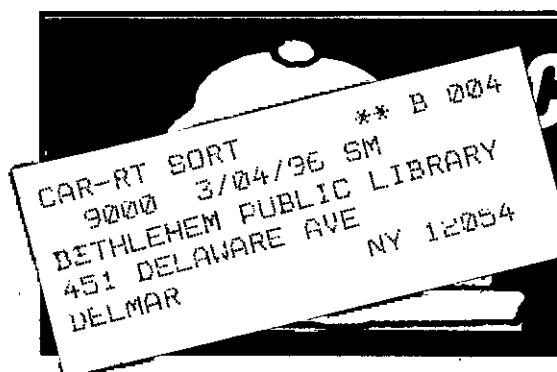


The Spotlight



Chocolate galore

See Family Section page 20

Vol. XL No. 12

The weekly newspaper serving the Towns of Bethlehem and New Scotland

March 20, 1996

50¢

BC prepares to make budget cuts

By Dev Tobin

Last year, the Bethlehem Central school board started its budget process in January by asking for a list of pre-emptive cuts in expenditures. This year, the board is asking for the same thing at the end of the process in March.

At last week's budget work session, the board asked Superintendent Leslie Loomis to come up with a list of cuts equal to 1 percent of the district's budget, or about \$370,000.

Board member Dennis Stevens said that the board may not want to cut that much, but "At least this would give us a longer list to look

□ **CUTS/page 28**

BOU auction marks 10th year

By Susan Graves

Bethlehem Opportunities Unlimited's auction this year should be a knockout. BOU President Phyllis Hillinger is hoping that the 10th annual auction, set for Friday, March 29, at 7 p.m. at the high school, is the best ever. "If you missed it in the past, this year you can make amends," she said.

This year, BOU needs community support for its only annual fund-raiser more than ever, since more and more demands are being made of the organization, which works to promote programs and projects to help encourage responsible decision-making by youth.

Nurturing responsible decisions comes about in many forms through BOU support. Last year almost every elementary school child in Bethlehem was involved in a BOU sponsored program. Whether it's the leadership program at Glenmont, the real heroes speakers at Slingerlands, or the service learning project at Hamagrael,

kids are benefiting thanks to BOU.

But that kind of involvement, doesn't come cheap, and last year, BOU spent more than three times what it usually does on grants, said Hillinger, adding that those programs represent only a fraction of what the group does for youth in the community.

The growing demand for BOU financial support, along with depleted government funds for youth programs, make this year's auction particularly important. Consequently about 100 volunteers have worked to put together an auction evening that has something for everyone in every price range. In fact, No. 1 on Hillinger's Top 10 list for attending the auction is that it's fun, even if you don't bid on any of the goods or services.

But Lorraine Smith, auction gift co-chairwoman, said with this year's offerings and several different auctions, it would be hard not to put a bid on at least one of the offerings. Businesses, organizations and individuals have all given "an enormous thumbs up" in support of the auction.

If you've always dreamed of being the boss, perhaps being principal for a day in one of the district's schools or town supervisor for a day will tempt a bid, or perhaps



BC sophomore Mike Smith, and junior Sharon Fellows accept an autographed River Rats T-shirt for the auction from Brian McGuire, Rats account executive.

you'll go for a "power lunch" delivered and served in-person by none other than Bethlehem Central Superintendent Les Loomis.

But that's only a handful of the more

□ **BOU/page 18**

Housing sales perking up

Brokers: More prospective buyers out there

By Mel Hyman

Things are looking up in the Capital District real estate market after a prolonged slack period.

Figures released by the Greater Capital Association of Realtors show that sales of one-family homes during the first two weeks of 1996 are up 29 percent over the same time period last year.



Farbstein



Breuel

In Bethlehem, the resurgence has shown itself in some clear-cut ways, said agent Abbey Farbstein of Coldwell Banker Prime Properties of Delmar.

"A few years ago, we would be getting one, two or three couples coming through an open house on a Sunday in February," Farbstein said. "Over the past

month, I've had as many as 12 to 14 couples coming through for an open house."

One reason for the upturn could be that the inflated selling prices of the 1980s have become "more realistic," she said.

"We're cautiously optimistic," said Lori Breuel, vice president of the Northeast Real Estate Group. "People are still very insecure about the economy, but at least they're a lot more curious about what's out there."

It also doesn't hurt when the "reports coming out in the papers are not as nega-

tive as they've been in the past," Breuel said.

Cathy Griffin, broker/manager of the Prudential Manor Homes branch in Delmar, said while she's heard positive forecasts about 1996 from several other

□ **SALES/page 18**

Presidential material



Hamagrael Elementary School pupils Elizabeth Landau, left, Larry Gloeckler, Abby VanDerzee and Kirk Schimkin show off a letter and photo they recently received from President Bill Clinton.

Doug Persons

Bethlehem Lions Club thrives on service

By Susan Graves

The Bethlehem Lions have been and continue to be a roaring success story. And their most recent reason for a great big roar is the opening of the Lions Eye Institute on Hackett Boulevard in Albany. The Bethlehem club donated \$25,000 toward the institute, which will serve a number of sight-related projects in the area.

Mike Durant, a former president of the Bethlehem club said that the money was raised over a five-year period largely through proceeds from the annual Christmas tree sale. And, "The institute is not a one-time shot," in terms of garnering future support from the club.

The Bethlehem Lions Club was founded in 1955, said President Bob DeGroff.

Many Lions' projects are sight related given the fact the group was charged by Helen Keller in 1925 to be "knights of the blind," he said.

Since that time the Lions have also become involved with other projects, including hearing programs and local endeavors like the Bethlehem Bike Rodeo and scholarships for graduating seniors at BC.

But what many may not be aware of is the Lions were also responsible for starting the Bethlehem Senior Citizens. "In 1955, Buck Smith organized and held a dinner for town seniors, and in effect, formed the town senior group, DeGroff said. The club's concern for seniors continues, he said, in that many of the Bethlehem Lions drive the senior van.

Red Goyer, a Lion past president, has been driving the van for years, and said helping others comes second nature to club members. "That's what Lions are all about," he said.

Goyer, who is on the club's board of trustees, also founded the Lions adopt-a-highway program four years ago.

Other ongoing projects include the collection of eyeglasses and



Bethlehem Lions Red Goyer, left, Bob DeGroff and Mike Durant most enjoy community service work.

Elaine McLain

hearing aids, that are essentially recycled to be used by sight and hearing impaired people. DeGroff said about 35,000 pair of eyeglasses are collected two or three times a year "to fill this amazing need."

Lions also continue to fill needs in the community that they are made aware of, DeGroff said. "A lot of needs in the community come up during the course of the

year," he said.

Durant said he joined 25 years ago because the Lions were one of the most active service clubs in the area. "We feel we make a difference in the community," he said.

The club is planning another of its annual events on Sunday, March 31, when it offers its pancake breakfast at the American Legion Hall in Elmsmere from 8

a.m. to 1 p.m. The cost is \$4 for adults and \$3.50 for senior citizens.

The Bethlehem club boasts nearly 40 members, who are very active in local fund-raising activities.

The Lions meet on the first and third Wednesdays of the month at the Days Inn in Glenmont at 7 p.m. For information, call DeGroff at 439-0074.

Police charge Glenmont man with assault

A Glenmont man was charged with felony assault after he allegedly punched a 19-year-old man in the face.

James P. Moutray Jr., 19, of Asprion Road, was arrested on Monday, March 5, and charged with second-degree assault, a felony, for punching an acquaint-

tance in the mouth on Feb. 6.

The victim was treated at Albany Medical Center Hospital and required several stitches to close facial wounds, police said.

Moutray was also charged with fourth-degree criminal possession of a weapon — a 20-gauge, sawed-off shotgun — that police recov-

ered from his house when they made the arrest, according to Bethlehem Police Lt. Frederick Holligan.

He was sent to Albany County jail in lieu of \$1,500 bail, and is scheduled to appear on April 2 in Bethlehem town court.

Lecture to explore Galapagos' mystique

The first of a five-part Natural History Lecture Series co-sponsored by the Five Rivers Environmental Education Center and the SUNY Atmospheric Sciences Research Center will open on Tuesday, March 26, at 8 p.m. in Lecture Center 7 on the SUNY-Albany campus at 1400 Washington Ave. in Albany.

The program, "The Enchanted Isle of Galapagos," will be presented by David Diligent, a cooperative extension environmental issues agent.

Some topics covered in the slide presentation will be plate tectonics, volcanic hot spots, endangered species of the archipelago and ocean, and terrestrial ecology and food chains.

For information, call Five Rivers at 475-0291.

Garden show host to speak at library

Garden writer, landscape consultant and WAMC/Northeast Public Radio's "Environmental Gardener" Laurence Sombke will discuss organic gardening at the Bethlehem Public Library at 451 Delaware Ave in Delmar today, March 20, at 7:30 p.m.

To register for the program, call 439-9314.

Ritalin: Boon or bane

The Spotlight is preparing an article on the use of Ritalin to treat local children's attention deficit disorder. If you have had experience, positive or negative, with Ritalin, contact Dev Tobin at 439-4949.

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Del Mare Restaurant 478-0539

Stylish stepping



Showing off their Irish stepdancing for kindergarten classmates at Hamagrael Elementary School are, from left, Cailie Barrett, Sean Jameson, Nora Barrett and Megan O'Donnell. *Doug Persons*

BOU plans unique 'show and tell'

By Mel Hyman

Drug use among teen-agers is on the increase, and parents should know about substances their children may be taking.

That's the idea behind a special "show and tell" workshop scheduled for 7:30 p.m. Wednesday, April 10, in the Bethlehem Public Library community room.

Sponsored by Bethlehem Opportunities Unlimited, the meeting will give parents the opportunity to see what marijuana, LSD, cocaine and other common drugs look like.

There will also be a display of drug paraphernalia frequently used in conjunction with recreational drugs.

"Parents should be informed about these substances," BOU president Phyllis Hillinger. "We plan to show them what they look like, how they're used and what the effects are."

Many parents of teen-agers today did not experience the 1960s, Hillinger said, so they may not be familiar with marijuana. Moreover, the potency of that drug in particular has increased dramatically and "can no longer be considered harmless."

Members of the Bethlehem Police Department DARE program will help conduct the informational session and be on hand to answer any and all questions from the public.

Police will also discuss new designer drugs, such as Herbal Ecstasy, which are currently legal and growing in popularity.

Parents and school officials have expressed increased concern about alcohol and drug use among teen-agers in light of a recent survey of 2,886 Albany County high school students last fall that showed a sharp rise in the number of children acknowledging they have indulged.

Albany County STOP-DWI coordinator Denis Foley, who co-authored last fall's survey, said today's marijuana is an estimated 17 times more powerful than what was used in the 1960s.

Foley, a member of the Marijuana Task Force formed by the Bethlehem Partnership, noted that teen-agers are starting to use pot as early as 14 and 15 "at an alarming rate."

Combining different drugs or drugs and alcohol can lead straight to the emergency room, Foley said. "It's called the synergistic effect, which means the effect can be considered geometric rather than just additional."

A new drug that is now being seen in the area could pose a real hazard to teen-agers seeking to

experiment, Foley added. It's called Special K and is a type of animal tranquilizer with "hallucinogenic properties, sometimes used in combination with Ecstasy," he said.

For information on the workshop, call Hillinger at 439-2585.

Former Voorheesville resident charged with sodomizing boys

By Dev Tobin

One day after a man too fond of young boys committed the worst massacre of schoolchildren in memory, a former Voorheesville man was arrested by the sheriff's criminal investigation unit on charges of having illicit sexual contacts with boys ages 12 to 14.

Paul F. Bastian Jr., 22, now of Daredevil Drive in Athens and formerly of Woodview Court in Salem Hills, was arrested March 13 and charged with two counts of second-degree sodomy, a felony, and three counts of second-degree sexual abuse and four counts of endangering the welfare of a child, both misdemeanors. More charges are pending, according to Sheriff James Campbell.

The alleged crimes came to light when police were notified by officials at Clayton A. Bouton Junior-Senior High School, Campbell said.

