "Memories of Heat and Steam."

The concerts are part of the "Songs Under the Stars" series at Tastee Treat.

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Death Notices

The Spotlight will print paid Death Notices for relatives and friends who do not or have not lived in the Towns of Bethlehem and New Scotland. The charge for a paid death notice is \$25.

We will continue to print Obituaries of residents and former residents of the Towns of Bethlehem and New Scotland at no charge.

In Memoriam, and Cards of Thanks will also be printed for \$25.

Grace United lists calendar of events

Grace United Methodist Church at 16 Hillcrest Drive in Ravena has announced its schedule for the week of Aug. 24.

Alcoholics Anonymous will meet at 7:30 p.m. on Thursday, Aug. 24.

The church's thrift shop will be open from 9 a.m. to noon on Saturday, Aug. 26.

Morning worship will begin at 10:30 a.m. on Sunday, Aug. 27, followed by coffee and fellowship at 11:30 a.m.

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

The TOPS Club will meet at 6:30 p.m. on Wednesday, Aug. 30.

For information, call the church at 756-6688.

Rape Crisis Center seeking volunteers

The Albany County Rape Crisis Center is seeking volunteers to staff its 24-hour emergency hotline.

Ten training sessions will be offered on Tuesday and Thursday evenings at the Albany County Office Building, 112 State St. in Albany, beginning Sept. 5.

All volunteers receive in-depth training to prepare them to staff the hotline, respond to crisis calls from hospital emergency rooms and provide assistance and support to police departments.

Volunteers select the shifts they want to work between 5 p.m. and 7 a.m., and on weekends and holidays. All hotline calls are patched into the on-duty volunteer's home.

For information, call the center at 447-7100.

Chief

(From Page 1)

Mapes also would like to see the centers' staff expand its reach by writing, for EnCon's magazine *The Conservationist* and for local newspapers and magazines. When he was Five Rivers director, Mapes contributed regularly to *The Spotlight's* Point of View column.

Mapes said he would also like to increase programs in the downstate area "where half the people in the state" live.

"The overall goal is to encourage better stewardship of the environment," he said.

Mapes said he is uncertain how the state's budget problems and the Pataki administration's plans to reduce state government will affect EnCon's environmental education efforts.

"We don't have fancy facilities, but we do need to invest in quality staff people," he said.

Mapes is gone but not forgot-

ten at Five Rivers.

"I'd like to continue a lot of the things Al began," said Craig Thompson, the new director of Five Rivers. "The best thing we do here is put people in direct contact with nature, and use that to increase their understanding and stewardship of our natural resources."

Thompson said he wants to provide programs that will bring people to a higher level, beyond appreciation to conservation and stewardship.

"If we don't cultivate a conservation attitude, we're missing the point," he said.

Thompson said he wants to "do more with the humanities, such as art and wood-carving shows and art classes."

He added that Five Rivers plans to sponsor a show by noted EnCon artist Wayne Trimm in December.

Extension to teach backyard composting

The Cornell Cooperative Extension of Albany County is planning a backyard composting demonstration site. The site will include examples of composting units suitable for handling the yard and kitchen wastes of most homes.

Workshops are scheduled for Saturdays, Oct. 14 and 21. Classes will be held from 10 to 11:30 a.m. at the extension center on Martin Road in Voorheesville. There is a \$5 workshop fee.

For information, call 765-3500.

CDTA to phase out 75-cent bus tokens

The Capital District Transportation Authority will no longer accept 75-cent tokens on its buses as of Friday, Sept. 1. Only \$1 tokens will be accepted for fare payment.

Customers can exchange the old tokens for new tokens or cash at CDTA's Albany office, located at 110 Watervliet Ave. In addition, \$1 tokens can be purchased in packs of 10 for \$9.50 at any CDTA office, area banks and selected Shop 'N Save and Price Chopper supermarkets.

For information, call 482-8822.

Jobs

(From Page 1)

ranked first in the U.S. in government construction programs, with a total of \$840 million in expenditures.

"We're expected to do more than \$1 billion in construction this year," Buono said. "The portfolio of bonds that we manage is worth more than \$23 billion."

In a nutshell, the Dormitory is a public benefit corporation created by law that allows the governing board to issue low-interest, long-term loans to non-profit organizations for construction projects.

One of the projects currently being funded by the agency is phase two of the Beverwyck Retirement Community in North Bethlehem, which will add about 85 new independent living units to the 101 already on hand.

The Authority also provides expertise and oversight for the projects so that everything comes out smoothly. One recent project completed by the Authority was

the Roswell Park Cancer Institute in Buffalo, a highly regarded research facility.

Once considered a rising star in the state Republican Party, Buono said he doesn't miss the political limelight — or the political donnybrooks. He served as Rensselaer County Executive from 1986 to 1995. His name was floated as a possible lieutenant governor candidate in 1990.

"It's wonderful to be out of the fishbowl of local government," he said.

He was serving his third four-year term as county executive when tapped for the Dormitory Authority earlier this year.

One of other nice things Buono has to say about his new job is that the commute from his longtime home in Schodack to Delmar is almost as quick as the commute was to Troy.

"I can get here in 20 minutes," he said.

Spar

(From Page 1)

"I'm not a magician; I can't do it," he said, adding that he could have a hand-written agenda prepared by Tuesday evening, six days before the meeting.

Ramundo's proposal to limit reading of correspondence, an informal feature of New Scotland town board meetings, drew a negative response from several members of the audience.

"It's nothing more than a control issue," said Gail Van Wie.

"I see it as censorship," added Judi Von Ronne, chairwoman of the town Republican committee.

Discussion of Ramundo's resolutions took place near the end of a marathon five-hour meeting, and when Reilly moved to table the resolutions, the rest of the board assented.

In other business, the board accepted the resignation of Raymond Mac Kay from the planning board, and asked for resumes from interested applicants before Sept. 11.

It's nothing more than a control issue

Gail Van Wie

The board also approved budget adjustments to deal with a projected \$30,000 shortfall in revenue from the mortgage recording tax.

In another matter, the board agreed to ask the state Department of Transportation to do a traffic study on Bullock Road. Several residents there have asked that the speed limit be lowered from 40 to 30 mph.

THE YOUTH NETWORK

A BETHLEHEM NETWORKS PROJECT

Athletes are stars; parents are role models

Recently there has been a lot of publicity about the life and death of Mickey Mantle, a baseball hero who admitted to drinking too much. In his last weeks, Mantle told kids that drinking had been harmful to his career and his life.

All this brought up the old discussion about whether or not athletes should be role models for young people. Being a role model is an important job, and many super athletes do not seem to be able to live up to the task of being a positive role model.

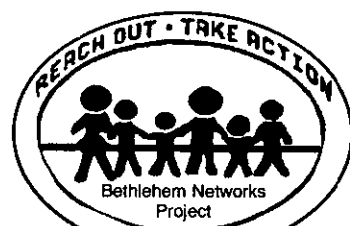
We all heard Mickey Mantle tell kids not to do what he did. This is a very difficult concept for young people to understand. Young people do the things they see adults doing.

Your children look up to star athletes like Michael Jordan and Magic Johnson, but these guys do not live in your house.

Parents are a child's first and most important role model. Remember this, and remember to model positive behavior.

Make healthy lifestyle choices. Take time to talk to your child about your family's values and your decisions about alcohol use. Be consistent in your messages. Take advantage of teachable moments. Participate with your child in school and community projects and activities.

Good parenting is prevention, and prevention works!



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Tuesday, 8 p.m.

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Jill and James Lyons

Kaplowitz, Lyons marry

Jill Corinne Kaplowitz, daughter of Bernard and Kathleen Kaplowitz of Delmar, and James Francis Lyons, son of Charles and Agnes Lyons of West Roxbury, Mass., were married June 3.

The Hon. Roger Fritts performed the ceremony at The Desmond Hotel in Colonie, where the reception followed.

The matron of honor was Haley Kaplowitz, the bride's sister, and bridesmaids were Julie March, Julie Bevilacqua, Kim Smith, Daphne Valentine, Annette Kaplowitz, the bride's sister-in-law, Ashlee Mathusa, Desiree Moody and Michele Breault.

The best man was Paul Lyons,

the groom's brother, and ushers were Rich Trombly, Jay Parker, Mark Andon, Peter Martin, Ric Kaplowitz and Marc Kaplowitz, both brothers of the bride, Michael Radley and Mark Madigan.

The bride is a graduate of Bethlehem Central High School and the Crane School of Music. She is employed by Leonard L. Farber Inc. in Cambridge, Mass., and also works as a professional disc jockey.

The groom, a graduate of Tufts University, is a project manager of Macomber Construction in Dedham, Mass.

After a wedding trip to Hawaii, the couple lives in Dedham.

Births

St. Peter's Hospital

Girl, Sarah E. Barie, to Carolyn and Kevin Barie, Feura Bush, June 13.

Samaritan Hospital

Girl, Margaret Diane Emmons, to Lisa and Kim Emmons, Glenmont, July 22.

St. Clare's Hospital

Boy, Martin Granieri Moussan, to Concetta and Oussama Moussan, Slingerlands, July 7.

