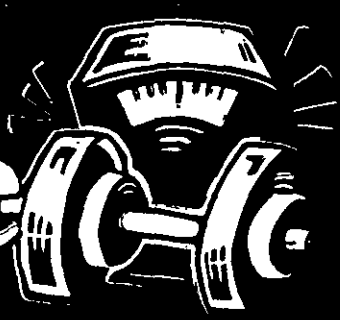


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Vol. XL No. 6

The weekly newspaper serving the Towns of Bethlehem and New Scotland

February 7, 1996

50¢

Pizza pizzazz



Jeffrey Henrikson, 5, works on a project during a pizza party at Tri-Village Nursery School. Elaine McLain

Waste NOW, want not, recyclers tell Bethlehem

By Mel Hyman

If New Options on Waste is given permission to relocate to Bethlehem, there will be significant benefits to both residents and town government, according to company president Richard Deitz.

The financial advantages of the project were described in general terms during last week's public hearing before the Bethlehem town board.

New Options, a recycling facility currently located on South Pearl Street in Albany, will pay the town a set charge each year based on how much of its waste stream is sent to the Rotterdam town landfill.

"It's kind of a self-imposed penalty," Deitz said. "For every ton of waste that we don't recycle, we could pay the town a fee of say twenty-five cents."

Deitz estimated that would amount to a minimum of \$20,000 during the plant's first year of operation, and could rise to \$50,000 or \$100,000 annually in subsequent years.

The landfill fee system is used by recycling firms in other parts of the country, he said, and the company would be amenable to raising the annual charge to \$1 per ton in a few years.

For now, Deitz said he is faced with higher-than-expected start-up costs. Installation of a sprinkler system in the former Barker Steel building is going to be expensive, he said, and will increase the cost of renovating the facility to \$2.3

□ WASTE/page 28

Sales tax checks give boost to local economy

By Dev Tobin

The signs of a slow Christmas were everywhere in the local and national media — everywhere, that is, except in the sales tax checks received by local municipalities.

A barometer of holiday retail sales activity, the fourth-quarter 1995 check distributed by Albany County to towns and villages was up 4.7 percent from the fourth quarter of 1994. Overall, municipalities received 4.4 percent more in 1995 compared to 1994.

Local municipal leaders who had been expecting the worst were pleasantly surprised at the extra revenue.

"I can't explain it, but I'm not complaining," said Voorheesville Mayor Edward Clark, who saw the village's fourth-quarter check rise from \$170,815 in 1994 to an all-time high of \$178,843 in 1995.

"This seems to contradict the conventional wisdom of a slowdown," Clark added.

The additional 1 percent on the sales tax enacted in remains a vital part of localities' budgets, Clark said.

"Local government would be in disastrous shape without the 1 percent," Clark said. "We would either have to raise taxes or cut services drastically."

Like New Scotland and Bethlehem, Voorheesville estimates sales tax revenue conservatively, and when the revenue goes

up, it translates into stable or lower property taxes.

New Scotland has been able to cut property taxes for the past five years, and continued strong sales tax revenue should help maintain that record, according to Supervisor Herb Reilly.

New Scotland received about \$16,000



Kehoe



Clark

more in its fourth-quarter check, and more than \$55,000 more for the year, Reilly said.

After media reports of slow retail sales in December, "I thought we would be about the same as last year," Reilly said.

With a much larger sales tax distribution, the revenue increase for Bethlehem was about \$60,000 in the fourth quarter and more than \$250,000 for the year.

"It's better than I was hoping for," said Comptroller Judith Kehoe.

The better-than-expected numbers are probably due to a substantial expansion of Crossgates, the Capital District's largest

□ TAX/page 28

Critics want to dump Mike Burns

By Dev Tobin

After its worst showing in more than 20 years, the New Scotland Democratic Committee needs a complete overhaul, beginning at the top with town party chairman Michael Burns.

That's the prescription offered by Democrats who left the party to support Supervisor Herb Reilly for re-election in 1995, after Burns and other party leaders worked successfully to deny Reilly the party nomination.

The party was divided by disagreement over Reilly's performance during his eight years as supervisor, and over proposed amendments to the town's zoning

law, with Reilly and his supporters favoring fewer restrictions on residential lot sizes.

Reilly secured Independence Party

We have a problem with communication. There's no openness — it's still backroom, political-machine-type government.

Joseph Cotazino

backing and won handily. The Democratic candidate came in third, and Republicans won the other two town board seats on the ballot — the first time Demo-

crats were shut out in a town board election since 1973.

"There are an awful lot of disgruntled Democrats who voted on the Independent line for Herb," said Joseph Cotazino of the Orchard Park Neighborhood Association, who is leading the charge against Burns.

Cotazino and a handful of others, including Pat and Midge Bulgaro, Tony Mistretta, Charles and Gail VanWie and Judith Wing, have brought their complaint to county Democratic chairman Leonard Weiss, who refused the group's request that he

□ CRITICS/page 17

N. Scotland zoners set conditions for trailer

By Dev Tobin

Before considering whether it will issue a temporary use permit, the New Scotland zoning board of appeals has imposed a series of conditions on the owners of an illegal trailer on Clipp Road.

Back in November, Jim and Ann Marie Charron had moved their trailer to land owned by Ann Marie and her mother, sparking imme-

If this goes the right way, everybody will be served well.

Ronnie Von Ronne

diate protests from neighbors on Clipp Road.

The Charrons pleaded that their circumstances were dire — they were evicted from a Troy trailer park and had no place else to go. Both are unemployed due to physical disability, but are not yet receiving government disability payments.

In January, they began the process of obtaining a temporary use permit, which would allow them to live in the trailer for at most a year while they are renovating a converted garage on the property.

The ZBA's public hearing on their temporary use permit request has been adjourned until Feb. 27, and in the interim, the Charrons must comply with sev-

eral conditions before the ZBA will consider their request favorably.

According to their attorney, the Charrons have already remedied one of the most obvious health code violations — lack of any sanitary facilities — by arranging to have a portable toilet brought to the site.

One of the conditions is that the Charrons allow Building Inspector Paul Cantlin and county health department officials to inspect the property "to confirm and verify progress," which is scheduled for tomorrow (Thursday).

Other conditions are that they provide:

- An estimate of the reconstruction costs to bring the converted garage up to code.

- An update on the status of their applications for disability payments and for construction financing.

- A proposed performance schedule for the renovation and for the removal of trash and vehicles which are in violation of the town's zoning ordinance.

"If this goes the right way, everybody will be served well," said ZBA chairman Ronnie Von Ronne.

Blood pressure tests available at town hall

The Town of Bethlehem will hold a blood pressure screening on Tuesday, Feb. 20, from 10 a.m. to 2 p.m. in the Bethlehem Town Hall auditorium on Delaware Avenue in Delmar.

BC senior to debut piece

Bethlehem Central High School students will present an evening of instrumental music featuring selections by Mozart, Purcell, Duke Ellington and Rossini on Thursday, Feb. 8, at 7:30 p.m.

An original piece, "Concerto Suite No. 3, by BC senior Adam Waite will also be featured in the program at the high school on Delaware Avenue in Delmar.

Waite will conduct the wind ensemble, who will perform his piece.

The symphonic orchestra, jazz band, symphonic band, string and saxophone quartets and woodwind and brass quintets will also be featured in the program.

The performance is free and open to the public.

For information, call 439-4574.

Hoblock to hear public budget views

State Senator Michael J. Hoblock Jr. will sponsor a public forum focusing on the state budget at the Bethlehem Town Hall, 445 Delaware Ave. in Delmar, on Wednesday, Feb. 17, at 7:30 p.m.

Hoblock is encouraging citizens to share their views on the proposed state budget.

For information, call 455-2857.

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PAID ADVERTISEMENT

An Open Letter to the Residents of Bethlehem from the President of New Options on Waste (NOW)

Last week's reports about our company in this newspaper caused great resentment among our employees. Despite doing their best to be leaders in recycling in the Capital District, our workers have been criticized by a few for being sloppy and ineffective. We are proud of our record of recycling, a record of diverting over 85,000 tons of materials from landfills or garbage incinerators.

In 1992, to keep a proposed garbage incinerator out, the Town of Bethlehem enacted new solid waste ordinances. These ordinances emphasize recycling. However, recent reports indicate that waste-recycling businesses are not welcome in Bethlehem.

Let's look at a specific instance. NOW, the region's most aggressive recycler, is seeking to move from the city of Albany to a facility in the Port of Albany, at a site in the Town of Bethlehem. This move has provoked some ill-informed criticism.

The Answers

The people of Bethlehem should hear answers to these criticisms. These answers will clear up the misconceptions the town's newspaper, certain community activists, and some town officials labor under, and will help you judge the facts, not the allegations.

1. **The Allegation:** NYPIRG's Judith Enck says the town should be careful about granting variances to NOW because of its stormy relationship with Albany.

The Facts: When NOW opened in 1992, it contracted with the city's administration to dispose of the residue of its recycling process at Albany's Rapp Road landfill. When Jerry Jennings came into office, he decided he didn't care for that agreement. For one thing, he wanted a higher fee for the unrecyclable residue NOW was disposing. (Of course, NOW wanted the lower fees already agreed to in the existing contract.) So the Jennings administration broke the contract. First, Albany's DPW Commissioner Mike Connors tried to buy out our business. Then, Jennings even took back the trailers the city had leased to NOW, which NOW was using to bring residue to Rapp Road. That caused NOW

to sue Albany for \$5 million.

Indeed, a stormy relationship with the Jennings administration should recommend NOW to Bethlehem.

2. **The Allegation:** DEC fined NOW \$10,000 in 1994 for loading trucks with waste outside its building.

The Facts: The dispute with Albany described above prompted Albany officials to take away the city's hauling trailers that had fit perfectly into NOW's processing equipment. The lack of these custom trailers forced NOW to load waste outside, into trailers that did not fit its equipment. Loading waste outside the facility, while a technical infraction, had no impact on the environment. NOW paid the fine. NOW has purchased a fleet of new trailers that fit the processing equipment, and no longer loads waste outside. Case closed.

3. **The Allegation:** Supervisor Fuller claims that NOW's present location is "a mess. There were materials lying around that had not been recycled and bundled."

The Facts: NOW's existing facility also houses a company that works in paper recycling. Supervisor Fuller may have seen piles of paper and paper litter at that facility and thought they were NOW's responsibility. In fact, as part of its DEC permit requirement, NOW cleans up wastes around its building, even if haulers delivering to the other facility dropped them. Moreover, NOW does not store unprocessed material outside its building. Only baled recyclables (such as plastic bottles), crushed glass, tires, metal, and recycled cover material are stored outside the building, awaiting transshipment to market. None of such materials would or could blow around. NOW keeps its own building and grounds reasonably clean. NOW has never been cited for causing a nuisance or creating litter.

4. **The Allegation:** Bethlehem Work on Waste member Betsy Lyons claims that NOW is a very dusty workplace and that the workers there should be wearing respirators.

The Facts: Certainly Ms. Lyons is less of an authority on workplace requirements than OSHA. In fact, OSHA (the Occupational Health & Safety Administration) inspected NOW's facility and determined that the working environment did not require employees to wear respirators. Workers on the recycling/sorting line may

choose to wear dust masks, and are required to wear ear and eye protection. To the satisfaction of state regulators, NOW has installed a sprinkler system to control dust. NOW complies with all workplace health and safety requirements of the federal government and the state.

The Benefits NOW Offers

In addition to enhancing the recycling effort, NOW's move to the Town of Bethlehem will have other positive effects. The following chart lists some community benefits NOW will bring to the residents and taxpayers of Bethlehem.

Benefits to Residents
\$50,000 Closure Plan for Town's C&D landfill
30% reduction in the \$100,000 per-acre cost of landfill capping with NOW's cover material
10% per year savings on waste disposal for all residents and businesses in the town
Keeping the Barker Steel property on the local property tax rolls
55 new private sector jobs in the Town; more jobs as NOW expands
Visionary new environmental industry
A self-imposed per-ton payment for all materials not recycled

Recycling — In Fact

As in 1992, when a proposed incinerator compelled Bethlehem to enact solid waste ordinances that emphasized recycling, so today the Town must encourage recycling. The alternatives will only intensify the garbage crisis. However, if the town's newspaper, certain community activists, and some town officials shut waste-recycling businesses out of Bethlehem, they contradict themselves. They want recycling, but don't want anyone to actually do it.

NOW recycles. It deserves the opportunity to make recycling work in Bethlehem.

Environmentally Yours,
Richard Deitz
President



Local man sets up senior contacts

By Mel Hyman

As more and more seniors stay in their homes, either because there are no nursing home beds available or they just prefer it that way, the need for outreach becomes increasingly important.

Delmar resident Les Fisher, who is in charge of the Albany County Home Visitor Program and Telephone Assurance Program, encounters people all the time who are homebound, isolated and often without human contact.

The problem is that there are not enough volunteers around to visit the homebound elderly in Bethlehem, New Scotland, Colonie, or anywhere else in Albany County for that matter.

Just one visit or phone call a week "can make all the difference in the world," Fisher said. "When people are homebound and alone, psychologically, they feel like they are trapped."

Besides screening volunteers and matching them up with seniors in need of socialization, Fisher gets out in the field himself, serving as chaplain for the Jewish residents at Good Samaritan Home on Rockefeller Road in Delmar.

"I've gotten quite close to the residents there," he said. "I try to get a sense for what their needs



Les Fisher

are, and even if it's just to say a prayer, I'll do that with them."

Public service is nothing new to Fisher. He's been an activist in the public health field for many years. He's served on national panels and presidential commissions dealing with product safety and injury prevention for children.

He retired from the state Department of Health last March where he had worked for 28 years as a public health and safety expert.

In his volunteer work with B'nai

B'rith and the Greater Albany Jewish Federation, Fisher has helped resettle numerous Russian immigrants in this area over the last several years.

And locally he serves on the community advisory board for Bethlehem Youth Court.

After his retirement, Fisher decided he didn't like the idea of not being busy, so he sought out the part-time position he now has with the Retired Senior Volunteer Program (RSVP) at the University at Albany.

Given his concern for people, it couldn't be a more fitting assignment, he says. Now if only had some more volunteers to work with.

"Loneliness is the common denominator for the homebound elderly who are trying to maintain independence in their homes," he said.

Volunteers assume the role of a good friend and just sit and chat, or they could provide small, comforting tasks. They cannot, however, administer medication or perform hands-on care.

Even a single phone call is still a vital link for many of the elderly, Fisher noted. "If a client fails to answer their telephone, a network of emergency services goes into action."

A neighbor and/or family member is asked to go to the home and check on the safety of the client. If emergency assistance is needed, the police department is contacted.

For information on the home visitation and telephone assurance programs, call 442-5585.

Wide-eyed wonder



Olivia Brooks and her father Gary enjoy the food and festivities of the Tri-Village Nursery School's pizza party Friday. Elaine McLain

Business leaders propose revived beautification effort

By Mel Hyman

A great time was had by all and the town looked a lot spiffier.

In the early 1990s, a cadre of volunteers fanned out across town in a vast beautification effort called Community Bethlehem.

After a hard day's work picking up litter and planting flowers, the volunteers gathered for a party at the Slingerlands Fire Department outdoor pavilion.

Members of the Bethlehem First task force are exploring the idea of resurrecting Community Bethlehem this spring or fall. It would be the first project undertaken by the group, which is seeking to promote Bethlehem's livability and its attractiveness as a place to shop, dine and generally spend time.

Community Bethlehem was co-sponsored by the Bethlehem Chamber of Commerce and town government, but there were a host of other community groups that got involved, according to Bethle-

hem Chamber of Commerce president Marty DeLaney.

"We had Girls Scouts, Boy Scouts, seniors, the (Bethlehem) Garden Club, youth groups, church groups. You name it," DeLaney said. "We worked in every part of town from South Bethlehem and Selkirk to Glenmont and Delmar."

Planning for a 1996 version of Community Bethlehem could begin soon. An events committee for Bethlehem First was organized at last week's task force meeting and Mariangela Bubeck was elected chairwoman.

Several other committees were organized, including a budget committee chaired by Ralph Cohn, an advertising and promotion committee headed up by Helene Meckler and Melody Burns, and a beautification/awareness committee chaired by Bob Horn.

The next meeting of Bethlehem First is scheduled for Thursday, Feb. 15, at 7 p.m. at the chamber's office in Main Square on Delaware Avenue.

Newkirk earns certified clerk designation

Bethlehem Town Clerk Kathleen A. Newkirk has been designated a certified municipal clerk by the International Institute of Municipal Clerks.

She attained the designation by attending the IIMC Municipal Clerks Institute Program conducted by the New England Municipal Clerks Institute held at Salve Regina University in Newport, R.I.

This program includes 100 hours of courses in managerial and leadership skills, social and

interpersonal concerns, and technical training needed to deal with changes taking place in local government.

In addition, Newkirk has attended business seminars and classes sponsored by the American Management Association, the Key Productivity Center and Sage Junior College of Albany.

Newkirk has been a member of the International Institute of Municipal Clerks since 1993. She joins 100 other active New York municipal clerks who currently

hold the designation of certified municipal clerk.

Newkirk has been employed with the town since 1977, working for the zoning board of appeals, the building department and the town clerk's office.

She was deputy town clerk under Carolyn Lyons for six years before being elected to the top job.

A resident of Clapper Road in Selkirk, Newkirk was re-elected to her third two-year term without opposition last fall.



Bethlehem Supervisor Sheila Fuller congratulates Town Clerk Kathy Newkirk on her certification. Doug Persons

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Tax deadline extended to Feb. 9

The Bethlehem town board last week voted to extend the time residents can pay their town property taxes without penalty from Jan. 31 to Friday, Feb. 9.

The action was taken pursuant to a special state law to alleviate the burden on local residents who may have been affected by recent flooding, according to Supervisor Sheila Fuller.

The later deadline may help "people in town who had to take money set aside for taxes to make emergency repairs to their homes," Fuller said.

Bethlehem art group to meet

The Bethlehem Art Association will meet on Thursday, Feb. 15, at 6:45 p.m. in the community room of the Bethlehem Public Library, 451 Delaware Ave. in Delmar.

Mark LaSalle will discuss art featuring the Hudson River, especially the works of Walter Launt Palmer.

For information, call 765-9341 or 768-2624.

Delmar real estate firms merge

By Mel Hyman

If one phenomenon has characterized business in the 1990s, it's consolidation.

In today's marketplace, small independents are finding it increasingly hard to compete against the big boys, whether it's in the banking industry, the entertainment business or what have you.

One way for independents to survive is by banding together to form a more efficient, streamlined operation. And that's just what the owners of three local real estate firms have done.

Northeast Real Estate, Nancy Kuivila Real Estate and Lori J. Breuel Realtors recently combined to form the Northeast Real Estate Group. All three Delmar-based firms have been serving Bethlehem and the surrounding area for decades.

Merging the operations under one roof ensures that they can continue offering the same high level of friendly, personalized service, according to president Peter Staniels.

The consolidation also provides expanded in-house training for sales agents as well as new computer capabilities for the company.

The combined operation will have about 50 full-time agents working in the Capital District.

Lori Breuel serves as a princi-



Peter Staniels

pal broker and vice president. Nancy Kuivila has retired, but will still be available for advice and ideas. Doug Engles, treasurer, and Joseph Sullivan, training director, continue on as vice presidents.

It was Kuivila's planned retirement that sparked the talks leading to the merger of the three companies, Staniels said.

"Nancy called me and called Lori looking for another firm with a service-oriented business philosophy similar to her own that her agents could affiliate with," Staniels recalled. "She thought either Lori or I could fit the bill. We all sat down and talked to-

gether and decided to form a new company. It wasn't a case of any firm being bought out or absorbed."

It's more a reflection of a general trend in the economy, Staniels said, where companies consolidate to "reduce overhead and avoid duplication of costs and services."

The central emphasis of the new company will continue to be residential home sales. Northeast Real Estate reported \$35 million in residential sales in 1994, according to Staniels, while Breuel's agency accounted for about \$9.45 million in sales. The Kuivila firm had sales figures close to Breuel's.

The current Northeast office in Main Square Shoppes on Delaware Avenue serves as the main office for the new company, with two branch offices operating in East Greenbush and Guilderland.

"It's very difficult in this day and age for a small real estate company to survive, let alone experience growth and contain costs," Staniels said. "I think we've achieved both these goals in the same stroke, so to speak."

"The enthusiasm generated within the sales staff by the merger has been tremendous," he continued. "The phones are ringing, the office jumping with activity and everyone sees the benefits."

Slingerlands artist featured in Colonie library exhibit

Works of Slingerlands artist Charles Argow Schade are featured in an exhibition now on display at the William K. Sanford Library in Colonie.

Schade's watercolor paintings of scenes from throughout the Capital District and Santiago F. San Pedro's watercolors of "The Philippines on her 98th Year of Independence" will be on display throughout the month at the library on 629 Albany Shaker Road in Loudonville.

Schade's works have also been featured in shows at the Bethlehem Public Library.

He is a member of the Bethlehem Art Association.

Correction

The Clayton A. Bouton Junior-Senior High School honor rolls, published in *The Spotlight* on Jan. 17, misidentified one student.

Collin Adalian was named to the seventh-grade high honor roll.

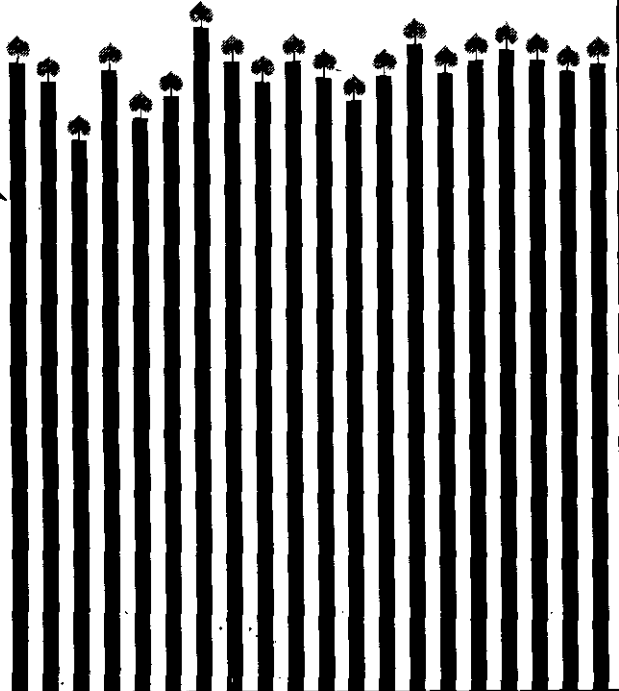
Embroidery guild sets day, evening meetings

The evening division of the Embroiders' Guild will meet on Tuesday, Feb. 20, from 7 to 9 p.m. at the Bethlehem Lutheran Church on Elm Avenue in Delmar. The program topic is "Color Theory."

The guild will also meet on Wednesday, Feb. 21, from 10 a.m. to 2 p.m. for a presentation on net darning, cross stitch shading and machine embroidery techniques.

For information, both day and evening divisions can be contacted at 477-4511.

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New V'ville drugstore on hold due to merger

By Dev Tobin

Corporate mergers may be good for shareholders and investment bankers, but expansion plans of either company involved are often caught in the wringer.

That's what's happened in Voorheesville, as the merger of the Revco and Rite-Aid discount pharmacy chains has put an indefinite hold on the proposed new large drugstore in the Voorheesville Plaza on Maple Avenue.

The owners of the plaza, Vagand Enterprises of Glenmont, had been in negotiation with Revco as the potential tenant for 8,450 square feet of a new 10,000-square-foot addition to the plaza.

The negotiations "have not fallen through, they're just on hold in the wake of the merger," said Keith Wiggand of Vagand.

The project had received all the necessary village approvals, Wiggand noted.

Had the negotiations been successful, the addition was to be built to the west of the SuperValu supermarket building this year.