Bastian allegedly met up to five youths he was acquainted with "from the neighborhood" at their school bus stops, then drove to Swift Road Town Park, where the illegal acts occurred, Campbell said, adding that Bastian had given

NOW still interested

Recycling firm rethinks port proposal

By Mel Hyman

New Options on Waste still wants to move to the town of Bethlehem, although Supervisor Sheila Fuller cautioned company officials last week that while they are welcome, they should "get their act together" before reapplying.

In a meeting held in her office last week, Fuller, who was joined by Town Attorney Bernard Kaplowitz, Public Works Commissioner Bruce Secor, Highway Superintendent Gregg Sagen-dorph and Building Inspector John Flanigan, told NOW officials that the town board had four main concerns in mind when it recently voted 4-0 to deny the company's request for variances to the solid waste ordinance.

One hundred percent of what we take in will be shipped out.

Peter Fusco

The company, currently located on South Pearl Street in Albany, wants to move into the former Barker Steel Building in the Port of Albany, just inside the town of Bethlehem. The move would double the company's capacity to pull recyclable materials from municipal solid waste, co-mingled recyclables and construction and demolition debris.

"I first addressed the issue of size with them," Fuller said, "and our feeling was that handling 1,200 tons of trash per day on an eight-acre site was too much."

Second, the company's plan to pull recyclables from commercial solid waste received from restaurants and supermarkets "is not something the town of Bethlehem

wants," she said.

The other board concerns, she noted, were the plant's location within the Hudson River flood plain and the occasional handling of waste materials outside the facility.

"We're certainly remain interested (in the Barker Steel Building)," said project consultant Peter Fusco, a partner in Stone River Associates of Clifton Park. "We will try to accommodate the town's concerns as best we can."

"We understand Supervisor Fuller's concerns, Mr. Secor's concerns and the concerns of the town board," he said. "We believe there is common ground. It's just that sometimes reaching that common ground is what's difficult."

"We're looking at all the avenues open to us," he continued. "We plan to come back with the answers the town is looking for. We'll do our best to clear up the confusion and educate the town board and the residents as to what our goals are. We're one of the few companies in the world dedicated to recycling all that can be recycled from the waste stream."

Fusco said he did not have a timetable as to when New Options might reapply to the town. The company had been hoping to acquire and renovate the abandoned, 80,000-square-foot Barker Steel Building this spring at a cost of about \$2 million.

"One hundred percent of what we take in will be shipped out in one form or another," Fusco added. "Part of the problem is that the town's (solid waste) ordinance" was drawn up to prevent the landfilling of trash in the town, "and our plant is strictly a processing and manufacturing facility."



Paul Bastian

The acts were "ongoing since 1994," Campbell said.

A former Salem Hills neighbor said that Bastian would "cruise the neighborhood on a regular basis since he moved away. We always told our kids to stay away from him."

The neighbor said that Bastian "just left" when confronted.

"That's the hard part. We suspected he was not straight with us, but we didn't do anything," the neighbor said.

After most of Bastian's peers went away to college, he "appeared to be drawn to the younger kids in the neighborhood," the neighbor said.

Campbell said that Bastian may have committed similar crimes with other area youths, and asked anyone with further information about related crimes to call Senior Investigator Craig Apple at 765-2351.

"There are no open cases, but we hope there will be some response when parents talk to their kids about this," Campbell said.

Bastian, who had no prior record, was released on \$40,000 bail Sunday.

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Just plane fun



William Feeney of Delmar enjoys a warm spring-like day at Elm Avenue Park.

Elaine McLain

BC board looks to add two teachers

By Dev Tobin

With about 50 more students expected next year at Bethlehem Central High School, the BC school board tentatively decided to add two high school teachers in the 1996-97 budget.

The additional staff will not be two individuals, but will be spread out among one to two new sections in English, science, math, technology, art, social studies and the Lab School.

Principal Jon Hunter said that the school's teaching staff have an average of between 111 and 115 students.

"The numbers may not be ideal, but they compare favorably with the rest of the Suburban Council," said Superintendent Leslie Loomis.

Bill Cushing, president of the high school parents organization, said parents would have liked to

see additional staffing increases, but are aware of the "limitations and surprises" that affect this year's budget process.

Cushing was referring to the recent news that unexpected Blue Cross/Blue Shield claims losses and commercial assessment reductions had taken an approximately \$350,000 bite out of this year's budget.

Continuing its 1996-97 budget deliberations, the board will consider a report on the health insurance claims losses, and also discuss and review decisions made at prior sessions tonight (Wednesday) at 8 p.m. in the district office at 90 Adams Place.

The board will consider other aspects of the budget according to the following schedule:

- March 27 at 7 p.m. — Final decisions and budget adoption.
- April 17 at 8 p.m. — Budget

public hearing.

The public vote on the budget will be May 8.

All meetings are tentatively scheduled to be held in the district office, while the public hearing has traditionally been held in the middle school auditorium.

Also, nominating petitions for school board candidates are available at the district office. Three board seats are up for election this year, those currently held by Happy Scherer and Pamela Williams and recently vacated by Peter Trent.

Scherer and Williams have indicated that they are running for re-election. The term for BC school board positions is three years, and there is no salary.

Each petition must contain at least 90 signatures of district residents, and must be filed in the district office by 4:30 p.m. on April 8.

Breslin to continue government squeeze

By Tom Murnane

Albany County Executive Michael Breslin vowed in his second state of the county address last week to continue shrinking the size of government in expectation of a second straight year of less state aid.

The Democratic county executive also used the speech to the county legislature to again blast Republican Gov. George Pataki's plan to move 3,150 Fleet Financial Group and 850 state jobs to former IBM complexes in Kingston and Binghamton.

That move would cost the local economy \$300 million, he said, calling it "an expensive, ineffective political payoff to the people down the river."

That potential loss, combined with last year's \$7 million reduction in state aid and another \$5 to \$6 million expected this year, is causing the county to move quickly to streamline its operations.

The reductions are expected due to Pataki's proposal to set up block grants, which distribute funds to counties that are fixed despite the number of people who are using the program. Affected services would include home health care, welfare and mental health programs.

Despite the state aid loss, he said that the county would not lay off any more workers after eliminating 100 county jobs through early retirement and attrition.

Due to the reduction in the workforce, Breslin said he will spend \$1.6 million for new training and equipment to increase productivity, vowing that the effectiveness of government will not be harmed by downsizing.

"In many departments, we are nearing the breaking point. We cannot realistically expect fewer and fewer employees to manage greater levels of responsibility, unless we can find more ways to make our employees more productive," he said.

And downsizing has had some

positive impact, he noted.

Last year, he slashed \$5 million from the county social services department's budget, from \$133 million to \$128 million by reducing the county's welfare rolls. This was the first reduction in county welfare spending in more than a decade, he said.

And 1995's 8.5 percent reduction in property taxes showed he is committed to doing more with less, he said.

"The state of Albany County is strong. We have no reason to be afraid of the future," he said, adding that the future did hold some uncertainties related to the state and federal governments' ongoing budget problems.

Republicans had a mixed response to the speech, saying that while Breslin was doing some good things, he owed much of his success to Republican initiatives.

"I'm pleased he is using the road map he was given by the Republicans in the Legislature and by his predecessor (current state Senator) Michael Hoblock," said Republican Minority Leader Peter Crummey of Loudonville, referring to a comprehensive KPMG Peat Marwick management study commissioned by Hoblock.

Breslin is using the study in his efforts to restructure 26 county departments to save money and improve efficiency. The report is due in May.

"I am also concerned the county executive has come to us something like 50 times to amend his budget, the one with the 8.5 percent tax cut," Crummey said.

Crummey faulted Breslin for trying to paint a rosy picture of the county-owned Knickerbocker Arena.

Breslin said the county had saved about \$100,000 in Knickerbocker operating expenses, but Crummey said that county taxpayers face a \$5 million bill every year to pay off the construction bonds, adding a private company should take over the facility.

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Clerk will be allowed at sessions

N. Scotland board reverses decision

By Dev Tobin

Two years ago, an all-Democratic New Scotland town board voted to exclude Republican Town Clerk Corinne Cossac from its executive sessions.

Last week, the two remaining Democrats on the board joined two newly elected Republicans to reverse the policy.

"In hindsight, I think I erred," said Democratic Councilwoman Victoria Ramundo. "It's appropriate for the town clerk to attend

animal control officer for times when the regular animal control officer, Chester Boehlke, is out of town.

While former town animal control officer Howard Amsler will perform the substitute job temporarily, the board requested resumes by April 2 from other interested parties.

Amsler said he may not be interested, because the proposed substitute salary of \$20 a day was not enough.

The board also decided to schedule a special meeting with the planning board to clear up the question of lead agency status for the 170-lot Tall Timbers subdivision on Hilton Road.

Under state environmental law, the lead agency determines whether a project's developer needs to prepare an environmental impact statement (EIS) — a comprehensive and expensive examination of the project's impacts on the environment and of ways to mitigate those impacts.

Ramundo, an opponent of the project, proposed that the planning board be made lead agency instead of the town board, which had been lead agency for the project in the late 1980s, when it

would have required a rezoning approved by the town board.

Tall Timbers developer Robert Iovinella has said that the EIS prepared then can be modified and updated, adding that requiring a new EIS may financially doom the project.

Ramundo's resolution was not seconded.

In another matter, the board approved sending a letter to the state Department of Transportation opposing "special dimension truck vehicles exceeding 65 feet in length" on County Route 301 between Selkirk and Clarksville.

Reilly said the tandem trailer trucks want to use the road as a toll-free shortcut to I-88.

"I cannot imagine trucks that large on that road, especially passing each other," said Reilly, adding that the big trucks would have trouble "getting up steam to get up the hill" on Route 443 from a dead stop in Clarksville.

Reilly took issue with federal regulations that limit localities' ability to prohibit large truck traffic.

"People who live in Washington and write these rules don't live in New Scotland and don't have a clue," he said.

I want to say what I want to board members, and I don't want to say it before someone else.

Herb Reilly

those meetings."

Supervisor Herb Reilly, then a Democrat now an Independent, remained opposed to having the clerk in the secret sessions, which are supposed to be limited to discussion of personnel, litigation and negotiation matters.

Reilly said that having the clerk present would hamper "freewheeling, open discussion — I want to say what I want to board members, and I don't want to say it before someone else."

Ramundo said that the board would retain the power to exclude the town clerk from sitting in on discussion of sensitive matters.

Cossac noted that while the town clerk would not be taking notes or recording executive session proceedings, she could be helpful by providing records or documents that may be relevant to the discussions.

Cossac added that she had always maintained the integrity of executive sessions in the past.

In other business, the board decided to allocate up to \$2,000 in the current budget for a substitute

BC players to present Shakespeare comedy

The Vincent J. Crummies Acting Troupe at Bethlehem Central High School will present Shakespeare's "A Midsummer Night's Dream" at the high school on 700 Delaware Ave. in Delmar.

Performances are set for Thursday, March 21, Friday, March 22, and Saturday, March 23, at 7:30 p.m. A Sunday matinee is scheduled for 2 p.m. Senior citizens are invited to attend the Thursday performance for free.

Tickets are available at the Paper Mill in Delaware Plaza, Ben & Jerry's in Main Square or at the door on the day of the performance.

Tickets are \$6 for adults and \$4 for students.

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

Police make DWI arrests

Bethlehem police recently arrested seven people on charges of driving while intoxicated.

Lisa Ann Patterson, 22, of 35 Brockley Drive, Delmar, was stopped at 10:34 p.m. Wednesday, March 13, for speeding on Delaware Avenue, police said.

She was charged with DWI and released pending a future appearance in town court. Robert Markel was the arresting officer.

Darryl Jay Stevens, 30, of 21 Macintosh Drive, Poughkeepsie, was stopped at 1 a.m. Friday, March 8, for being parked on the shoulder of Route 9W, police said.

He was charged with DWI and sent to Albany County jail in lieu of \$750 bail after police discovered active suspensions of his license in both Columbia and Dutchess counties. Charles Radliff was the arresting officer.

John F. Jones, 37, of 361 Creble Road, Selkirk, was stopped at 5 a.m. Friday, March 8, after his car went off the side of Creble Road, police said.

He was charged with DWI and released pending a future appearance in town court. Charles Radliff was the arresting officer.