Dean's List

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

Colgate University — Maggie Franzen of Glenmont.

University at Buffalo — Charles Kawas of Delmar.

University of New Hampshire — Erin Many of Elsmere.

University of Rhode Island — Kelly Many of Elsmere.

Wofford College — Brandon Englisbe of Slingerlands.

Slingerlands student named college scholar

Naomi Lieberman of Slingerlands was recently named a Helen Heath Scholar by William Smith College.

Students who earn a grade point average of 3.0 to 3.49 in their first year are named Helen Heath Scholars, after the college's dean who served for 23 years.

Lieberman is the daughter of Robert and Susan Lieberman of Slingerlands.

Selkirk firefighter back from academy

Charles A. Wickham Jr. of Selkirk recently attended the 1995 State Fire Instructors Conference at the Academy of Fire Science in Montour Falls.

Participants received certification in the outreach programs of the state Office of Fire Prevention and Control's statewide fire training program.

The Spotlight remembers

This week in 1985, these stories were making headlines in *The Spotlight*.

- A summer-long drought prompted Bethlehem officials to dust off old studies on ways to increase the town's water supply. "That day is going to come," said Town Attorney **Bernard Kaplowitz** regarding a regional water system.

- **Robert Mudge** of Voorheesville was nominated by the New Scotland Democratic Committee to challenge Republican Supervisor **Steve Wallace**.

- **Rich Kane**, a junior at Clayton A. Bouton High School, won a gold and silver medal in Greco-Roman and freestyle wrestling, respectively, at the Empire State Games.

- **Lewis Welch** of Slingerlands was elected chairman of the board of directors of the Albany Area Chapter of the American Red Cross.

- **Deanna Greer** of Delmar won the Stephen Mazzarella Memorial 4-H Award at the Altamont Fair.

Crowley, Trobridge to marry

Elizabeth Crowley, daughter of Joseph and Gretchen Crowley of

Amherst, Mass., and Bruce C. Trobridge, son of Rex Trobridge of Glenmont and Sandy Fisher of Grand Junction, Colo., are engaged to be married.

The bride-to-be, a graduate of Northeastern University, is self-

employed.

The future groom is a graduate of Bethlehem Central High School and Northeastern University. He is employed as an engineer by the state Office of General Services in Albany.

The couple plans an Oct. 6 wedding.

NS lists new recycling rules

The Town of New Scotland is eliminating its drop-off recycling program for corrugated cardboard, magazines, junk mail and mixed office paper, and will be collecting everything curbside as of Friday, Sept. 1.

Collection requirements for curbside pick-up are as follows: co-mingled recyclables (glass, plastic, tin and aluminum) must be placed loosely in a yellow bin purchased from the highway department; newspaper (including all inserts) must be bagged in a brown grocery bag and placed in a second yellow bin; magazines, junk mail and mixed office paper must

be placed in a brown grocery bag in second yellow bin next to newspaper; corrugated cardboard (three-layer) must be flattened and untied. Pieces should be no bigger than three feet by two feet.

In addition, the town will no longer accept lawn and yard debris in plastic bags for fall and spring pick-up. Debris must be placed in biodegradable paper bags which may be purchased at the highway garage, 2869 New Scotland Road, for 35 cents or three for \$1. Brush stacked neatly at the curb will still be accepted.

For information, call 765-2681.

Mail weddings, engagements

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

Black and white photos are preferred, but color photos are acceptable. Polaroid photos cannot be printed.

For information and submission forms, call 439-4949. Mail announcements to 125 Adams St., Delmar 12054.

Here's to a **Wonderful Wedding!**



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BC slates input session

The Bethlehem Central School District will sponsor a public input session on elementary school capacity Thursday, Aug. 24, at 7:30 p.m. at Hamagrael Elementary School on McGuffey Lane.

For information, call 439-7098.

Iroquois voices link past and present

By Jared H. Beck

Award-winning singer Joanne Shenandoah, the opening performer at Woodstock '94, will appear at the New York State Museum in Albany on Saturday, Aug. 26, as part of a day-long Native American celebration entitled "Haudenosaunee Voices of Tradition: A Celebration of Iroquois Culture."

Named the 1993 Native Musician of the Year, Shenandoah, a Wolf Clan

Flutist Dan Hill will perform at 11 a.m. Born on the Cattaraugus Indian Reservation and raised as a member of the Six Nations Iroquois Confederacy on the Tuscarora Reservation, Hill has mastered the arts of both playing and crafting traditional courting flutes. As part of the festivities, he will exhibit and demonstrate flutes from the Seneca, Sioux and Kiowa tribes.

Other events planned for the day include a program on the oral traditions of the Iroquois, which will be on tap from 11 a.m. to 3 p.m. The interac-

SPOTLIGHT ON

Family Entertainment

CALENDAR • ARTS & ENTERTAINMENT

member of the Oneida Nation-Iroquois Confederacy, blends traditional Native American sounds with contemporary instrumentation and sound.

"She's a major national draw," said museum coordinator David Scott Allen. "Her CDs are available locally at Barnes and Noble and Borders (bookstores)."

Shenandoah has performed internationally with the likes of Neil Young, Willie Nelson and Jackson Browne. She is slated to sing at 1 and 3 p.m.

Also scheduled to appear is Perry Ground, storyteller and Turtle Clan member of the Onondaga Nation. His historical and entertaining tales — derived from several geographic areas graced by Iroquois culture, including New York, New Jersey, Massachusetts and North Carolina — appeal to toddlers and grandparents alike. Ground will appear at noon and 2 p.m.

tive set-up will allow participants to view authentic musical instruments, learn from museum educators how a pictographic story is told, and get a close-up look at a replica wampum belt.

Throughout the afternoon, artifacts, including instruments and other historic objects from the museum's anthropology collection, will be on display.

"The program is a direct tie to the museum's strong Iroquois collection," said Allen. "It's a good way for adults and children to learn about Iroquois culture, which is not just something from the past, but a vital part of the present as well."

Tickets cost \$4 for adults and \$2 for children ages 6 and over. Children under 6 are admitted free of charge. Reservations are not necessary. For information, call the museum at 474-5877.



Joanne Shenandoah

Former local TV talk show host now featured in new video pilot

John Wolfe, a former talk show host and weatherman on Channel 13 in Albany, this past Tuesday night was a guest at a private screening in New York of a new television pilot. The test was given to a special audience at Robert DiNiro's Tribeca Film Center in New York City's Greenwich Village.

In the 22-minute film by a young writer-director Art Jones, Wolfe plays a manic school gym teacher who pushes kids into dodge ball games during physical ed classes.

What Jones has done is portray students in later life telling of the effects dodge ball had on their personalities. Wolfe is seen in segments urging the value of the aggressive game where one part of the class tries to hit students in the rest of the class with a large rubber ball.

As the former students relate their stories, Wolfe's character protests that he didn't know what he was doing. It's a marvelous tongue-in-cheek send-up of psychological documentaries where past events of a person's life are blamed for actions in later life.

Wolfe is currently a banquet manager at Chaucer's Banquet Hall and Restaurant in Halfmoon but became involved in the film at his sons' request. The two young men, Gregory and James, have been in the New York for the past 10 years establishing themselves in off-Broadway theater and television, even doing a small series on MTV.

When an older man to play the teacher was needed, the two actors asked their father to help them because there was no money for salaries.

Wolfe agreed and now people who have previewed the pilot are urging the father to keep his options open. He attended the preview Tuesday and talked to some agents. "I did the film to help my sons because they're the ones with

SPOTLIGHT

By Martin P. Kelly

the career, not me," Wolfe said. However, good as the sons are in the film as former students affected by dodge ball games, the father is the pivotal member of the company and does the job well.

However, being experienced in the ways of theater, Wolfe isn't giving up his day job. In fact, he's currently helping present a dinner theater production this Friday (August 25) at Chaucer's with a presentation of *Romance on Wry*, a product of Riverview Entertainment Productions of Albany.

The musical revue starts with dinner at 6 p.m. Information on the show is available at 383-3660.

Berkshire Theatre Festival finishes summer season with Kafka's Wick

Arthur Storch, a theater veteran in his 70s, is completing his first season as artistic director of the Berkshire Theater Festival in Stockbridge, Massachusetts, by staging the new comedy by Alan Bennett whose screenplay, *The Madness of King George*, was last season's hit movie.

In his play, *Kafka's Wick*, which plays through Saturday, Bennett imagines the famed writer, Franz Kafka, returning for a visit to a modern family and finding himself a



Martin P. Kelly

celebrated writer. The puzzlement by the neglected writer in his day, is the basis of the comedy by the witty writer.

As for Storch who retired from Syracuse University where he was chairman of the drama department for almost 25 years, the theater veteran and television pioneer of the '50s, took on the task of returning the Berkshire Theater Festival to this former position as an innovator in theater.

This season has proved successful and also succeeded in attracting sellout audience.

Storch reminds one of the late John Houseman who began a whole new career at age 72 when he established the Acting Company at the Saratoga Performing Arts Center in the early '70s.