While the merger has caused a

delay, Wiggand said that it may be good news in the long run.

"Rite-Aid is a stronger company, so we're very happy to see the transition," Wiggand said.

The plaza, which was without an anchor supermarket tenant for more than 10 years, is doing "superbly" since SuperValu moved in about a year ago, Wiggand said.

"It's one of the best small shopping centers in the Capital District," Wiggand added.

The effect of the delay on long-time plaza tenant Voorheesville Pharmacy, which had hoped to sell its business to Revco, is uncertain. Efforts to reach Voorheesville Pharmacy owner Bill Candido were unsuccessful.

Village Mayor Edward Clark said he hoped that the people at Revco who were working on the Voorheesville project would "still be there" after the merger.

Clark added that the traffic generated by SuperValu "would have made it viable for Revco," and that the same market factors should make Rite-Aid consider moving ahead with the project.

Valentines for vets



State Sen. Michael Hoblock accepts handmade Valentines for veterans in the Stratton Veterans Medical Center Hospital from Hamagrael Elementary School first-graders, from left, Gary Bedrosian, Abe Ferrin, Kristianna Russo and Kimberly Watkinson.
Doug Persons

The Spotlight remembers

This week in 1986, these stories were making headlines in *The Spotlight*.

- The preliminary 1986-87 budget for the Bethlehem Central School District called for about 9 percent higher expenditures in a more than \$19 million spending plan.

- The preliminary 1986-87 budget for the Voorheesville Central School District called for about 7 percent higher expenditures in a \$6.7 million spending plan.

- The new Feura Bush post office, about 300 yards north of the prior location on Route 32, opened for business.

- John Graziano was elected to head the New Scotland Republican committee, replacing Kenneth Connolly who resigned to run for Voorheesville village justice.

- Voorheesville's wrestling team went undefeated through its Colonial Council season and won the council tournament. Top grapplers were Pat Ryan, Rich Kane, Matt Cillis, John Layaou, Mark Gillenwaters, Bill Kelly and Mark Chyrywat.

St. Thomas School announces honor rolls

The following pupils have been named to the first and second academic honor rolls at St. Thomas School in Delmar.

First honors

Fifth-grade: Robert Barrowman, Jacquelyn Cary, Frances Ford, Susannah Kelly, Sean Lichorowicz, Lindsay McCluskey, Jessica Murphy, Matthew Swiatowicz and Jessica Walsh.

Sixth-grade: Nicole C6mi, Megan Dole and Jeffrey Ricchiuti.

Seventh-grade: Kate Emminger, Jill Parsons and Audrey Ting.

Eighth-grade: Kelly Cheeseman, Rebecca Hoghe, Jaime Hoose, Ellen Lowry, Elizabeth Malinowski, Bridget Murray and Lauren Murray.

Second honors

Fifth-grade: Joseph Clyne, Peter Fouhy, Stefan Kidalowski, Jamie Kieper, Megan Kindlon, Kimberly McCall, Justine Moreau, Melissa Orner, Stephen Strait and Justin VanDyke-Restifo.

Sixth grade: Ashlee Coyle, Emily Crandall, Christopher Deitz, Lisa DiStefano, Michele Fido, Aimee Gould, Katherine Gould, Michael Hoghe, Stephen Hoghe, Christopher Ira, Timothy Kindlon, Sheena Loughlin, Catherine Luke, Danielle Moreau, Stephenia Morse, Michael Nuttall, Stephen Perazzelli, Michael Ricchiuti, Maggie Touchette and Jennifer Yurek.

Seventh-grade: Ben Barrowman, Tracy Bukowski, Jose Co-

lon, Michele Frangella, Erica Orner, Matthew Perazzelli, Carly St. Lucia, Jada Schaming, Andrea Schmit and Brandy Van Alstyne.

Eighth-grade: Jessica DeFlumer, Allison Kuta, Laura Salhoff, Owen Smith and Emily Waniewski.

Bible study group seeking volunteers

Committee members are being sought for the Area Ecumenical Lenten Bible Study Group. Those who are interested can participate in a brief planning session or volunteer as a committee member.

For information, contact Lois Caulfield at 439-8415.

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Matters of Opinion

NOW lookin' good

The proposed move of the New Options for Waste recycling plant from South Pearl Street in Albany to just within the border of the town of Bethlehem nearby at the Port of Albany deserves consideration.

Editorials

It will mean the \$2.3 million rehab of the former Barker Steel Building, the movement of 55 jobs into the town, another business on the tax rolls and a chance to cut the town's waste removal expenses. The owner of the firm Richard Deitz promises a 10 percent cut in trash hauling costs to residents as well as fees to the town.

The town will also be able to close its construction and demolition debris landfill on Rupert Road since the New Options firm would handle this material for the town, hauling what it can't recycle to the Town of Rotterdam landfill.

We agree that every care should be exercised by the state and town officials to be sure that the plant is environmentally sound and the recycling procedures are safe and secure.

If Bethlehem Public Works Commissioner Bruce Secor's study finds that the town will benefit financially without any ill effects to the environment, then the town board should grant the company's application for variances to the town's solid waste ordinance.

Kudos to BC thespians

The production this past weekend of the Gilbert and Sullivan operetta, *HMS Pinafore*, by Bethlehem Central Middle School pupils reflects the school's commitment to making the arts relevant to today's world.

While the operetta presented a challenge to the pupils dealing with Victorian England's satiric literature, it also gave them a chance to see how the musical cycle comes round.

The lyrics for the famed patter songs written by William Gilbert for the operettas he wrote with Sir Arthur Sullivan dealt with current events of Queen Victoria's time in a sharp, incisive, witty manner. Listen to these century-old "patter" songs done in a sing-song metre and then to the "rap" music of today. While the current "rap" performers don't possess Gilbert's sharp wit or Sullivan's great musicality, they are following a tradition—speaking out on social, political and human conditions in a form that captivates a wide audience.

Equally important to learning the continuity of musical form, these middle school pupils are also serving as a farm team which will eventually move to the high school where they will be further challenged by the frequent production of Shakespearian and other classical plays.

It's a school district tradition that deserves support and praise.

Go for grants

The recent flooding in Voorheesville may be a mixed blessing for the village. Last December, the State Department of Transportation suggested to the village that potential flooding could be alleviated by replacing the Pine Street and Stonington Hill Road bridges.

The foundations for these bridges restrict the Vly Creek flow in times of high water with subsequent back-ups of water that causes flooding on nearby properties. But the cost of new bridges was estimated to be about \$400,000. It was deemed too costly to undertake.

Now, with federal and state disaster financial aid available, there's a possibility that money for new bridges could be obtained.

What's needed is firm and immediate action by Voorheesville village officials. We suggest a sharp pencil and a quick hand in filling out the applications for grants as soon as possible.

Our aging population brings new questions for long term care

Health care needs foresight, fairness

By Carl S. Young

The writer is president of the New York Association of Homes & Services for the Aging in Albany.

Thirty years ago, if one used the term "long term care," it would have been universally perceived as referring to nursing homes engaged in the care of elderly people. Today, long term care embraces a wide spectrum of services, ranging from housing to home-delivered services, day care and adult homes to nursing homes subacute care and retirement communities.



Additionally, the populations served include not only the frail elderly, but also people with AIDS and children and adults with a variety of chronic care needs. As we look ahead to integrated systems of delivery and managed care, we anticipate still more changes.

But we face a serious and potentially crippling problem in this environment of change as it relates to long term care. New York's and the nation's goals for a cost-effective system delivering a high quality of care cannot be realized without a bold rethinking about what kind of long term care system we want and how we want to pay for it.

Currently, there appears to be no inclination, in either Albany or in Washington, to undertake that urgent and demanding challenge. The simple truth is, both as a state and as a nation, we have no long term care policy. We have a lot of programs, many of them first rate, but they are disconnected from each other and often overlap and duplicate service and cost.

I make the foregoing statement with regret, but with absolute conviction. New York was once recognized for the high quality of services its providers delivered and by its innovation in program development. While the high quality of care remains, it is in extreme jeopardy as a consequence of a continuing series of reimbursement cutbacks (nearly \$1 billion over the last six years), all enacted in the absence of any overall policy design.

Point of View

ardly as a consequence of a continuing series of reimbursement cutbacks (nearly \$1 billion over the last six years), all enacted in the absence of any overall policy design.

Furthermore, largely because of the risk-adverse, stifling regulatory approach New York has embraced, our stature as a well-spring of innovation has been surrendered to other states. In the area of policy, New York state has fallen behind, and the gap continues to grow. As testimony of our failure of policy, I offer the following:

- Medicaid reimbursement for nursing homes is based on a system which utilizes 1983 costs as the basis for payment to providers. (Medicaid currently pays for about 80 percent of the patient days in New York's nursing homes.) The nature of nursing home populations and the delivery of care have undergone dramatic changes in the intervening years, but we cling to 1983 as our base year.

But we face a serious and potentially crippling problem in this environment of change as it relates to long term care.

A 1990 state-sponsored study showed that 70 percent of New York's nursing homes were losing money on their Medicaid residents. In 1993, these losses totaled an estimated \$197 million. This means that private-paying residents and their families, as well as county taxpayers and donors, are called upon to subsidize these underpayments.

- The adult care facility is arguably the most cost-effective level of care within the system for its targeted population, and in particular for recipients of supplemental security income (SSI). Unfortunately, the state has not raised

its share of SSI reimbursement to providers since 1987 (currently an absurd \$26 per day, when costs range between \$40-\$50). Consequently, providers are forced to limit the number of SSI residents they admit. Those individuals not admitted, in turn, often wind up receiving care in nursing homes and hospitals at costs ranging from \$100 to \$175 per day. We have been penny-wise and pound-foolish in the extreme.

- Upper-middle-class and well-to-do elderly Americans (including New Yorkers) "divest" their assets so that, should they need nursing home care, they can access Medicaid quickly. Thus, we have taxpayers subsidizing private inheritance. If we had a policy, a vision for long term care, elderly Americans would not have to engage in this questionable behavior to make bequests for their heirs.

- In 1989, the state approved legislation to permit the development of life care communities, a retirement model available in virtually every other state. Today, six years later, there are still no operating communities in New York, thanks to our penchant for red tape. As a consequence, \$2 billion of construction activity is being lost, 20,000 full-time jobs are not being created, Medicaid savings are being missed, and middle-class and well-to-do elderly New Yorkers continue to take their talents and resources to our neighboring states.

- In 1993, legislation was passed to create an assisted living program. Assisted living is a cost-effective, intermediate-level of care which is developing rapidly in other states, but which is still, two years later, struggling to get started in New York, mainly because of our zeal for regulation and a startling lack of coordination among state administrative agencies.

- In 1992, former Governor Mario Cuomo appointed a long

□ YOUNG/page 7

THE SPOTLIGHT

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Your Opinion Matters

Young

(From Page 6)

term care reform task force comprised of consumer representatives, providers, educators, and business representatives. The task force identified New York's highly fragmented delivery/regulatory system as the principal obstacle to cost-effective, accessible, high-quality care. The task force unanimously recommended the creation of a single division of long term care, eliminating the current duplication and waste of our current structure.

This would also afford an opportunity to develop true policy for New York state. The potential for cost savings and for program clarity are enormous. Unfortunately, the Cuomo administration chose not to act on this recommendation, and we continue with an antiquated structure and no real policy.

Regrettably, we currently run the risk of falling into the same trap that characterized the previous administration and legislatures. A high-ranking member of the current administration recently expressed his own frustration to me noting: "We do budgets, we don't do policy."

If New York fails to address this issue now, if we continue the practice of aimless Medicaid cutting with no guiding vision, then we will sacrifice more than our reputation as an innovator—already lost—but also our reputation for delivering high quality care.

We are headed for tragedy of enormous moral consequence if we continue on our current path. This is a circumstance none of us wants and which we can avoid, but we can do so only if we act now to develop a plan for long term care.

The Pataki administration and the state Legislature, working with providers and consumers, face a great challenge, but it is also a wonderful opportunity to restore New York to its leadership position in long term care. Both the political and moral imperatives, dictate that it is the right—the only—course to travel.

Police not 'Gestapo' in high school halls

Editor, The Spotlight:

It is unfortunate that some of the students at BCHS are 'wary' of the presence of armed police officers within the school building. This is a decision best left to the professional management of the school; there is no need for these managers to seek the approval of, or even consult with, the students in these matters.

I am sure the school board was aware of the potential political fallout of this decision as I am equally sure that the school did not ask for police to act as simple "hall monitors." I am willing to bet that at the meeting leading to this decision the most frequent com-

ment was, "There must be another way." Apparently not.

I don't know what an "at-risk" student is but if a "police resource officer" is what it takes, then get on with it.

Believe me, this is not "Gestapo" tactics. The suggestion that students won't consult with the resource officer is just juvenile petulance because of their claim that they were not consulted in advance. (The notion that they should be is absurd.)

I fully support the board's action.

Philip Raeder

Feura Bush

Selkirk firefighters earn thanks for job well-done

Editor, The Spotlight:

The district chief and the board of fire commissioners of the Selkirk Fire District would like to publicly thank the firefighters and the ladies auxiliary of Selkirk for their time, effort and support during the recent flood emergency over the weekend beginning Jan. 19.

Our first call came in at 11 a.m. Friday (Jan. 19) with wires down and burning on Route 144 in Glenmont. From that moment on, the Fire Department answered approximately 50 calls in our district, most involving "hazardous condition" situations involving pump outs. In addition, five men and three portable pumps were sent to Coeymans Hollow for mutual aid on Friday night. On Saturday, in addition to our own calls, we sent 12 men to Coeymans for mutual aid to assist evacuation of areas flooded by the Hudson River.

The weekend was completed by assisting Niagara Mohawk in pumping out five feet of river water

in the main power plant of their facility on Route 144. In total, nearly 1,000 man hours spent is assisting the community in this emergency situation.

Again, a well deserved thank you to our volunteer firefighters and auxiliary

Harlen Metz

District Chief
Selkirk Fire District

Letters policy

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

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

Get rid of cops at BC

Editor, The Spotlight:

Bethlehem Police being stationed in two of our schools is an inappropriate use of the town police force.

First of all, it's a waste of money. Whether it's our money or a grant from the federal government, it's still a waste of taxpayer's money. Bethlehem has no need for armed "resource officers" in the schools. The last I heard Bethlehem schools were relatively civil places to study and learn. In past years the teachers and staff have handled problems quite well. And in case of emergency, the Bethlehem Police are only minutes away.

Secondly, the students you quoted are quite right on the issue of firearms. How can one person enter into a friendly and egalitarian relationship with another person when one of them is carrying a weapon? It is simply not possible.

Thirdly, it is much more appropriate and meaningful for teenagers to get to know police officers when they are off duty in the community — a church a sporting event, a social gathering, etc.

Lastly, I think it sends the wrong message to our youth. It says: "We don't trust you; you're bad; you need surveillance."

Terry Rooney

Delmar

Get college help for free

Editor, The Spotlight:

The Affordable Choice Guide to New York's Independent Colleges & Universities is a free publication that answers the most frequently asked questions about financial aid and the college search process.

Students can use postcards in the guide to request admission and financial aid information from the colleges.

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Slingerlands resident wins 1996 concert competition

Margaret Bragle of Slingerlands, a graduate of Bethlehem Central High School, is one of the winners in the 1996 Honors Concert Competition at Michigan State University.

A mezzo soprano, Bragle was recently featured in a concert with the Michigan State University Symphony Orchestra.

Bragle earned her bachelor's degree from the University of Michigan, where she majored in violin and voice performance.

She was a finalist in the 1992 Music Teachers National Association Eastern Division Competition and finished second in the sophomore division of the 1993 National Association of Teachers of Singing competition.

She has performed with the Chio Light Opera for two seasons as well as performing as a soloist



Margaret Bragle

in Beethoven's Symphony #9 with the Allen Park Symphony.

Kelly admitted to Illinois bar

Megyn M. Kelly, formerly of Delmar and daughter of Linda A. Kelly and the late Dr. Edward F. Kelly, was admitted to the Illinois State Bar last November.

Kelly graduated from Bethlehem Central High School, Syracuse University and Albany Law School of Union University.

While at Albany Law School, she received several awards, including first prize in the senior trial competition and the Capital District Trial Lawyers Association prize.

She practices law in Chicago.



Megyn Kelly

Elsmere woman selected National Science Scholar

Claire Dunne of Elsmere has been named a National Science Scholar by President Clinton.

Dunne, a national AP Scholar of Distinction and National Merit Finalist, is a freshman at Princeton University.

The National Science Scholars Program recognizes world-class excellence in mathematics, engineering, and the physical, life and computer sciences.

It provides scholarships to meritorious graduating high school students or General Education Development certificate recipients.

Award winners must have been accepted for enrollment in an undergraduate course of study leading to a degree that strengthens the leadership of the United States in the sciences, mathematics and engineering.



Claire Dunne

The awards are made in accordance with legislation passed by Congress in 1990.

Women's Press Club offers scholarship

The Women's Press Club of New York State will award a scholarship to students who are interested in the field of communications and are currently attending college in New York state.

Applicants' long-range goals, community involvement and potential contributions to the communications field will be taken into consideration.

Applications for the \$1,200 scholarship must be postmarked by March 18.

A performance fund-raiser for the scholarship will be held on

Wednesday, March 27, at Proctor's Theatre in Schenectady. Curtain time for the show, "West Side Story," is at 8 p.m.

Requests for applications should be sent to: Linda Rosenblatt, Scholarship Committee Chair, c/o New York State United Teachers, 159 Wolf Road, Albany 12212-5008.

Tickets for the March 27 performance are \$40 for an orchestra seat and dessert with the cast afterwards.

For information, call 459-5400, ext. 6313.

Slingerlands attorney to head bar group

Attorney Barry A. Gold of Slingerlands, a partner in the law firm of Thuillez, Ford, Gold & Conolly LLP, was recently named chair of the New York State Bar Association's Health Law Section. The newly-created section focuses on representing and counseling hospitals, physicians and other health care professionals, health care organizations and patients with respect to health law issues.

Gold graduated from Cornell University in 1967 and earned his law degree from Albany Law School in 1971.

Gold has been active in health-related committees in the New York State Bar Association.

Local orchid society to meet in Delmar

Dr. Arthur Long will show slides of his orchid collection and discuss the horticulture of orchids in the Northeast at the next meeting of the Capital-Hudson Iris Society.

The meeting will take place on Sunday, Feb. 11, at the Bethlehem Public Library, 451 Delaware Ave. in Delmar, from 2 to 4 p.m. Coffee will be served.

For information, call 393-8205 or 587-2834.

Business group meets

The February meeting of the Bethlehem Business Women's Club will be held at the Days Inn on Route 9W in Glenmont today, Feb. 7.

Dinner will begin at 6:30 p.m., followed by a presentation by John Pelizza of Russell Sage College.

For information, contact 439-3916.

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Troop to serve pancake supper

Boy Scout Troop 73 will serve its 23rd annual pancake supper on Saturday, Feb. 10, from 4:30 to 7:30 p.m. at the American Legion Hall on Voorheesville Avenue. The cost is \$4 for adults and \$2.50 for children.

Administrator to discuss careers and internships

Associate Principal William Furdon will talk about career exploration internship programs at the next high school PTA forum on Thursday, Feb. 8, at 7:30 in the school library.

Site team to consider school discipline policy

The site-based management team at the elementary school will meet on Tuesday, Feb. 13, from 7 to 9 p.m. in the library to discuss development of a school discipline policy. Parents are encouraged to attend.

Winter concert rescheduled

The junior high school winter concert, cancelled twice because of snowstorms, will be held on Wednesday, Feb. 14, at 7:30 in the school auditorium. The junior high school chorus and both the seventh and eighth grade bands will perform. Everyone in the community is invited to attend this free event.

Music friends to meet

Voorheesville Friends of Music have set their next meeting for Tuesday, Feb. 13, at 7 p.m. in room 160 at the high school.

Continuing ed registration slated tonight

In-person registration for spring continuing education classes is tonight, Feb. 7, from 7 to 9 p.m. in the high school cafeteria. Mail registration ends Feb. 12. Classes begin on Monday, Feb. 12.

Highlights include craft workshops and recreational sports programs.

NEWS NOTES

Voorheesville

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The program is currently seeking instructors for keyboarding, conversational French and Spanish. For information, contact Susan Dougherty at 765-3314.

Auxiliary plans dance

The ladies auxiliary of the Voorheesville Fire Department is sponsoring a Valentine's Day dance on Saturday, Feb. 10, from 8 p.m. to midnight at the firehouse on Altamont Road.

DJ Pam Pardee will provide the music. Beer, set-ups and snacks are included in the ticket price. Tickets purchased by Feb. 9 cost \$10 per person. At the door tickets will be \$15 per person or \$25 for a couple.

For information and tickets, call Monica Rivenburg at 765-2385 or Barb Stone at 765-3309.

PTA gears up for winter festival

There will be a planning meeting for the PTA's winter festival tonight, Feb. 7, from 6:30 to 7:30 p.m. at the public library. The Winterfest will be March 9.

Many volunteers are needed. To help, call Tammy Longtin at 439-5339.

School board to meet

The school board's regular meeting is scheduled for Monday, Feb. 12, at 7:30 p.m. in the large group instruction room at the high school.

Town meeting set

The New Scotland town board meets on Tuesday, Feb. 13, at 7 p.m. at town hall on Route 85.

Blood pressure clinic slated at church

The Kiwanis-sponsored blood pressure clinic is on Tuesday, Feb. 13, from 9 to 11 a.m. and 7 to 9 p.m. at the First United Methodist Church on Maple Avenue.

Appeals board to meet

Voorheesville's zoning board of appeals will hold its monthly meeting tonight, Feb. 7, at 7 p.m. in the village hall on Voorheesville Avenue.

Correction

The Helderview Garden Club will not meet tonight, Feb. 7. The club meets on the first Thursday of every month at 7 p.m. in the public library.

Civil War Round Table to meet at library

The Capital District Civil War Round Table will meet on Friday, Feb. 9, at 7:30 p.m. at the Bethlehem Public Library, located at 451 Delaware Ave. in Delmar.

Thomas Duclos will give a lecture entitled "The Albany Sanitary Commission Fair."

QUILT sets workshop

QUILT (Quilters United In Learning Together) will meet Friday, Feb. 9, at the United Methodist Church at 428 Kenwood Ave. in Delmar.

The meeting will begin at 9:30 a.m. A workshop and vendors fair will be held. Visitors are welcome.

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Spinning yarns



Powhatan Swift Eagle shared his American Indian heritage with visitors to the Bethlehem Public Library last week. Elaine McLain

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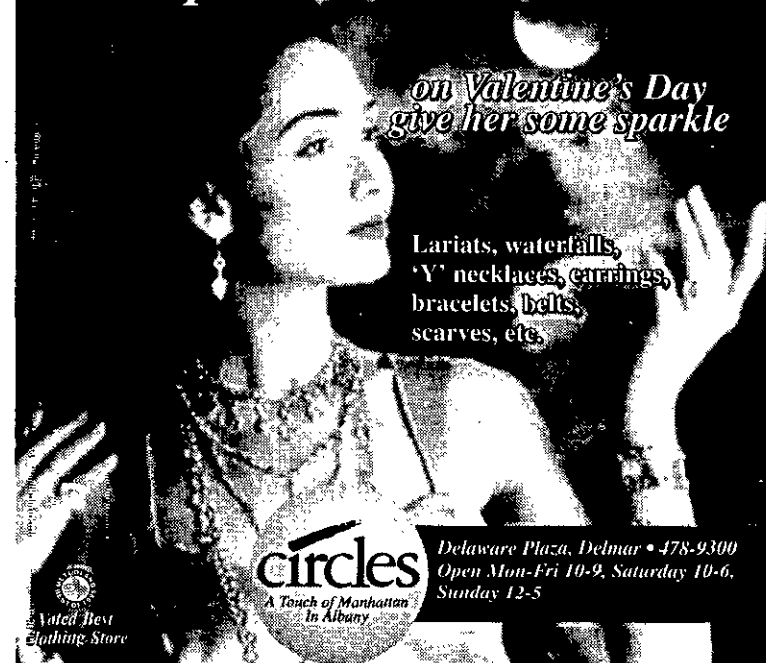
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Winter survival camp is scheduled

The YMCA's Camp Chingachgook will offer a winter wilderness program for teens ages 14 through 18 from Feb. 18 through 23.