Stephen W. Pelletier, 36, of 49 Thatcher St., Selkirk, was stopped at 5:30 a.m. Sunday, March 10, for weaving on Delaware Avenue, police said.

He was charged with DWI and failing to use designated lanes. He was released pending a future appearance in town court. Brian Hughes was the arresting officer.

William E. Languish, 33, of Weisheit Road, Glenmont, was stopped at 6:30 a.m. Wednesday, March 6, at the scene of a property damage accident on Wemple Road, police said.

He was charged with DWI and

released pending a future appearance in town court. Brian Hughes was the arresting officer.

Angelo G. Ventura, 18, of Oakwood Manor Apts., Ravena, was stopped at 3:18 a.m. Thursday, March 14, for crossing the double line on Route 144 in Glenmont, police said.

He was charged with failure to keep right and DWI. He was released pending a future appearance in town court. Thomas Heffernan was the arresting officer.

Sarah L. Blabey, 21, of 27 Wexford Road, Delmar, was stopped at 6:20 a.m. Sunday, March 17, for failing to keep right on Delaware Avenue, police said.

She was charged with DWI and released pending a future appearance in town court. Thomas Heffernan was the arresting officer.

Attention Home Owners!



Susan Luria

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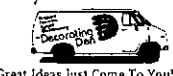
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Discussions will highlight Lymphedema, its causes and treatment protocol using Manual Lymph Drainage and Compression bandaging.

Matters of Opinion

Losing carriers a shame

Losing young newspaper carriers is closing the door on another mainstay of Americana. In last week's edition, our Page 1 story detailed the plight of youngsters who will likely no longer be able to work as newspaper carriers. The *Times Union*, in effect, ended the carrier era for youngsters when it changed its policy of delivering papers to the carriers' homes to delivering them instead to a central distribution point. This change means many enterprising young boys and girls have lost yet another opportunity to learn what the work ethic is. And teenagers who helped save for college through a newspaper route, must now turn to other potential job sources.

Government regulations that attacked the independent contractor status of the carriers and imposed employee costs including workmens' compensation fees are largely to blame for the plight of the carriers. Employers are bombarded by too many regulations, so avoidance of the rules by changing working conditions or moving elsewhere are more and more becoming a necessity for survival in the business world. In a less complicated, less government-regulated world, this wouldn't have happened.

But in the '90s, downsizing the downsized is just another example of "business as usual." It's a lose-lose situation for all. The kids lose out most of all, but so do the customers, who had personal contact with them. The paper, we suspect, will also lose when disgruntled customers, simply call to a nameless, faceless person on the end of the line to cancel their subscriptions when something goes wrong. Having to cancel in person with their paper girl or boy might have given the patron second thoughts about cancelling in the first place. Alas, delivering newspapers has become yet another faceless service, with no personal contact.

Brush up your Bard

This week, the Vincent J. Crummles Acting Troupe at Bethlehem Central High School will present one of Shakespeare's most engaging comedies, "A Midsummer Night's Dream." Senior citizens can catch the Thursday performance at the high school for free, and the rest of the community can attend the 7:30 p.m. Friday and Saturday performances or the 2 p.m. Sunday matinee.

It is to BC's credit that Shakespeare continues to flourish in the school community. And it is of particular credit to the students who choose to tackle the more meaty and admittedly more difficult material. One measure of their success is that in two of the last three years, BC thespians have captured first place in the region's Shakespeare competition.

We expect that tradition of excellence to continue this weekend. Don't miss it.

Can this be spring?

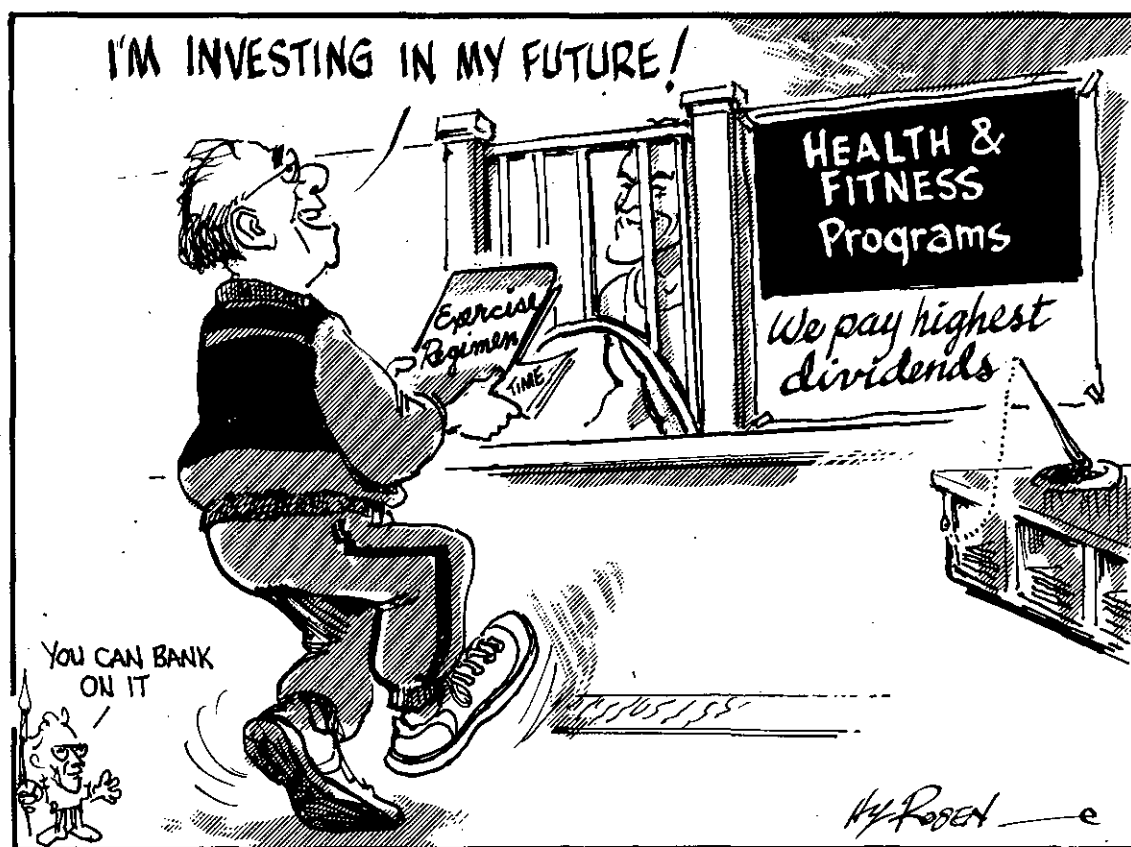
Today marks a milestone spring, the season of rebirth, has officially begun. The winter of '96 rivaled any in recent memory for its unrelenting harshness, almost biblical in scope. Flooding added insult to mounting injuries of snow, snow and more snow that is now we hope a memory, with the last 15 inches shoveled away just about one week ago.

For those of us who haven't moved to sunnier climes as a result of the barrage of weather this year, spring is especially welcome. We will treasure each new bud, each sprig of lilac and each ray of sunshine that grace our day. Spring rain and mud will be welcomed with open arms.

And if anything good comes from the winter of '96, perhaps it's simply that we can say we survived a real winter of discontent. As for the potholes, that's another matter. Brrr humbug.

Editorials

HY'S SPOTLIGHT



Knowledge is the best weapon

Let us all protect our most valuable resource

By Katherine McCarthy

The writer of this Point of View is on the editorial staff of The Spotlight.

It was hard to read the paper last Friday. Dunblane, Scotland, is an ocean away, but every parent I know felt as if Thomas Hamilton had murdered 16 children right here.



The news here was equally chilling, with reports of a man molesting children in New Scotland's Swift Road Park.

Why did those two men harm children? What went wrong in their brains to let them prey upon those most trusting and unable to defend themselves?

The punishment should be swift and severe for people like Hamilton and the child molester.

Point of View

Hamilton's suicide achieves the end most would wish for him; for the other man, family, friends and neighbors speak harsh words — life imprisonment, castration, execution — and it is hard to disagree.

Most important, what do we

talk to strangers; stay where I can see you in the store; if anybody tries to steal you, yell. Don't just yell, though, for other grown-ups might only see a normal temper tantrum. Yell, "Help! This person is not my parent!" Never get in a car with someone you don't know, even if they say they know your parents.

That will get difficult as they

And I will listen to my children, listen, listen, listen for the things they want to say, and hope I never have to hear things they don't want to say.

tell our children? How can we protect them? My own children are 3 and 5, gone from me infrequently and then only to people I know and trust, but I have already begun to prepare them for the times when they will be on their own. This is the hardest job a parent has.

I started with the basics. Don't

get older, and areas become grayer. The boys who got into a child molester's car went someplace with someone they knew. What they thought and felt during "the hat game," can only be imagined, things like shame, fear and embarrassment. The child who finally told is very, very brave. This makes me realize that now I must tell my children very

THE SPOTLIGHT

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Your Opinion Matters

forcefully: never ever let anybody touch you. Don't touch anybody else. If someone makes you do something you don't think is right, or if something just doesn't feel right, tell a grown-up you trust.

There's the key for us grown-ups, and the best way we can protect our children, particularly as they are becoming independent: be the one a kid trusts.

I will try to keep the trust my little ones have in me by speaking honestly with them, and listening. I dread talking to them about pervers, drugs and sex, but I will do it: knowledge is the best weapon I can give them. It will be easier if I can tell them there are good people out there, too, people they can trust. And I will listen to my children, listen, listen, listen for the things they want to say, and hope I never have to hear things they don't want to say.

I hope you will listen, too, and watch. The children belong to all of us. They are our future, an investment we must protect. I will keep a close eye on my children, and on yours too, and on the ones I don't know as they walk home from middle school, high school, basketball practice. I will watch for sex offenders and crazed gunmen and anyone else who might harm the best part of us.

I will do this in memory of the victims and families of Dunblane, and for the pain and anguish some local families are now feeling.

Writer's neighbor, a real champ

Editor, the Spotlight:

I am writing to pay tribute to an outstanding member of our community, Phil Champ. He is never without a smile and a helping hand. On numerous occasions, he has helped me with my car, my snow blower, my gutters — the list goes on and on. He has been there to help my children learn to ride their bikes and to teach them about flowers, fishing, camping trips and school projects.

Although his days are busy, he always finds the time to throw the ball and play with our dog. As a matter of fact, there is not a dog in the neighborhood who does not stop by Champ's house for an extra pat, and of course, a biscuit.

Mr. Champ's goodness and bright outlook on life are an inspiration to our whole neighborhood. He is always willing to listen and to help in any way possible. He is an active member of his church. He edits a fishing newsletter. He is a driver for Meals on Wheels, although I suspect he is a good 20-years older than the majority of the people who receive the meals. Mr. Champ is truly a remarkable citizen and human being. I am blessed that he is also my neighbor.

Sandy Tabor

Slingerlands

Thanks to all for great Lab School event

Editor, The Spotlight:

Due to the efforts of Bethlehem Lab School students, parents, teachers and friends the past dinner fund-raiser at the high school was a great success.

We would like to single out the following community businesses for their generous support: Bob's Produce, Stewart's, Delmar Marketplace, Morgen Linen, J.A. Stone Construction, Main Square

Shoppes and Prinzo's Bakery.

We would also like to thank Susan Yaple for the flowers.

We are especially grateful to the people who attended and enjoyed Bob James' delicious sauce and meatballs.

The Lab School parents also deserve our thanks.

Mary and Greg Maher

Delmar

Pupil against police officer in middle school

Editor, The Spotlight:

The officer in my school is Officer Mike McMillan, a nice man with a loaded gun. I have recently read many articles about the police officers in the middle school and the high school. I feel very strongly that we should not have police officers in our schools. I know especially in the middle school there is no need for them, because our school hasn't fallen under the violent pull of America that other schools have. Bethlehem isn't a dangerous place, even though many people think so.

I ask these people who think

we need a police officer in our school to spend a day at the middle school and then reconsider their decision. My guess would be they'd change what they think. Having a police officer next to me with a loaded gun doesn't make me feel more safe but less safe. It makes me feel less safe because I feel something is about to happen even though I regard my school as a very safe place. It is true that there are those students that need guidance to stay out of trouble in our school, but police in the school is not what they need.