Storch also rejuvenated the Unicorn Theater's program in the barn near the mainstage venue by getting playwrights such as Tony Kushner to adapt 17th century French playwright Pierre Corneille's work, *The Illusion*, for inclusion in the season. The play ends the season with performances through Saturday.

Meanwhile, a campaign is currently underway to build a new Unicorn Theater which will be connected to the main stage's building. Plans have already been drawn and fundraising is underway to open the theater next season.

Information on the two plays at BTF is available at (413/298-5576)

Around Theaters!

Evita, the Andrew Lloyd Webber musical about Juan Peron at the Theatre Barn, New Lebanon through August 27 (794-8989)...*Mixed Emotions*, comedy at the Lake George Dinner Theater through October 15 (668-5781)...*Same Time, Next Year*, comedy at Curtain Call Theater, Marriott Hotel in Albany through September 3 (456-8444).

AROUND THE AREA

THEATER

"EVITA"

musical, The Theatre Barn, Route 20, New Lebanon, Aug. 24 to 27, Thursday and Friday, 8 p.m., Saturday at 5 and 8:30 p.m., and Sunday at 2 and 7 p.m., \$14. Information, 794-8989.

"WEST SIDE STORY"

musical, Mac-Haydn Theatre, Route 203, Chatham, Aug. 23 to 28, Wednesday, 2 and 8 p.m., Thursday and Friday, 8 p.m., Saturday, 5 and 8:30 p.m., and Sunday, 2 and 7 p.m. \$17.90. Information, 392-9292.

"I DO, I DO"

Lenox Town Hall, Lenox, Mass., through Aug. 27, \$15. Information, 414-637-1366.

"SIDE BY SIDE BY SONDEHEIM"

DeSisto Estate, Route 183, Stockbridge, Mass., Friday and Saturday, Aug. 25 and 26, 8:30 and 11 p.m. Information, 413-298-4032.

"ASSASSINS"

musical, Steamer No. 10 Theatre, Western and Madison avenues, Albany, Aug. 23, 8 p.m. Information, 434-0803.

"SAME TIME, NEXT YEAR"

comedy by Bernard Slade, Curtain Call Theatre, Marriott Hotel, Wolf Road, Colonie, through Sept. 3, Tuesday through Saturday, 8:15 p.m., and Tuesday and Sunday, 12:15 p.m., \$42 (dinner and show), \$32 (brunch and show). Information, 458-8444.

"THE REAL INSPECTOR HOUND"

by Tom Stoppard, The Playhouse at Goose Crossing, Route 32, Aug. 25 and 26, 8:30 p.m., \$10. Information, 745-8390.

"THE MAN OF DESTINY"

by G.B. Shaw, Stageworks on the Hudson, Spencertown Academy, Saturday, Aug. 26. Information, 828-7843.

"THE RINK"

Round Lake Auditorium, Aug. 25, 26, 31 and Sept. 1, 2 and 3, 7:30 p.m. Information, 899-2130.

"CINDERELLA"

Mac-Haydn Children's Theatre, Route 203, Chatham, Friday and Saturday, Aug. 25 and 26, and Friday and Saturday, Sept. 1 and 2, 11 a.m., \$6. Information, 392-9292.

MUSIC

JUDY COLLINS AND DAVID GATES

with Michael Jonathan, Saratoga Performing Arts Center, Saratoga Springs, Wednesday, Aug. 23, 8:15 p.m., \$18.50, \$12.50 lawn. Information, 587-3330.

MIKE BASSETT

contemporary guitarist, Barnes and Noble, 20 Wolf Road, Colonie, Friday, Aug. 25, 8 p.m. Information, 459-8183.

FOREIGNER

with Corey Stevens and Texas, Flood, Saratoga Performing Arts Center, Saratoga Springs, Friday, Aug. 25, 8:15 p.m., \$10.60, \$6 lawn. Information, 587-3330.

ERNIE WILLIAMS

Borders Books and Music, 59 Wolf Road, Colonie, Friday, Aug. 25, 8 p.m. Information, 482-5800.

ALLAN ALEXANDER

lute and guitar player, Allegro Cafe, 33 Second St., Troy, Aug. 26, 7 to 11 p.m. Information, 271-1942.

ALLMAN BROTHERS BAND

with Rusted Root, Saratoga Performing Arts Center, Saratoga Springs, Saturday, Aug. 26, 8:15 p.m., \$25, \$15 lawn. Information, 587-3330.

BOB AND PATTY FISCHER

Sacandaga Bible Conference and Retreat Center, Lakeview Road, Broadalbin, Saturday, Aug. 26, 7:30 p.m. Information, 883-3713.

CENTURY HOUSE ENTERTAINMENT

Route 9, Latham, Franklin Micare, Friday, Aug. 25, 7 to 11 p.m., and Blue Sky, Saturday, Aug. 26, 7 to 11 p.m. Information, 785-0834.

JANISIAN

Borders Books and Music, 59 Wolf Road, Colonie, Wednesday, Aug. 23, 8 p.m. Information, 482-5816.

CALL FOR ARTISTS

FIRST NIGHT ALBANY CALL FOR ARTISTS

performing artists, send information to First Night Albany, 25 Quackenbush Square. Information, 434-5132.

RECIPES SOUGHT FOR AIDS FUND-RAISER BOOK

send to P.O. Box 6172, Albany 12206. Information, 462-1297.

TRUMPET AUDITIONS

Empire State Youth Orchestra, Monday, Aug. 28, 3 to 5 p.m., at the ESYO office, Proctor's Theatre, 432 State St., Suite 230, Schenectady, musicians of high school age and below. Information, 382-7581.

CLASSES

"WRITING WITH SOUL"

workshop hosted by Robert Moss, Albany Institute of History and Art, 125 Washington Ave., Saturday, Aug. 26, noon to 5 p.m., \$35. Information, 463-4478.

FILM

MOVIES AT PROCTOR'S

"Before the Rain," Wednesday, Aug. 23, 7:30 p.m. and Thursday, Aug. 24, 3, 5:30 and 8 p.m., "First Knight," Aug. 25 to 28, 2, 5 and 8 p.m., and "Queen Margot," Tuesday, Aug. 29, at 7:30 p.m., and Wednesday, Aug. 30, at 7:30 p.m., \$2 downstairs, \$3 balcony. Information, 382-1083.

FAMILY ENTERTAINMENT

AMERICAN INDIAN FESTIVAL

featuring musician Joanne Shenandoah, New York State Museum, Saturday, Aug. 26, 11 a.m. to 3 p.m., \$4, \$2 child. Information, 474-5877.

LATIN AMERICAN AND CARIBBEAN CULTURAL ARTS FESTIVAL

Amsterdam Mall, Saturday, Aug. 26, noon to 10 p.m. Information, 842-8535.

INTERNATIONAL FOOD FESTIVAL

Empire State Plaza, Albany, Wednesday, Aug. 23, noon to 10 p.m. Information, 474-5987.

HORSE SHOW

Capital District Hunter Jumper Council, Altamont Fairgrounds, Altamont, Aug. 25, 26 and 27. For information, 355-5412.

VISUAL ARTS

SCULPTURES OF ED SMITH

grounds of the Ten Broeck Mansion, Albany, through Sept. 8. Information, 462-4775.

"JUST FOR FUN"

Vivian Abrams Collens, Museum of the Hudson Highlands, Cornwall-on-Hudson, through Oct. 1. Information, 914-534-7781.

CELEBRATING THE LANDSCAPE

Visions Gallery, 40 N. Main Ave., Albany, through Sept. 28. Information, 945-3547.

MIA MUNZER LE COMTE

paintings and wooden cut-outs, Spencertown Academy, Route 203, through Aug. 27. Information, 392-3693.

"VIETNAM: REFLECTIONS BY VIETNAM VETERANS"

State Vietnam Memorial Gallery, Justice Building, Empire State Plaza, Albany, through Aug. 23, 9 a.m. to 4 p.m. Information, 473-5546.

"GO FLY A ... ARTISTS PRESENT KITES, KITES, KITES!"

Albany Institute of History & Art, 125 Washington Ave., through Aug. 27. Information, 463-4478.

"KINGS AND QUEENS AND SOUP TUREENS"

exhibit of 18th- and 19th-century tureens, bowls and utensils, Albany Institute of History & Art, 125 Washington Ave., through Aug. 27. Information, 463-4478.

"UGO MOCHI: OUTLINES IN PAPER"

Samuel P. Hoopes Jr. Gallery of the Hyde Collection, 161 Warren Street, Glens Falls, through Sept. 3. Information, 792-1761.

"ART IN BLOOM"

exhibit of garden art, GCCA Mountaintop Gallery, Main Street, Windham, through Sept. 11. Information, 734-3104.

"THE LATHROPS"

works by Ida, Gertrude and Dorothy Lathrop, Albany Institute of History & Art, 125 Washington Ave., Saturday, through Dec. 31. Information, 463-4478.

"NEW YORK STATEMENTS"

show featuring 10 New York artists, The Hyde Collection, 161 Warren St., Glens Falls, through Sept. 3.

TIME, MEMORY AND THE LIMITS OF PHOTOGRAPHY

Center for Photography at Woodstock, 59 Tinker St., through September 17. Information, 914-679-6337.