The five-day program will teach winter survival skills and apply them on snowshoe and cross country ski excursions, as well as mountain ascents. Day trips may include skiing to Shelving Rock Falls, Climbing Buck or Black Mountain, and an ascent of the 4,000 foot

High Peak. The Rockwell Lodge at Chingachgook will serve as the base camp, and participants will share the cooking and chores.

The cost for the program is \$265 and includes food, lodging, transportation and instruction. Participants should provide their own gear, including snowshoes, skis, sleeping bags and boots. For information or to register for the program, call the camp office at 373-0160.

Extension plans video conference

On Tuesday, Feb. 27, the Cornell Cooperative Extension of Albany County will offer a statewide satellite video conference for teachers and administrators entitled "Financial Freeway." The conference will integrate math, economics, home and careers, technology, business and education curricula. It will be held from 3 to 5 p.m.

The agenda covers how educators can teach young consumers

who are considering the purchase, finance, ownership and operation of a car to make wise decisions.

Registration for the program takes place at the William F. Rice Extension Center on Martin Road in Voorheesville at 2:30 p.m.

To pre-register for the program, call the Cornell Cooperative Extension of Albany County at 765-3500.

Craft fair concessions to raise mission funds

The Delmar Full Gospel Church on Elm Avenue in Delmar will host a craft fair on Saturday, Feb. 24, from 10 a.m. to 4 p.m.

The church's youth group will sell refreshments to benefit their mission trip to Belize. During April, the teens will minister to the poor of the Central American country.

For information, call 438-2783.

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County juvenile center stays alive

By Tom Murnane

Plans to build a \$3.8 million, four-county juvenile detention center behind Albany County jail in Colonie will not be affected by

This veto will have no practical effect on slowing down the process.

Michael McKeon

Gov. George Pataki's veto last week of what he called the project's "needlessly complicated" funding scheme.

Officials from Albany, Schenectady, Rensselaer and Saratoga counties last year formed a non-profit group, Capital District Youth Center Inc., with the goal of building a secure facility to

keep juveniles closer to home.

Currently Albany County spends an estimated \$200,000 a year transporting area juveniles to other centers as far away as Long Island or Buffalo.

The planned 16-bed facility would accept juveniles from 18 counties, charging about \$250 a day for each "resident."

"We remain supportive of the project and are moving forward with local officials," said Pataki spokesman Michael McKeon. "This veto will have no practical effect on slowing down the process."

All that will change is how the project is paid for, he said.

The non-profit had wanted, and the state Legislature had approved, creating a special "social services district" that could directly receive state reimbursements.

But Pataki vetoed the idea, say-

ing that state payments should instead be channeled through the county Department of Social Services.

The non-profit will issue \$2 million in bonds for the project, with operating revenues making up the difference.

Construction on the juvenile center is still scheduled to begin this spring.

Bird buffs to view slides of the bald eagle

The bald eagle will take center stage at a slide presentation by the Audubon Society of New York State on Saturday, Feb. 10, from 10 to 11 a.m. at the Hollyhock Hollow Sanctuary on Rarick Road off Route 102 in Selkirk.

For information, call 767-9051.

BC board to reveal preliminary budget

The first official look at the 1996-97 Bethlehem Central School District budget will be the highlight of tonight's school board meeting, as the so-called "fundamental operating budget and priority additions" are unveiled.

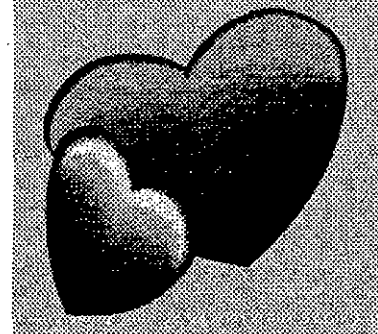
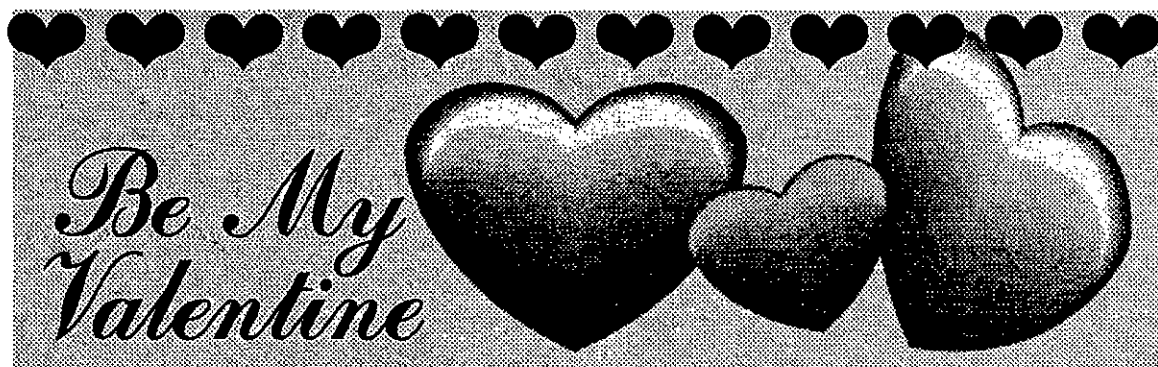
The board meets at 8 p.m. in the district office on 90 Adams Place.

The fundamental operating budget, the amount needed to provide this year's program next year, is expected to rise about 3.8 percent to approximately \$38.4 million.

In the priority additions, the district will need about six more teachers (at an estimated \$45,000 each) at the middle and high school levels to deal with increasing enrollment.

The board has scheduled two budget work sessions this month, on Feb. 14 and 28, beginning at 7 p.m., also in the district office.

The board's next regular meeting will be on March 6 at 8 p.m. in the district office.



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1st Wednesday Club meets today

Today is the kickoff for the First Wednesday Club! Boys and girls in grades four through six are invited to hang out at the library from 3:30 to 4:30 p.m. with Meg Seinberg-Hughes for a variety of

community room with Seinberg-Hughes and library friend Barbara Meilinger.

The cards and goodies will be distributed at local hospitals and nursing homes to people who might not otherwise receive any Valentine greetings.

Cards made at home can be dropped in the Heartline box in the children's area. Share some love this year!

Lefu Gu, Chinese author and artist, will be at the library at 7 p.m. on Monday, Feb. 12, to present a program on Chinese brush painting.

Gu is a visiting professor at Union College. He will show slides and give a demonstration. The program is co-sponsored by the Voorheesville Central School District.

Refreshments will be served courtesy of Friends of the Library.

Wonderful Adirondack wildlife and nature photographs by Tom Bessette are on exhibit in the hall gallery throughout the month.

Appropriately on display in the showcase are antique Valentines from the collection of Evelyn Bernstein.

Be sure to see both great exhibits this month.

Barbara Vink

Auditions scheduled for 'Shop of Horrors'

Open auditions for "Little Shop of Horrors," directed by Frank Leavitt, will be held at the Academy of Holy Names Performing Arts Center at 1075 New Scotland Ave. in Albany Monday through Wednesday, Feb. 12 to 14, from 7 to 9 p.m.

Solo parts for four women and four men are available. Each person should bring a prepared musical selection and be ready to sing. A pianist will be provided.

For information, call 861-8269 or 439-9068.

Delmar karate studio fights cystic fibrosis

Delmar Budokai Karate will sponsor a "kick-a-thon" at Crossgates Mall on Saturday, Feb. 17. Proceeds from the event will benefit the fight against cystic fibrosis.

Donations can be sent to Delmar Budokai Karate, 222 Delaware Ave., Delmar 12054.

Great Books program reaches midway point

Next Wednesday marks the midpoint of the library's adult Great Books program. George Bernard Shaw's "Caesar and

The group leader facilitates discussion by asking directed questions, not by lecturing or supplying answers. In this way, meaning is discovered, not taught. There is no one "right" meaning, however.

The rich complexity of the literature is sure to generate opposing, but equally valid, points of view. Group members learn to support their opinions with textual evidence. This approach allows for thoughtful exploration of complex issues.

The Great Books discussion group is free and open to the public. It meets on the second Wednesday of the month at 7:30 p.m. New members and guests are always welcome. Works in the offing are selected passages from St. Augustine's "City of God," Plato's "Symposium," and "The Federalist" by Alexander Hamilton.

Montaigne's "Of Experience," Shakespeare's "The Tempest" and Gogol's "The Overcoat" will be read in their entirety. For information, call 439-9314.

Louise Grieco

Valentine's dance at V'ville firehouse

The Voorheesville Volunteer Fire Department Ladies Auxiliary will sponsor a Valentine's Day Dance on Saturday, Feb. 10, from 8 p.m. to midnight.

The dance, which is open to the public, will take place at the Voorheesville Fire Department headquarters. Beer and snacks will be provided, along with music by disc jockey Pam Pardee.

Pre-sale discount tickets are available through Feb. 9 at a cost of \$20 per couple and \$10 for singles. Tickets purchased at the door cost \$25 per couple and \$15 for singles.

For information, call 765-2385 or 765-3309.

Mothers' Time Out to hold recipe swap

Mothers' Time Out, a Christian support group for mothers of preschoolers, will hold a recipe exchange at the Delmar Reformed Church on Delaware Avenue in Delmar on Monday, Feb. 12, from 10 to 11:30 a.m. Child care is available.

There will not be a meeting on Monday, Feb. 19, due to the Presidents' Day holiday.

For information, call 475-1059.

Voorheesville
Public Library



entertaining and enjoyable after-school activities. Sign up is necessary; call 765-2791 for details

This is the big weekend for Valentine Heartline. Kids and families are invited to stop in to create a card and decorate a cookie for the annual Heartline on Saturday, Feb. 10, from 1 to 3 p.m. in the

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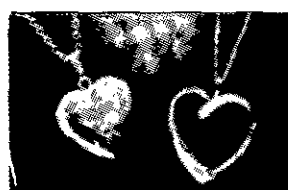
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**Views On
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Dr. Virginia Plaisted, D.D.S.

Snorers and sleep apnea

Snoring may signal sleep apnea, a more serious medical condition. Sleep apnea is a potentially life-threatening disorder in which a snorer stops breathing for 10 seconds or longer, at least 30 times during the course of 7 hours sleep.

It can cause headaches, forgetfulness, depression or irritability, mainly due to the loss of a good night's sleep. In more serious cases, it can lead to a heart attack due to the lack of oxygen to the heart during the breathing lapse.

There are new technologies which can help many snorers who suffer from sleep apnea. For example, dentists can fit patients with devices that resemble mouth-

guards, and are designed to keep airways open by holding the jaw and tongue in a forward position. The appliance aids in alleviating snoring which in turn would help control sleep apnea.

It is important for patients to realize that snoring can be a sign of more significant health issues. Persistent snorers should consult a dentist or physician.

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RCS diversity Day scheduled Saturday

All community members are invited to the day-long Ravena-Coeymans-Selkirk Diversity Forum on Saturday, Feb. 10, at the high school on Route 9W.

Diversity Day workshops include "Diversity Awareness" and "Conflict Resolution." This is a great opportunity to show support and appreciation for our cultural melting pot.

For information, call the high school at 765-2155.

RCS students to perform at council musical festival

On Saturday, Feb. 10, members of the RCS band and chorus will perform in the Colonial Council Music Festival Concert at Waterford-Halfmoon.

Speaker to address PTSA Feb. 15

"Sex, Drugs and Rock 'n' Roll"

NEWS NOTES

Selkirk
South Bethlehem
Linda Marshall
756-3520



is the topic of a talk to be given by Sally Downes at the PTSA meeting on Thursday, Feb. 15, at 7:30 p.m. at the high school.

Refreshments will be served.

School board to attend PIE meeting

The RCS Partners in Education group will hold its monthly meeting on Wednesday, Feb. 14 at 7 p.m. in the middle school.

The theme of the Valentine's Day meeting is "Meet Your School Board Members." This is an opportunity for the community to get to know RCS school board members.

FOCUS group to meet Feb. 15

On Thursday, Feb. 15, at 7 p.m., the RCS FOCUS parent group will meet at the high school.

Annual skating day set at Guptill's

Mark your calendars for Monday, Feb. 19, for the annual Presidents Day District Wide Roller Skating at Guptill's in Latham.

Skating will be from 7 to 10 p.m., and Secrets will be open from 9 to 10 p.m.

Participants must sign up beforehand.

Hoblock visits Coeymans Town Hall

State Sen. Michael J. Hoblock Jr. recently met with citizens in Coeymans Town Hall.

Hoblock presented highlights

of the executive budget and fielded questions on a variety of issues ranging from education to the proposed landfill.

Book group tackling 'Caesar and Cleopatra'

The Great Books discussion group for adults will meet at the Bethlehem Public Library, 451 Delaware Ave. in Delmar, on Wednesday, Feb. 14, from 7:15 to 8:45 p.m.

"Caesar and Cleopatra" by George Bernard Shaw will be discussed.

New members and guests are welcome, but only those who have finished the reading may participate in the discussion.

Reserve copies of the text are available in the library.

For information, call the reference desk at 439-9314.

Cartoonist to teach kids comic book art

Young people in grades six through eight can take part in a workshop offered by cartoonist Rich Gabriel on Thursday, Feb. 8, at 7:30 p.m. at the Bethlehem Public Library, 451 Delaware Ave. in Delmar.

Gabriel, who freelances for several magazines and has taught cartooning for eight years, will demonstrate cartooning and comic book art and help the class create their own cartoons.

For information, call the youth services at 439-9314.

Public hearing slated

The Bethlehem Board of Appeals will hold a public hearing on the application of Robert and Susan Tangorre of 41 Catherine St. in Delmar today, Feb. 7, at 7:30 p.m. at the town offices, 445 Delaware Ave. in Delmar.

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Sports

BC skaters nip CBA as team continues to improve

By Michelle Kagan

The Bethlehem ice hockey team stepped it up a notch last week and defeating CBA 3-2.

Craig Mosmen scored Bethlehem's first goal of the game late in the first period. In the second period, freshman Jim Corrigan gave BC its second goal, and with just over a minute remaining, freshman Ricky Long broke the 2-2 tie to give Bethlehem the victory.

"For the first time this year we outshot the other team," said BC coach Tom Gladd. "We were pumped and excited and saw an opportunity to win a game, and we took advantage of that opportunity."

On Wednesday, Jan. 31, Niskayuna defeated the Eagles 5-3.

With eight minutes and 15 seconds left in the third period, Corrigan gave Bethlehem its first goal in the game. He scored again less than two minutes later. Both goals were scored on BC power plays. Bethlehem pulled its goalie each time giving the Eagles a six-four man advantage.

Bethlehem's third goal was scored by freshman Trevor McNiven off an assist by Corrigan



Bethlehem's Jim Corrigan has been one of the standouts on the ice hockey squad this year.
Bryan Berry

with 59 seconds left in the third period.

"We skated much more aggressively than we had in our previous game against Saratoga," said Gladd. "We were doing a good job of checking, especially forechecking. We were all working together as a team to make sure (the game) wasn't a blow-out."

On Friday, Jan. 26, Saratoga defeated BC 13-0. Gladd believes that Saratoga is the best team in the league and probably the best team in the area.

"They have good goal tending, they skate well, shoot well, and are just a good, solid hockey team," said Gladd. He also said Bethlehem was probably a little intimidated by Saratoga's skills.

During Friday's game against CBA, Gladd took junior Mike Plante out of his usual position of forward and had him play goalie for the first time.

"He made a lot of good saves against the best team in the league," said Gladd. "He was the bright spot of Friday's game."

Gladd says that overall BC is skating better, playing more aggressively, moving the puck around better, making good passes and smart plays with the puck.

"We need to figure out how to score more goals, and to keep more goals out of our net," he said.

Gladd said that McNiven, Greg Cooper, Corrigan, Long, Brad Colocino, and goalies Adam DiMuria and Paul Esmond are all players that have a promising future.

"Our young players, especially our freshmen and sophomores, have been stepping forward and playing good hockey," said Gladd.

"On Wednesday we play Shaker High School. Our other two wins were against Shaker. They're a brand new team and are a little weak, and the kids feel as though they can win that game."

Clarkson hockey team to take on Union, RPI

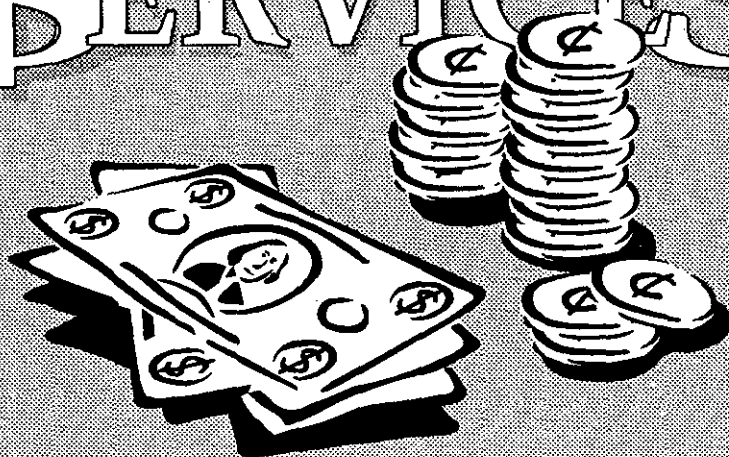
On Friday, Feb. 9, and Saturday, Feb. 10, the Clarkson University hockey team, the Clarkson Golden Knights, will play two games in the Capital Region.

On Friday, the Knights will take on Union College at 7:30 p.m. at the Achilles Rink, located on the Union College campus in Schenectady.

On Saturday, the Knights will challenge Rensselaer Polytechnic Institute at 7 p.m. in the Houston Field House on the RPI campus in Troy.

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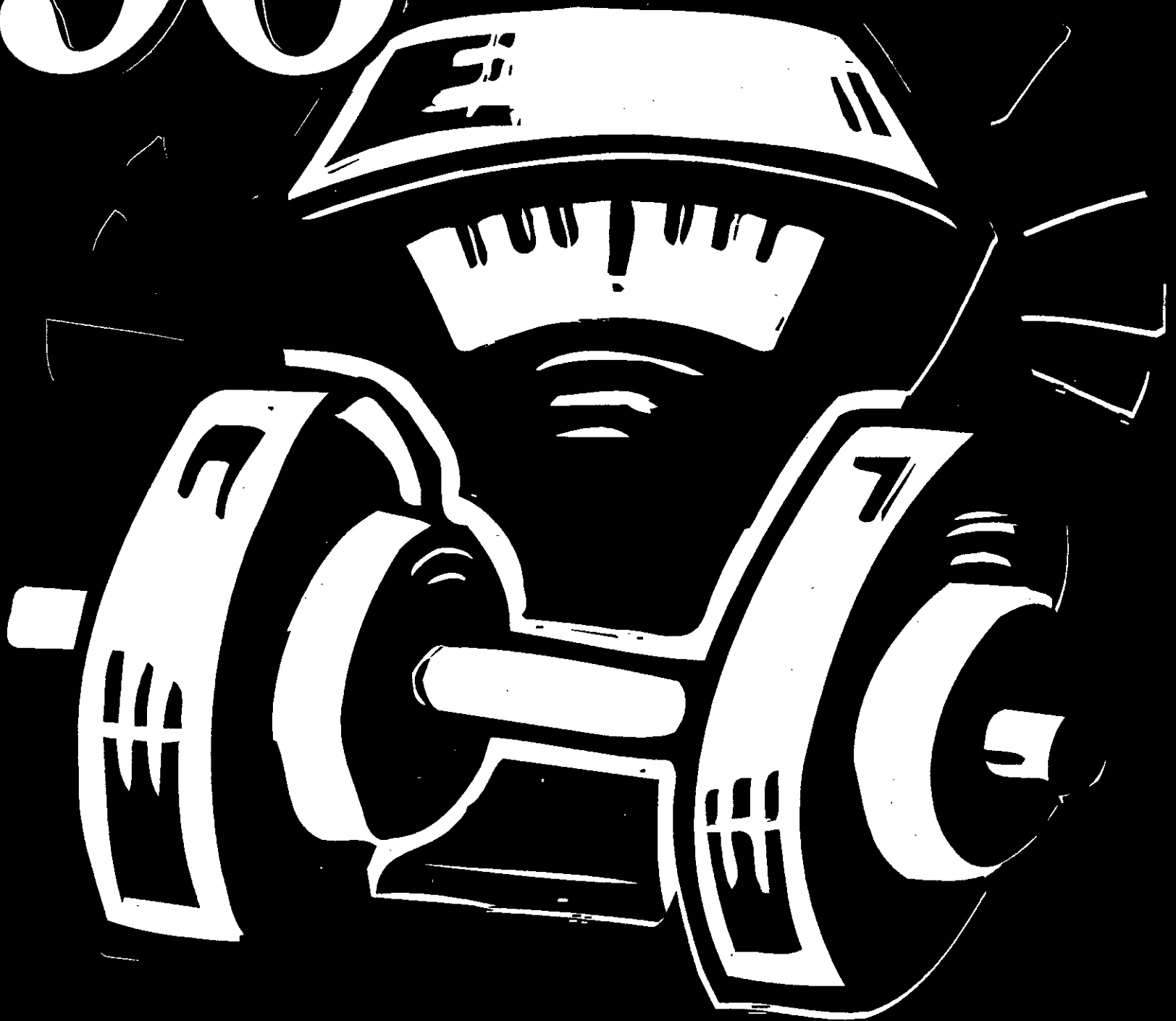
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1996 Heart Diet is fourth annual edition of popular pamphlet

Albany Med unveils new heart-healthy diet guide

Now in its fourth year of production, the Albany Medical Center's 1996 Heart Diet is available at area Key Bank locations and Shop 'n Save stores. A highly popular guide for healthier living, production of the Heart Diet pamphlet has soared from 50,000 copies to 250,000 copies in just four years.

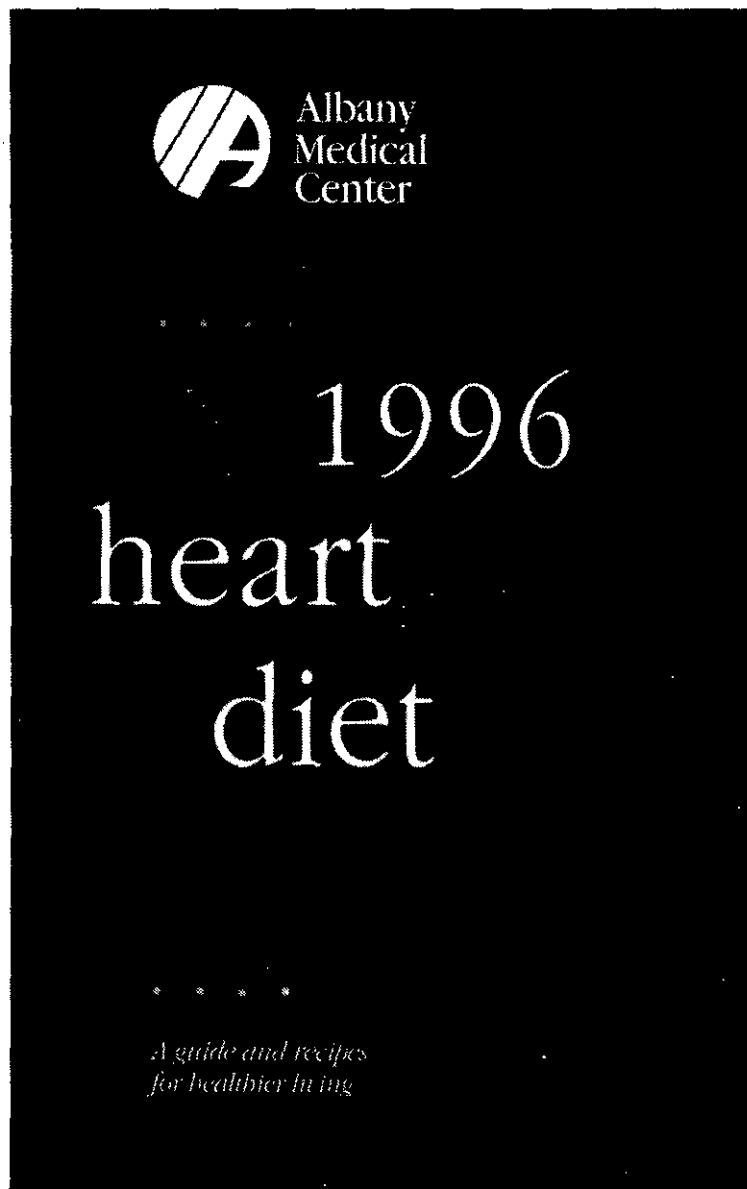
When it comes to fighting heart disease, prevention is the best medicine. All new recipes for healthier living, plus tips on understanding food labels, diet and exercise for kids, and lessening your stress are included in this year's Heart Diet.