I wish the school district had asked the students, the ones that

have to have the armed police officer next to them each day, before they made the decision to place an officer in our school.

It's just weird going to a dance and having him stand there in regular jeans, a polo shirt and his gun strapped to his belt. How can anyone feel safe and as if everything is normal when there are armed people in the school. If this doesn't convince you there is no need for police officers in the middle school, come and sit through all my classes with me.

Brian Lind

Delmar

Seventh grader defends police presence

Editor, The Spotlight:

I am a seventh grader at Bethlehem Central Middle School. I am writing in response to the letter that Chris Porco wrote in February.

Many kids at school think that having a "resource officer" at our school is for protection and to arrest the kids who get in fights or who are dealing drugs, when he is really at our school for a very different reason.

It's not a waste of his time or our taxes at all. He is there for us to get to know what a police officer does to help out around the community. He is there so we don't get nervous around police officers.

Letters

The officer is in school to help, not to keep us locked in school.

The officer is someone we can talk to when we have a problem. We don't need to be scared that he has a gun hanging from his belt. It's not like he's going to use it on one of us because we want to say hi to him. I know that he has been in many classrooms including mine, teaching us about many different things. I can see where Chris and many other kids are getting the idea that Officer (Mike) McMillan is there to make sure that nothing bad happens to us,

but he is really there because he wants to help us out and get to know who we are.

Sara Salamone

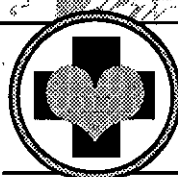
Delmar

Fax it to us

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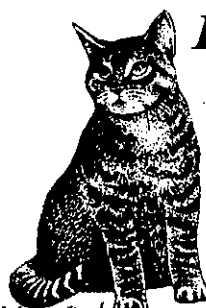
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How much toothpaste should be used?

Only a pea sized drop of toothpaste is necessary when brushing.

Of course, the taste should be acceptable to you. Always wet the toothbrush before placing the toothpaste on the brush. In fact, it is not necessary to use toothpaste every time you brush. A wet toothpaste used the way your hygienist has instructed you should remove the destructive plaque.

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

Dr. Virginia Plaisted, D.D.S.
74 Delaware Avenue
Delmar, NY 12054
(518) 439-3299

Matters of Opinion

Group wants board to add teachers

Editor, The Spotlight:

As parents of elementary and middle school students in the Bethlehem School District, we are disturbed by the school board's tentative decision to add only one half-team to the Middle School next year. Consider the estimated enrollment by grade for 1996-97: grade-six — 404; grade-seven — 385; grade-eight — 385.

If only one half-team is hired, there will be two grades staffed with 3 1/2 teams each, and the other grade will have three teams. To provide fair educational opportunity, the students at all three grade levels need 3 1/2 teams. The school board should vote to add two half-teams for 1996-97.

We all support the board's determination to curb unnecessary spending, but we see instructional staff as essential. If the board is unwilling to equalize the teams through appropriate staffing, then why hasn't the administration been asked to present alternatives which could resolve class size issues through innovative programming?

The district is clearly willing to offer alternatives in the elementary schools with an unprecedented number of split-grade

Letters

classes next year which, as Dr. (Leslie) Loomis stated regarding the first, second and third grade mixed class at Glenmont, are "widely supported in the research."

We all know that the middle school years are critical in the development of our children. As one parent stated at the March 6 board meeting, it also is a time when parents are no longer able to visit one classroom and one teacher to understand class size and how their children are doing.

With several teachers and several rooms, it much harder to notice the effect of the larger class size on the workload of the teaching team, and the effect of the larger class size on any student's middle school education.

Now, however, we need to get involved; we need to advocate for our children. Please attend the school board meeting tonight, March 20, and the future meetings regarding the budget, to let the school board know that we need to add two half-teams in the

Middle School for 1996-97.

Ed Carloni, Lloyd Crusan, Mary Dugas, Lucy McCaffrey Dunne, Joyce Gingold, Mark Kaplan, Teresa Kaplan, Margaret Kornstein, Jonathan Maskin, Joyce McGuire, Peter McGuire, Wayne Olinzock, Deborah Schonitzer, Janie Schwab, Jim Schwab, Anita Stein, Mark Virgil, Pricilla Wiant-Maskin

Ed. note: The site based management team at the Middle School unanimously asked for a second half team.

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.

Calling all baseball fans: Your support is needed

Editor, The Spotlight:

The baseball fans of Bethlehem will be excited to know that a new league is coming to town. Bethlehem's Shredded Eagles, 1995 New York State District V Senior Babe Ruth champions, have been accepted into the Eastern New York Connie Mack Baseball League for the 1996 season.

This move to a more competitive level of amateur baseball promises to provide many hours of action during the upcoming summer, but presents a fiscal situation which necessitates a call to Bethlehem's baseball fans. Bethlehem Babe Ruth has opted not to formally sponsor our Connie Mack entry, so we are left to our own devices for meeting a budget of approximately \$4,000 (fees, uniforms, balls, equipment, umpires).

Obviously, we cannot expect each player to come up with in excess of \$250 to play about 30 games during 1996.

The team will play 14 home games at the high school varsity field during the months of June and July, and all fans are invited to

attend. Connie Mack offers a highly competitive brand of baseball which exudes quality and excitement, so our town is in for a treat which should last for many years to come.

In closing, we are calling upon the fans and businesses of Bethlehem to help us meet our 1996 goal and launch a long lasting Connie Mack program. We are strongly supported by Bethlehem's varsity and Mickey Mantle baseball programs and their coach, Jesse Braverman. We hope we can count on community support. Any help you wish to provide can be sent to Bethlehem Connie Mack, 48 Middlesex Drive, Slingerlands, NY 12159. We thank you in advance for your support.

Neil Isaacs

Manager

Why not fax your letters to the Spotlight Newspapers at 439-0609? Remember, all letters must carry the writer's signature, address and phone number. Letters are subject to editing in keeping with our rules for fairness, accuracy, style and length.

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DELMAR DOLPHINS SWIM LESSONS

The Delmar Dolphins Swim Club is offering a NEW swim lesson program for 8 and 9 year old Bethlehem residents.

The eleven, 45 minute lessons cost \$45.00. The registration deadline is March 29. Swimmers should be able to swim the width of the pool without assistance.

Dates: 4/1 - 4/4, 4/8 - 4/12, 4/15 - 4/19 (excluding Tuesdays)

Time: 4:15 - 5:00 and 5:15 - 6:00

Place: Middle School & High School Pools

Staff: Delmar Dolphins Coaches

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Please send the registration form, a \$45.00 check, payable to the Delmar Dolphins, 63 Somerset Drive, Glenmont, NY. Questions? Call Joann Hill 439-8304.

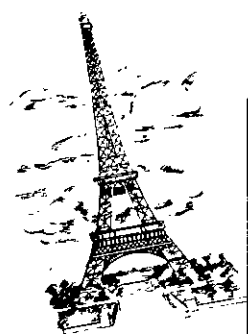
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Child's Name _____ Date of Birth _____

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Class Time Preference _____

Look Who's Been to Europe!



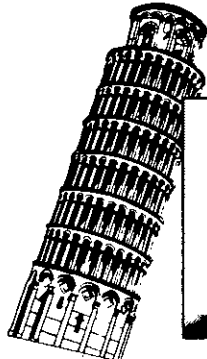
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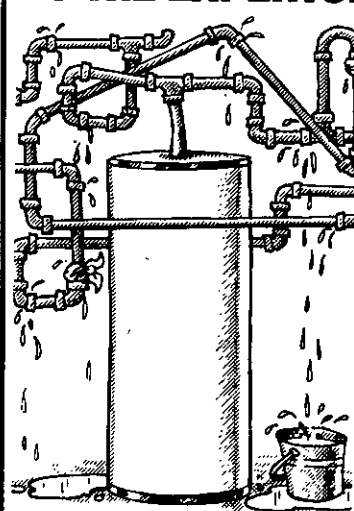
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Your Opinion Matters

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Editor, The Spotlight:

Spring is the time of year when thousands of high school students and their parents are trying to make that important decision: which college is right for them. The decision becomes more and more significant as families must take into consideration the growing cost of an education as well as its growing importance. A college education is vitally important for New York state's citizens to be able to fulfill their personal dreams and to compete in the world marketplace.

Fortunately New Yorkers have in their own State University one of the finest higher education systems. SUNY students benefit from a caring faculty of scholars. SUNY graduates have gone on to be productive citizens of the state and the world, many rising to positions of prominence in the arts, sciences and government.

Thanks to the investment the state has made in its public higher education system, families can send their children to college without being saddled with a burdensome level of debt.

As one of the most comprehensive and competitive four-year colleges within the state, Oswego offers a great value for students and their families. We are so confident of our ability to deliver on education's traditional promise as a foundation for future success that we have issued a guarantee to students who enroll for next fall.

Oswego promises that we will help students get the classes they need to graduate on time. We guarantee that we will continue to offer small classes where students can get the close interaction with fac-

ulty so vital to a successful education. And we will freeze room and board costs for as long as a student chooses to live on campus, up to four years.

This educational experience — small classes, caring faculty and a high-quality education — is what we have been delivering to Oswego students for the past 135 years.

Students enter Oswego with strong high school grades and strong aptitude scores. In Oswego's environment of excellence, they flourish. Many of our students earn Fulbright awards, write and produce plays, and present original research alongside their professors at our annual Quest symposium. They go on after graduation to make a name for themselves — and Oswego — through their achievements.

I have a special invitation for your readers: Come and see for yourselves. We invite you to visit SUNY Oswego on the shore of beautiful Lake Ontario for our open house on Monday, March 25. Wander around campus. Meet our students and professors. I think you'll agree SUNY Oswego offers a great educational value.

Higher education will light a path to a brighter future. Whatever college you choose, I wish you success down that road.

Deborah F. Stanley
Interim president SUNY Oswego

Mary Magdalen is subject of church lecture

The second lecture/discussion in the Christian Adult Education Series at the Presbyterian Church in New Scotland on 2010 New Scotland Road will be presented by Rowena Hewitt on Thursday, March 21, at 7:30 p.m. in the church dining room.

The topic is "Mary Magdalen

— Saint or Sinner?" The mystery of Mary Magdalen has intrigued scholars and laypersons for centuries. Some churches consider her a saint; others label her a prostitute.

Hewitt will lead a discussion on how people, using the same source (the Bible), could come up

with such contrasting opinions. One area Hewitt will look at are the social customs of the time.

Questions and open discussion during this free lecture are encouraged. Refreshments will be served.

For information, call 439-4654 between 9 a.m. and noon.

High school holding ballroom dance gala

The Bethlehem Central High School Physical Education Department will host a ballroom dance gala on Saturday, March 30, from 7 to 11 p.m. at Bethlehem Central High School, 700 Delaware Ave. in Delmar.

The evening, which will include ballroom dance lessons, contests and door prizes, is open to the community.

The event is a fund-raiser for the physical education department's ballroom dance unit presented by Lorraine Muller and Corliss Bull of the Lorraine-Michaels Studios.

The class provides an opportunity to learn the foundations of dances as diverse as the tango, merengue, fox trot, polka and the waltz.

Tickets, which go on sale in the high school cafeteria and at the Paper Mill, are \$8 for couples or \$5 for singles.

For information, call 439-4921.

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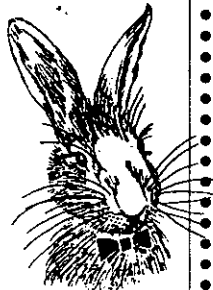
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BC's Thinking Reed captures national accolades

By Alvaro Alarcon

Bethlehem Central High School's *The Thinking Reed* negates the popular notion of America's public schools as a literary and intellectual wasteland. The magazine, with a skillful juxtaposition of art and literature, has earned national acclaim.



Beck

The National Council of Teachers of English placed the 112-page 1995 edition of *The Thinking Reed* among 46 other schools in the "Highest Award" category of the 1995 Program to Recognize Excellence in Student Literary Magazines. The quality and diversity of the magazine's literature and artwork, its editing and proofreading, aspects of its design, its pagination, and the type of production used to produce the magazine were the criteria for judging the publication.