"LEGACY II- BRINGING VIETNAM TO LIFE"

created by students of Fort Edward High School, New York State Vietnam Memorial Gallery, Empire State Plaza, Albany, Aug. 24 to Oct. 3, 9 a.m. to 4 p.m. weekdays. Information, 473-5546.

"ARCHITECTURE AND SCULPTURE: OPPORTUNITIES FOR COLLABORATION"

seminar at Chesterwood in Stockbridge, Mass., Saturday and Sunday, Aug. 26 and 27. Information, 298-3579.

TRUNK SHOW AND SALE

with area folk artist Wendy Pressiesen, Certified Framing and Gallery, Albany-Shaker and Osborne roads, Loudonville, Thursday, Aug. 24, to Saturday, Aug. 26. Information, 438-9471.

Spotlight on Dining

For the best in area dining, try these wonderful restaurants

Friday Night is Couples' Night
Dinner for Two \$20

Includes: Appetizer, Salad
Veal Parmigiana, Lasagne, Sausage
Vegetables & Garlic Bread

Regular Menu Available

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Fine Food & Spirits
served in a unique
antique shop setting

EARLY BIRD SPECIALS
4 - 6 PM Includes Soup, Salad
Bar, Special Entrees, Dessert
& Coffee — \$8.95

Serving Sun-Wed 11-8, Fri & Sat 11-9

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Veal Parmigiana.....\$7.25

Manicotti w/meatballs....\$7.75

Plus many other specials

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Chinese Restaurant

Specializing in Dumplings, Lunches, Dinners,
Cocktails, Mandarin, Szechuan, Hunan & Cantonese.
Eat in or Take Out. Open 7 days a week.

458-7044 or 458-8366

120 Everett Road, Albany • (Near Shaker Road)

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DINNER
FOR TWO**

**\$5.00 OFF
LUNCH
FOR TWO**

Not valid with any other offer, on holidays or on daily specials



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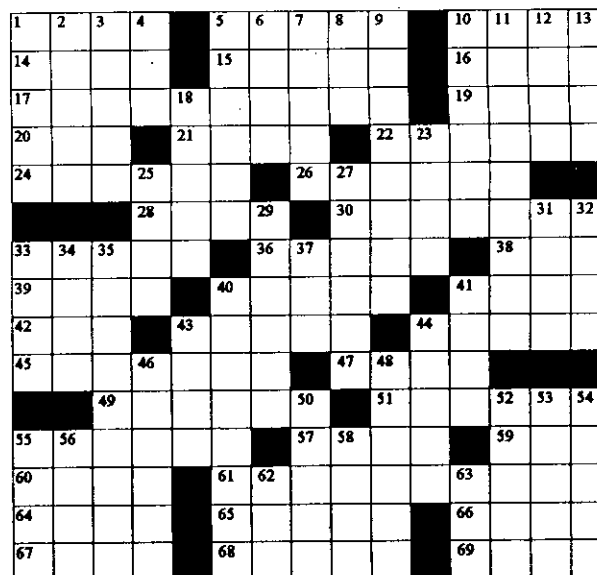
Weekly Crossword

"Put Some Color in Your Life"

By Gerry Frey

ACROSS

- 1 Thaw
- 5 Ire
- 10 Workers happy initials
- 14 Curved molding
- 15 Brink
- 16 Former Red
- 17 Furniture material
- 19 Temple of Athena
- 20 _____ adjudicator
- 21 Crafts relative
- 22 Impede
- 24 Cooks clams
- 26 TV Attorney Gerry _____
- 28 Pour
- 30 Mourns
- 33 Television sets
- 36 Muslim edict
- 38 Spoil
- 39 Author Stanley Gardner
- 40 Excesses
- 41 Ballot
- 42 Mau _____
- 43 Mountain ridge
- 44 Debate positions
- 45 Crowd _____
- 47 Fast planes
- 49 Clergyman
- 51 Skinned
- 55 Ms. Anderson
- 57 Norse deity
- 59 Coach Parseghian
- 60 "Exodus" author Leon
- 61 Storm trooper
- 64 Fork part
- 65 Eagle's nest
- 66 Dagger
- 67 Makes lace
- 68 Bread need
- 69 Messrs. Danson & Williams
- DOWN
- 1 Anchors the boat
- 2 Heron's cousin
- 3 Rent
- 4 Perfect score
- 5 Reluctant
- 6 Mr. Gingrich
- 7 144
- 8 Conceit
- 9 Ball & Skeleton
- 10 Befuddlement
- 11 Hay fever curse
- 12 Understanding words
- 13 Dread
- 18 Monopoly & Clue
- 23 "Trust _____"
- 25 "Suits you to _____"
- 27 Dinnerware
- 29 Track stars
- 31 Lug
- 32 French Saints: Abrev.
- 33 Short-term worker
- 34 European river
- 35 Architectural plan
- 37 Worn groove
- 40 Packers' city



- 41 Clamping device
- 43 Large land mass
- 44 British guns
- 46 Gets up
- 48 Small piano
- 50 "_____ loora loora"
- 52 Singer Frankie
- 53 Made a mistake
- 54 Social get-togethers
- 55 Mongrel dog
- 56 Operatic solo
- 58 Traffic violations
- 62 Arikara Indian
- 63 FDR's successor

IN PURSUIT OF TRIVIA

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AROUND THE AREA

WEDNESDAY
AUGUST 23
ALBANY COUNTY
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.

FARMERS' MARKET

Stratton V.A. Medical Center Day Treatment Center, Myrtle Avenue, Albany, 9 a.m. to noon. Information, 462-3311, extension 2329.

RENSSELAER COUNTY
CHORUS REHEARSAL

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

SCHENECTADY COUNTY
BREASTFEEDING PREPARATION

program for expectant mothers, Bellevue Hospital, 2210 Troy Road, Niskayuna, 7 to 9 p.m. Cost, \$15. Information, 346-9410.

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
AUGUST 24
ALBANY COUNTY
INFORMATION SESSION

for students interested in pursuing a M.B.A., The College of Saint Rose, 432 Western Ave., Albany, 6 p.m. Information, 454-5272.

BEER SAMPLING

Mohawk-Hudson Beer Sampling, with exhibits on history of beer, Albany Institute of History and Art, 125 Washington Ave., Albany, 5:30 to 8:30 p.m. Cost, \$20. Information, 463-4478.

ALBANY CITY TROLLEY

tour of Albany with stop at Empire State Plaza, begins at Albany Visitors' Center, Broadway and Clinton Avenue, Albany, 2 to 4 p.m. Cost, \$4 for adults, \$2 for children. Information, 434-5132.

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.

MENOPAUSE SUPPORT GROUP

Office of Dr. Jacobs & Lee, 62 Hackett Blvd., Albany, 7 p.m. Information, 783-5656.

LUNCHTIME SIDEWALK SALE

lawn sale of gift items from the Albany Institute of History and Art, 125 Washington Ave., Albany, 11:30 a.m. to 1:30 p.m. Information, 463-4478.

FARMERS' MARKET

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.

SARATOGA COUNTY
EATING DISORDERS SUPPORT GROUP

Four Winds Hospital, Algonquin Activities Building, Crescent Ave., Saratoga 7:30 to 9 p.m. Information, 465-9550.

MENOPAUSE SUPPORT GROUP

Office of Dr. Jacobs and Lee, 62 Hackett Blvd., Albany, 7 p.m. Information, 783-5656.

FRIDAY
AUGUST 25
ALBANY COUNTY
DROP-IN

for parents and their young children, Capital District Mothers' Center, 405 Quail St., Albany, 9:30 a.m. to noon. Donation, \$1. Information, 869-0556.

BROOK'S BARBECUE

take outs available, Bethany Reformed Church, 760 New Scotland Ave., Albany, 4 to 7 p.m. Cost, \$7 for adults, \$4.50 for children 12 and under. Information, 482-7998.

FARMERS' MARKET

Sacred Heart Church, Walter Street, Albany, 11 a.m. to 2 p.m.

REGISTRATION DEADLINE

to take Regents College Examinations, series of college level proficiency tests, to be given Oct. 5 and 6, Regents College, Albany. Information, 464-8500.

SHABBAT EVENING SERVICE

B'Nai Shalom Reform Congregation, 420 Whitehall Road, Albany, 8 p.m. Information, 482-5283.

ALBANY CITY TROLLEY

tour of Albany, begins at Albany Visitors' Center, Broadway and Clinton Avenue, Albany, 2 to 3:30 p.m. Cost, \$4 for adults, \$2 for children. Information, 434-5132.

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 LUNCHEONS

Albany Jewish Community Center, 340 Whitehall Road, Albany, 12:30 p.m. Information, 438-6651.

LEGAL NOTICE
ARTICLES OF ORGANIZATION OF THE FACIAL FITNESS CENTER, LLC UNDER SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW

FIRST: The name of the limited liability company is THE FACIAL FITNESS CENTER, LLC.

SECOND: The county within this state in which the office of the limited liability company is to be located is Albany County.

THIRD: The Secretary of State is designated as the agent of the limited liability company upon whom process against it may be served. The post office address within or without this State to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is 73 Huntersfield Road, Delmar, New York 12054.