The Albany Medical Center Heart Diet is a free, 28-page guide that offers tips on designing your own recipes and facts

about fast foods. It also includes a number of healthy and low-fat recipes. In one convenient package, it provides the information you need to identify bad habits and develop healthy ones.

The guide is being distributed by members of the Northeastern Heart Diet Network, a coalition of health-care providers in New York dedicated to preventing heart disease through educational communications efforts.

Led by the Albany Medical Center, the network includes A.O. Fox Memorial Hospital, Oneonta; Hillcrest Hospital, Pittsfield, Mass.; Hudson Valley Heart Center, Poughkeepsie; The Kingston Hospital; and St. Elizabeth Hospital in Utica. The Medical Center is the exclusive provider of the Heart Diet.



The new guide can be picked up at all Shop 'n Save stores in New York and Vermont, at Capital Region Key Bank branch locations, and at the Albany Medical Center.

Additional features of the Heart Diet guide include information on alcohol and your diet, the importance of exercise, women and heart disease, tips on when to call a doctor, what to eat when you are in a hurry, and a guide to good eating, and a three-week sample menu.

Additional information on preventing heart disease is available by calling Albany Medical Center at 1-800-456-9900 weekdays from 8:30 a.m. until 5 p.m.

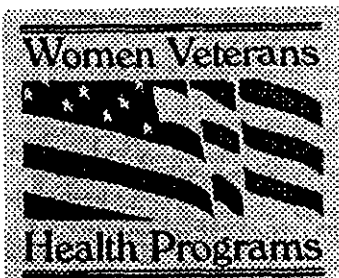
Albany Medical Center, the region's only academic health science center, is northeastern New York's leader in cardiac care service. A Medical Center team performed the area's first open-heart surgical procedure in 1957 and continues to be the leader in cardiac surgery in the area.

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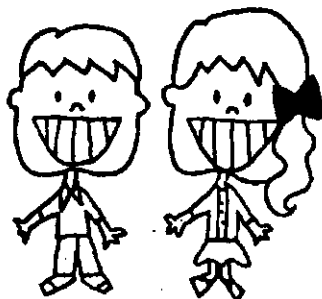


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- Ask your physician's advice when dieting to lose weight or embarking on an exercise program.
- Limit your intake of high-fat fast food meals; eat a salad instead.
- Eat breakfast because, in general, the body handles food better when you eat several small meals.

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Your physician should fit your personality

Take your time when picking a doctor

The health-and-fitness craze is still going strong across the country. People of all ages are watching what they eat and exercising in order to stay healthy and live longer.

An important part of a healthy lifestyle is getting regular checkups, because no matter what your diet and exercise routine, you're bound to get sick once in a while. Seeing patients regularly, a doctor may be able to detect a problem before you realize you have one.

For this reason, it is important to have a good relationship with your physician.

Finding a doctor with whom you feel comfortable is not as easy as it may seem. When looking for a physician, you should not make hasty decisions. Ask family members and friends for recommendations, and you can contact your local chamber of commerce for a list

of medical practices in the area and information about each one.

After narrowing the list, you may want to schedule appointments with the prospective doctors to "interview" them and discuss the special interests of each practice. You should choose a doctor with whom they have a good rapport and feel comfortable. If you can't talk to a doctor in this situation, you certainly will feel uncomfortable discussing a serious medical problem with him or her.

Here are few other points to consider:

- You should be open and honest with your doctor, telling him or her about your health concerns and worries. If you have questions about a particular medicine or procedure, ask about it. A doctor is usually very willing to explain details to patients in ways that they can understand.

- If you want a second opinion, you should tell your doctor this, instead of just seeing another physician without saying anything. Besides being a professional courtesy, your regular doctor may have medical information that would be helpful to the second doctor. Your regular doctor may even recommend someone to see for the second opinion.

- If you are dissatisfied with your doctor, you should discuss it with him or her and make an effort to rectify the problem. You can give your doctor an opportunity to improve the situation. However, if things do not get better, remember: You are well within your right to change doctors.

Finding a doctor with whom you feel comfortable is an important part of healthy living. While this may be a time-consuming task, it is well worth the effort.



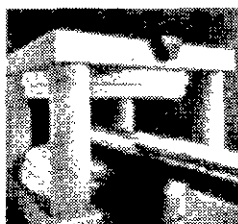
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Hernia repair technique speeds surgery recovery

Thanks to the development of a new surgical technique, hernia repair now can be made on an outpatient basis with a much shorter recovery time.

The new procedure, laparoscopic balloon repair, utilizes instruments that require much smaller incisions than traditional hernia surgery (several dime-size incisions, rather than 4- to 6-inch incisions).

This minimal-incision surgery offers many patient benefits. Since the abdominal cavity is not entered, there is less risk of infection or other complications. Because the incisions are so small, there is minimal trauma or pain. The patient usually can return home the same day and usually can be ambulatory the next day. Less pain and a quicker return to normal activities are the most important features of this improvement over traditional hernia surgery.

Professional athletes have been quick to take advantage of this "low downtime" surgery. According to Kevin Turner of the Philadelphia Eagles, "My livelihood is dependent on staying active, healthy and in shape. So, when I needed hernia surgery, I had this new outpatient laparoscopic balloon procedure, and I was back on the field in no time and with almost no pain."

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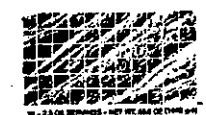
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Treatment for debilitating condition proves promise

Massage therapy gains ground on lymphedema

By Michele Keleher
and Robin Fudin

Lymphedema is a painful and debilitating condition that baffles physicians because the lymphatic system is not well understood and does not respond to conventional medical treatment. Patients are often told they will have to live with swollen limbs — most often the result of surgeries that interfere with the lymph vessels.

But today a specialized massage therapy offers new hope to lymphedema patients, providing relief from the swelling, pain and scar tissue that can

lead to life-threatening illnesses and often place a significant burden of their day-to-day activities.

Lymphedema is the accumulation of lymph in connective tissue (excess filtration) because of damage to the vessels — either from surgery or trauma or as the result of a birth defect — that results in a deficiency of the vessels and their valves.

As fluid accumulates in the tissue, the transport capacity of the system must be able to remove excess fluid back into the blood circulation. The blood then carries away connective

Today a specialized massage therapy offers new hope to lymphedema patients, providing relief from the swelling, pain and scar tissue that can lead to life-threatening illness and often place a significant burden of their day-to-day activities.

tissue waste products — proteins, fats, water and cell debris.

Cancer surgery is the most well-known cause of edema problems. Swelling can occur early after surgery or one can have a sudden onset months or years later following heavy exercise, a physical trauma or illness.

Untreated, it can go on to cause major life-threatening problems such as infection (cellulitis) and the inability to remain active and mobile.

Manual Lymph Drainage, or complex decongestive therapy, is the treatment of choice for edema problems. It is a massage technique that was initially developed in Europe by Estrid and Emil Vodder and brought to this country by Hildegard Wittlinger, who currently has a school in Austria and teaches at

the North American Dr. Vodder School in Victoria, B.C.

To perform this technique, therapists must complete more than 160 hours of training to learn special light stroking and pumping techniques that encourage resorption or removal of fluids from the swollen tissues.

A complete understanding of the physiology of the lymphatic vessels enables the therapist to assist the body in forming new lymph pathways to replace damaged or absent ones. The treatment includes a combination of Manual Lymph Drainage, complex bandaging, exercise and skin care, and encourages the patient to learn to manage care at home.

The results of treatment with Manual Lymph Drainage is a decrease in swelling, pain and scar tissue and a calming effect

on the autonomic nervous system.

There are many other pathologies that respond to this specialized form of massage. Among them are acne, various forms of arthritis, pelvic disorders such as endometriosis, arterial and venous ulcerations, stroke, spinal and various other orthopedic injuries as well as post-surgical edemas.

If you feel you can benefit from Manual Lymph Drainage treatments, consult your doctor for a prescription.

Michele Keleher is a veteran physical therapist at Delmar Physical Therapy Associates. She has a master's degree in rehabilitation counseling and specializes in acute and chronic pain conditions. Robin Fudin has been a physical therapist at Delmar Physical Therapy for 9 years, trained at Syracuse Upstate Medical Center and specializes in traditional and non-traditional approaches to pain conditions.

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MS group offers understanding

The Multiple Sclerosis self-help group of Albany County will meet on Tuesday, Feb. 20, at 2 p.m., at the Bethlehem Public Library, at 451 Delaware Ave., Delmar.

The group provides a forum for education and interaction for those with MS, their families and friends.

For information, call the MS Society Chapter office at 427-0421.

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New network harbors hope for bed-wetters

Club opens doors to kids with asthma

The National Kidney Foundation has enrolled more than 15,000 physicians in its bed-wetting referral network, established as resource for families coping with primary nocturnal enuresis, as the problem is called in medical parlance.

Parents of bed-wetters can now call the NKF national office at (800) 622-9010 and receive free information and a referral to a local physician who treats the condition.

Primary nocturnal enuresis (PNE) can continue until the age of 18, and studies have indicated that it may cause low self-esteem and attention-deficit or behavioral problems

"By reaching out to the community, we are offering hope to those families that suffer with bed-wetting," said Dr. Wendy Brown, NKF chairperson. "In just the few weeks that we've been in operation, the response from parents and physicians has been overwhelming; for the first time, they are learning about possible treatments and, most importantly, are finding someone with whom they can talk."

Primary nocturnal enuresis (PNE) can continue until the age of 18, and studies have indicated that it may cause low self-esteem and attention-deficit or behavioral problems.

Many aspects of life that others take for granted, such as family vacations, camp and sleep-overs, can be impossible for children struggling with PNE. Recent research suggest-

ing that a genetic hormone deficiency may play a role in some cases comes as welcome news to most families.

"Many physicians say that while most children eventually outgrow the condition, safe and effective treatments are available," said Brown. "Now parents have a central resource to turn to for important information."

The NKF's enuresis education program includes a toll-free number that parents can call for referrals, information and

recorded messages about bed-wetting. Parents can receive a free brochure with a list of doctors who treat PNE.

There are currently more than 15,000 doctors in the network.

The National Kidney Foundation is a non-profit organization dedicated to the prevention and eradication of diseases of the kidneys and urinary tract.

Is asthma keeping your otherwise active child on the sidelines?

If so, you can help him or her take a breath in the right direction by joining the Asthma Explorers Club. The club is an innovative self-help group for children ages 6-10 that makes asthma a kind of "Raiders of the Lost Ark" adventure.

Developed in 1991 under the guidance of two prominent pediatric asthma specialists, the national club has more than 80,000 members (60,000 children; 20,000 health care providers), and enrollment is growing rapidly.

"Wheezing and shortness of breath can be scary for children and their parents. But it isn't necessary to live life in fear or on the sidelines," says Dr. Phillip Korenblat, president and co-founder of the Asthma Explorers Club. "The Asthma Explorers Club is a fun, creative way to teach children how to control their asthma so they can live healthy, active lives."

For information, call (800) 982-3902.

'Asthma athletes' can win college cash

High school students with asthma who will graduate in 1996 and have achieved excellence in both sports and academics are eligible to receive the Asthma Athlete of the Year scholarship.

This scholarship, sponsored by the Schering-Keil pharmaceutical company, was conceived to encourage young people with asthma to pursue active, healthy lives and to achieve in athletics and academics.

The program awards a \$10,000 scholarship, four \$5,000 scholarships and five \$1,000 scholarships to 10 high school seniors. If a winner is unable to use the entire scholarship, the remaining money will be go to help another asthma student from the same high school.

Applications for the scholarship must be postmarked by March 13. Winners will be selected by a panel of physicians and will be notified by mail.

For information or an application, call the American Lung Association of Northeastern New York at 459-4197 or toll free at 1-800-LUNG-USA.

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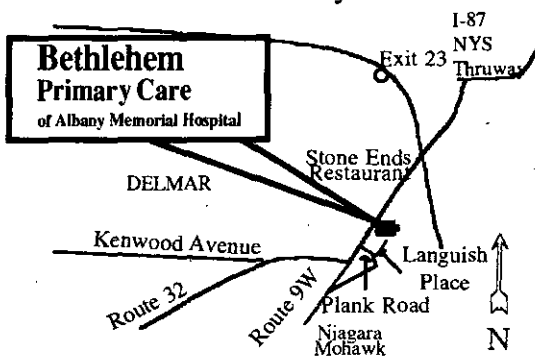
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Key questions to ask your physician during an annual check-up

Six-point checklist helps make check-ups beneficial

This is the time of year when many people see their doctors for an annual physical exam. While studies have shown that annual checkups aren't really necessary if you feel fine, the National Center for Women and Retirement Research recommends that you can make the visit more valuable by asking your doctor six questions:

1 For which health problems am I most at risk?

One of the most important aspects of the annual exam — and one of the most neglected — is preventive medicine. If you know the ailments that are likely to affect you, you can take steps now to prevent them.

For example, people who are at high risk for a heart attack

should lower the fat in their diets and get more aerobic exercise. But they should also consider low-dose aspirin therapy, vitamin supplements and, for women, hormone-replacement therapy after menopause.

Also, new evidence suggests that anyone at risk for heart attacks should also take 0.4 milligrams of folic acid daily, the amount contained in most multivitamins, or eat several portions of green, leafy vegetables each day.

Folic acid lowers high levels of the chemical homocystein, which has been implicated as a potential cause of heart disease. What your doctor recommends will depend on your age, gender, habits, medical conditions and family history.

Before going to your doctor's office, research what medical conditions run in your family and confirm the cause of death of all close relatives, including aunts, uncles and grandparents.

You can get this information from family members, doctors or medical records for deceased relatives. Hospitals generally keep charts for several years after someone has died.

It's important to remember that in order for the doctor to personalize your preventive medical care, you must also be forthcoming about your lifestyle. Tell the doctor about anything that may be relevant to your medical care.

2 How am I doing compared with last year?

Doctors today are extremely busy and aren't always as patient as they should be. It's not unusual for them to race through your checkup.

Slow your doctor down by asking for a comparison of this year's data with last year's.

If you have a history of high blood pressure, review the

numbers with your doctor. Any decision to start or change therapy should be based on multiple readings, preferably some done outside the doctor's office as well — such as with a home blood pressure device.

If you've read anything new about your medical conditions, consider mailing copies of the articles to your doctor about one week before your appointment, along with a letter politely asking him or her to review them. At the very least, bring the articles with you.

3 Can I cut down or eliminate any of the medications I'm taking?

Many people take medicines they don't need, or no longer need. Since almost all drugs have side effects, it's generally best to take only those that are necessary. Your annual checkup is a good opportunity to review what you're taking.

Make a list or bring in all of your prescription and over-the-counter medications. Your doctor may not be aware of the drugs other doctors have prescribed, or you may still be

taking a drug that was prescribed a long time ago.

Only if the doctor knows everything you're taking can he or she eliminate dangerous redundancies, spot potential interactions between drugs and make sure you're taking each drug correctly.

4 Are there other doctors I should be seeing?

Many doctors in HMOs and other managed-care plans limit referrals to specialists because such visits are expensive and plans often deduct some of the cost directly from the doctor's pay. In other cases, referrals are limited because they may not be considered critical. But in some cases such visits are necessary.

For example, diabetics should get annual referrals to eye doctors, people who have histories of skin cancer may need regular follow-ups with a dermatologist, and people whose asthma has not responded well to therapy may need to see an allergist.

In general, if you have symptoms that the doctor can't figure out — or there are conditions that haven't improved despite therapy — this may be the time to push for a consultation with a specialist for a second opinion.

5 What screening tests should I have?

Screening tests can pick up cancers early or detect internal imbalances that could indicate problems. Different medical organizations have different recommendations about which screening tests you should have and how often. In patients with

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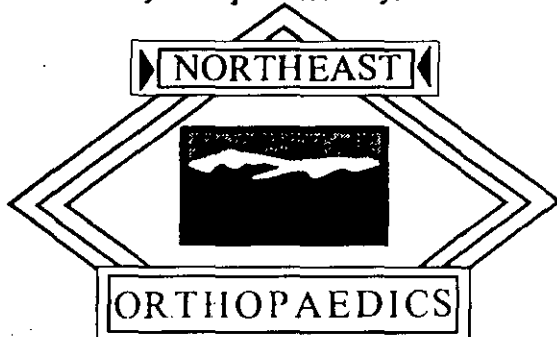
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6 Do I have all my immunizations?

Though we're quick to get vaccines for our kids, we often neglect their importance for our own well-being.

More than 60,000 American adults die annually of vaccine-preventable diseases such as pneumonia, tetanus, hepatitis B

and influenza.

Anyone with a chronic illness or who is over age 65 should consider getting a flu shot. Annual flu shots not only protect you against influenza, but lower the death rate from all causes by 28 percent.

Many people who die of such things as heart attacks or

strokes were weakened by influenza. By getting flu shots you also protect your elderly or chronically ill friends and family members from catching the disease from you.

First Aid, CPR classes are available to groups and individuals

Could you save someone's life ... if you had to?

Every year, one person in four suffers a nonfatal injury. It could occur at home in school or at work. That person could be a loved one, a friend, or a co-worker. And the chances are very good that, one day, you'll be there to see it happen. Could you help? Could you save a life?

If you're an employer, did you know that the average injury, on- or off-the-job, costs you more than \$13,500? For a company with a 10 percent profit margin, that injury consumes the profits of \$135,000 in sales.

And the circle of influence of a co-worker's injury is much larger than the direct dollar cost. The work environment is usually thrown off-balance, sometimes permanently, when an injury occurs.

Current OSHA regulations require that "in the absence of an infirmary, clinic, or hospital in near proximity to the workplace which is used for the treatment of all injured employees, a person or persons shall be adequately trained to render first aid."

When trained correctly, you could have a positive role in the outcome at an injury scene. You could be the deciding factor between an individual's rapid recovery and long hospitalization or temporary disability and permanent injury. You could be the

difference between life and death. Also, proper employee first aid and CPR training can help reduce a company's direct and indirect costs to remedy the workplace effect of such an injury.

To train their officers, the NYS Police recently became a sub-agency of the National Safety Council's First Aid Institute thorough the Northeastern New York Safety & Health Council.

"We used the National Safety Council's first aid program to retrain over 4,000 experienced New York State Troopers every two years in life-saving first aid and CPR techniques," said Technical Sergeant John Penny. "And we also use their program to train all our new recruits in proper CPR methods. It's been a great program for us."

The Northeastern New York Safety & Health Council, Inc., provides a series of first aid and CPR training programs that can teach company employees or individuals to respond quickly and appropriately at an injury scene. These programs can be scheduled to meet your work and home commitments. And all programs meet or exceed OSHA requirements.

For information regarding the First Aid Institute offered in your area, call the Northeastern New York Safety & Health Council, Inc., at 438-2365.

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How to handle the stress of everyday life

You need stress in your life — it adds flavor, challenge and opportunity. Too much stress, however, can seriously affect your physical and mental well-being.

While it is impossible to live completely free of stress and distress, it is possible to prevent some distress, as well as to minimize its impact when it can't be avoided.

When stress does occur, it is important to recognize and deal with it. Here are some suggestions for ways to handle stress. As you begin to understand more about how stress affects you as an individual, you will come up with your own ideas of helping to ease the tensions.

• Try physical activity. When

you are nervous, angry or upset, release the pressure through exercise or physical activity. Running, walking, playing tennis and working in your garden are just some of the activities you might try. Physical exercise will relieve that "uptight" feeling, relax you and turn the frowns into smiles.

• Share your stress. It helps to talk to someone about your concerns and worries. Perhaps a friend, family member, teacher or counselor can help you see your problem in a different light. If you feel your problem is serious, you might seek professional help from a psychologist, psychiatrist, social worker or mental-health counselor.

• Know your limits. If a prob-

lem is beyond your control and cannot be changed at the moment, don't fight the situation. Learn to accept what is until such time when you can change it.

• Take care of yourself. Get enough rest, and eat well. If you are irritable and tense from lack of sleep or if you are not eating correctly, you will have less ability to deal with stressful situations.

• Make time for fun. Schedule time for both work and recreation. Play can be just as important to your well-being as work; you need a break from your daily routine to just relax and have fun.

• Be a participant. Sitting alone can make you feel frustrated. Instead of feeling sorry for yourself, get involved and become a participant. Offer your services in neighborhood or volunteer organizations. Help yourself by helping other people. Get involved in the world and the people around you, and you'll find they will be attracted to you. You will be on your way to making new friends and enjoying new activities.

• Check off your tasks. Trying to take care of everything

at once can seem overwhelming, and as a result, you may not accomplish anything. Instead, make a list of what tasks you have to do, then do one at a time, checking them off as they're completed. Give priority to the most important ones, and do those first.

• Must you always be right? Do other people upset you — particularly when they don't do things your way? Try cooperation instead of confrontation; it's better than fighting and always being "right." A little give-and-take on both sides will reduce the strain and make you both feel more comfortable.

• A good cry can be a healthy way to bring relief to your anxiety, and it might even prevent a headache or other physical consequence. Take some deep breaths; they also release tension.

• Create a quiet scene. You can't always run away, but you can "dream the impossible dream." A quiet country scene painted mentally can take you out of the turmoil of a stressful situation. Change the scene by reading a good book or playing beautiful music to create a sense of peace and tranquility.

Insurance firms join forces on senior policy

The WellCare Management Group and Allianz Life Insurance Company of North America, a subsidiary of one of the world's largest insurance companies, have entered into a contract under which Allianz will provide share reinsurance to Senior Health, a Medicare risk contract program operated by WellCare.

Under the agreement, Allianz will provide reinsurance coverage for Senior Health and will share in Senior Health's profits and losses during the early years of the program.

"Allianz is truly a giant in the insurance industry in the world," said Edward Ullmann, WellCare's chief executive officer and president. "Their involvement with WellCare in developing Senior Health gives us the resources to aggressively develop the best health plan possible for Medicare beneficiaries and do so with an added measure of financial prudence."

WellCare's subsidiary, WellCare of New York, Inc., is the Hudson Valley's largest HMO, providing health care services to about 98,000 members.

Allianz is a subsidiary of Allianz A.G., of Munich, Germany, the world's sixth largest insurer with operations in 47 countries.

IF YOU'VE BEEN MAKING MORE TRIPS TO THE BATHROOM THESE DAYS, YOU SHOULD MAKE ANOTHER TRIP.

It's a misconception that changes in your urinary habits are just part of getting older. Symptoms such as more frequent urination, especially at night, an urgent need to go, or a slow, interrupted stream could point to a medical condition, which can be treated.