Submitted at the end of the 1995 academic year, the student-run publication had to compete among 790 magazines and be judged twice

in order to be placed among schools in 22 states, the Canadian province of Quebec and Switzerland.

"The honor it received is a testament to the vast amount of literary and artistic talent at Bethlehem Central High School," said former co-editor in chief Jared Beck, currently a freshman at Harvard University.

The final product, which is available at Border's on Wolf Road in Colonie, is the result of a year-long process requiring patience by the writers and readers of poetry, prose and drama.

Early in the fall, student work begins to pour into the classroom of adviser Robin Rapaport, which is alive each Friday afternoon with the fervent discussion of the many works of literature that highlight the multifaceted world of the teenager.

The works, submitted anonymously, are critiqued in small groups. Students choose the pieces that are to be published in the finished product; each work is either accepted or rejected by the editors of the magazine. Authors can revise and resubmit their work. The voting is based on the comments of all the students that

attend the meetings.

"The process of selecting pieces is long and hard" said last year's co-editor in chief Janice Gallagher, a freshman at Swarthmore College.

The growth of *The Thinking Reed*, known simply as "The Reed," has made it much more selective; 80 percent of all submissions in 1984 were published while the 1995 edition contained a quarter of all submissions from last year.

"We've never lacked talented writers and artists, and that's what's really driven the magazine" Rapaport said.

The diversity of the magazine, evident in the final product and in the meetings, distinguishes it from literary magazines at other schools that are often dominated by an exclusive group of students.

"A closed community of artsy kids" according to Rapaport, does not exist, and some of the best works in the magazine are published by future science and math majors.

Reed meetings abound with ideas, and Beck recalls "several instances where tempers flared due to disagreement over a certain piece of writing or a particular work of art. But in the end the whole project came together. It's a wonderful feeling to hold a finished publication in your hands and realize that you had a major role in its production."

"It's pretty rewarding to read the pieces as they go through different stages," Gallagher said, noting the Reed's process of let-

ting the writer know the strong and weak points of his or her work. "The Reed provides incentive for kids to work hard at producing literature."

"The production of the magazine is done primarily by 'kids' that have been willing to regularly meet on Friday afternoons, which is a time when most people want to get out of here (school), on weekends, and on too many occasions, portions of spring break or winter break"

Rapaport said of the group that includes more than 100 students in the process, each playing a role in the publication of the magazine. "The quality of the magazine is no accident; it has involved the good and willing hard work on the part of the kids. I think it fosters certain relationships that last a long time; much like any other team effort. One of the really gratifying things for me is getting letters from former staff members and editors telling me that they're the editor in chief of their college magazine — and sometimes telling us that our *Thinking Reed* from high school is better (than their magazine)."

The dedication of the students to their magazine has allowed lasting friendships to form as well as the cultivation of talent in Bethlehem that has manifested itself in various publications over the last 30 years, each representing the hues of the day as well as the eternal discord that accompanies adolescence. *The Phoenix*, from 1982, brought forth the modern generation of publications with

a four-page resurrection of an older magazine. The 36-page 1984 Reed placed second in the Columbia Scholastic Press Association contest. "We didn't have a real concept of what we were doing — we were kinda making it up as we went along — but some brilliant work in it" Rapaport recalled.

The continuing success of the magazine is well deserved considering its importance to the community. Teens, often barraged with negative images that betray their strengths, use the Reed to "provide a showcase of student talent," said by Reed editor Ben Samelson-Jones.

Transition fair lays out options for students

Representatives from nearly 40 local agencies and colleges will participate in an information fair to assist students with disabilities and their parents in planning for the transition from high school to adult life.

The Bethlehem Transition Fair will take place on Wednesday, March 27, from 7 to 8:30 p.m. at Bethlehem Central High School on Delaware Avenue in Delmar.

The event is open to students ages 14 and older and their parents or guardians.

The fair will address many kinds of transition services available through college programs, vocational services, transportation services, mental health organizations and residential services.

For information, contact Patrick Gunner at 439-4921.

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Voorheesville names honor roll students

Clayton A. Bouton Junior-Senior High School recently announced students named to its honor and high honor rolls for the second marking period.

Grade 12 high honor roll

Christopher Clarke, J. Adam Cole Jr., James Cooper, Kara Gibbs, Eric Huang, Jyll Klefbeck, Brian Lancor, Maria Mazzeo, Shane Mullen, Jennifer Patashnick, Kimberli Relyea, Joseph Robichaud, Larina Suher, Adrean Vinson, Allison Walter, Amy Welker and Kristin Wilson.

Grade 12 honor roll

Michael Beadnell, Deah Burnham, Kevin Burns, Kristin Conley, Chantel Crisafulli, Jennifer Delaney, Jessica Devellis, Sean Devine, Richard DiNovo, Kimberly Engel, Bryce Fortran, Jessica Greiner, William Jeffers, Jennifer Kern, Lauren Leonard, John McGinty, Robert Nadratowski, Kristen Nestler, Jaret Nichols, Deborah O'Malley, Daniel Rissacher, Benedicte Robe, Jeffrey Ruby, Stacey Simmons and David Stapf.

Grade 11 high honor roll

Jennifer Adams, Brian Case, Rita Demo, Todd Dombrowski, Lisa Dunbar, Jaime Flesh, Kristen Frederick, Kyla Frohlich, Katherine Gleason, Michael Halpin, Brandon Holcomb, Christopher Horan, Christopher Horn, Erikka Jackstadt, Britta Lukowski, Janelle Murray, Thomas Oravsky, Stephen Pilatzke, Magdalena Spencer, Jennifer Taglione, Denise Throop, Kathleen Tyrrell,

Jessica Veeder and Anastasia Warner.

Grade 11 honor roll

Elizabeth Badaracco, Kirstin Breisch, Nicole Daigle, John Dubritz, Lisa Dunbar, Aimee Ellsworth, Emily Kohler, Erin Lucia, Johann Manss, Matthew McKenna, John Pfeiderer, Natalie Portanova, Gregory Rivers, Michael Robichaud, Nicole Schallehn, Ann Marie Schryver and Jamie Ullion.

Grade 10 high honor roll

Sarah Abbott, Joseph Arena, Matthew Baron, Ariel Belasen, Regan Burns, Blair Debes, Philip Erner, Sharyn Getnick, Julia Guastella, Colleen Hotaling, Christine Hubert, Eerik Ilves, John Kazukenus, Jane Meade, Katherine Primiano, Cynthia Reed, Justin Rymanowski, Christina Schachne, Matthew Schreiber, Courtney Tedesco and Katie Turner.

Grade 10 honor roll

Benjamin Battles, Michael Blackman, Julie Brownell, Edwin Bryden, Naomi Coons, Thomas Craig, Kimberly Cronin, Joseph Dougherty, Bethany Douglas, Meaghan Farley, Brett Fortran, Amanda Grieco, Kevin Griffin, Laurie Hillman, Beth Korolewicz, Marc Lawson, Joseph Lindner, Lauryn Lloyd, Christopher Long, Christopher Rickert, Robert Samson, Stephen Stark and Gregory Tobler.

Grade nine high honor roll

Caryn Adams, Julianna Baron,

Krysta Berquist, Rebecca Cavalieri, Meghan Conway, Andrew Corcione, Megan Dorn, Matthew Dunbar, Tara Ellsworth, Cynthia Griffin, Jason Halpin, Brian Kern, Alison Leonard, Justin Maikoff, Matthew Melewski, Tiffany Miller, Ryan Nolan, Whitney Reed, Kevin Ruane, Trinell Russel, Jeremy Scher, Jessica Stewart, Beth Tidd, Andrew Walter, Geoffrey Waltz, Brian Washburn, Erin Wiater and Lynette Winchell.

Grade nine honor roll

Jeffrey Burgess, Emily Dieckmann, Julia Geery, Dorothy Gibson, Thomas Gregory, Daniel Hihn, Christina Mitzen, Eric Papandrea, Patrick St. Denis, Sarah Steinkamp and Michael Wiater.

Grade eight high honor roll

Glenn Ashline, James Case, Jessica Clarke, Amy Fiato, Matthew Horn, Jeffery Hover, Kelly Kurposka, Melissa Long, Jeremy Malloch, Brian Matthews, Joshua McMahon, Sarah Meier, Steven Oravsky, Alissa Parsons, Susanne Patashnick, Jennifer Reddy, Laura Remmert, Daniel Samson, Edward Sayer, Elizabeth Shoudy, Rebecca Smolen, Cheyne Suher, Andrew Tanner, Christine Tanner, Kelly Ullion and Elissa Waltz.

Grade eight honor roll

Caitlin Abram, Mollybeth Bradley, Elizabeth DiDomenico, Justin Finkle, Amanda Gotham, Amy Gregory, Joseph Guastella, Colin Hargis, Adam Huth, Christian Jackstadt, Melissa Klapp,

Jacquelyn Konis, Aniela Lupien, Glenn Manss, Margaret McGinty, James Nicholson, Stefanie Pivar, Kristen Portanova, Catherine Robichaud, Kyle Russel, Christen Rymanowski, Darshane Shutter and Leigh Underwood.

Grade seven high honor roll

Collin Adalian, Amy Belasen, Jamie Boyle, Brittany Burnham, Jesse Bye, Stephanie Conklin, Jillian DeGregorio, Nicholas Freeman, Jessica Fuld, Maria Giglio, Jessica Hover, Matthew Hubert, Benjamin Koltai, Melissa Maikoff, Danielle Masterson, Nicole McMahon, Marc Meservey, Ashley Miller, David Okoniewski, Sarah Ruane, Brendan Shields, Jesse Sommer and Amanda Tommell.

Grade seven honor roll

Katelyn Berger, Jonathan Berquist, Elizabeth Bloomfield, Jessica Bogert, Christopher Byron, Patrick Carey, Maureen Cavanaugh, Jamie Cohen, Sean Conway, Evan Darpino, Leah Demo, Nicole Dibella, Christopher Diblasi, Nicole Halabuda, Blair Klopfer, Amy Lenseth, Anne Marinaro, Bryande Murray, Danielle Ruby, Cassandra Schultz, Arone Silverman, Christopher Spina, Lisa Tamburri, William Turner III, Stephany Warner and William Zimmerman.

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Local art student exhibits her work

Maureen Hogan of Delmar was one of 34 Franklin & Marshall students whose artwork appeared in the autumn student art exhibit at the college.

Hogan, a junior art major, submitted one piece called *The Palazzo*, one pencil drawing titled *Palantine Ruins* and three conte crayon works titled *Constantine's Foot*, *Roman Ruin* and *Church Dome*.

A 1992 graduate of the Doane Stuart School in Albany, she is the daughter of Dorothy and Frank Hogan of Delmar.

History talk to focus on Selkirk rail yards

The Bethlehem Historical Association will meet on Thursday, March 21, in the Cedar Hill School House in Selkirk. The program, "The Selkirk Railroad Yards — A Look Back in History," will begin at 2 p.m.

The session will be hosted by Robert P. Kirker, a retired state budget official and railroad aficionado.

For information, contact Helen Smith at 439-3916.

Haase earns spot with Phi Beta Kappa

William D. Haase of Delmar, a junior at Washington and Lee University, was elected a member of the university's Gamma of Virginia Chapter of Phi Beta Kappa.

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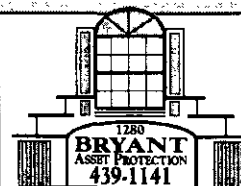
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Sports card expert to give talk

Charles Silberman will give a talk on sports card collectibles on Thursday, March 28, at 7 p.m. "Everything You Ever Wanted to Know About Sports Cards" is designed for collectors and the families who benevolently tolerate their passion.



An avid collector since childhood, Silberman founded Charlie's Cards in Latham six years ago. He has conducted more than 20 workshops for children and adults on the ins and outs of sports card collecting. His eight years of public school teaching have served him well in this regard. He has also done several guest spots on Big Board Sports radio and on public access cable TV.

Last year, his radio appearances featured interviews with major league's baseball's Ethan Orlinsky, general counsel, and Barry Halper, owner of the largest baseball memorabilia collection in the U.S.