FOURTH: The limited liability company is to be managed by one or more members.

IN WITNESS WHEREOF, this certificate has been subscribed to this 18th day of July, 1995, by the undersigned who affirms that the statements made herein are true under penalties of perjury.

Don G. Asmus,

LEGAL NOTICE

Organizer
(August 23, 1995)

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, 1995 at the places listed below. During the 32 day period from September 1, 1995 through October 2, 1995 inclusive there will be no penalty charge for the collection of the tax.

From October 3, 1995 through October 31, 1995 in accordance with Section 2130 of the 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, 1995. Paying in Person: Voorheesville Branch of Key Bank, Voorheesville Plaza, Monday - Friday.

LEGAL NOTICE

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: Voorheesville Central School District
Marilyn B. Schaff, School Tax Collector
Voorheesville Central School District
Voorheesville, New York 12186
(August 23, 1995)

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.
Marilyn B. Schaff
School Tax Collector

LEGAL NOTICE

Voorheesville Central School District
(August 23, 1995)

NOTICE OF FORMATION PURSUANT TO PARTNERSHIP LAW REGISTERED LIMITED LIABILITY PARTNERSHIP

On July 21, 1995, Featherstonhaugh, Conway, Wiley & Clyne, LLP filed a Certificate of Registration with the New York Department of State which specified the County of Albany as its principal office, designated the Secretary of State as the agent upon whom process against it may be served and established the post office address for mailing process as 99 Pine Street, Albany, New York 12207. The Partnership is organized to render professional services consisting of the practice of law.

Featherstonhaugh, Conway, Wiley & Clyne, LLP
99 Pine Street
Albany, New York 12207
(518) 436-0786
Fax: (518) 427-0452
(August 23, 1995)

NOTICE OF FILING OF CERTIFICATE OF REGISTRATION
LEGAL NOTICE
NOTICE OF LIMITED LIABILITY PARTNERSHIP UNDER SECTION 121-1500(A) OF THE PARTNERSHIP LAW

1. The name of the registered limited liability partnership is: Iseman, Cunningham, Riester & Hyde, L.L.P.

2. The Certificate of Registration of Limited Liability Partnership was filed with the Secretary of State of New York on June 27, 1995.

3. The partnership maintains its office in Albany County.

4. The Secretary of State is designated as agent of the registered limited liability partnership upon whom process against it may be served. The post office address within this state to which the Department of State shall mail a copy of any process served against it is: 9 Thurlow Terrace, Albany, NY 12203.

5. The profession to be practiced by such partnership without limited partners is the practice of law.
(August 23, 1995)

NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of
LEGAL NOTICE

Bethlehem hereby invites sealed bids for the furnishing of Janitorial Services for the said Town, as and when required.

Bids will be received up to 2:20 p.m. on the 14th day of September, 1995 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 9, 1995
(August 23, 1995)

CAPITAL DISTRICT SCOTTISH GAMES

Saturday,
September 2, 1995

Altamont Fairgrounds,
Altamont, NY

9:00 a.m. to 6:00 p.m.

One Mile Failer!

*One hundred thousand welcomes!


Featuring

- Northeastern U.S. Pipe Band Championship
- Northeastern U.S. Open Highland Dance Championship
- Highland Athletics: Caber, Stone, Hammer & Sheaf • Celtic Canine Capers

Special Guest Artists

Canada's "The Brigadoons"; Scotland's Tony Cuffe; Ireland's Seamus Connolly; Boston's Jerry O'Sullivan; San Francisco's Sean Folsom; Celtic Minstrels Nancy and Jerry Bell; and the HARP'ers.

Sean Folsom, Tony Cuffe, Seamus Connolly and Jerry O'Sullivan will also appear in concert at 8:00 p.m. on Friday, September 1 at the Dutch Barn, Altamont Fairgrounds. Tickets will be \$12.00 at the door; \$10.00 advanced sale. Call 438-4297

Special Attractions

- Mike Farrell School of Irish Dancing
- Capital District Scottish Country Dancers
- Sheep Herding Exhibition
- Clydesdale Horses • Military Historians

Win Two Round Trip Tickets to Glasgow

Plus

Performances by Massed Bands; Exhibits by Clans and Societies; Vendors for Kilts, Sweaters, Woolens, Celtic Jewelry; Brooks Chicken Bar-B-Q, Fish and Chips, Meat Pies, Imported and Domestic Beers.

Advance sale tickets at reduced prices available from Aug. 14 to Aug. 30 at all

Shop'n Save

Capital District Supermarkets

and Holmes and Watson in Troy

Classified Advertising... It works for you!

Spotlight Classifieds Work!! WRITE YOUR OWN...

Individual rate minimum \$8.00 for 10 words, 30¢ for each additional word, payable in advance. Commercial rate minimum \$10.50 for 10 words, 30¢ for each additional word, payable in advance. Ad deadline 4 p.m. Friday for publication in Wednesday's newspaper. Phone number counts as one word. Box Reply \$3.00. 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

Colonie Spotlight

THE Loudonville Weekly

45,000 READERS EVERY WEEK
CLASSIFIED DEADLINE - 4:00 PM FRIDAY
for next Wednesday's papers

1	2	3	4	5
6	7	8	9	10
\$8.30	11	\$8.60	12	\$8.90
13	\$9.20	14	\$9.50	15
\$9.80	16	\$10.10	17	\$10.40
18	\$10.70	19	\$11.00	20
\$11.30	21	\$11.60	22	\$11.90
23	\$12.20	24	\$12.50	25
\$12.80	26	\$13.10	27	\$13.40
28	\$13.70	29	\$14.00	30
\$14.30	31	\$14.60	32	\$14.90
33	\$15.20	34	\$15.50	35
\$15.80	36	\$16.10	37	\$16.40
38	\$16.70	39	\$17.00	40

Classified ads may be phoned in and charged to your MasterCard or VISA at 439-4949

or submit in person or mail with check or money order to:

Spotlight Newspapers
125 Adams Street
Delmar, NY 12054

Category _____

I enclose \$ _____ for _____ words

Name _____

Address _____

Phone _____

Please run my ad on the following Wednesday issues: 1x _____ 2x _____ 3x _____ 4x _____ ☐ 'til I Call to Cancel

The Spotlight CALENDAR

WEDNESDAY
AUGUST 23
BETHLEHEM
TOWN BOARD
 town hall, 445 Delaware Ave.,
 7:30 p.m. Information, 439-4955.

BC SCHOOL BOARD
 district office, 90 Adams Place, 8
 p.m. Information, 439-7098.

INSECT PROGRAM
 Five Rivers Center, Game Farm
 Road, 7 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.

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.

VESPERS
 in the outdoor chapel of First
 Reformed Church of Bethlehem,
 Route 9W, Selkirk, 7 p.m.
 Information, 767-2243.

TESTIMONY MEETING
 First Church of Christ, Scientist,
 555 Delaware Ave., 8 p.m.
 Information, 439-2512.

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.

BOBBA CULPA
 International folk dance band to
 perform at Voorheesville Public
 Library, 51 School Road, 7 p.m.
 Information, 765-2791.

TOGETHER AT TWILIGHT
 family concert, Voorheesville
 Public Library, 51 School Road, 7
 p.m. Information, 765-2791.

AA MEETING
 First Methodist Church of
 Voorheesville, 68 Maple St., 8
 p.m. Information, 489-6779.

AL-ANON MEETING
 First United Methodist Church of
 Voorheesville, 68 Maple St., 8
 p.m. Information, 477-4476.

FAITH TEMPLE
 bible study, New Salem, 7:30
 p.m. Information, 765-2870.

**MOUNTAINVIEW EVANGELICAL
FREE CHURCH**
 evening service, Bible study and
 prayer, Route 155, 7:30 p.m.
 Information, 765-3390.

THURSDAY
AUGUST 24
BETHLEHEM
PUBLIC INPUT SESSION
 on Bethlehem Central School
 District's options for adding
 space at its elementary schools,
 Hamagrael Elementary School,
 McGuffey Lane, 7:30 p.m.
 Information, 439-7098.

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.

AA MEETINGS
 Slingerlands Community Church,
 1499 New Scotland Road, noon,
 and Delmar Reformed Church,
 386 Delaware Ave., 8:30 p.m.
 Information, 489-6779.

BETHLEHEM SENIOR CITIZENS
 town hall, 445 Delaware Ave.,
 12:30 p.m. Information, 439-4955.

NEW SCOTLAND
COOL KIDS' CINEMA
 Voorheesville Public Library, 51
 School Road, 2 p.m.
 Information, 765-2791.

**EVERY OTHER THURSDAY NIGHT
POETS**
 Voorheesville Public Library, 51
 School Road, 7 p.m.
 Information, 765-2791.

FAITH TEMPLE
 Bible study, New Salem, 7:30
 p.m. Information, 765-2870.

FRIDAY
AUGUST 25
BETHLEHEM
AA MEETING
 First Reformed Church of
 Bethlehem, Route 9W, 7:30 p.m.
 Information, 489-6779.

CHABAD CENTER
 Friday services, discussion and
 kiddush at sunset, 109 Elsmere
 Ave. Information, 439-8280.