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Delmar office goes extra mile to make frightened patients smile

Dental care should start early

America's kids have a lot to smile about these days. When it comes to good healthy teeth, children today are doing much better than their parents did when they were kids.

In the last 10 years, cavities have decreased by one-third. Today's children have more than fluoride to fight cavities. In addition, pediatric dentists are now putting "sealants," or plastic coatings, right over decay-sensitive tooth surfaces so cavities can't form. And methods of treatment have become much more pleasant.

Although children have less to worry about today than ever before when going to the dentist, they still sometimes experience dental phobia. That's why pediatric dentists such as Delmar's Dr. Minoo Buchanan work to make visits a fun event for children.

She created a new image of dentistry, one that her patients find fascinating and non-threatening.

Buchanan's office is bright as nature with colors of impressionist yellow, green, blue and red. A big playhouse and lots of colorful toys make kids feel comfortable and at home.

"The child will calm to their surroundings," said Buchanan.

Some children initially



Buchanan

experience dental anxiety. In particular, they fear injection, drilling and the possibility of choking. But by using a number of behavioral modification techniques, Buchanan relaxes her young patients.

One of the most common techniques is role playing. Unlike adults who can be told what to expect of procedures, children have difficulty understanding abstractions. So they are shown, through role playing, what will happen.

Before treatment, for example, children are introduced to the sound of the vacuum, spray and handpiece. When it comes time for treatment, they have already experienced many of the sensations of the dental environment.

Distraction is another anxiety-reducing technique.

"I like to talk to them about their favorite toys and games and what they would like to get

for their birthday or Christmas," said Buchanan. "Since I have two kids myself (Chaz, 3, and Bianca, 7), I know what latest craze keeps them interested."

Parents also can help their kids feel good about going to the dentist by scheduling the first visit at an early age — before dental problems develop — so that dental visits will not be associated with pain or discomfort.

Remember, a child's first visit to the dentist will make a lifelong impression. Dental visits should begin by age 2.

How the child accepts the idea of dental care depends on the parents, too. If the parents are apprehensive, the child will pick up on that attitude and will react the same way, even if the parent doesn't say anything negative about going to the dentist.

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Alzheimer's Association forms support groups

The Alzheimer's Association of Northeastern New York has announced two Capital District support groups.

One group will meet on the second Friday of each month at 11 a.m. at Nursefinders at 66 Hackett Blvd. in Albany. The other will gather on the third Monday of each month at 7:30 p.m. at the Schuyler Ridge Residential Health Care Center at 1 Abele Blvd., off of Maxwell Road, in Clifton Park.

The support groups are open to family members and caregivers of Alzheimer's patients.

For information, call the chapter office at 438-2217.

Center offers low-cost mammograms

Woman's HealthCare Plus, located at 2093 Western Ave. in Guiderland and 24 Computer Drive West in Colonie, is offering low-cost mammograms.

The advice of two local radiologists is available at both locations.

Mammograms are designed to detect breast cancer in its earliest stages, when it would otherwise go undetected.

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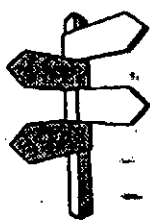
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Marfan syndrome can be treated

Do you have Marfan syndrome, a genetic disorder of connective tissue? Is Marfan syndrome in your family? Do you suspect that someone you know has Marfan syndrome?

Marfan syndrome and related connective tissue disorders affect at least 200,000 people in the United States. One of the most famous Americans in history, Abraham Lincoln, was believed to have Marfan syndrome.

Flo Hyman, captain of the 1984 U.S. Olympic volleyball team, died as a result of the disorder in the midst of an international volleyball tournament. She did not know she had Marfan syndrome; it was diagnosed at autopsy.

Because connective tissue is the glue and scaffolding of the entire body, the disorder

manifests itself in many body systems, including the bones and ligaments, eyes, heart, and blood vessels. Affected individuals often can be recognized because of their tall, thin stature and long arms, fingers and legs. However, it is the effect on the aorta, the largest blood vessel carrying blood away from the heart, that can be fatal. Many people with Marfan syndrome experience an expansion of the aorta; without proper monitoring and medications to reduce the stress on the aorta, it could tear, resulting in sudden death.

Recent studies about the increased life expectancy for people with Marfan syndrome provide great hope and optimism, but only through increased awareness, earlier diagnosis and proper treatment can people with the disorder expect to live a normal life span.

Free information about Marfan syndrome is available from the National Marfan Foundation (NMF) by calling toll free 1-800-8-MARFAN. The NMF provides callers to the hot line with a booklet about the syndrome, a fact sheet that answers some of the most common questions about it, and the Connective Issues newsletter, which contains research news, support-group contacts and other news of interest to people with Marfan syndrome.

The hot line is staffed from 9 a.m. to 3 p.m., EDT, Monday through Friday. At all other times, callers can leave their name and address to receive information, or they can write to NMF, 382 Main St., Port Washington, NY 11050.

New weapon for antioxidants

Current research on the effectiveness of dietary antioxidants combating free radicals that can cause disease marks a more advanced phase of scientific studies on utilizing antioxidant nutrients as preventive medicine.

The latest weapon in the fight against the harmful effects of free radicals is alpha lipoic acid — "The Metabolic Antioxidant." This naturally occurring antioxidant nutrient keeps free radicals in check, because it can neutralize the effects of free radicals. As a result of its unique structure, alpha lipoic acid is able to interact with other antioxidant nutrients, like vitamin E and vitamin C, to create an "antioxidant network" for more comprehensive protection from free radicals in all parts of the body.

Alpha lipoic acid also plays an important role as co-factor in metabolism, the process by which the body converts food to energy. The continuous and efficient production of chemical energy is necessary to function at peak levels in everything people do. Athletes, who are usually the first to find new sources of natural nutritional energy, are using this antioxidant nutrient as a dietary supplement.

For a free alpha lipoic fact book that addresses the basis of these scientific discoveries and more, call 1-800-843-9535.

Children and Teens with Anxiety

The SUNY Child and Adolescent Fear and Anxiety Treatment Program is working with children ages 7-17 who are having difficulty with fears or anxiety. Teens who are experiencing social anxiety or extreme shyness may be eligible for free specialized treatment. Other programs offer diagnostic evaluation and non-drug treatments for:

- separation anxiety
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- obsessions and compulsions
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Mind-body approach tried with skin care

You are what you eat, according to the age-old expression, but would you believe that your skin does what you think?

After all, when you are embarrassed, your skin shows it — by blushing. And, when you are struck with fear, your skin

turns, well — ghostly white.

In other words, your "emotional" state can have more to do with the "physical" state of your body's largest organ — the skin — than you think. While most of you are aware of the important "physical" things you can, and

should, do to care for your skin (like avoiding the sun, applying a moisturizer daily and refraining from smoking), fewer are aware of the "emotional" piece of the puzzle: how your state of mind actually may affect the condition of your skin.

"The first thing to consider when devising a skin care routine is how you currently treat your skin — from a physical point of view," says Dr. Holly Reid, a dermatologist on staff at Montefiore Medical Center, New York. Among her suggestions for keeping skin soft, smooth and in tiptop condition, she advises:

- Give up suntanning, which can contribute to premature aging of skin and, worse yet, skin cancer.
- Conduct routine skin self-exams (to identify any new growths or changes in skin).
- Use moisturizers daily to help skin maintain a healthy-looking appearance by keeping the skin's natural moisture barrier intact.

However, Dr. Ted Grossbart, a clinical and skin psychologist who's dedicated to the mind-body approach to skin care, gives another — perhaps less obvious — perspective. While Dr. Grossbart first recommends approaching skin care from a "physical" point of view, he then provides another position on skin care that most probably have not considered — the "emotional" or mind-body approach. "Because the skin is richly supplied with nerves, it is acutely sensitive to emotional, as well as physical, stimuli," says Dr. Grossbart.

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Techniques exploit mind-body connection

Biofeedback: Tapping a wellspring of well-being

By Cindy Perlin

Are you interested in a drug-free approach to treating your current health problems that can also lead to a lifetime of better health and improved emotional well-being? If your answer is yes, biofeedback may be for you.



Perlin

Biofeedback is a treatment technique in which people are trained to improve their health using signals from their own bodies.

Sensitive electronic instruments are used to detect physiological changes with far greater sensitivity and precision than a person can on their own. This information, or "feedback," is used by the biofeedback practitioner to teach the individual how to control physiological reactions that contribute to illness or that result from physical or emotional trauma.

Biofeedback has been shown to be helpful in a wide variety of illnesses. According to an evaluation of recent biofeedback

research by the Association for Applied Psychophysiology and Biofeedback, biofeedback has been demonstrated to be effective for the treatment of the following conditions: anxiety disorders; asthma; high blood pressure, migraine and tension headaches; insomnia; TMJ pain; neuromuscular disorders such as Bell's Palsy, low back strain and stroke; chronic pain, including rheumatoid arthritis pain; and Raynaud's disease.

Pilot studies also suggest that biofeedback may be a useful treatment for many other disorders, including: addiction to alcohol; bulimia nervosa; carpal tunnel syndrome; diabetes; immune system regulation of breast cancer patients; stuttering; and tinnitus.

Biofeedback measures the physiology related to the illness, and provides moment-by-moment information so the individual can learn to control physiological responses related to the illness.

Many of these responses relate to changes in the body as a result of stress. When a person is under stress, muscle tension, blood pressure, heart rate,

blood-sugar levels, respiration rate and skin moisture increase. Blood flow to the extremities, digestion and immune-system activity decrease.

Biofeedback measures the physiology related to the illness, and provides moment-by-moment information so the individual can learn to control physiological responses related to the illness.

By learning stress management techniques — including relaxation techniques — while providing feedback about physiological responses, individuals can quickly learn to control their physiologies. Biofeedback for chronic pain or paralysis, where muscle atrophy, contraction or spasm is involved, also helps individuals learn how to strengthen, lengthen and balance muscles. The efficient use of muscles can also be taught.

Depending on the condition being treated, the biofeedback therapist determines the most appropriate biofeedback approach. The most common types are EMG (muscle), temperature, GSR (skin moisture), blood

pressure and heart rate.

While the patient is connected to the biofeedback instrument, a practitioner provides coaching in relaxation techniques. For

monitored.

Once the desired physiological changes are mastered in a relaxed setting, patients are taught how to accomplish the changes even in situations that are normally stressful.

Learning to achieve a relaxed physiology can help you address your current physical problems, while increasing your emotional well-being and helping your body, putting you on a lifelong path to better health.

If you'd like to learn more about improving your health with biofeedback, you can attend a seminar on Feb. 12 at 7 p.m. at the Bethlehem Public Library. Call 439-9314 to register.

Cindy Perlin is a certified social worker and certified biofeedback practitioner in private practice in Delmar.

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Effects of winter allergens nothing to sneeze at

Allergy-related illness increased 33 percent in 10 years

More than 40 million Americans will wheeze, sneeze, cough and hack their way through the winter months, thinking they have a chronic cold. In actuality, they don't. What many are experiencing is a result of something much more sinister — indoor allergens. These minute particles are the culprits that can cause debilitating allergic reactions.

According to the Institute of Medicine of the National Institutes of Health, one out of five Americans will experience an allergy-related illness at some time, and indoor allergens will be the cause in many of these cases.

Moreover, deaths from serious allergy-related illnesses, like asthma, have increased 33 percent over the last decade, with treatment for asthma-related illnesses costing more than \$6 billion a year.

"As the weather gets colder, people tend to spend more time indoors with windows sealed shut," says Dr. Alan J. Goodman, an allergist in private practice in Livingston and Union, N.J., and

an attending allergist at Louis Lasky Medical Center in New York. "This decreases air circulation and increases the buildup of indoor allergens, like particles from dust mites, cockroaches, rodents and certain chemicals, as well as mold spores and animal dander, which is the dead skin and dried saliva from pets."

According to the IMNIH, Americans spend more than 90 percent of their time inside. This is particularly true in winter. And, if commuting by car, the time people spend indoors can reach 24 consecutive hours, increasing exposure to indoor allergens.

Though completely ridding an indoor environment of dust mites and other allergens is virtually impossible, there are ways to maintain a low level of these assailants.

Here are a few pointers:

- Change and clean cooling and heating system filters once a month. And have your home, car and office vacuumed and dusted frequently. Use a vacuum that

features a HEPA (high-efficiency particulate air) type filtration. This reduces allergens by more than 90 percent. If you do your own dusting, use a dust mask.

ity levels. Clean dehumidifiers once a week.

- Keep bathroom and kitchen surfaces dry, fix leaky plumbing,

Americans spend more than 90 percent of their time inside. This is particularly true in winter. And, if commuting by car, the time people spend indoors can reach 24 consecutive hours, increasing exposure to indoor allergens.

- Reduce humidity in damp areas by using a dehumidifier set between 25 to 50 percent. This will help control dust mites, which cannot live at low humid-

and seal cracks where water can seep in to avoid mold buildup.

- Wash blankets and bedspreads weekly and sheets and pillowcases more often, if

possible. Regularly wash curtains. Be sure that the water is above 130 F, because dust mites cannot live above this temperature. Use a dryer, because pollen clings to fabrics dried outdoors.

- If you have a cat or dog, reduce household allergens by washing your pet once a week with water.

It has been shown that simply pouring a pitcher of lukewarm water over a cat once every week greatly reduces indoor allergen levels.

Certain soaps, as well as flea powders, can cause allergic reactions.



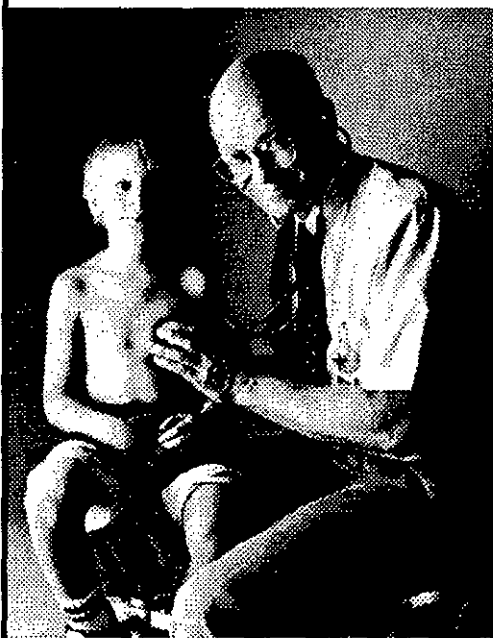
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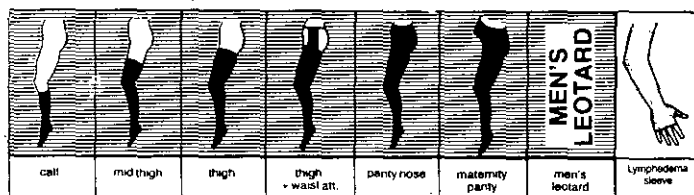
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Crunch time approaches for BC

By Jennifer Hahn

The girls varsity basketball team beat Mohonasen and Guilderland last week, improving their record to an outstanding 13-3.

The Eagles' strong play recently will be key in their game against Suburban Council powerhouse Shenendehowa this week.

Last Wednesday, the Eagles trounced Mohonasen, 69-40. The Eagles played hard and were able to outscore Mohonasen 21-12 in the first quarter. BC ran up a 14-point lead by halftime, and Mohonasen was unable to come back.

Kiley Shortell led BC with 22 points. **Nicole Conway** scored 18 and **Katie Sherwin** added 10.

Last Friday the girls faced Guilderland at home. The Eagles had a five-point lead at halftime, which they extended to 11 by the end of third quarter.

Shortell again led all scorers with 19 points, as she connected on a school-record, four, three-point goals. Sherwin and Conway each had nine in the BC victory.

The Eagles play three tough opponents this week — Shenendehowa, Saratoga and Mohonasen.

"To beat Shen, we need to contain their strong inside players," said coach **Kim Zornow**. "We also need to play extremely well all four quarters."



By Ted Hartman

pounds) won a 10-3 decision to continue the Eagles' dominance in the middle weight classes. At 132 pounds, junior **Erik Kotlow** also won by decision, 7-1. Sherrin won a 9-1 decision at 138 pounds.

The Eagles were also successful in tallying points in the heavier weights classes. **Jason Greer** at 145 pounds earned a technical fallover to take his match.

Hank Tripp followed with a 59-second pin at 167 pounds. **Nat Beyer** (177 pounds) won a 8-4 decision and **Gambino** (250 pounds) pinned a Bison wrestler in 1:49 to cap off the team's strong performance.

Tennis tournament slated this month

The Community Sports Association, a non-profit tennis group will hold a women's doubles tournament at the Capital Region Tennis Club on Route 9W in Albany at 6:30 p.m. on Saturday, Feb. 24.

To register for the tournament, call the Community Sports Association at 438-2597 or 438-2255.

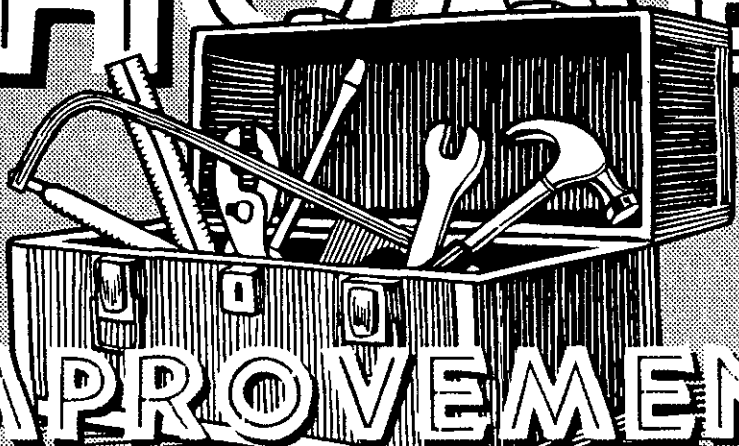
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Shooting contests highlight BBC action

Bethlehem Basketball Club members displayed their individual skills on Saturday during the annual three-on-three, foul shooting and three-point shooting contests.

In fifth-grade competition, Connor McMahon, Bobby Barrowman and Matt Glannon teamed up to win the three-on-three. The top foul shooters were Dane Barclay, followed by Jason Colocino and Steve Moore.

At the sixth-grade level, the hustling trio of Pat Heenan, Aaron Griffin and Mark Bulger came out on top in the three-on-three. Griffin also won the foul-shooting competition over Ryan Hogan and Tim Kindlon.

Rodrigo Cerda, Matt Vnuk and Dan Israel swept to victory in the seventh-grade three-on-three, with Matt Perazelli, Jon Levine and Tony Berghela finishing one, two, three in the foul shooting portion of the contest.

The Chuck Abba, Dan Rosenthal and Alex Voetsch team toppled all others in the eighth-grade, three-on-three. However, the highlight of the day was the precise shooting of Bridget Murray, who won both the foul shooting and the three-point shot contests.

Finishing behind Murray in the three-point shot contest were Dan Rosenthal and Mike Carney. Coming up just short at foul shooting were Tim Hwang and Mike Campbell.

In Sunday's regular season action the individual talents exhibited Saturday carried forward in intense competition at all levels. In the NBA division, the Sonics emerged victorious against the Spurs, 52-38, the Nuggets posted a win over the Magic 44-29; the Rockets and the Knicks tied at 46.

The Suns remained undefeated, beating the Bulls 56-25. After trailing 17-2, the Penn State Nittany Lions came alive and posted a 51-45 victory over Michigan in Big Ten action.

Two spectacular efforts highlighted ACC action. Josh Burnett tossed in 32 of North Carolina's 52 points in its 21-point victory over Duke and Corey Cunningham netted 30 as Clemson looked sharp in a 54-42 win over Wake Forest. Georgia Tech beat Maryland 47-26 and Florida State rallied to beat Virginia, 35-29.

Eagles still in the hunt for 2nd

By Scott Isaacs

The Eagles begin Suburban Council Tournament play on Friday at a site to be determined.

The Bethlehem boys basketball team split two games last week to fall out of contention for first place in the Gold Division of the Suburban Council.

The Eagles' current league record is 5-7 (7-9 overall), which still leaves them in the hunt for second place.

Last Tuesday, the Eagles needed a victory over Mohonasen to move to within one game of the Mighty Warriors in the standings, but lethargic play during crucial

Basketball

points in the game led to a 52-43 defeat.

The Eagles offense never really got going in the second half, and Mohonasen was able to build a comfortable margin after Seamus Gallagher's three-pointer brought BC within two, the closest BC would get.

Tim Staniels poured in 11 points and grabbed seven rebounds, while Chris Wenger and Mark Svare each added eight.

Last Friday Bethlehem looked to avenge an earlier non-league loss to Gunderland suffered in the finals of the Helderberg Holiday Tournament.

The Eagles took care of business, holding Gunderland to only 13 points in the second half.

The Eagles waltzed to a 53-32 victory. BC's tough defense limited the Dutchmen's high scoring Scott Lomonoco to only 12 points, half his season average.

Bethlehem's Chris Bannigan continued his strong play with 13 points, while Chris Wenger added 10 and Cory Czajka nine.

RCS boys keep winning

By Danielle Hummel

The Ravena-Coeymans-Selkirk boys basketball team kept its Colonial Council title hopes alive by defeating the Red Raiders of Mechanicville 77-74 in triple overtime last week.

Brandt Sebring's eight points in overtime helped lift the Indians to the win. Sebring had a game-high 20 points and 10 rebounds to lead RCS. Jed Sherman contributed 19 points and three blocks.

Corey Blakesley came alive from the three-point line and added 16 points, including three, three-pointers. Ryan Manning and Rob Nieves each scored 10.

The win put RCS into a second-place tie with Mechanicville.

On Friday, RCS kept up its winning ways by defeating Cohoes

49-48 on Sherman's foul shot with no time remaining as RCS advanced to 11-3 in the league.

Senior Adam McMullen led all scorers with 14 points, while Sebring again stepped up and added 10.

The schedule ahead for the Indians includes games against Lansingburgh, Watervliet and Waterford.

RCS coach Bruce Stott cautioned against complacency and warned of trouble ahead if the Indians let up.

"We have a tough game ahead of us at Watervliet," Stott said. "We can't get cocky and let down. We're going to have to step it up a notch, because I believe we are even better than what we have shown."

Cornell rolls 300 game at Del Lanes

Bill Cornell bowled a perfect game last week at Del Lanes in Delmar. Other top scorers for the week included:

Senior Circuit Men: Harold Eck 230 and 880 four games; Ray Bender 227; and Bernie Teriele 576 triple.

Senior Circuit Women: Cora Kubisch 204 and 533 triple; and Eleanor Moak 181 and 479 triple.

Men: Cornell 300; George Williams 738 triple and John Bickel 967 four games.

Women: Erin Barkman 258 and 870 four games; and Joanne Lenahan 255 and 645 triple.

Junior Classic: Andrea Kachidurian 224 and 808 four games; and Mike Patounas 268 and 895 four games.

Majors: Jim McGaughan 219; Tom Rydberg 188 and 525 triple; Leanna Cady 224 and 503 triple; and Amanda Crewell 218 and 546 triple.

Juniors: Dennis Paulsen 199 and 547 triple; and Deanna Dougherty 169 and 468 triple.

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V'ville girls clinch tie Critics

(From Page 1)

By Matt McKenna

The Voorheesville girls basketball team completed another successful week in the Colonial Council, rolling past both Lansingburgh and Mechanicville.

The team is now 13-0 in the league, and 16-0 overall. With the win over Mechanicville on Friday, the Blackbirds also clinched a tie for the Colonial Council title.

Last Thursday, the girls traveled to Lansingburgh to play a game that was postponed from two weeks before. Lansingburgh has always had one of the toughest gyms to play in because of the noise, but this did not affect Voorheesville. The Ladybirds came out strong as they usually do, outscoring the Knights 18-4 in the first quarter to take control of the game from the outset.

They continued to apply the pressure during the second period, running up the score to 38-15 at halftime. Lansingburgh settled down in the second half, but the outcome was never in doubt. The final score was 66-45.