Silberman's programs and workshops include information on how to purchase and trade sports card, how to determine a card's

value and authenticity and how to find an honest dealer.

Silberman says there are more than 11 million sports card collectors in the U.S., generating \$2 billion a year in sales. The average adult collector spends about \$267 a year and often collects cards of more than one sport.

Baseball cards are the most popular, capturing 72 percent of the collectors' market. Football card collectors are next at 42 percent, followed by basketball with 26 percent and hockey with 9 percent.

Silberman says the disillusionment following the baseball strike has significantly increased cross-sport collection.

Area collectors are not wanting for sports card meccas. The Albany Polish Community Center holds a sports card show every other weekend, drawing about 1,000 collectors from as far away as northern Vermont.

Various mall shows, as well as small shows in Glens Falls and Bennington, assure that a show is held somewhere in the area every weekend. Silberman hopes his workshops will help make more informed, less gullible consumers.

This free program will afford an engaging and informative

evening for sports card aficionados of all ages. Call youth services at 439-9314 to register.

Mark your calendar as well for the "Musical Memories" series beginning Friday, March 29, at 10 a.m.

"The Merry Widow", starring Maurice Chevalier and Jeanette MacDonald, is the first of four films scheduled on the last Friday of the month, from March through June.

Nelson Eddy fans will enjoy "Naughty Marietta", "Maytime" and "Rosalie." Call the library to register.

Louise Grieco

Experts to discuss long-term care options

"Medicaid, Nursing Homes and You" will be the subject of a talk at the Bethlehem Public Library at 451 Delaware Ave. in Delmar on Monday, March 25, at 7 p.m.

Certified financial planner David Vigoda and attorney Amy O'Connor will address questions such as: How does Medicaid work? What is its future? How can you plan for long-term nursing home care? What are the possibilities and pitfalls of protecting your assets?

Participants are encouraged to bring their own questions about Medicaid and related issues.

For information, call 439-9314.

Geurtze's barbecue on tap this weekend

The South Bethlehem United Methodist Church School will sponsor a Geurtze's chicken barbecue dinner on Saturday, March 23, from 4:30 to 7 p.m.

Cost for the meal is \$7 for adults and \$4.50 for children under age 12.

For information, call 767-2281.

An icy behemoth



A friendly dinosaur was spotted on East Wiggand Drive in Glenmont last week. He (or she) was created by Bill and Michael Mosher. Elaine McLain

Penance service set at St. James Church

Rev. James Daley, pastor of St. Thomas the Apostle Church in Delmar, will be the homilist at a communal penance service on Wednesday, March 27, at St. James Church, 391 Delaware Ave. in Albany.

The penance service is part of a

retreat organized by St. James Church centering on the theme "The Lenten Gospels" from March 25 to 28.

Participants have their choice of attending either a morning session at 11 a.m. or an evening session at 7 p.m.

For information, call 434-4028.

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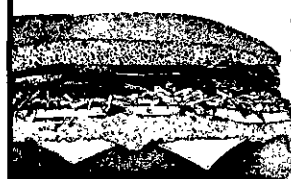


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Kiwanis to host barbecue

Saturday, March 23, is the date for the Kiwanis chicken barbecue at the New Scotland Presbyterian Church on Route 85.

The menu features Brooks chicken, baked potatoes, coleslaw and rolls. Only takeout meals will be available. Meals can be picked up between 3 and 6:30 p.m. The cost is \$6.75 for adults, \$5 for children, and \$4 for one-half chicken. No reservation is needed.

All proceeds go to support community services and youth activities.

Kiwanis to conduct ecumenical service

The 25th annual Kiwanis ecumenical service will be held on Thursday, March 21, at 7:30 p.m. at the First United Methodist Church on Maple Avenue. The memory of Henry Tiger, who was instrumental in starting the tradition, will be honored at this year's service. Everyone in the community is invited to attend.

Firefighters to host Las Vegas night

The Voorheesville Volunteer Fire Department will host a Las Vegas night Saturday, March 23, from 8 p.m. to midnight at the firehouse on Altamont Road.

The evening features games of chance. Refreshments will be available. Admission is free and open to the public.

Sorry kids, school's on this Friday

Due to the large number of snow days this year, both the high school and elementary school will be in session on Friday, March 22. The day was originally planned as a superintendent's conference day.

NEWS NOTES

Voorheesville

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Public review of budget set by V'ville board

The Voorheesville board of education will conduct a public review of its 1996-97 school budget on Monday, March 25, at 7:30 p.m. in the large group instruction room at the high school.

Concert slated tonight at high school

The high school chorale, symphonic band and wind ensemble will join together to present a Music In Our Schools Month concert tonight, March 20, at 7:30 p.m. at the high school. The community is invited to attend this free event.

Dems plan fund-raiser at V'ville restaurant

The New Scotland Democratic Committee will host a fund-raiser on Sunday, March 24, from 2 to 4 p.m. at Christine's restaurant on 37 South Main St. in Voorheesville. The cost is \$25 per person or \$45 per couple. For information, call Kim Karis at 765-4146.

Group slates meeting for new members

The men's association of St.

Matthew's Church is planning a new members' meeting for Sunday, March 24, at 6 p.m. in the church on Mountainview Road. Pizza and refreshments will be served. The group sponsors service and social activities in the parish.

Elementary religious education classes at St. Matthew's will end for the year on March 26 and 27.

First Reconciliation students will be making their sacrament during the Lenten Communal Penance Service on Thursday, March 21, at 7 p.m. at the church.

Scouts dinner set at country club

The Voorheesville Girl Scouts second annual father-daughter banquet is set for Friday, April 19, at Colonie Country Club.

There will be a magic show and a DJ to entertain the Scouts and their fathers. The cost is \$11 per person. Contact Pat Nadratowski at 765-2037 before April 5 for reservations.

Planners to meet

The Voorheesville Planning Commission meets tonight, March 20, at 7:30 p.m. at the village hall on Voorheesville Avenue.

The village board's next meeting is on Tuesday, March 26, at 8 p.m.

In Elmsere

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Story hour welcomes beginning of spring

"Spring Has Sprung" is the evening story hour tonight, March 20, with librarian Meg Seiberger-Hughes reading poems and stories on the theme of "planting, growing, rain is flowing." Crafts, a short film and refreshments round out the family time beginning at 7 p.m.

Voorheesville Public Library

What's up? Sgraffito! It's a Saturday special for grades four and up on March 23 from 2 to 3:30 p.m. Crayon is the medium for an art project that involves melting, dipping, smearing, stippling and other inventive uses for the common crayon. Signup is necessary. Call 765-2791 to register.

The Princeton Review SAT Preview for high school juniors and

seniors will be presented on Tuesday, March 26, at 7 p.m.

Parents are welcome to join the program for a valuable introduction to college testing. Register by calling the library.

Mark your calendar for Wednesday, March 27, for the next meeting of Art Expressions, the library sketch club.

The community room will be open from 6:30 to 8:30 p.m. for aspiring artists to meet for drawing, painting and camaraderie.

Part two of the seminar on improving business writing skills meets Saturday, March 23, with instructor Mary Lou Cummings from 10 a.m. to noon.

The eight-week Lifestories writing series also begins on March 23. To register, call the library.

Barbara Vink

Lyric soprano to perform at library

The Bethlehem Progress Club will present lyric soprano Janice Baldwin Moule in concert at the Bethlehem Public Library at 451 Delaware Ave. in Delmar on Thursday, March 31, at 7:30 p.m.

Moule graduated from Bethlehem Central High School and received her B.S. cum laude at Skidmore College in Saratoga. She completed her master's degree at Syracuse and LaSalle universities. She also studied with the Royal Shakespeare Company in London, England.

Moule is currently employed as fine arts chair at the Stuart Country Day School in Princeton, N.J.

Her acting experience includes performances with the Society Hill Playhouse, Philadelphia; Bristol Riverside, Silver Dollar Productions, Towers Hall, Lake George; Albany Civic and Schenectady Light Opera.

Moule is the founder of the Storybrook Theater in Pennsbury, Pa.

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Celebrating the opening of the Windflower floral shop at Delaware Plaza are Mary Breslin, left, Bill Lyons, Aleta Lyons and Albany County Executive Michael Breslin, who presided over the ribbon-cutting. Elaine McLain

Hope springs anew for Windflower

By Mel Hyman

For Aleta Lyons, owner of the Windflower florist shop, a quirk of fate led her to move from the Town Squire shopping plaza in Glenmont to Delaware Plaza in Elmsmere.

"Right after I was quoted in *The Spotlight* as saying that we had no business on Black Friday, Lisa (Diftenbach, manager of Delaware Plaza) called me and asked if I would like to come over here," Lyons said.

"My lease had expired and I was on a month-to-month (at Town Squire)," Lyons said. "Glenmont was a wonderful area. If things had been different with the shopping mall (Town Squire), I never would have left."

Lyons spent 16 years at Town Squire and saw it go from a thriving shopping mall to an aging retail center whose main draw is a Kmart store.

"When Grand Union and CVS were there, the plaza was fairly

full," Lyons recalled. For awhile in the early 1980s, "It was a nice, busy place, but when Grand Union and CVS left, a lot of other businesses left too."

At Delaware Plaza, on the other hand, there is a steady stream of traffic, Lyons said. Although Windflower has been open only a few weeks at its new location, the former Laura Taylor store, "People have been really wonderful. The reception here has been great," Lyons said.

Kick up your heels at RCS line dance

Folks, it doesn't matter if you can tell right from left, back from front, up from down or even your do-si-dos.

You don't even need a partner, just come along and join the fun at district-wide family line dance night on Thursday, March 21, from 8 to 9 p.m. at Ravena Coeymans Selkirk High School on Route 9W.

Instructor B.J. Best will be teaching line dancing. A \$1 donation is requested.

Church to host chicken barbecue

The South Bethlehem Methodist Church will host a Geurtze Chicken Barbecue on Saturday, March 23, from 4:30 to 7 p.m.

For information, call 767-2580.

Special ed parents invited to support group

Parents of RCS children enrolled in special education programs are invited to a meeting of the Special Education Parent Support Group on Wednesday, March 27, at 7 p.m. in the middle school.

School's out Friday

There will be no school on Friday, March 22, in the RCS district because of a Superintendent's Conference Day.

Don't miss out on continuing ed programs

Due to an overwhelming response from the community, several continuing education classes have been filled to overflowing. For the next session, residents are reminded to get their enrollment applications in early to avoid disappointment.

Kindergarten screenings to begin March 25

Kindergarten screening will be held on Monday, March 25, through Friday, March 29, at A.W. Becker School.

For information, contact the RCS board of education at 756-2155.

Becker helmet campaign

The Becker School Helmet

NEWS NOTES

Selkirk
South Bethlehem
Linda Marshall
756-3520



Campaign will begin on Monday, March 25 and run through Friday, March 29.

Congratulations in order

RCS's Nancy Zuglan has been selected to serve on the state Home Economics Leadership team.

RCS reading festival to draw three authors

The Ravena-Coeymans-Selkirk Middle School will host its fifth Young Readers and Authors Festival on Saturday, April 13.

Nationally-known authors Alane Ferguson, G. Clifton Wisler and William Sleator will be on hand to sign books and give presentations to area pupils.

The event will begin at 9 a.m., and an autographing session will take place around noon. The cost is \$10 per student. Adults can participate for free.

For information, call 786-3251.

Free CPR training offered in Selkirk

The Albany Area Chapter of the American Red Cross will offer a free adult CPR course on Saturday, March 30, from 9 a.m. to 1 p.m. at the Bethlehem Ambulance Center in Selkirk.

For information or registration, call 433-0151, ext. 3320.

QUILT group to meet

Quilters United in Learning Together (QUILT) will meet at 9:30 a.m. on Friday, April 12, at the United Methodist Church at 428 Kenwood Ave. in Delmar.