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

SATURDAY
AUGUST 26
BETHLEHEM
CAR WASH AND BAKE SALE
 sponsored by the Bethlehem
 Soccer Booster Club, Key Bank
 parking lot, 343 Delaware Ave.,
 9 a.m. to 2 p.m., \$4. Information,
 439-4689.

NATURE PROGRAM
 focusing on the praying mantis,
 Five Rivers Environmental
 Education Center, Game Farm
 Road, 10 a.m. Information, 475-
 0291.

AA MEETING
 Bethlehem Lutheran Church, 85
 Elm Ave., 7:30 p.m. Information,
 489-6779.

SUNDAY
AUGUST 27
BETHLEHEM
**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, 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.

**GLENMONT COMMUNITY
CHURCH**
 worship service, 10 a.m., child
 care available, 1 Chapel Lane.
 Information, 436-7710.

**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 FULL GOSPEL CHURCH
 Sunday services, 8:30 and 10:30
 a.m., 292 Elsmere Ave.
 Information, 439-4407.

DELMAR REFORMED CHURCH
 Sunday school (for ages 3-7)
 and worship service, 10 a.m.,
 nursery care provided, 386
 Delaware Ave. Information, 439-
 9929.

**FIRST REFORMED CHURCH OF
BETHLEHEM**
 worship service, 10 a.m., child
 care provided, youth group,
 6:30 p.m., Route 9W, Selkirk.
 Information, 767-2243.

**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
 worship service (nursery care
 available), 9:30 a.m., free
 continental breakfast, 8:30 a.m.,
 coffee/fellowship, 10:30 a.m., 85
 Elm Ave. Information, 439-4328.

MOUNT MORIAH MINISTRIES
 Sunday school, 9:45 a.m.,
 morning worship, 11 a.m., youth
 group, 6 p.m., evening service, 7
 p.m., Route 9W, Glenmont.
 Information, 426-4510.

**NEW SCOTLAND
THE DRAGON'S EGG**
 Welsh language group of the
 Saint David's Society of the
 Capital District, New Scotland
 Presbyterian Church, 2010 New
 Scotland Road, 2:30 to 5 p.m.
 Information, 861-6976.

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 and 10:30
 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,
 439-6454.

UNITED PENTECOSTAL CHURCH
 Sunday school and worship
 service, 10 a.m., choir rehearsal,
 5 p.m., evening service, 6:45
 p.m., Route 85, New Salem.
 Information, 765-4410.

**FIRST UNITED METHODIST
CHURCH OF VOORHEESVILLE**
 worship services, 9:30 p.m.,
 church school and nursery care,
 10 a.m., children's choir, 11:15
 a.m., youth group, 4 p.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. 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
AUGUST 28
BETHLEHEM
AUDITIONS
 through Aug. 30, for Bethlehem
 Village Stage production of
 "Tintypes," Arts Center,
 Academy of the Holy Names,
 1075 New Scotland Road,
 Albany, 7 to 9 p.m. Information,
 458-8373.

ORGANIZATIONAL MEETING
 for Elsmere Cub Scout Pack 258,
 meeting room 106, town hall,
 455 Delaware Ave., 7 p.m.
 Information, 439-2152.

INDOOR PISTOL SHOOTING
 Albany County Pistol Club,
 Winne Place, 7 to 9 p.m.
 Information, 439-0057.

DELMAR KIWANIS
 Days Inn, Route 9W, 6:15 p.m.
 Information, 439-5560.

**DELMAR COMMUNITY
ORCHESTRA**
 rehearsal, town hall, 445
 Delaware Ave., 7:30 p.m.
 Information, 439-4628.

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.

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

TUESDAY
AUGUST 29
BETHLEHEM
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.

YOUTH EMPLOYMENT SERVICES
 Parks and Recreation Office,
 Elm Avenue Park, 9:30 a.m. to
 noon. Information, 439-0503.

DELMAR ROTARY
 Days Inn, Route 9W. Information,
 439-0018.

WEDNESDAY
AUGUST 30
BETHLEHEM
NATURE WALK
 Five Rivers Environmental
 Education Center, Game Farm
 Road, 7 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.

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.

VESPERS
 in the outdoor chapel of First
 Reformed Church of Bethlehem,
 Route 9W, Selkirk, 7 p.m.
 Information, 767-2243.

TESTIMONY MEETING
 First Church of Christ, Scientist,
 555 Delaware Ave., 8 p.m.
 Information, 439-2512.

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.

FAITH TEMPLE
 bible study, New Salem, 7:30
 p.m. Information, 765-2870.

**MOUNTAINVIEW EVANGELICAL
FREE CHURCH**
 evening service, Bible study and
 prayer, Route 155, 7:30 p.m.
 Information, 765-3390.

THURSDAY
AUGUST 31
BETHLEHEM
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.

NEW SCOTLAND
FAITH TEMPLE
 Bible study, New Salem, 7:30
 p.m. Information, 765-2870.

FRIDAY
SEPTEMBER 1
BETHLEHEM
AA MEETING
 First Reformed Church of
 Bethlehem, Route 9W, 7:30 p.m.
 Information, 489-6779.

CHABAD CENTER
 Friday services, discussion and
 kiddush at sunset, 109 Elsmere
 Ave. Information, 439-8280.

NEW SCOTLAND
YOUTH GROUP
 United Pentecostal Church,
 Route 85, New Salem, 7 p.m.
 Information, 765-4410.

SATURDAY
SEPTEMBER 2
BETHLEHEM
WOODPECKER PROGRAM
 Five Rivers Center, Game Farm
 Road, 2 p.m. Information, 475-
 0291.

AA MEETING
 Bethlehem Lutheran Church, 85
 Elm Ave., 7:30 p.m. Information,
 489-6779.

HELP WANTED HOUSEKEEPER

Part-time housekeeper needed at The
 Conference Center at The Rensselaerville
 Institute (year round work). Mostly weekday
 hours, maybe some weekend hours.

CALL SUSAN SHUFELT AT 797-5100

SCHOOL OF THE ALBANY Berkshire Ballet

- **PRE BALLET** (Ages 4-6)
... a charming introduction to the
grace and beauty of Classical Ballet.
- **BALLET** (Ages 7 and Older)
... Elementary through
Professional levels of instruction.
- **MODERN DANCE** (Teens - Adults)
- **JAZZ** (Teens - Adults)

Classes Begin Sept. 9th!

Studio Registration: 8/28 - 8/31 • 12 noon-6pm
 9/5 - 9/8 • 12 noon-6pm

Albany Berkshire Ballet at the Palace
"NUTCRACKER"

Auditions - Sun., Sept. 17th • 10am

518-426-0660 • 25 Monroe St., Albany
 Madeline Cantarella Culp, Director

CLASSIFIEDS

Individual rate minimum \$8.00 for 10 words, 30 cents for each additional word, payable in advance. Commercial rate minimum \$10.50 for 10 words, 30 cents for each additional word, payable in advance. Ad deadline 4 p.m. Friday for publication in Wednesday's newspaper. Box Reply \$3.00. 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 25 word classified ad will run in the New York State Classified Advertising Network (NYSCAN), 90% of 242 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

CLARENCE ANTIQUE SHOWS Antique World Expo and Kelly's Antique Extravaganza. Fri. 8/25, 8-5pm. Sat., 8/26, 9-5pm. Over 800 Quality Antique Dealers. \$5 per person. Free parking. Main St. (Rt. 5), Clarence, NY 15 mi. east of Buffalo, 40 mi. west of Rochester. 800-343-5399.

AUTOMOTIVE CLASSIFIEDS

USED CARS AND TRUCKS

1982 NISSAN SENTRA \$550., 120,000 mi. Great for student 475-1219 evenings.

1987 HONDA SI Black A/C new brakes tires \$2,250. 439-1920

1990 NISSAN STANZA, 58K, one owner, air/am/fm cassette, power locks and windows, 5-speed, asking \$5,900. 475-0502.

CORVETTES 1953 TO 1993. Over 150. One location. Mostly 1972 & older. Free catalog. 419-592-5086 Fax: 419-592-4242. Proteam, Box 606 Napoleon, Ohio 43545. Corvettes Wanted.

NISSAN SENTRA 1990 XE 5speed, A/C, cassette, 69K, \$5,400. Call 439-9487.

1976 FIREBIRD Asking \$1400, minor body work needed, lots of extras. 439-3552.

1985 FOR TEMPO, 4 door, auto, 90,000 miles \$1,295. 453-6436 Nancy.

1993 TOYOTA CAMRY, auto, A/C, 44k, new tires, original owner, excellent condition, must sell, \$12,500. 427-6336.

Cousin

BUD KEARNEY, INC.

FORD • MERCURY • TRUCKS
Rt. 9W, Ravena • 756-2105

CHILDCARE SERVICES

CHILDCARE: Experienced mom will care for your child, full/part-time in my Selkirk home, lunches and snacks provided, call Lisa, 767-9529.

COLONIE: Deb's Daycare, NYS licensed provider near New Karner Road and Vly Road, 452-6979.

DELMAR: 18 months and up. Fun, loving, family environment. Activities, meals, experience, excellent references, 475-1404.