Jane Meade led the Blackbirds with 18 points, while Kristin Person and Becky Dawson both poured in 14.

"We came out strong for the first time in a few games," said

coach Jack Adams. "It's important for us to do that because our defense feeds our offense. We have much easier games when we get out in front early by several points."

Last Friday, the girls hosted Mechanicville in one of the few remaining league games in the Colonial Council. This game was not even close as the Blackbirds held the Red Raiders to under eight points in every quarter.

The team jumped out to a 16-7 first quarter lead, and led 32-11 at the half. Voorheesville outscored Mechanicville 20-11 in the second half, to take the game 52-21.

Meade led the Blackbirds again with 14 points. Dawson scored 12, and Person chipped in 10. This relatively easy victory, assured Voorheesville of at least a tie for the league championship.

"At this point in the season, we are really trying to get physically and mentally ready for sectionals," said Adams. "We can't look past the remaining league games, especially because of the caliber of opponents we are playing. But our main focus is on post-season play. Last year we lost to Cohoes in the CCC championship game, and we would like to get past that point this year and into the state tournament."

call on Burns to resign.

Cotazino said his group plans to invite every Democrat in town to a large meeting that would focus on reorganizing and revitalizing the party.

Cotazino said that part of the meeting agenda will include an explanation of how to win a seat on the town committee through the petition and primary process.

Cotazino described the current town committee as an invitation-only affair, with Burns choosing who will represent the town's eight election districts.

For example, the town's new District 8 is represented by Burns' wife and daughter, Cotazino pointed out.

"We have a problem with communication," Cotazino said. "There's no openness — it's still backroom, political-machine-type government."

Cotazino charged that the committee is about \$5,000 in debt from the 1995 election, and noted that successful fund-raisers to erase the debt would be difficult given that Burns "has lost the confidence of Democrats in town."

Edward Donohue, a longtime party regular who lost his town board seat in the 1995 election, said that there are "no people standing in line" for Burns' job, which, "to do it right, is very time-consuming."

Donohue, who said he would like to continue to serve as a committeeman, cautioned against replacing the current committee "with people with all one agenda — you can't come in with just one point of view and expect things to work."

For his part, Reilly agreed with his supporters that Burns should

step down.

"His lack of leadership caused the whole fiasco, and he just tuned it right out," Reilly said. "We need to get new committee people all along the line."

Burns is not without supporters. Councilwoman Victoria Ramundo said he has "done a fine job and demonstrated honesty and integrity."

Ramundo added that people who "seek to alter the decision of the committee" to have Burns as chairman "should follow the procedures and become committeemen."

Burns did not return phone calls seeking his side of the story.

Orders being taken for farm publication

The 1996 "Cornell Recommends For Integrated Field Crop Management" is now available. The price of the publication is \$5.50, including postage.

For information, contact the state Agriculture Office at 765-3500.

Reaction welcomed to RCS draft plan

Groups and individuals will have an opportunity to react to proposed File 5.2.1 dealing with the transportation of students in the Ravena-Coeymans-Selkirk Central School District prior to its recommendation at the board of education meeting on Monday, Feb. 26.

Written comments should be addressed to William Schwartz, superintendent of schools, Ravena-Coeymans-Selkirk Central School District, 26 Thatcher St., Selkirk 12158.

Blood pressure tests available at town hall

The Town of Bethlehem will hold a blood pressure screening on Tuesday, Feb. 20, from 10 a.m. to 2 p.m. in the Bethlehem Town Hall auditorium on Delaware Avenue in Delmar.

The free screening is available to all town residents on a walk-in basis. A volunteer dietician will be available during the screenings to answer questions.

Bethlehem Tigers first in Lakehill tournament

The Bethlehem Tigers took first place at the Lakehill Under-10 Soccer Tournament in Burnt Hills by edging out the Clifton Park Rockets.

In round robin play, the Tigers won the first three games, 3-0, 1-0 and 4-1. They lost the fourth game 1-0, but came back strong in the final game, 9-1.


Leading scorers were Erin Kolodny, Tommy Rood and Colin Cassidy, Alex Semenov, Jed Bierman, Liam Brennan and Casey Heim also scored.

tering all 12 of their players. Displaying self-sacrifice and sportsmanship, Pat Shaffer and Alex Kudlack opted out of the Lakehill tournament, letting their teammates play. The Tigers dedicated their tournament victory to them.

Soccer

Alison Maher, Alexandra Puccio and Samantha Weyand played tough defense and assisted on many of the goals. Goalies Rood and Bierman gave up only three goals all day.

A mix-up over the contest rules prevented the Tigers from regis-



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Louise Richardson and Christopher Harris

Richardson, Harris to marry

Louise Anne Richardson, daughter of Thomas and Birgitta Richardson of Glenmont, and Christopher Thomas Harris, son of Thomas and Patricia Harris of Madison, N.J., are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School and Colgate University. She is

employed as research associate by Genentech Inc. in South San Francisco, Calif.

The future groom, also a graduate of Colgate, is an independent producer of television commercials and corporate films.

The couple plans to marry in June at the Richardsons' summer cottage in Onsala, Sweden.

Births

St. Peter's Hospital

Boy, Paul Samuel Heldring, to Susan and the Rev. Boyd Heldring, Feura Bush, Oct. 7.

Boy, John Thomas McDonald, to Dawn and Bruce McDonald, Slingerlands, Dec. 12.

Boy, John Joseph Gilchrist, to Trancey Gilchrist and James Meisner, Selkirk, Dec. 17.

Boy, Ross Matthew Kitchen, to Deborah and Jeffery Kitchen, Delmar, Jan. 8.

Girl, Catherine O'Malley Quinn, to Marianne and Dr. David Quinn, Slingerlands, Jan. 14.

Boy, William Edward Barnes, to Sheila and Richard Barnes, Delmar, Jan. 25.

BCHS senior wins college scholarship

Ross Englisbe, a member of the Bethlehem Class of 1996, will attend Wofford College in Spartanburg, S.C., on a Hucks-Jones endowed scholarship.

Englisbe, the son of Wynn and Barbara Englisbe, is a business economics and French major and a member of the Kappa Sigma fraternity.

Hucks-Jones scholarships are awarded to high school juniors and seniors majoring in French or German with at least a B+ average.



Kathleen Shapiro and Eric Bryant

Shapiro, Bryant to marry

Kathleen Shapiro, daughter of Joseph and Patricia Shapiro of Margaretville, Delaware County, and Eric Bryant, son of Charles and Carole Bryant of Delmar, are engaged to be married.

The bride-to-be is a graduate of the State University of New York at Binghamton. She is employed as a public relations associate by the New York Association of

Homes and Services for the Aging and as a copy editor by Spotlight Newspapers.

The future groom is a graduate of Bethlehem Central High School and Marietta College. He is managing editor of the *Colonia Spotlight* and *The Loudonville Weekly*.

The couple plans a May 25 wedding.

150 attend party for local state retiree

A retirement party was recently held to honor M. Robert Rivenburgh, who worked for 32 years at the New York State Division For Youth. Rivenburgh's most

recent position was deputy director for residential services.

Over 150 guests attended the event, which was held at the Glen Sanders Mansion in Scotia.

Youth Network

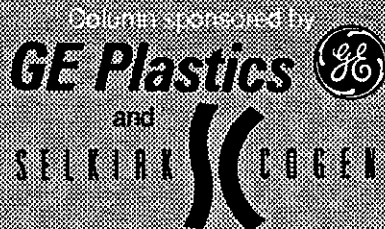
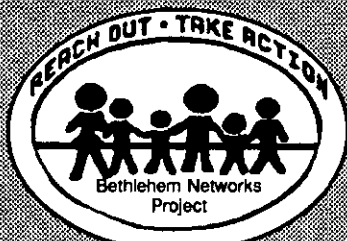
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Send your entry to Networks Partnership, 318 Delaware Ave., Delmar 12054. The contest is open to families living in the town of Bethlehem. The deadline is Feb. 29, and the winners will be announced in the March 6 edition of *The Spotlight*. We look forward to hearing from you.



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Thursday, 8 p.m.

Citizens '96: Iowa '96, A Washington Week In Review Special
Friday, 10 p.m.

Great Drives: Highway 61
Saturday, 8 p.m.

Allen Empire, A Nature Special
Sunday, 8 p.m.

Russia Betrayed? Voices of Opposition
Monday, 9 p.m.

Garrison Kellor: The Wide Open Page
Tuesday, 9 p.m.

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Suzanne Johnson and John Rogers

Johnson, Rogers marry

Suzanne P. Johnson, daughter of Joan Johnson of Delmar and the late Charles Johnson, and John David Rogers, son of David Rogers of Great Barrington, Mass., and Barbara Gardener of Santa Barbara, Calif., were married Sept. 23.

The Rev. Darius Mojallali performed the ceremony in St. Stephen's Church in Delmar, with the reception following in the church's Fellowship Hall.

The matron of honor was Carol Johnson, the bride's sister, and the best man was Israel Stark. The ring bearer was Alex Fu and the flower girl was Alicia Lou.

The bride is a graduate of Clayton A. Bouton High School, the

University at Albany and the University of California at Berkeley. She is studying for a doctorate in sociology at Berkeley, and is employed as a research assistant by the Alcohol Research Group in Berkeley.

The groom, a graduate of the University at Albany and San Francisco State University, is also a doctoral student at Berkeley, studying social psychology. He is employed as a survey research coordinator by the Pacific Institute for Research and Evaluation in Berkeley.

After a wedding trip to visit family and friends in the Northeast, the couple lives in Berkeley.

Felt, Lisk plan June wedding

Suzanne Marie Felt, daughter of Dr. Thomas Felt of Silver Spring, Md., and Jean Felt of Delmar, and Craig Knight Lisk, son of Mildred Lisk of Falmouth, Mass., and the late Kerwin Lisk, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School, Binghamton University and the University at Albany. She is employed as a health researcher by Mathematica Policy Research Inc. in Washington, D.C.

The future groom earned bachelor's and master's degrees from the University of Rochester. He is a health policy analyst for the Prospective Payment Assessment Commission in Washington.

The couple plans a June 8 wedding.

Dean's List

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

Boston College — Katie Tobin of Delmar (first honors).

Maria College — Anthony Derrico, Lisa Porter (president's list) and Mark Wahl, all of Delmar; Suzanne Fish and Susan Philippo (president's list), both of Glenmont; Michele Averill and Laurie Ritchie, both of Slingerlands; and Billie Jo Schinnerer of Feura Bush.

Northwestern University — Gabriel Koroluk of Delmar.

Rochester Institute of Technology — Jason Adlowitz of Voorheesville.

Saint Michael's College — Andrew Hudacs and Leah Staniels, both of Delmar.

SUNY Geneseo — Beth Borofsky of Delmar.

SUNY Plattsburgh — Rebecca Bradt of Delmar.

University of Montana — Andrew Finley of Slingerlands.

University of New Hampshire — Jill Ferraro of Delmar.

University of Rochester — Marc Mannella of Delmar.

University of Vermont — Leo Grady of Delmar.

Wofford College — Brandon Englisbe of Slingerlands.

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Christine and Kenneth Porter

Kicinski, Porter marry

Christine Ann Kicinski, daughter of Matthew and Eileen Kicinski of Philadelphia, and Kenneth Maclauchlan Porter, son of former Delmar residents David and Hilda Porter of Edgecomb, Maine, were married Jan. 7.

The matron of honor was Marie Ashley, and the best man was Kevin O'Shaughnessy.

The bride is a 1995 graduate of the Hartt School of Music at the University of Hartford.

The groom is a graduate of Bethlehem Central High School and the University of Hartford's engineering school, also in 1995.

The couple lives in Revere, Mass.




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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.

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RECEPTIONS

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

Casa Mia 463-4331 Weddings, showers, rehearsal dinners, parties up to 180.

Community Corner

Church collecting for the homeless

The Voorheesville First United Methodist Church, located at 68 Maple Ave., in Voorheesville, is accepting donations of clean used or new blankets and toiletries for the homeless.

Donations can be dropped off at the church on Thursday, Feb. 8, from 9 a.m. to noon.

For information, call 765-2875.

Obituaries

Eliza Stoneburner

Eliza Allen Stoneburner, 93, formerly of Clarksville and Ravena, died Tuesday, Jan. 30, at the Albany County Nursing Home.

Born in New Salem, Mrs. Stoneburner was a homemaker.

She was a member of the New Salem Reformed Church and the ladies auxiliary of the Onesquethaw Fire Company.

She was the widow of Ernest Stoneburner.

Survivors include a daughter, Amy Storm of Murrels Inlet, S.C.; six grandchildren; and nine great-grandchildren.

Arrangements are by the Babcock Funeral Home in Ravena.

Spring burial and services will be in Mount Pleasant Cemetery in New Salem.

James J. Gavin

James J. Gavin, 87, died Sunday, Jan. 28, at Good Samaritan Home in Delmar.

Born in Ireland, Gavin was a longtime resident of East Durham, Greene County.

He and his wife owned and operated Gavin's Golden Hill House in East Durham for many years.

Mr. Gavin was a member of the East Durham Vacation Land Association and the Third Order of St. Francis in Catskill.

He was a communicant of St. Mary's Church in East Durham.

Survivors include his wife, Ellen "Nellie" Gavin; three daughters, Mary Eileen Spellman of New Hartford, Oneida County; Catherine Liebowitz of Fort Lauderdale, Fla., and Theresa Logue of Delmar; five sons, the Rev. James P. Gavin of Garrison, Putnam County, Thomas Gavin of Chatham, William Gavin of Bronxville, Westchester County, Francis Gavin of Claverack, and John Gavin of East Durham; a brother, Michael Govan of Lancashire, England; two sisters, Cecilia McGreal and Anna Gormally, both of County Mayo, Ireland; 18 grandchildren; and four great-grandchildren.

Service were from the Cunningham Funeral Home in Greenville and Our Lady of Knock Shrine in East Durham. Burial was in Greenville Cemetery.

Contributions may be made to the Capuchin Franciscan Missions, 210 W. 31st St., New York City, N.Y. 10001.

Rose Rohr Mann

Rose Rohr Mann, 79, died Sunday, Jan. 28, at her son's home in Bethlehem.

Born in New York City, she lived in Castleton-on-Hudson until she became disabled.

Mrs. Mann was a salesperson at the former John G. Myers department store in Albany for many years. She also was a clerk at the former Dorn Trucking Co. in Rensselaer.

She was a member of Emmanuel Reformed Church in Schodack and Castleton Senior Citizens.

She was the widow of Clarence Mann.

Survivors include two sons, Robert Mann of Hingham, Mass., and David Mann of Bethlehem; a sister, Lillian Shortleeve of Castleton; six grandchildren; and two great-grandchildren.

Services were from Emmanuel Reformed Church, with burial in Mountain View Cemetery in Castleton.

Contributions may be made to St. Peter's Hospice, 315 South Manning Blvd., Albany 12208.

Bessie McNeil

Bessie McNeil, 95, died Friday, Feb. 2, at Good Samaritan Home in Delmar.

A lifelong resident of Troy, Mrs. McNeil was a homemaker.

She was the oldest member of Woodside Presbyterian Church in Troy, and was a member of its Ladies Aid Society.

She was the widow of Samuel McNeil.

Survivors include a daughter, Margaret Lovegrove of Westerlo; a son, Samuel McNeil of Argyle; a sister, Laura Walters of Waterford; four grandchildren; and six great-grandchildren.

Services were from the Bryce Funeral Home.

Burial was in Oakwood Cemetery in Troy.

James Wiedemann

James F. Wiedemann, 82, of Glenmont died Sunday, Feb. 4, at St. Peter's Hospital in Albany.

He was born in Albany.

Mr. Wiedemann served in the Navy in World War II.

He was a carpenter and construction worker before he retired. He had worked in the state Museum's restoration department.

He was an elder and deacon at the First Reformed Church of Bethlehem and a member of the Bethlehem Historical Society and the H.H. Franklin Club.

Survivors include his wife, Eleanor Luther Wiedemann; a son, Carl P. Wiedemann of Duanesburg; two daughters, Martha L. Youngblood of Albuquerque, N.M., and Ellen C. Kawanc of Hamilton, Ontario; a sister, Marie A. Wiedemann of Glenmont; six grandchildren; and a great-granddaughter.

Services were scheduled for 11 a.m. today, Feb. 7, at the First Reformed Church of Bethlehem on Route 9W in Selkirk.

Burial will be in Elmwood Cemetery.

Arrangements are by the Applebee Funeral Home in Delmar.

Contributions may be made to the church.

James F. Salisbury

James F. Salisbury, 78, of Wolf Hill Road in Voorheesville died Monday Feb. 5, at St. Peter's Hospital in Albany.

He was a lifelong resident of Voorheesville.

Mr. Salisbury was an operating engineer for James Maloy Excavating Co. in Albany for many years. He was a member of the International Union of Operating Engineers Local 106 of 54 years.

He was an Army veteran of World War II.

Survivors include his wife, Minnie Chase Salisbury; a daughter, Barbara Hansen of Voorheesville; three sons, James E. Salisbury, Larry Salisbury and Frank E. Salisbury, all of Voorheesville; a sister, Avis Smith of Voorheesville; six grandchildren; and four great-grandsons.

Services were private.

Arrangements were by the Fredendall Funeral Home in Altamont.

Contributions may be made to the Onesquethaw Rescue Squad, Clarksville 12041.

Snowshoeing buffs



Nora Trozzo tries out a pair of snowshoes, while instructor Nancy Payne looks on at the Five Rivers Environmental Center. Because of a lack of snow, the demonstration was held indoors.

Elaine McLain

Troy Junior Museum has much to offer kids

The Junior Museum, located at 282 Fifth Ave. in Troy, will host several workshops during the upcoming months.

"American Girls Dolls," geared towards children ages 7 and up, will focus on different periods in American history and crafts associated with them. Classes will be held from 9:30 to 11:30 a.m. on March 23 and 30, April 13 and 27, and May 11. The cost for all five classes is \$50, or \$10 per class.

The "American Girls Writing Series" will concentrate on developing writing skills for children ages 8 and up through the use of journals, brainstorming, research, library media, drafting, and peer discussion. The \$55 program will be held on Saturdays from 10 to 11:30 a.m. on March 9 and 23, April 6 and 20, and May 4 and 18. Participants will receive a certificate of achievement after completing the program.

The museum will hold several workshops each day from 9:30 to 11 a.m. during Presidents' Week. On Feb. 19, "The Days of George Washington" will focus on the

president's life; on Feb. 20, "Dinosaur Defenses: Teeth, Spikes, Horns and Claws!" will concentrate on the extinct creatures.

A family bus trip to the Metropolitan Museum in Manhattan, costing \$34 for adults and \$32 for children, will take place on Feb. 21. The bus will leave the Troy museum at 7 a.m.

A treasure hunt for preschoolers will take place on Feb. 22. The week will cap off with "Bird Brains" on Feb. 23. The workshops cost \$7 per person (\$5 for members).

Admission to the museum, which is open Mondays through Fridays from noon to 5 p.m., is included with admission to the workshops.

Pre-registration is required for all programs. For information, the museum can be reached at 235-6836.

'Sweetheart Supper' offers pasta with love

There will be a Sweetheart Spaghetti Supper on Saturday, Feb. 17, at the Onesquethaw Reformed Church on Tarrytown Road in Feura Bush.

Spaghetti with meatballs or sausage, tossed green salad and coffee will be served.

Servings will be at 4:30 and 5:30 p.m. Meal cost is \$6.50 for adults, \$3 for children ages 5 to 12, and \$1 for children under 5.

Reservations are required, and can be made by calling 768-2112.

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.

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CALENDAR • ARTS & ENTERTAINMENT

State's youth orchestra fiddles for fund-raiser

By Joshua Kagan

Shoppers at Crossgates Mall will have a little more than Muzak to listen to this weekend. Nine Empire State Youth Orchestra groups will perform from 11 a.m. to 7:30 p.m. on Saturday, Feb. 10, during the group's annual playathon.

The featured ensemble, the youth orchestra, will play at three times during the day. It will perform parts of Beethoven's Fifth Symphony, Johann Strauss' Concerto I for Horn and Orchestra and the John Adams' piece "The Chairman Dances." In

at Carnegie Hall—the first time any ESYO group will play there. Past ESYO performances include a 1994 tour of Spain.

Three times during the day, members of the audience will have a chance to bid for the opportunity to conduct the youth orchestra playing John Philip Sousa's "Stars and Stripes Forever." At last year's playathon, guest conductors bid up to \$250 for the honor.

The auction is "always a big event," ESYO Executive Director Donna Slavik said. "The playathon is probably the biggest fund-raiser that we have in which the kids are involved." She said each student is asked to help raise \$100 for the organization.

"It's good for the orchestra," Sundram said. "We get to raise money and get publicity, both of which can be hard."

In addition to the Youth Orchestra, the Repertory Orchestra, Junior String Orchestra, Junior Wind Ensemble, Jazz Ensemble, Youth Percussion Ensemble, Repertory Percussion Ensemble, Flute Choir and Classical Wind Ensemble will perform.

Slavik said the Jazz Ensemble, which plays all forms of jazz from swing to fusion, "often livens things up."

ESYO performances

The various Empire State Youth Orchestra groups will perform on Saturday, Feb. 10, according to the following schedule:

- 11 to 11:45 a.m., Repertory Orchestra
- 11:55 a.m. to 12:25 p.m., Flute Choir
- 12:30 to 1:15 p.m., Youth Orchestra
- 1:20 to 1:50 p.m., Classical Wind Ensemble
- 2 to 2:30 p.m., String Orchestra
- 2:40 to 3:25 p.m., Youth Orchestra
- 3:35 to 4:05 p.m. Junior Wind Ensemble
- 4:15 to 5 p.m., Jazz Ensemble
- 5:10 to 5:55 p.m. Repertory Ensemble
- 6:05 to 6:50 p.m., Percussion Ensemble
- 7 to 7:45 p.m., Youth Orchestra

all, about 300 students from 12 counties and 55 schools will perform.

"You do get to see a lot of people," said Jason Sundram, a senior violinist at Bethlehem Central High School who has played in the youth orchestra since his freshman year. "It's kind of fun to see people stopping to watch you play. It shows people have an appreciation for music."

The youth orchestra will perform some of these pieces later in the year when it plays

Musicians involved in ESYO are chosen through auditions where they must show mastery of level six music. Level six is the most difficult level of music according to the New York State School Music Association.

ESYO was formed in January 1979 and has been conducting the annual playathon since the early 1980s.

"It gives people a chance to really develop their talent, where school orchestras don't always," said Sundram.



Angels in America plays at Proctor's this weekend as two-part production

A play which was written and produced in two parts now is touring in the same manner and will visit Proctor's Theatre this weekend.

Written in an allegory dealing with current events evolving around gay individuals, including the late controversial attorney Roy Cohn, Tony Kushner's work covers a panoramic scene involving the lives of several couples in turmoil. One deals with a lovers' breakup because of AIDS and another because of sexual disorientation.

Part 1 of the play *Millennium Approaches* will be presented Saturday, Feb. 10, at 8 p.m. and Sunday, Feb. 11, at 1 p.m. The second part of the play, *Perestroika*, will be presented once, Sunday, Feb. 11 at 7 p.m.

This production began when the first part was produced in 1991 in San Francisco and later moved to New York. Part 2 (*Perestroika*) opened in New York and alternated with the first play for a long Broadway run.

Jonathan Hadary who plays Roy Cohn in this production, starred on Broadway opposite Tyne Daly in a revival of *Gypsy* and began his professional career in 1968 in the first national company of *You're A Good Man, Charlie Brown*.

Reservations and information available at 346-6204.

State Fair en route to Broadway after tour, and will be followed by Jekyll & Hyde

The management of Proctor's Theatre in Schenectady has been awash with musicals en route to New York. The presentation of *State Fair*, starring John Davidson, just came through town en route to Broadway and the touring new musical, *Jekyll & Hyde*, is due into Schenectady next week.