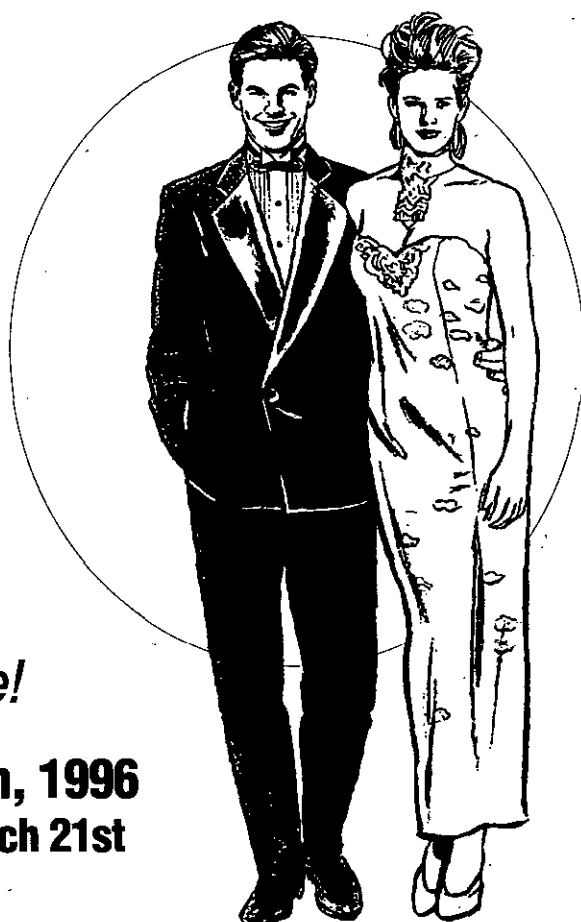
Carol Doak will give a lecture titled "One Quilter's Journey."

For information, call 434-8073.

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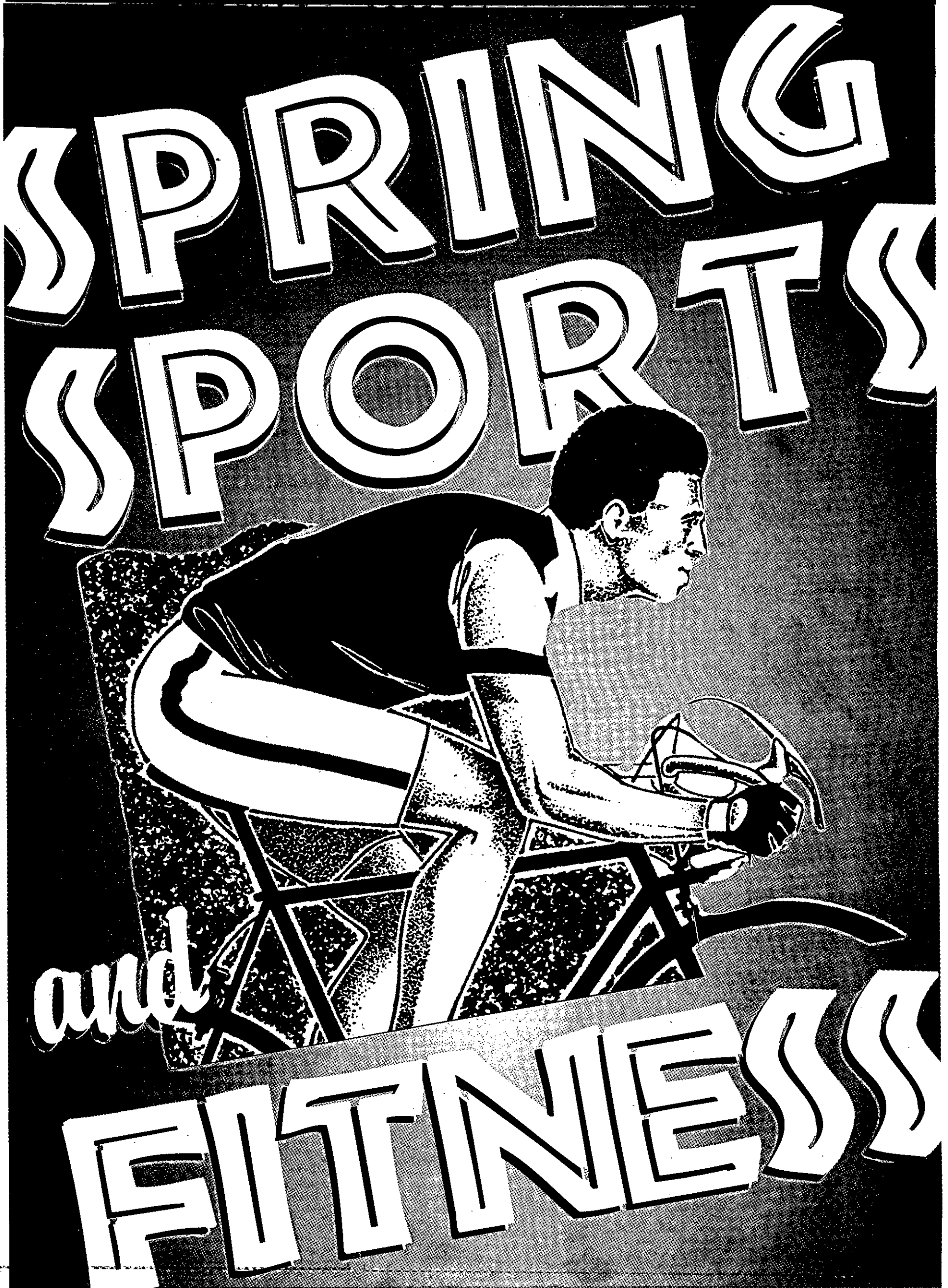
Capital District Transportation Committee
5 Computer Drive West, Latham, New York

CDTC is the Metropolitan Planning Organization for the Albany, Rensselaer, Saratoga and Schenectady area. The public is welcome to comment on transportation related issues within the Capital District.

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A supplement to *The Spotlight*

March 20, 1996



Strength training makes for better golfers

By Dev Tobin

You don't see many professional golfers looking like Arnold Schwarzenegger, but strength training is quietly growing as an essential part of preparing to play at the highest level of the game, according to Mike Mashuta, who ought to know.

You have a more stable base for the golf swing and you're able to hit it farther.

Mike Mashuta

Mashuta has found that his business, Mike Mashuta's Training Center in Elsmere, and his avocation, golf, can be complementary — for beginners, those with teen-handicaps and pros.

Strength training "promotes a full range of motion that increases flexibility in the muscle groups taxed in golf," said Mashuta, who plays to a 4 handicap at Normanside Country Club.

"When you're stronger, every part of your body is stronger and it functions more efficiently," he said. "You have a more stable base for the golf swing and you're able to hit it farther."

Mashuta noted that touring pros are well aware of the benefits of strength training, with top pros like Greg Norman and Jack Nicklaus having personal trainers.

He pointed out that there is a fitness trailer that follows the tour.

"I'm amazed at the level that tour pros use strength training," he said, adding that he attends several tournaments a year to "expose myself to the highest level, and see how they're blending their golf with physical training."

Strength training is also helps golfers recover from injuries that may impede an effective swing, he added.

But strength training can't do it all, Mashuta noted. He credits instruction for the dramatic improvement in his own game, from a 15 handicap five years ago.

"I'm a firm believer in modeling — that's why people come to me for strength training and why I seek out" golf professionals for advice on his game, he said.

About three times a week, in season or out, you'll find Frank Mellet, head pro of Colonie Country Club in Voorheesville, working out at Mashuta's training center.

Mashuta noted that Mellet has gained 15 pounds of muscle and lost 5 percent of his body fat in slightly more than a year of



Mike Mashuta helps Plummy Chase work on building up arm strength at his Elsmere training center. Doug Persons

strength training.

"I went there because I knew Mike loves golf, and had spent a lot of time researching the combination of strength training and golf," Mellet said. "The guys working with the tour players can't shoot 72, and Mike can."

Mellet added, "My physical strength has definitely increased and endurance is no longer a problem."

Besides looking and feeling better, Mellet said he is also a better golfer, "both mentally

and physically."

Mellet said that he had his best finish ever (11th) in the New York State Open in 1995, and also performed well in the U.S. Open and the National Match Play qualifying tournaments.

"I'm looking for bigger and better things this year," as he enters his second golf season of three-times-a-week strength training, Mellet said.

"This is a big part of getting to the next level," which this

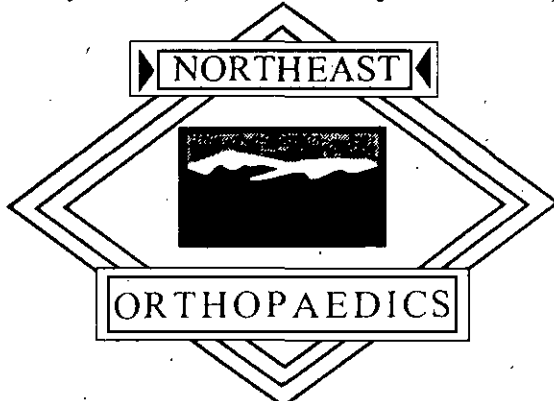
year will include playing in qualifiers for nearby PGA events in Hartford and Binghamton, he said.

Mellet noted that two of the hottest players on the tour last year, Greg Norman and Peter Jacobsen, had both worked hard to improve their conditioning.

He added that senior tour player Jim Albus, a former club pro from Nassau County, credits his training regimen for preparing him to "play the best golf of his life."

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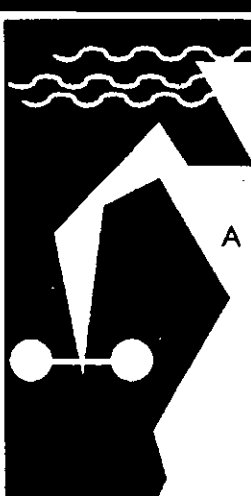
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Exercise & nutrition take aches out of aging

By D.J. Taylor

Menopause — the word alone makes many women who have reached their 40s stop and think. There has been so much written about it that at times it can be confusing, at best.

Something almost all women are aware of is that with the cessation of menses, they become more susceptible to heart disease, diabetes, some forms of cancer, osteoporosis and weight gain.

Some of these conditions are caused by genetic predisposition and their onset is age-related. For example, if your mother was diagnosed with diabetes after age 40, you are much more likely to be diagnosed with the disease.

There are a number of therapies that are currently recommended for the problems related to menopause. Hormone replacement is a good option for many women, though not for all.

Some women prefer more natural methods in dealing with menopause. There are many herbal and homeopathic remedies that seem to work. Almost all research done on premenopausal and menopausal women has shown that exercise and good nutrition are not only of utmost importance during this time in a woman's life, but remain essential throughout a lifetime.

There are two forms of exercise, cardiovascular and resistance training. Both are important in controlling weight, lowering body fat, boosting metabolism and maintaining bone density.

Cardiovascular workouts can take many forms — walking, cycling, and aerobics among the most popular.

Within the cardio workout, there are aerobic and anaerobic activities. Aerobic activity is fat burning, and anaerobic is calorie burning. For most women's purposes, it is better to burn fat than calories. Pushing yourself to an anaerobic level does boost your workout, but it is not necessary for weight loss or maintenance.

When you engage in aerobic activities, you may be out of breath and perspiring, but if you need to speak, even haltingly, you would be able to. When you are in an anaerobic state, you would be pushing yourself to your maximum capacity — like a runner in a race — and it would be almost impossible to hold a conversation.

Cardiovascular activity should be at the top of any woman's exercise program. Resistance or weight training is also very important in maintaining adequate muscle mass around joints and increasing bone density.

Once a woman has reached menopause, it is no longer possible to increase bone density — only to maintain it, so it is important to begin an exercise program before the onset of menopause.

Resistance training can be done with machines or with free weights (dumbbells). The average woman does not become overly muscular from properly done weight workouts. In fact, quite the opposite is true.



Fitness for Her proprietor D.J. Taylor works with Marion Cucarini during an exercise routine.

Elaine McLain

Weight training increases muscle mass, decreases overall body fat and greatly improves flexibility. This activity causes muscles to become stronger, leaner and well defined. This is achieved by keeping weights low and repetitions high. It is necessary to do both cardiovascular and resistance training for overall health, muscle toning and balance in body structure. Both of these activities have been shown to greatly lower cholesterol, blood pressure and blood sugar.

For women just beginning a workout program, the importance of safe, reliable guidance can not be overstressed. Seek out a trainer who is educated in weight and health maintenance, specializing in problems specific to women's health, especially if you are 55 years old or older.