GLENMONT/DELMAR: Family daycare for your child in our home. State licensed, CPR certified, experienced, references. Safe, secure environment. Full-time openings, ages 6 weeks+. Call 439-0164 for information.

MOM HAS ONE opening before school care, 475-0551.

VOORHEESVILLE: Family day care, safe, experienced, references, 765-4015.

CHILDCARE HELP WANTED

AFTER SCHOOL care and light housekeeping for two children, four days per week, 765-9308 p.m.

BABYSITTER NEEDED in my home, two days/week, call 439-2575.

SITTER NEEDED Monday and some Fridays 7:15 a.m. for two small children. Loudonville area; great for retiree. 489-5752.

REAL ESTATE CLASSIFIEDS

REAL ESTATE FOR RENT

DELMAR: 1 bedroom, heat/hot water included. Modern Delaware Ave., near Delaware Plaza, \$500, 489-7583.

ONE BEDROOM apartment, \$400, off street parking, Main street, Voorheesville, call 478-0116.

ALBANY 3 bedroom lower flat, \$500, security, no pets, available Sept. 1, 465-8297.

DELMAR \$450+ utilities, one bedroom, convenient location. 475-0642 or 407-997-9159.

DOUBLE CAR GARAGE with loft in Delmar, \$150/month, 439-6066 or 452-3689.

GLENMONT 4 BEDROOM, 2 1/2 bath, Colonial available immediately. Family room/fireplace, hardwood floors. Flexible rental period. \$1400 per month plus utilities. Call Phyllis Richards at 439-0833.

THREE BEDROOM HOUSE, one bath, garage space, large yard. Non smokers preferred. (nopets?) \$600 mo & utilities. Unionville 439-3635 after 2 p.m.

\$515, Voorheesville One bedroom apartment, yard, off street parking, pet okay, 765-3368.

\$650+util. Selkirk, extra large and nice 2 bedroom, living room, dining room, kitchen and bath. D/W/W/D hook, W/W, parking, 1 1/2 acres, 767-9467.

11A CLERMONT ST., Delmar, \$630+ utilities, 2 bedroom duplex, 1 1/2 baths, family neighborhood, available September 15, 439-7840.

53 CONSTITUTION DR., Glenmont, Chadwick Square, \$1,000+ utilities, 2 bedroom plus loft, 2 1/2 baths, 2 car garage, townhouse, available September '95, 439-7840.

SLINGERLANDS: 1 bedroom apartment, heat, lease, security, no pets, 765-4723, evenings.

18 Delmar Place off Kenwood, \$450. One bedroom, second floor. Garage and storage available now 439-6295.

DELMAR \$525+ One bedroom, central air, washer/dryer hookup. Available Sept. 1, 439-0864.

DELMAR \$625 Two bedroom apartment, 2nd floor, w/garage, a/c, porch, laundry, quiet retirement area, 448-5322.

RAVENA one bedroom, appliances, heat and hot water. Sept. 1, \$400+. Three bedroom, Oct. 15, \$575. Call 756-6613.

DELMAR AREA, 2 bedroom ranch townhouse, Elm Estates, 1 1/2 bath, fireplace, large deck, garage, \$675, immediate occupancy, 475-1463.

REAL ESTATE FOR SALE

MENANDS CORNER lot on Van Rensselaer Blvd., 220 length, 120 width, \$62,500. 475-1663.

YOU CAN OWN YOUR own home. No downpayment on Miles materials. Attractive construction financing. Call Miles today, 1-800-343-2884 ext. 1.

ADIRONDACKS 400 acres only \$69,900. Borders NY State land, miles of interior. Roads, trails. Excellent hunting. Three glorious mountain streams, excellent owner financing. 518-893-0013.

BY OWNER. Free list of area homes "For Sale by Owner" home sellers advertise for only \$150. No commissions. Buyers/Sellers call Toll Free 1-800-BY OWNER.

GLENMONT, 3 bedroom, 2 bath. Large lot, sunporch, 2 car garage, hardwood floors, fireplace \$120,000. Open Sunday, Aug. 27, from 1 to 4 p.m. 426-0711.

VACATION RENTAL

ESTERO ISLAND, Beach, S.W. Florida, lovely waterfront, 2 bedroom condos. Pool, beach, tennis, close to golf, fine restaurants etc. Seasonal '95 '96, weekly, bi-weekly or longer. For more information call 518-393-2008.

OCEAN CITY, MARYLAND. Best selection of affordable rentals. Call now for free color brochure, 1-800-638-2102. Open 7 days, Holiday Real Estate.

CABIN ON AUGER Lake, Adirondacks. Weekly rentals, \$350, dock and boat, after 4 p.m., 523-2920.

CAMP WITH 51 ACRES fully insulated 24' x 24 two bedrooms, porch, unfinished addition, trails, great hunting, snowmobiling, x-c. \$49,900. Barbara Stolen Real Estate, Chertestown, N.Y. 518-494-4771.

CAPE COD, Brewster. Two houses, 4 cottages on 2 wooded acres, 1 mile from bay, beach, perfect for quiet times and family reunions, 1-800-399-2967.

CAPE COD, EASTHAM: Comfortable 4-bedroom home, sleeps 10, near beaches, hiking, bicycle trails. Summer weeks \$825; spring/fall \$225 - \$625. (785-0022).

MARINER MOTOR lodge, Cape Cod. AAA, clean rooms, friendly service, great rates, indoor/outdoor pools, miniature golf, picnic/BBQ, refrigerators, Route 28, W. Yarmouth, (800)445-4050.

MYRTLE BEACH. Five day special, Sunday through Thursday \$199 per family of four. One block from pavilion. Great accommodations, pool, close to beach. Beach Sands, 1-800-331-7300.

PELHAM HOUSE, Cape Cod, waterfront resort. Spacious rooms with private balconies on private beach, private tennis court. Near dining, shopping, golf and deep water fishing. Box 38, Dennisport, MA 02639. Reservation, (800)497-3542. Information, (508)398-6076.

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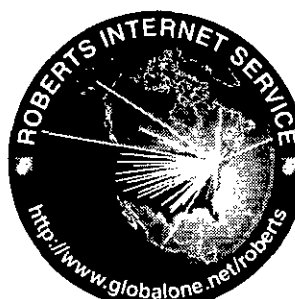


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A WONDERFUL family experience. Scandinavian, European, South American, Asian, Russian high school exchange students arriving in August. Become a host family/AISE. Call Sally (610)797-6494 or 1-800-SIBLING.

ADOPTION: A financially secure, loving couple seek to give your child what you would if you could. Legal, confidential, expenses paid. Rich & Jan, 1-800-303-4366.

ADOPTION: A full-time energetic mom, athletic dad want to provide love for your child. Educated, financially secure, country home by lake, Diana/Barry, 1-800-628-6838. Please call.

WELCOME THE WORLD. "One Friendship at a Time." Be a host family! Americans Intercultural Exchange. Thailand, Germany, Brazil, others, 1-800-SIBLING. School starting! Local, caring representatives.

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ADOPTION happily married couple will provide loving, secure home for your infant, or twins. Legal/confidential. Expenses paid. Call Pat & Lem 1-800-266-1895.

Adoption: Let's help each other. Our biggest dream is to become parents. Your newborn will receive our unconditional love, happiness, security. Expenses paid. Christine/Jim 1-800-884-2560.

MATURE WOMEN residing vicinity Boston Chicken, Elsmere to help elderly couple. Simple supper, bed preparation, tidying. References 372-7879, 8-10 a.m.

PROMISKEEPERS? John 7:18; Luke 14:11; 2 Cor. 4:5, 7; 2 Cor. 3:4-6; Numbers 30:2; Romans 10:2-5; James 5:12; Romans 3:19-28; Galatians 5:1,4&5; John 14:15-23; Philippians 1:6,9-11. 1 John 1:9-10.

PET CARE

PET SITTING: Delmar, Glenmont, Slingerlands, charge per visit. Also, daily walking service while you're at work. References, 439-3227.

PETS

YELLOW LAB AKC Shots, \$430 after 6 p.m., 384-0903

PIANO LESSONS

PIANO LESSONS, all ages, Eastman graduate, 20 years experience. Georgetta Tarantelli, 439-3198.

GARAGE SALES

MOVING SALES

5 JOHN STREET SELKIRK Saturday, Aug. 26, 9 to 2. Refrigerator \$100, stove \$50, dryer \$50, washer \$100. 439-0884.

GARAGE SALES

15 JOY DRIVE, Loudonville Friday, Saturday Aug. 25, 26, 9 to 3. Miscellaneous household items, knickknacks.

40 Albin Road, Delmar, Friday Aug. 25, 10 a.m. to 2 p.m. Saturday, Aug. 26 10 a.m. to 2 p.m. Household miscellaneous.

5 Burtonwood Place, Delmar, 8/25, 9 a.m.-1 p.m. Furniture, household, baby, miscellaneous.

83 Voorheesville Avenue, toys, clothes, baby items and more. Saturday, Aug. 26 from 11 to 4.

GIANT TAG SALE, Congregation B'Nai Shalom, 420 Whitehall Rd., Albany, Aug. 27, 9-3, large variety of items.