State Fair is an adaptation of the successful 1946 movie and

SPOTLIGHT

By Martin P. Kelly

is a throwback to the successful musicals of the 1940s. Little wonder! The music and lyrics were written by Richard Rodgers and Oscar Hammerstein, the two giants of the musical theater at the time.

State Fair's form resembles *Oklahoma* and *Carousel*, shows which were enchanting Broadway when the film first appeared.

What this stage version needs before it hits Broadway is a bigger opening number to set the pace and perhaps a change in directors. James Hammerstein, the son of the lyricist, appears too close to the material and doesn't invest it with a sharp enough pace for today's audiences. However, Randy Skinner's choreography makes good use of several fine performers, particularly Scott Wise and Donna McKechnie, two established award-winning Broadway performers.

State Fair finishes its eight-month run at the end of February and then vamps until it can find a New York theater, hopefully by April so it can keep its cast together.

Meanwhile, the musical adaptation of Robert Louis Stevenson's Victorian thriller, *Jekyll & Hyde*, continues its tour en route to New York by playing at Proctor's Feb. 14 and 15 with a matinee on the 15th.



Martin P. Kelly

This musical, which opened in Dallas where it's played for several years, began a tour in the fall so it could do revisions on the road before live audiences. It has the distinction of having a successful CD album, out even though the show hasn't played New York yet.

Such songs as *Someone Like You*, *This is the Moment*, and *Once Upon A Dream* are already favorites as a result of the Dallas production and the tour.

Of course, composer Frank Wildhorn and lyricist Leslie Bricusse have a series of hit songs and numerous awards for their writing, so it's not unlikely that their songs will get air play long before the show's New York opening.

This production also boasts the performance of Robert Cuicoli as the Jekyll-Hyde character. He appeared in the leading role in *Les Miserables* in New York for a year and has appeared on well-known soap operas. Linda Eder who stars as the woman of the night in the leading characters split-personality's lives, made her stage debut in this role and now has her third solo album.

This production will continue touring until late April and is planning a Broadway opening in September.

Info, reservations for *Jekyll & Hyde* available at 346-6204

Around Theaters!

Neil Simon's *Rumors*, at the First United Presbyterian Church on Fifth Avenue dinner theater in Troy through Feb. 24 (274-1707) ... *The Silver Skates* plays at the New York State Theatre Institute in Schacht Theater on the Russell Sage campus in Troy through Feb. 17 (274-3256) ... *Life After High School*, Fridays and Saturdays through Feb. 24 at Columbia Civic Players in Ghent (392-6264) ... *Rumpelstiltskin*, children's show at Steamer 10 Theater in Albany Saturday and Sunday (Feb. 10 and 11) two matinees each day. (438-5503).

ARTS and ENTERTAINMENT

THEATER

"JUNK BONDS"

play by Lucy Wang, The Market Theater, 111 North Pearl St., Albany, through Feb. 24, \$18 to \$28, call for times. Information, 462-4534.

"RUMORS"

play by Neil Simon, Roustabouts Playhouse, First United Presbyterian Church, 1915 Fifth Ave., Troy, Feb. 9, 10, 16, 17, 23 and 24, 6:30 p.m., \$19 with dinner. Information, 274-1707.

"ANGELS IN AMERICA"

Tony Award winning play, Proctor's Theatre, 432 State St., Albany, Part I, Saturday, Feb. 10, 8 p.m. and Sunday, Feb. 11, 1 p.m., Part II, Sunday, Feb. 11, 7 p.m., \$34.50. Information, 346-6204.

"JEKYLL AND HIDE"

starring Linda Eder and Robert Cuccilli, Proctor's Theatre, 432 State St., Schenectady, Wednesday and Thursday, Feb. 14 and 15, 8 p.m., \$29.50. Information, 346-1083.

"SIMPLY BARBARA"

cabaret artist Steve Brinberg's interpretation of Barbara Streisand, Empire Center at the Egg, Empire State Plaza, Albany, Monday, Feb. 12, 8 p.m., \$18. Information, 473-1845.

MUSIC

ALLAN ALEXANDER

guitar and lute player, Allegro Cafe, Troy, Saturday, Feb. 10, 7 to 11 p.m.

DAVE RENDER

acoustic guitar and vocals, Londonderry Cafe, Shuyvesant Plaza, Albany, Saturday, Feb. 10, 6:30 to 9:30 p.m. Information, 489-4288.

LATIN AMERICAN CHAMBER MUSIC

featuring violinist Anatole Wleick and pianist Carmen Rodriguez-Peralta, University at Albany Performing Arts Center, Recital Hall, Albany, Monday, Feb. 12, 8 p.m. Information, 442-3995.

FINDLAY COCKRELL

pianist playing music of Franz Liszt, University at Albany Performing Arts Center, Recital Hall, Albany, Wednesday and Thursday, Feb. 14 and 15, 12:20 and 4:20 p.m. Information, 442-3997.

HEARTSONG FESTIVAL

Christian music, The Empire Center at the Egg, Empire State Plaza, Albany, Saturday, Feb. 10, 6 p.m., \$10. Information, 473-1845.

THE ROADMASTER

Borders Books and Music, 59 Wolf Road, Colonie, Friday, Feb. 9, 8 p.m. Information, 482-5800.

MARCUS RUGGERIO

with Higher Ground, Borders Books and Music, 59 Wolf Road, Colonie, Saturday, Feb. 10, 8 p.m. Information, 482-5800.

FRANKLIN MICARE

Century House, Route 9, Latham, Friday and Saturday, Feb. 9 and 10, 7 to 11 p.m. Information, 785-0834.

VITO MAMONE AND FRIENDS

Century House, Route 9, Latham, Wednesday, Feb. 14, 7 to 11 p.m. Information, 785-0834.

THE OYSTERS

original music and covers, Barnes and Noble, 20 Wolf Road, Albany, 8 p.m. Information, 459-8183.

GERMAN CULTURE EVENING

hosted by Deutsch-Amerikanischer Kulturklub, will feature folk songs, poetry, visual art, music by Schubert, Russell Sage College, Troy, Friday, Feb. 9. Information, 783-2363.

ST. CECILIA ORCHESTRA

tribute to Alberto Ginastera, Union College Chapel, Schenectady, Saturday, Feb. 10, 8 p.m., \$20. Information, 433-9513.

MONDAY MUSICAL CLUB

St. Joseph's Hall, The College of St. Rose, Western Avenue, Albany, Sunday, Feb. 11, 2 p.m. Information, 346-5093.

DANCE

UKRAINIAN DANCE

Verlova Ukrainian National Dance Company, Empire Center at the Egg, Empire State Plaza, Albany, Wednesday, Feb. 7, 7:30 p.m., \$25. Information, 473-1845.

CHOREOGRAPHER'S ASYLUM

third annual showcase of new works by independent choreographers, R.P.I. Playhouse, Troy, Friday and Saturday, Feb. 9 and 10, 8 p.m., \$8. Information, 432-7163.

CLASSES

DANCE CLASSES

ongoing, all levels, ballet, jazz and modern, New School of Ballet, 1098 Parkwood Blvd., Schenectady, Mondays to Thursdays and Saturdays. Information, 346-1096.

ART CLASSES

watercolor and oil, beginner and advanced, Kristin Woodward, Information, 783-1828.

MUSEUM ART CLASSES

on going, Albany Institute of History & Art, 125 Washington Ave., Albany, \$25. Information, 463-4478.

DANCE CLASSES

winter session of classes, eba Center for Dance and Movement, corner of Lark and Hudson streets, Albany. Information, 465-9916.

FAMILY ENTERTAINMENT

"RUMPELTILTSKIN"

Steamer No. 10 Theatre, 500 Western Ave., Albany, Feb. 10 and 11, 1 and 3:30 p.m., \$8. Information, 438-5503.

"THE SILVER SKATES"

world-premiere musical, New York State Theatre Institute, 155 River St., Troy, through Feb. 17, \$15. Information, 274-3256.

FILM

SHORT FILMS

variety of "Off Hollywood" films, Professor Java's, 217 Wolf Road, Albany, every Sunday and Monday, 8 p.m., \$5. Information, 453-1000.

READINGS

3 GUYS FROM ALBANY

Tom Nattell, Charlie Rossiter and Dan Wilcox, slide, video and spoken word program of their recent Midwest tour, Albany Public Library, 161 Washington Ave., Albany, Tuesday, Feb. 16, 12:15 p.m. Information, 439-0583.

LEGAL NOTICE

LEGAL NOTICE ARTICLES OF ORGANIZATION OF EW ENTERPRISES, LLC (UNDER SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW OF THE STATE OF NEW YORK)

THE UNDERSIGNED, being a natural person of at least eighteen (18) years of age and acting as the organizer of the limited liability company (the "Company") hereby being formed under Section 203 of the Limited Liability Company of the State of New York (the "LLCL"), certified that:

FIRST: The name of the Company is EW ENTERPRISES, LLC.

SECOND: The purpose of the Company is to engage in any lawful act or activity for which limited liability companies may be organized under the LLCL.

THIRD: The county within the State of New York in which the office of the Company is to be located is Albany.

FOURTH: The Secretary of State is designated as the agent of the Company upon whom process against the Company may be served. The post office address within or without the State of New York to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is c/o EW Enterprises, LLC, Latham Circle Mall, 800-19 New Loudon Road, Latham, New York 12110.

FIFTH: The Company is to be managed by one or more managers.

SIXTH: A manager shall not be personally liable to the Company or to its members for damages for any breach of duty as a manager, except for any matter in respect of which such manager shall be liable by reason that, in addition to any and all other requirements for such liability, there shall have been a judgment or other final adjudication adverse to such manager that establishes that such manager's acts or omissions were in bad faith or involved intentional misconduct or a knowing violation of law or that such manager personally gained in fact a financial profit or other advantage to which such manager was not legally entitled or that with respect to a distribution the subject of \$508 of the LLCL, such manager's acts were not performed in accordance with 409 of the LLCL. Neither the amendment nor the

LEGAL NOTICE

repeal of this Article shall eliminate or reduce the effect of this Article in respect to any matter occurring, or any cause of action, suit or claim that, but for this Article, would accrue or arise, prior to such amendment, repeal or adoption of an inconsistent provisions. The Article shall neither eliminate or limit the liability of a manager for any act or omission occurring prior to the Adoption of this Article.

SEVENTH: The Company shall have the power or indemnity, to the full extent permitted by the LLCL, as amended from time to time, all persons whom it is permitted to indemnify pursuant thereto.

IN WITNESS WHEREOF, I have subscribed this certificate and do hereby affirm the foregoing as true under penalties of perjury, this 18th day of January, 1996.

(s) Eugene Weiss
Manager
(February 7, 1996)

ARTICLES OF ORGANIZATION OF CONTRACTORS ALLIANCE, LLC UNDER SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW

FIRST: The name of the limited liability company is: CONTRACTORS ALLIANCE, LLC.

SECOND: The county within this state in which the principal office of the limited liability company is to be located is: Albany County.

THIRD: The latest date on which the limited liability company is to dissolve is: December 31, 2025.

FOURTH: The secretary of state is designated as 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 served against the limited liability company served upon him or her is:

c/o BREAKELL & COUCH P.C.
11 North Pearl Street
Albany, New York 12207

FIFTH: The limited liability company is to be managed by: A Board of Managers consisting of one Manager appointed by each Member.

SIXTH: The members of the limited liability company will not be liable for any debts, obligations or liabilities of the limited liability company.

MASTER PRINTS

wide span of printmaker's art, Albany Institute of History & Art, 125 Washington Ave., Albany, through Feb. 25. Information, 463-4478.

TOM BREITENBACH

display of paintings, Dietel Art Gallery, Emma Willard School, Troy, through March 8. Information, 274-4440.

JUDY KATZ

watercolors, Mountaintop Gallery, Main Street, Windham, through March 16. Information, 734-3104.

PATRICIA BELLAN-GILLEN

exhibition of all paintings and prints, The College of Saint Rose Gallery, Picotte Hall, 324 State St., Albany, through Feb. 18. Information, 454-5102.

VIETNAM MEMORIAL GALLERY

featuring "Healing The Wounds of War: A Veteran's Return to Vietnam with His Wife," New York State Vietnam Memorial Gallery, Empire State Plaza, Albany, through April 15. Information, 474-6784.

"ERASTUS CORNING"

photographs and memorabilia of Albany's long-time mayor, Albany Institute of History & Art, 125 Washington Ave., Albany, through July 28. Information, 463-4478.

"STILL LIFE IN THE 90'S"

Canterbury Gallery, 25 Hackett Blvd., Albany, through Feb. 29. Information, 439-2955.

DEREK HAFFAR

various works of art, Columbia Greene Community College, Feb. 8 through March 8.

Weekly Crossword

"In The News"

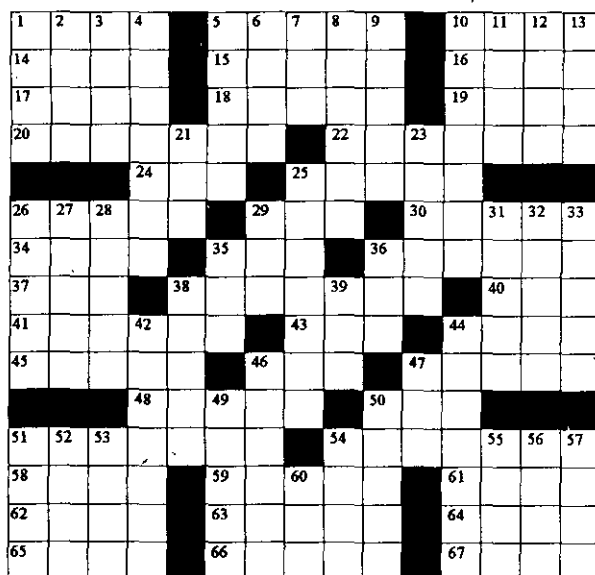
By Gerry Frey

ACROSS

- 1 Litter mates
- 5 Vermicelli
- 10 Nude
- 14 Pin box
- 15 NYC Island
- 16 Mr. Greenspan
- 17 Tepid
- 18 Belief
- 19 Set
- 20 TV's Cybil
- 22 Baseballs Cals
- 24 Victor/Victoria sign
- 25 Former Yankee catcher
- 26 Scurry
- 29 Pea's lair
- 30 Go in
- 34 Trumpet
- 35 Restaurant bill
- 36 Convince
- 37 Lennon's Yoko
- 38 Neon Deion
- 40 fly
- 41 Cowboy hut
- 43 Lone
- 44 Gemstone
- 45 Gay
- 46 Comes before Paso and Salvador
- 47 Men
- 48 Crazy
- 50 Path
- 51 Talk show panner
- 54 1995 peace place
- 58 Free-for-all
- 59 Metric unit
- 61 Jacob's twin
- 62 Cartoonist Peter
- 63 Advocate: Suffix
- 64 Proboscis
- 65 Broadway light, e.g.
- 66 Connery and Penn
- 67 October birthstone

DOWN

- 1 Elders seats
- 2 Beehive state
- 3 Virgin



4 Orenthal James

5 Gasoline: Prefix

6 Drank ?

7 Sat. Night Live

8 Placed in rows

9 Awake

10 Troubled peninsula

11 Jai-

12 Precipitation

13 Finishes

21 Craft's cousin

23 Iron

25 Presidential candidate

26 Beach sight

27 Late host O'Brien

28 Maine Town

29 Negative review

31 Word before ligation

32 Wear away

33 Network of nerves

35 Chinese philosophy

36 Exist

38 Classic movie

39 Printers measures

42 Press conf. leader

44 Late night host

46 All

47 Ms. West

49 Map collection

50 British Waves

51 Cereal by-product

52 Ireland

53 A faux pas

54 Formerly Persia

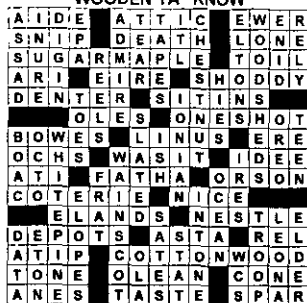
55 All wet

56 Space agcy.

57 Hamilton's final contest

60 Pedro's Aunt

WOODEN YAK KNOW



AROUND THE AREA

**WEDNESDAY
FEBRUARY 7**
ALBANY COUNTY
WINTER FARMERS' MARKET
Grand Concourse, Empire State Plaza, Albany, 11 a.m.

FARMERS' MARKET
Holy Cross Church, Western Avenue and Brevator Street, Albany, 2 to 6 p.m. Information, 272-2972.

SENIORS LUNCHE
Albany Jewish Community Center, 340 Whitehall Road, Albany, 12:30 p.m. Information, 438-6651.

APPLE COMPUTERS USERS CLUB
Farnsworth Middle School, State Farm Road, Guilderland, 7 p.m. Information, 482-2609.

SCHENECTADY COUNTY
WRITING WORKSHOP
for advanced fiction writers, room 210, Proctor's Arcade, Schenectady, 7 p.m. Information, 381-8927.

RIVER VALLEY CHORUS MEETING
Glen Worden School, 34 Worden Road, Scotia, 7:30 p.m. Information, 355-4264.

DEVELOPMENTAL ASSESSMENT CLINIC
for parents of children under two years of age, discussion of the child's emotional/physical development, appointments required, Bellevue Hospital, 2210 Troy Road, Niskayuna, 10 a.m. to 4 p.m. Information, 346-9400.

**THURSDAY
FEBRUARY 8**
ALBANY COUNTY
"OSTEOPOROSIS: HOW DO WE KNOW?"
discussion of the illness, beverages provided, lunch for pre-registered participants, Women's HealthCare Plus, 24 Computer West Drive, Colonie, noon to 1 p.m. Cost, \$4 for lunch. Information, 489-9427.
CHORUS REHEARSAL
sponsored by Capitaland Chorus of Sweet Adelines, New Covenant Church, 916 Western Ave., Albany, 7:30 p.m. Information, 237-4384.

THE QUEST
a contemporary, systematic study of spiritual principles, Unity Church, 725 Madison Ave., Albany, 7 to 9 p.m. Information, 475-9715.

FARMERS' MARKET
corner of Pine Street and Broadway, Albany, 11 a.m. to 2 p.m. Information, 272-2972.

SENIOR CHORALE
Albany Jewish Community Center, 340 Whitehall Road, Albany, 1 p.m. Information, 438-6651.

SENIORS LUNCHE
Albany Jewish Community Center, 340 Whitehall Road, Albany, 12:30 p.m. Information, 438-6651.

CONCERNED FRIENDS OF HOPE HOUSE
support group for families of substance abusers, Child's Nursing Home auditorium, 25 Hackett Blvd., Albany, 7:30 p.m. Information, 465-2441.

**FRIDAY
FEBRUARY 9**
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 LUNCHE

Albany Jewish Community Center, 340 Whitehall Road, Albany, 12:30 p.m. Information, 438-6651.

SARATOGA COUNTY
"MASSAGE FOR TWO"
instruction of massage techniques, registration required, Saratoga Wellness Alliance, Arcade Building, 376 Broadway, Lower Level Suite 1, Saratoga Springs, 7 to 10 p.m. Cost, \$60 per couple. Information, 583-0339.

**SATURDAY
FEBRUARY 10**
ALBANY COUNTY
VALENTINE CONCERT
L'Ensemble will play romantic music, Albany Academy, Academy Road, Albany, 8 p.m. Cost, \$13 in advance, \$15 at the door. Information, 436-5321.

HUDSON-MOHAWK ROAD RUNNERS CLUB RACE
4, 10, and 20 miles, all ages and abilities invited, refreshments and showers available, University at Albany Physical Education Building, 11 a.m. to 10:30 a.m. registration. Cost, \$2 for club members, \$3 for nonmembers. Information, 489-0962.

SARATOGA COUNTY
"INFANT MASSAGE"

instruction of a 20 minute massage for babies 2 to 5 months old, bring a pillow and a towel, registration required, Saratoga Wellness Alliance, Arcade Building, 376 Broadway, Lower Level Suite 1, Saratoga Springs, 10 a.m. to 12:30 p.m. Cost, \$25. Information, 583-0339.

**SUNDAY
FEBRUARY 11**
ALBANY COUNTY
PFLAG MEETING
support group for parents, friends, and families of gays, lesbians, and bisexuals, Westminster Presbyterian Church, 85 Chestnut Street, Albany, 2 to 4:30 p.m. Information, 462-6138.

DANCE PROGRAM
"Polka Guys and Dolls," for children 3 and older, Cohoes Polish National Alliance, Cohoes, 6 to 7:30 p.m. Information, 237-8595.

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

INFANT AND CHILD CPR COURSE
taught by a certified CPR instructor, pre-registration required, Feb. 11, 25, March 24, April 15, June 2, Woman's HealthCare Plus, 2093 Western Ave., Guilderland, 1 to 5 p.m.; Cost, \$30 per person. Information, 452-3455.

**MONDAY
FEBRUARY 12**
ALBANY COUNTY
ALCOHOL ABUSE PREVENTION PROGRAM
discussion of adolescent alcohol and drug abuse, music room at Guilderland Central High School, Guilderland Center, Guilderland, 7 p.m. Information, 452-6700.

SENIORS LUNCHE
Albany Jewish Community Center, 340 Whitehall Road, Albany, 4:45 p.m. Information, 438-6651.

SCHENECTADY COUNTY
SCOTTISH DANCING
Salvation Army, Smith Street, Schenectady, 8 to 10 p.m. Information, 783-6477.

**TUESDAY
FEBRUARY 13**
ALBANY COUNTY
CIVIL AIR PATROL
Albany Senior Squadron, Albany Airport, 7 p.m. Information, 869-4406.
RECOVERY, INC.
self-help group for former mental and nervous patients, Unitarian Church, of Albany, 405 Washington Ave., Albany, 7:30 p.m. Information, 346-8595.

ALZHEIMER'S SUPPORT GROUP
Teresian House, Washington Avenue Extension, Albany, 4 p.m. Information, 438-2217.

ST. SOPHIA PRESCHOOL OPEN HOUSE

for parents and prospective students interested in the school, 440 Whitehall Road, Albany, 1 to 3 p.m. Information, 489-4442.

DREAM THERAPY GROUP
group therapy involving the dreams of participants, 8 sessions, meeting twice a month, Consultation Center, 790 Lancaster Street, Albany, Tuesdays, 7 to 9 p.m. Cost, \$24 per session, \$160 per semester if paid in advance. Information, 489-4431.

WEIGHT CONTROL PROGRAM
a non-diet approach to weight loss, Tuesday, Feb. 13, 20 and 27, Capital District Physicians' Health Plan, Corporate Office, 17 Columbia Circle, Albany, 6:30 to 8:30 p.m. Cost, free for CDPHP members, \$10 for non-members. Information, 862-3700.

ADOPTION ORIENTATION
for singles or couples between the ages of 35 and 50 interested in adopting infant girls, reservation required, Parsons Child and Family Center, Academy Road, Albany, 7 p.m. Cost, \$25. Information, 426-2600.

TRUE FRIENDS
female incest survivors support group, Pineview Community Church, 251 Washington Ave. Extension, Albany, 7 to 8:30 p.m. Information, 452-7800.

SCHENECTADY COUNTY
MS SELF-HELP GROUP
Multiple Sclerosis Self-Help Group of Schenectady County, Sunnyview Hospital, Belmont Avenue, Schenectady, 9:30 a.m. Information, 427-0421.

LEGAL NOTICE
SECOND: Albany County has been designated as the county within this state in which the office of the limited liability company is to be located.

THIRD: The latest date on which the limited liability company is to dissolve is November 15, 2010.

FOURTH: The secretary of state is designated as 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 department of state shall mail a copy of any process served against it is 2 Palisades Drive, Executive Woods, Albany, New York 12205.

FIFTH: The limited liability company is to be managed by one or more managers. (February 7, 1996)

ARTICLES OF ORGANIZATION OF LOUDONVILLE HOME FOR ADULTS, LLC
FIRST: The name of the limited liability company is Loudonville Home for Adults, LLC.