GLENMONT CHADWICK SQ. AREA SALE Saturday, Aug. 26, 9 to 4, off Feura Bush, off Wimple.

PIANO LESSONS for all ages. Professional faculty with degrees in music. Magic of Music in Main Square 439-8955.

PIANO TUNING & REPAIR

PROFESSIONAL PIANO tuning & repair, Michael T. Lamkin, Registered Piano Technician, Piano Technicians Guild, 427-1903.

THE PIANO WORKSHOP: complete piano service; pianos, music, gifts, antiques, 11 Main St., Ravena, 756-9680.

RESORTS

Carpentry, roofing, siding, windows, additions and remodeling. Free estimates. Call Jim 872-0538.

SITUATIONS WANTED

HOME HEALTH AIDE available, part-time days, flexible hours, high quality work, references, call 463-9865.

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283-2902

BEEBUSTERS: Wasp, yellow jacket, hornet, nests removed, 355-7594, leave message.

NYS COMMUNITY newspaper directory. A complete guide to New York State weekly newspapers, available from New York Press Association for only \$30. Send check or money order to: NYPA, 1681 Western Ave., Albany, New York 12203 or call 464-6483 for more details.

HOUSE KEEPING \$40-60, 3-5 times weekly, experienced, references, call Ellen at 439-2204 for list of services.

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OLD ORIENTAL RUGS Wanted. Any size or condition. Call free 1-800-553-8021.

ALL COSTUME JEWELRY, old silver and gold, glass, china, clothing, draperies, linens, furniture; from 1850-1950. Call Rose, 427-2971.

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95 GMC SIERRA C1500 PICKUP 6-1/2' Box, 5 Speed, AM/FM Stereo Cassette, Rear Bumper, 4.3 Liter V6 Was \$13,965 NOW ONLY \$12,200*	Try to Beat This NEW 1994 COLT 4 Door Sedan Automatic, Custom Cloth Bucket Seats, AM-FM 4 Speaker Stereo, Tinted Glass, Floor Mats Was \$13,139 NOW ONLY \$9,995*	1995 JEEP WRANGLER #5W5 MSRP \$17,990 Pkg. 25D, 5spd., 4.0 Liter 6cyl., Space Hard Top, Steel Wheels, Tilt Steering, Extra Capacity Fuel Tank, Intermittent Wipers. \$16,937*
ALL NEW SUBARU LEGACY ALL-WHEEL DRIVE WAGON Fully Loaded, Dual Air Bags, and 4 Wheel Anti-Lock Brakes, Full Power, Cruise Control, A/C, Plush Subaru Active Safety Group NOW ONLY \$17,265*	NEW 1995 JEEP CHEROKEE #5CH29 MSRP \$18,834 4.0 Liter PowerTech 6cyl., A/C, Tilt Steering, Cassette, Full Spare, Floor Mats NOW ONLY \$17,826*	Summer Special 94 LEBARON CONVERTIBLE Automatic, Air Cond, V-6 Engine, Full Power, AM-FM Stereo Cassette, Cruise Control, Tilt Wheel, 16,307 Miles. Previous Rental NOW ONLY \$14,995*
1993 CHRYSLER CONCORDE Green, 28,372 Miles, Extra Clean, V6, Auto Stk# 5LH6A. \$16,495*	NEW 95 IMPREZA 2DR COUPE Auto Trans, AWD, Air Cond, Fog Lamps, Rear Spoiler This Week Only. Was \$16,503 #5S152 \$13,750*	MAIL CARRIER SPECIAL! Right Hand Drive - All Wheel Drive SUBARU LEGACY WAGON Only 52,280 Miles, Air Cond., Full Power, Stereo & More. Delivery Special #5S212A \$9,885*
1990 CHRYSLER NEW YORKER Maroon, Loaded, V6, 54,954 Miles, Auto. Stk# 5AM22A \$8,295*	95 VOYAGER A/C, 7 Pass Seat w/Child Seats, AM/FM Cassette, Full Spare, Storage Drawer & Family Value, Pkg. 22T. Stk# 5V60 *Includes All Incentives. College Grad. Rebate of \$400 if qualified. \$13,995*	91 CADILLAC SEDAN DEVILLE #5PC8MA. Fully Loaded, Leather, Full Power, Extra Sharp! Only 52,992 Miles REDUCED ONLY \$15,785*
91 JEEP CHEROKEE LAREDO Full Power, Air Cond., Overhead Console, 4 Wheel Drive, Rest Rack, Ex. Clean, Only 64,859 Miles. #5GC12A THIS WEEK ONLY! ONLY \$12,490*	1992 PLYMOUTH VOYAGER Red, 4cyl., Auto, A/C, 7 Pass., 42,830 Miles. Stk# 4PC49A \$9,995*	1991 PLYMOUTH VOYAGER Grand Le Blue, V6, Auto, 78,676 Miles. Sharp. Stk# 5PC4A \$9,995*
1990 CHRYSLER NEW YORKER 4Door Sedan, 43,172 Miles, LOADED. Stk# 4CH38B \$9,995*	1990 CHRYSLER IMPERIAL 4Door Sedan, Chrysler's Flagship, Full Power, Leather Seating, 52,067 Miles Balance of 770,000 Warranty. Stk# 5LH2A NOW \$8,995*	1995 EAGLE VISION ESI Power Windows/Locks/Mirrors, Cruise, Tilt. LEASE FOR \$216.12 Top. \$5,186.88—\$1900 Down 24 Mos., 24,000 Miles.

*Excludes sales tax & MV fees. Includes all dealer No Trade Discounts & Factory Rebates including C/P-J/E '93, '94, '95 College Graduate Rebate. Lease payments are based on 24 Mos, 24,000 Miles, if Credit Qualified.



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Selkirk

(From Page 1)

Selkirk has always been in the running for the plant, where 23 locomotives will be manufactured for the Long Island Rail Road. But recent events have greatly enhanced its prospects.

Officials from General Motors and GM's project partner, Milwaukee-based Super Steel Products Corp., had reportedly set their sights on some overgrown farmland in Glenville for their new operation. But Glenville was scratched off the list after neighborhood opposition surfaced.

The 35-acre site in Selkirk is also located on former farmland next to the Conrail freight yards, GE Plastics and Owens-Corning. But the area is sparsely populated and is considered part of the town's industrial sector.

The economic development package that's been put together has definitely aided the town's chances, Fuller said.

At the same time, the main drawing card for Selkirk remains its accessibility to rail lines and major highways like the New York State Thruway.

The Conrail line "helps them to

bring in manufacturing supplies as well as allowing them to ship out the finished product easily and quickly," Fuller said.

"Our prospects with GM and Super Steel are very good," said Albany County Executive Michael Breslin. "We have a model site, which we've made even more attractive with a package of incentives that includes loans, technical assistance and tax abatements."

The other two sites poised for the stretch run are a 100-acre parcel in the W.J. Grande Industrial Park in Saratoga Springs and a 60-acre tract in the Scotia-Glenville Industrial Park.

GM and Super Steel are under contract to deliver the first of the locomotives by early 1997, so the companies are anxious to complete the selection process and start construction on their 160,000-square-foot manufacturing facility.

GM officials have made several tours of the Selkirk site, meeting with town Public Works Commissioner Bruce Secor on their most recent foray.

It's estimated the facility would create about 150 manufacturing jobs besides the work involved in constructing a new plant.

Bethlehem Arboretum seeking contributions

The Bethlehem Arboretum, a community project started last year to develop an arboretum at Bethlehem Central High School, plans to plant at least 14 trees in the coming year.

Any community member wish-

ing to donate a tree in memory of a loved one may do so for \$100, which will cover the cost of the tree and identifying tags.

For information, contact Dom DeCecco at 439-2437.

Four Corners construction



Lewis Joels and Dan Albre of LaCorte Construction use a "jumpin' jack" to smooth out a filled-in ditch on Kenwood Avenue, part of the project to improve traffic signals at the Four Corners. Doug Persons

Five Rivers to answer honeybee questions

A program on the honeybee will be held on Saturday, Sept. 9, from 1:30 to 4 p.m. at the Five Rivers Environmental Education Center on Game Farm Road in Delmar.

Ongoing demonstrations on honeybees will be featured. Center naturalists will be on hand to answer questions.

For information, call Five Rivers at 475-0291.

AARP chapter plans autumn canal cruise

The American Association of Retired Persons Chapter 1598 will sponsor a two-hour Erie Canal cruise on Monday, Oct. 23. Boarding is at 11 a.m. at the Crescent Cruise Lines near the Crescent Bridge on Route 9.

The cost for the trip is \$18.50. Checks should be made out to Marian Choppy, 3 Reid Place, Delmar 12054.

For information, call 439-6694.

Bird identification tips on tap at Five Rivers

The Five Rivers Environmental Education Center on Game Farm Road in Delmar will offer bird walks every Thursday at 7:30 a.m. from Sept. 14 through Oct. 19.

Center naturalists will serve up tips and tricks on bird identification with the novice birder in mind.

Participants should bring binoculars and field guides if available. For information, call Five Rivers at 475-0291.

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