SECOND: Albany County has been designated as the county within this state in which the office of the limited liability company is to be located.

THIRD: The latest date on which the limited liability company is to dissolve is December 12, 2075.

FOURTH: The secretary of state is designated as 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 department of state shall mail a copy of any process served against it is c/o Gerald Levine, 87 Melrose Avenue, Albany, New York 12203.

FIFTH: The limited liability company is to be managed by one or more managers. (February 7, 1996)

NOTICE OF FORMATION OF SARATOGA HOLDING COMPANY, LLC

Articles of Organization of Saratoga Holding Company, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on January 26, 1996, effective upon date of filing. Office Location: Albany County, SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC, 3434

LEGAL NOTICE

Carman Road, Schenectady, New York 12303. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLC. (February 7, 1996)

NOTICE OF FORMATION OF SPECTRUM CAPITAL MANAGEMENT GROUP, LLC

Articles of Organization of Spectrum Capital Management Group, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on January 26, 1996, effective upon date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC, 3434 Carman Road, Schenectady, New York 12303. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLC. (February 7, 1996)

LEGAL NOTICE NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY STATEWOOD REALTY, LLC
NOTICE IS HEREBY GIVEN, that the above named Limited Liability Company has been formed for the transaction of business in the State of New York and elsewhere.

1. The name of the Limited Liability Company is Statewood Realty, LLC.

2. The Articles of Organization were filed with the Secretary of State for the State of New York on December 21, 1995.

3. The county within the State of New York in which the office of the Limited Liability Company is to be located is Albany.

4. The Secretary of State of the State of New York is designated as the agent for the Limited Liability Company upon whom process in any action or proceeding against it may be served and the address within the State to which the Secretary of State shall mail a copy of the process in any action or proceeding against the Limited Liability Company which may be served upon him is 120 Broadway, Albany, New York 12204. The Limited Liability Company does not have a registered agent within the State of

LEGAL NOTICE

New York. 5. The character of the business to be transacted by the Limited Liability Company is the ownership and management of real estate. (February 7, 1996)

LEGAL NOTICE NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY WOODSTATE APARTMENTS, LLC
NOTICE IS HEREBY GIVEN, that the above named Limited Liability Company has been formed for the transaction of business in the State of New York and elsewhere.

1. The name of the Limited Liability Company is Woodstate Apartments, LLC.

2. The Articles of Organization were filed with the Secretary of State for the State of New York on December 21, 1995.

3. The county within the State of New York in which the office of the Limited Liability Company is to be located is Albany.

4. The Secretary of State of the State of New York is designated as the agent for the Limited Liability Company upon whom process in any action or proceeding against it may be served and the address within the State to which the Secretary of State shall mail a copy of the process in any action or proceeding against the Limited Liability Company which may be served upon him is 120 Broadway, Albany, New York 12204. The Limited Liability Company does not have a registered agent within the State of

5. The character of the business to be transacted by the Limited Liability Company is the ownership and management of real estate. (February 7, 1996)

CERTIFICATE OF REGISTRATION OF CLOUGH, HARBOUR & ASSOCIATES, LLP

Under Section 121-1500(a) of the Partnership Law

FIRST: The name of the registered limited liability partnership is: Clough, Harbour & Associates, LLP.

SECOND: The address of the principal office of the partnership without limited partners is 111 Winners Circle, Albany, New York 12205-0269.

LEGAL NOTICE
THIRD: The professions to be practiced by such partnership without limited partners is professional engineering; land surveying, landscape architecture and such partnership without limited partners is eligible to register as a "registered limited liability partnership" pursuant to Section 121-1500(a) of the Partnership Law.

FOURTH: 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 to which the Secretary of State shall mail a copy of any process served against it is 111 Winners Circle, Albany, New York 12205-0269.

FIFTH: The future effective date of the registration is January 1, 1996.

SIXTH: The partnership without limited partners is filing a registration for status as a registered limited liability partnership.

William A. Harbour, President

(February 7, 1996)

ARTICLES OF ORGANIZATION OF HART-WILSON PROPERTIES, LLC

Under Section 203 of the Limited Liability Company Law The undersigned, being authorized to execute and file these Articles, hereby certifies that:

FIRST: The name of the limited liability company (hereinafter referred to as the "Company") is Hart-Wilson Properties, LLC.

SECOND: The County of the office of the Company in this State is Albany.

THIRD: The Company does not have a specific date of dissolution in addition to the events of dissolution set forth by law.

FOURTH: The Secretary of State is designated as agent of the Company upon whom process against the company may be served. The Post Office address to which the Secretary of State shall mail a copy of any process against the Company is P.O. Box 189, Slingerlands, New York 12159-0189.

FIFTH: The Company is to be managed by its members.

IN WITNESS WHEREOF, these Articles of Organization have been subscribed this 24th day of November, 1995 by the under-

LEGAL NOTICE

signed who, affirm that the statements made herein are true under penalties of perjury.

Joseph J. Hart, Organizer; Harold S. Wilson, Jr., Organizer. (February 7, 1996)

CERTIFICATE OF REGISTRATION OF
HAROLD W. WILSON, JR., D.D.S. AND JOSEPH J. HART, D.M.D., LLP
UNDER SECTION 121-1500(A) OF THE PARTNERSHIP LAW
FIRST: The name of the registered limited liability partnership is: HAROLD W. WILSON, JR., D.D.S. and JOSEPH J. HART, D.M.D., LLP.

SECOND: The address of the principal office of the partnership is: 840 Kenwood Avenue, Slingerlands, New York 12159.

THIRD: The profession to be practiced by such partnership is dentistry and such partnership without limited partners is eligible to register as a "registered limited liability partnership" pursuant to 121-1500(a) of the Partnership Law.

FOURTH: 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 to which the Department of State shall mail a copy of any process served against it is: 840 Kenwood Ave., Slingerlands, New York 12159-0189.

FIFTH: The future effective date of this registration is: January 1, 1996.

SIXTH: The partnership, which is without limited partners, is filing this registration for status as a registered limited liability partnership.

SEVENTH: All partners are to be liable in their capacity as partners for all debts, obligations or liabilities of the registered limited liability partnership.

DATED: November 24, 1995. s/Harold W. Wilson, Jr., D.D.S., Partner

s/Joseph J. Hart, D.M.D., Partner (February 7, 1996)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Articles of Organization of Light-nig Legal Services, LLC ("LLC")

LEGAL NOTICE

filed with the Secretary of State of New York ("SSNY") on December 19, 1995, effective date January 1, 1996. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC c/o P.O. Box 9132, Albany, NY 12209. The latest date the LLC is to dissolve is: 12/31/2094. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLC. (February 7, 1996)

NOTICE

The Annual Meeting of the Bethlehem Soccer Club will be held on March 4, 1996 at 7:30 pm at the Bethlehem Town Hall.

Members will be asked to vote on the proposed bylaw changes. Election of members of the Board of Directors will be held immediately following action on the by-laws.

Anyone interested in serving on the Board of Directors should submit their name, address, phone number and a statement of why they are interested in serving on the board in writing by February 10, 1996 to:

Bethlehem Soccer Club c/o Maureen Geis, Secretary 17 Albain Road Delmar, NY 12054 (February 7, 1996)

NOTICE TO BIDDERS
NOTICE is hereby given that the City of Albany, the Towns of Bethlehem, Colonie, Schodack, Brunswick and New Scotland, the Village of Voorheesville, and the Eastern Rensselaer County Solid Waste Management Authority are jointly issuing a Request for Bids for Household Hazardous Waste Collection and Disposal Services for three specific dates at a maximum of eight (8) separate sites. Copies of bid specifications are available from Pamela Mineaux, City Clerk, City of Albany, City Hall, Albany, New York 12207. Bidders shall submit sealed bids which are returnable to the City Clerk on or before 1:00 p.m., February 23, 1996.

February 5, 1996 (February 7, 1996)

The Spotlight CALENDAR

WEDNESDAY FEBRUARY 7

BETHLEHEM

ZONING BOARD OF APPEALS
town hall, 445 Delaware Ave.
Information, 439-4955.

BINGO

Blanchard American Legion
Post, 16 Poplar Drive, 7:30 p.m.
Information, 439-9819.

BOY SCOUT TROOP 58

Elsmere Elementary School, 247
Delaware Ave., 7:30 to 9 p.m.
Information, 439-4205.

YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office,
Elm Avenue Park, 2 to 4:30 p.m.
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.

BETHLEHEM LIONS CLUB

Days Inn, Route 9W, Glenmont,
7 p.m. Information, 439-4857.

BETHLEHEM ELKS LODGE 2233
Route 144, Cedar Hill, 8 p.m.
Information, 767-2886.

**ONESQUETHAU CHAPTER,
ORDER OF THE EASTERN STAR**
Masonic Temple, 421 Kenwood
Ave., 8 p.m. Information, 439-
2181.

BETHLEHEM BUSINESS WOMEN'S CLUB

Swiss Fondue restaurant, 1903
New Scotland Road, 6 p.m.
Information, 439-3916.

TESTIMONY MEETING

First Church of Christ, Scientist,
555 Delaware Ave., 7:30 p.m.
Information, 439-2512.

SOLID ROCK CHURCH

evening prayer and Bible study,
1 Kenwood Ave., 7 p.m.
Information, 439-4314.

STATE BUDGET FORUM

Hoblock will answer questions,
Bethlehem Town Hall, Delaware
Avenue, Delmar, 7:30 p.m.
Information, 455-2657.

NEW SCOTLAND

STORY HOUR

Voorheesville Public Library, 51
School Road, Voorheesville,
10:30 a.m.

FIRST WEDNESDAY CLUB

Voorheesville Public Library, 51
School Road, Voorheesville,
3:30 p.m. Information, 765-2791.

VOORHEESVILLE ZONING BOARD OF APPEALS

village hall, 29 Voorheesville
Ave., 7 p.m. Information, 765-
2692.

NEW SCOTLAND SENIOR CITIZENS

Wyman Osterhout Community
Center, New Salem, call for
time. Information, 765-2109.

AA MEETING

First Methodist Church of
Voorheesville, 68 Maple St., 8
p.m. Information, 489-6779.

AL-ANON MEETING

First United Methodist Church of
Voorheesville, 68 Maple St., 8
p.m. Information, 479-6469.

MOUNTAINVIEW EVANGELICAL FREE CHURCH

evening service, Bible study and
prayer, Route 155, 7:30 p.m.
Information, 765-3390.

FAITH TEMPLE

bible study, New Salem, 7:30
p.m. Information, 765-2870.

THURSDAY FEBRUARY 8

BETHLEHEM

SCHOOL CONCERT

various instrumental groups,
senior Adam Waite's work to be
played, Bethlehem Central High
School, Delaware Avenue,
Delmar, 7:30 p.m. Information,
439-4574.

RECOVERY, INC.

self-help for chronic nervous
symptoms, First United
Methodist Church, 428
Kenwood Ave., 10 a.m.
Information, 439-9976.

BETHLEHEM SENIOR CITIZENS

town hall, 445 Delaware Ave.,
7:30 p.m. Information, 439-4955.

DELMAR FIRE DEPARTMENT LADIES AUXILIARY

firehouse, Adams Place, 8 p.m.

CAREGIVER SUPPORT GROUP

Church of St. Thomas the
Apostle, 35 Adams Place, 7
p.m. Information, 439-7387.

YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office,
Elm Avenue Park, 2 to 4:30 p.m.
Information, 439-0503.

CHP DELMAR HEALTH CENTER

open house, 250 Delaware
Ave., 6 and 8 p.m. Information,
783-1864.

BETHLEHEM MEMORIAL VFW POST 3185

404 Delaware Ave., 8 p.m.
Information, 439-9836.

ELSMERE FIRE COMPANY AUXILIARY

firehouse, Poplar Drive, 6:30
p.m.

AA MEETINGS

Slingerlands Community
Church, 1499 New Scotland
Road, noon, and Delmar
Reformed Church, 386
Delaware Ave., 8:30 p.m.
Information, 489-6779.

BETHLEHEM LUTHERAN CHURCH

children's choir, 6:30 p.m.,
senior choir, 7:30 p.m., 85 Elm
Ave. Information, 439-4328.

BETHLEHEM COMMUNITY CHURCH

women's Bible study, 9:30 to
11:15 a.m. or 7:30 to 9:15 p.m.,
child care available for morning
session, 201 Elm Ave.
Information, 439-3135.

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.

WRITERS GROUP

Voorheesville Public Library, 51
School Road, Voorheesville, 7
p.m. Information, 765-2791.

FRIDAY FEBRUARY 9

BETHLEHEM

CAPITAL DISTRICT CIVIL WAR ROUNDTABLE

Thomas Duclos will discuss "The
Albany Sanitary Commission
Fair," Bethlehem Public Library,
451 Delaware Ave., Delmar,
7:30 p.m.

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.

STORY HOUR

Voorheesville Public Library, 51
School Road, Voorheesville,
1:30 p.m. Information, 765-2791.

SCHOOL OF THE ALBANY BERKSHIRE BALLET



DANCE CAMP

"A Fun Winter Dance Program
for Children Ages 6-9!"

February 19th - 23rd
9:30AM-1PM

426-0660 • 25 Monroe St., Albany
Madeline Cantarella Culp, Director

SATURDAY FEBRUARY 10

BETHLEHEM

AA MEETING

Bethlehem Lutheran Church, 85
Elm Ave., 7:30 p.m. Information,
489-6779.

BALD EAGLE SLIDE SHOW PRESENTATION

discussion of the population,
habitat and future of the bird,
Hollyhock Hollow Sanctuary,
Rarick Road off Route 102,
Selkirk, 10 to 11 a.m.
Information, 767-9051.

NEW SCOTLAND

LIFESTORIES WRITING

Voorheesville Public Library, 51
School Road, Voorheesville, 10
a.m. Information, 765-2791.

VALENTINE HEARTLINE

Voorheesville Public Library, 51
School Road, Voorheesville, 1 to
3 p.m. Information, 765-2791.

SUNDAY FEBRUARY 11

BETHLEHEM

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.

CAPITAL-HUDSON IRIS SOCIETY

Dr. Arthur Long will discuss and
show slides of orchids,
Bethlehem Public Library, 451
Delaware Ave., Delmar, 2 to 4
p.m. Information, 393-8205.

UNITY OF FAITH CHRISTIAN FELLOWSHIP CHURCH

Sunday school and worship
service, 10 a.m., 436 Krumkill
Road, Information, 438-7740.

FIRST CHURCH OF CHRIST, SCIENTIST

Sunday school and worship
service, 10 a.m., child care
provided, 555 Delaware Ave.
Information, 439-2512.

BETHLEHEM COMMUNITY CHURCH

Sunday school, 9:15 a.m.,
worship service, 10:30 a.m.,
nursery provided, 201 Elm Ave.
Information, 439-3135.

NORMANSVILLE COMMUNITY CHURCH

Sunday school, 9:15 a.m.,
worship service, 10:30 a.m., 10
Rockefeller Road, Information,
439-7864.

ST. STEPHEN'S EPISCOPAL CHURCH

Eucharist, breakfast, coffee
hour, 8 and 10:30 a.m., nursery
care provided, Poplar Drive
and Elsmere Avenue.
Information, 439-3265.

SELKIRK CONGREGATION OF JEHOVAH'S WITNESSES

Bible lecture, 9:30 a.m.,
Watchtower Bible study, 10:25
a.m., 359 Elm Ave. Information,
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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 and worship
service, 9 and 11 a.m., nursery
care provided, 386 Delaware
Ave. Information, 439-9929.

FIRST REFORMED CHURCH OF BETHLEHEM

Sunday school, 9:30 a.m.,
worship service, 11 a.m., child
care provided, youth group,
6:30 p.m., Route 9W, Selkirk.
Information, 767-2243.

GLENMONT COMMUNITY CHURCH

Sunday school and worship
service, 10:30 a.m., child care
available, 1 Chapel Lane.
Information, 436-7710.

CHURCH OF ST. THOMAS THE APOSTLE

Masses — Saturday at 5 p.m.
and Sunday at 7:30, 9, 10:30
a.m. and noon, 35 Adams
Place. Information, 439-4951.

ST. MICHAEL'S CHURCH

Latin Mass, 10 a.m. Sunday, 5:30
p.m. daily, Route 9W at Beacon
Road, Glenmont. Information,
426-2016.

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., adult
classes, 11 a.m., 428 Kenwood
Ave. Information, 439-9976.

BETHLEHEM LUTHERAN CHURCH

worship services, 8 and 10:30
a.m., Sunday school and Bible
classes, 9:15 a.m., nursery care
available, coffee/fellowship
following services, youth groups,
6:30 p.m., 85 Elm Ave.
Information, 439-4328.

NEW SCOTLAND

BETHEL BAPTIST CHURCH

Sunday school, 9:15 a.m.,
worship service, 10:15 a.m.,
Auberge Suisse Restaurant,
Route 85. Information, 475-9086.

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

Bible hour, 9:15 a.m., worship
service, 10:30 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.

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

adult Bible study, 9 a.m., junior
choir or chime choir practice, 9
a.m., worship service, 10 a.m.,
recorder group practice, 11
a.m., nursery care provided,
Route 85. Information, 439-6179.

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.

MONDAY FEBRUARY 12

BETHLEHEM

INDOOR PISTOL SHOOTING

Albany County Pistol Club,
Winne Place, 7 to 9 p.m.
Information, 439-0057.

MOTHERS' TIME OUT

Christian support group for
mothers of preschool children,
recipe exchange, Delmar
Reformed Church, 386
Delaware Ave., nursery care
provided, 10 to 11:30 a.m.
Information, 439-9929.

DELMAR KIWANIS

Days Inn, Route 9W, 6:15 p.m.
Information, 439-5560.

SUNSHINE SENIORS

covered dish luncheon, noon,
business meeting, 1 p.m., First
Reformed Church of
Bethlehem, Route 9W.
Information, 439-7179.

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.

NEW SCOTLAND

TOWN BOARD

town hall, Route 85, 7 p.m.
Information, 439-4889.

VOORHEESVILLE SCHOOL BOARD

large group instruction room,
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304 KENWOOD AVENUE, 2-bedroom apartment with AC & garage. Available March 1. \$555+ utilities. 439-5919, 439-4300. 850+, CHADWICK SQUARE, 2 bedroom town home. Available March 1 or sooner. Call Sharon at Pagano Weber, 439-9921.

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ELSMERE ARMS, \$605. Spacious 2 bedroom apartment in Delmar, minutes from Albany. On a major bus line. Stop in at 5 Elsmere Avenue or call 465-4833.

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SECOND FLOOR, 427 Kenwood, one bedroom. \$590 including utilities. 439-0981, 439-9232.

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PART-TIME INVESTMENT counselor, 6 hours per week. Duties include reconciliation of bank statements, preparation of financial reports, management of investments and assistance in budget preparation. Banking experience prefer red. By February 23rd, forward cover letter and resume with three references to: Director, Bethlehem Public Library, 451 Delaware Avenue, Delmar, New York 12054.

PART-TIME MERCHANDISER - greeting cards. Mornings. Start \$5.50. Call Jude, 237-9921.

PIZZA BARON (Delaware Plaza next to OTB) needs drivers for all shifts. Up to \$8.00/hour. Apply in person.

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#5S239B, 4DR, Purple Finish, 4 cyl, Auto, Loaded, 24,660 miles.
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1991 SUBARU LEGACY

#5S215A, 4DR, White, Auto, 4cy, 77,410 miles, Clean.
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Tax

(From Page 1)

shopping mall, Kehoe said.

On the other hand, Kehoe said that 1995 revenues from the mortgage recording tax were down about \$200,000 compared to 1994, reflecting the impact of high interest rates on a soft real estate market.

With interest rates coming down, "We hope to see more refinancing in 1996," Kehoe said. "Our goal is to budget conservatively so we land on our feet no matter what happens."

Evergreens to star in nature program

An outdoor walk will be held on Saturday, Feb. 17, at 2 p.m. at the Five Rivers Environmental Education Center on Game Farm Road in Delmar.

Evergreens will be the topic of the outdoor exploration. Center naturalists will lead the group on a tour highlighting pines and spruces, evergreen ferns and mosses.

Participants should dress for the outdoors.

For information, contact Five Rivers at 475-0291.

'Young Lincoln' traces path to the presidency

School-aged children are invited to a screening of the 1940 film "Young Mr. Lincoln" at the Bethlehem Public Library, 451 Delaware Ave. in Delmar, on Monday, Feb. 19, at 2 p.m.

The 100-minute black-and-white film stars Henry Fonda as the young Abraham Lincoln before his transformation from a backwoods lawyer to president of the United States.

Popcorn will be served.

For information, call the library at 439-9314.

Delmar church offers vacation child care

The Delmar Reformed Church at 386 Delaware Ave. in Delmar will offer a child care service during school vacation from Tuesday to Friday, Feb. 20 to 23.

The program, "New Beginnings," is open to children in kindergarten through grade six, and will run from 8 a.m. to 5:30 p.m. each day. Full and half-day openings are available.

Kids will enjoy stories, songs, games, sports, and arts and crafts activities.

For information or to register a child, call the church at 439-9929.

Executive to explain investment clubs

Tom Golonka, an investment executive with First Albany Corp., will discuss the methods of forming an investment club during a talk at the Bethlehem Public Library at 451 Delaware Avenue in Delmar on Wednesday, Feb. 21, at 7:30 p.m.

The organization, selection of investments, creation of a plan of objectives, and marketing of a club will be discussed.

To register for the program, call the reference desk at 439-9314.

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Waste

(From Page 1)

million, or about \$300,000 more than originally estimated.

But NOW intends to forge ahead, Deitz said, because he expects to be able to recycle a much greater percentage of his waste stream just by being in a larger facility.

The Barker Steel building contains about 80,000 square feet, which is double the size of the current facility.

The company now recycles about 67 percent of what it takes in. Deitz said he's aiming at recycling about 90 percent of the waste stream within a few years.

About 55 workers will handle an estimated 800 tons of garbage per day at the new site just over the Bethlehem town line on Port Road South.

Another benefit that could benefit the town is help with closing and capping the town's construction and demolition debris landfill on Rupert Road.

More than half the waste processed by New Options is C&D material. After the C&D material has been ground into an aggregate compound, it can be used to cap landfills. And NOW would pay

the town a fee for accepting the material.

The company will also lend its own bulldozers and excavators to help with the closure. Deitz said the town could save about \$30,000 in closing the landfill.

Besides C&D material, New Options accepts co-mingled recyclables such as glass, metals and plastics, which are separated, banded and shipped off to manufacturers in the Northeast.

For town residents, Deitz said the project will reduce trash collections bills by 10 percent. The company has an application pending with the state Department of Environmental Conservation to accept up to 200 tons per day of municipal solid waste.

If the permit is approved, NOW would offer trash haulers serving Bethlehem a 10 percent reduction in the tipping fees they now pay.

If local haulers are unwilling to pass on that 10 percent savings to their customers, Deitz promised that he would send his own trucks out to make curbside pickups in town at a reduced cost.

In any case, Deitz estimated that this would result in a potential annual savings of \$600,000 to residents and businesses in the town.

Bethlehem Public Works Commissioner Bruce Secor has been asked by Supervisor Sheila Fuller to prepare his own figures on how much the town would benefit financially.

At the same time, Secor will estimate how much it will cost the town to monitor the NOW operation to make sure it complies with the town's solid waste ordinance.

The town board is expected to make a decision on NOW's application for variances to the solid waste ordinance sometime within the next 30 to 45 days.

Dog owners could face additional fines

Beginning Feb. 1, an additional \$3 fine will be imposed on the owners of unneutered and unsprayed dogs within New York state.

For information, call the Bethlehem town clerk at 439-4955, ext. 183.

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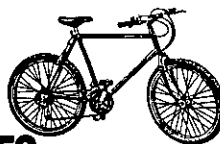
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