Your trainer should either have a college degree in the field or should at least be nationally certified from an accredited

program. In addition, he or she should be supervised by someone with a college degree. This is especially important if you have any joint disorders, injuries or suffer from any major health problems.

Workouts can be done anywhere, you don't have to join a gym, but you do need to be properly educated in the use of your equipment and you need to be consistent to get results.

Being healthy is a lifelong process and for most women in their 40s and up. Getting into a bathing suit is not the goal; rather, the objective is to maintain a healthy lifestyle.

All the exercise in the world does not help without good nutrition. Staying healthy and fit requires a balanced, sensible diet. In reality, "diet" is all about choices.

The easiest part of a healthy lifestyle is to choose what you eat wisely. Unfortunately, eating

wisely is emotionally the hardest thing to do. There are a number of excellent books about health and diet and my two favorites are by Covert Bailey.

I highly recommend "Fit or Fat Woman" and "The Fit or Fat Target Diet," for anyone embarking on a fitness venture.

Many women's life spans are pushing the 90-year range. It is great that we are living longer, but it is also important to note that through a healthy lifestyle, our lives can be full of quality years as well as quantity.

Devoting a few hours a week to your health is not such a compromise when you look at it in terms of the big picture. Every woman deserves the time to make herself fit and healthy.

D.J. Taylor is the owner of Fitness for Her in Delmar. She has a bachelor's in sports medicine and a degree in physical education. She has practiced athletic training for 12 years.

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Gold's opening second facility in Latham Circle

By Tom Murnane

Gold's Gym is opening its second area facility, this one at the Latham Circle Mall that will be, its operators say, the most "state of the art, technologically-advanced gym" in the Capital District.

The owners, Michael and

said.

"Actually, it will be more like virtual virtual reality, which we think people will enjoy as they are working out," he said.

The club will also offer day care for members' children, an active wear store and a separate cafe.

Aside from the amenities, the gym will continue offering the finest workout experience available in the area, Applegate said.

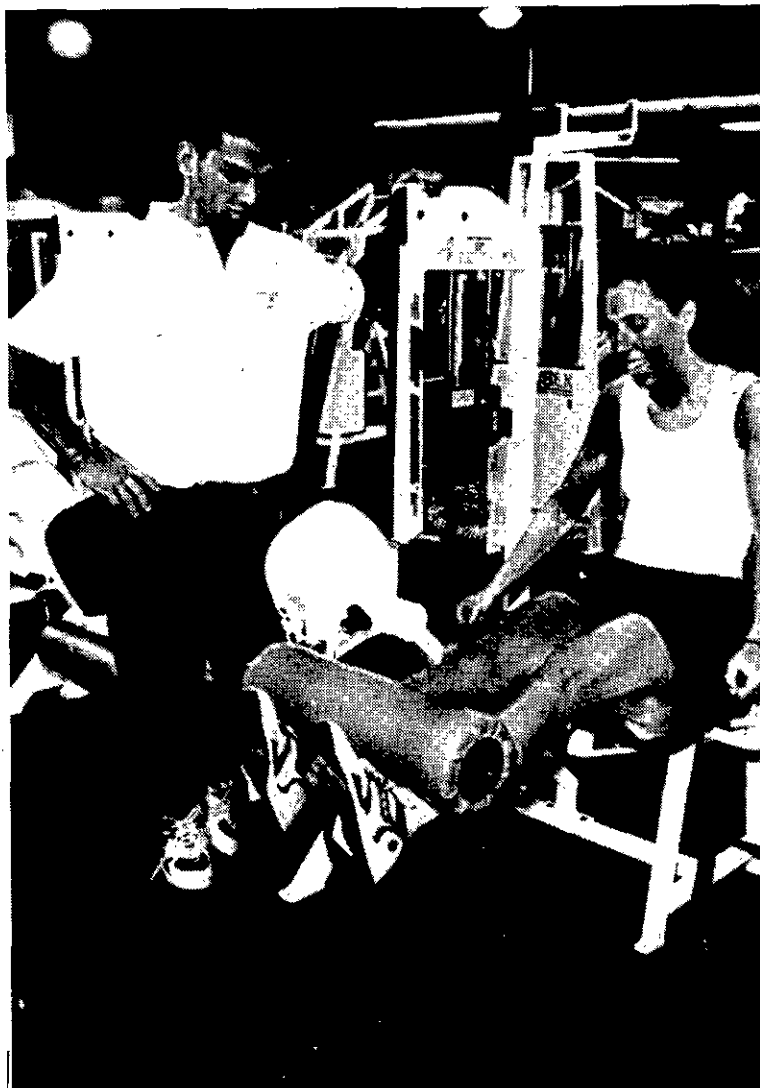
Aerobics classes will be offered, as will opportunities for individual training and nutritional advice.

The gym will offer 12 week introductory training classes where people can be tested for body fat and begin to set basic goals, he said.

And, of course, there will be weights, and plenty of them, both free and machines, primarily Icarian and some Cybex equipment, he said.

Annual memberships will cost \$500, although the price is lower before the gym officially opens, Applegate said.

The manager did not know whether Gold's new presence would disturb the business done by several other Colonie facili-



Personal trainer Bill Gregoric of Gold's Gym in Guiderland's Twenty Mall helps Lauren Rosenberg on the leg lift machine. Doug Persons

ties, including Bally's Health and Fitness on Wolf Road and ABC Sports and Fitness Center on Johnson Road, about a mile north of the Latham Circle Mall near the intersection of Routes 9 and 9R.

"Whether we have an impact on them depends on how loyal their clientele is. If they have a loyal following, they will stay, but if they aren't they might come down to us. We'll see."

Applegate said Gold's was looking to find a more accessible location, given the large population base in the Colonie area that might not have wanted to drive to the Guiderland site.

"No doubt about it. Demand is on the rise in the area, and we want to try to meet that demand," he said.

Consider getting away from it all

Sometimes the best thing you can do for your family is to run away from home—together. Take a family vacation. With a little advance planning you may make it one that will provide pleasant memories for years.

Consider all the options available before setting your sights. Start with your family's interests—fishing, pottery, zoos, whale watching? No problem. There's a location to satisfy all these interests. Or you might want to consider these vacation ideas:

- Take a cruise on the bayou, sample Cajun cooking and visit the Acadian Village Museum in Lafayette, La.
- Sample a winter sports paradise, with mineral hot springs and the year-round grandeur of the Rocky Mountains. The springs are in Steamboat Springs, Colo.
- Take high tea, tour a planetarium, view totem poles and world-renowned gardens on the Island of Vancouver, or enjoy the abundant natural resources found throughout beautiful British Columbia.
- View Indian ruins, petroglyphs and petrified wood at the Petrified Forest National Park in Ariz.
- Tour Old Sturbridge Village, a reconstructed New England village of the 1830s, in Sturbridge, Mass.

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— Neil & Michele Foley

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Sports medicine growing field for athletes

By Mel Hyman

Growing up, I spent most of my time playing either basketball or tennis.

Unfortunately, I can't play either one of these sports now because of a right ankle that has been sprained one too many times.

There is hope, however, as the field of sports medicine has evolved to where any old codger like myself can find a physical therapy program suited to his needs.

One such sports medicine expert is Thomas Marston, a licensed physical therapist who works at the Athletic Training Room on Computer Drive in Colonie.

"The field has really blossomed," Marston said. "We're much more sophisticated now as far as rehabbing people and returning them to activity."

For every person who needs treatment for an injury, however, there are just as many people in search of a conditioning program that will help them avoid problems.

For the most part, it's been shown that the more poorly conditioned, less-prepared athlete will be the one who sustains an injury, Marston said.

Conditioning programs are now designed specifically for a particular sport. "You're not going to put a golfer out on a bicycle for an hour, although you might want them to do some trunk rotational movements or to work on strengthening their upper body."

Tennis players should focus on different areas, Marston said. "They require high intensity

Delmar Dash set for April 14

The Delmar Dash, sponsored by the Hudson-Mohawk Road Runners Club, will take place on Sunday, April 14, at 9 a.m. The five-mile race will begin and end at the First American Bank on the corner of Delaware and Elsmere avenues.

Registration for the race is open to all ages and abilities. Sign-ups will begin at the Elsmere School on Delaware Avenue at 8 a.m. the day of the race.

Refreshments provided by Bruegger's Bagel Bakery will follow the race.

The entry fee is \$12 for club members and \$14 for non-members. The first 325 registrants will receive a free shirt.

For information, call 439-9487.



Chris Wallen exercises in the Swim Ex 900, as physical therapist Tom Marston looks on.

Elaine McLain

exercises of short duration. You might want to recommend foot work drills and movements that will strengthen and loosen the shoulder.

The Athletic Training Room has all of the necessary equipment — including a swimming pool — to carry out sports-specific training programs

Rest is certainly a necessary part of recovering from a sports-related injury, but it's a fairly solid rule of thumb, Marston said, that "the body relies on

blood flow and activity to stimulate the healing process.

"That's where the art of this is. You have to know how to push people to get the appropriate amount of stress while at the same time not pushing them beyond their limit."

Linda Burtis, director of the Delmar Tennis Academy, said the most common topic of conversation around the tennis academy these days is how to deal with injuries.

eba plans new class for seniors

The eba Center for Dance and Movement will offer Stretch and Tone for Mature Adults as part of its spring session of classes, which begin April 15 and run through June 27.

The new class, especially designed to meet the needs of mature adults, will include a warm-up, strengthening exercises and relaxing stretches. The focus will be on non-jarring exercises to strengthen back, leg and abdominal muscles and gentle stretches to relieve tension and stiffness.

Other eba adult fitness classes of interest to seniors include Sweat and Stretch, Golden Oldies Bodyshop, Swing Low Impact Body-shop, and Stretch and Relax.

eba's adult dance classes include Tap, Ballet, Modern, Musical Theater, Tai Chi, Introduction to Dance and Isadora Duncan Dance.

eba is at the corner of Lark and Hudson streets in Albany.

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Karate teaches more than self-defense

By Tom Murnane

So you're looking for a fitness activity that the whole family can get involved in, but you automatically look past karate, thinking all it does is teach people how to fight like in the movies.

Well, think again, because at the U.S. Budokai Karate Association at 1095B Central Ave., karate's taught with an American flare and a somewhat less rigid approach than the traditional Japanese methods.

Here, center owner William Reid, 46, teaches more than 200 students of all ages the art of open-hand fighting, as he has for 17 years after being introduced to karate when he returned from a four-year stint with the Marines in Vietnam.

Not bad for a guy who started out with five students.

What Reid talks about in his school is the conditioning benefits for all of his students, half of whom are women, he said.

Like any fitness activity, members should practice two or three times a week, he said.

"Here you develop your flexibility and cardiovascular health improves, as you develop strength and an awareness of self and your surroundings,"

Reid said.

"Flexibility is extremely important, particularly with your legs. Americans' legs tend to go more quickly, due to the desk environment."

Most people don't think about the health benefits of karate because of what they see on TV or in the movies, Reid said.

"Television doesn't help us much. Someone will say that because of a new movie, we'll be getting a lot of new students, which is true, but often for the wrong reasons," Reid said.

"We'll get a lot of people who want to learn how to do what they do in the movies, breaking arms and things. We have to get past that first and then teach them what karate is really all about — respecting yourself and others, and learning how to avoid situations, but also how to defend yourself if necessary."

Reid spends much of his time teaching his younger students manners and respect for others.

"For the younger students, it's really more about manners, politeness and community skills and being respectful," he said, noting he would like to see his and other karate schools work more closely with schools.

"If we could get into the

grade schools to help bring some manners and respect to these kids, where it might be lacking in certain areas, I think this would go a long way," Reid said.

For example, his preschool program for kids between the ages of 3 and a half and 6 and a half years old meets once a week for a half hour, just to get the pupils used to karate, he said. Then, for kids up to 9 years old, manners and respect are emphasized, and not so much the kicking, he said.

How his students behave outside the studio is as important as what they do while there. To that end, before a student is promoted, both their teachers and parents must first sign a form stating that the student has been working hard in school and at home, he said.

As for his older students (his oldest student is about 65 years old), health and fitness is more of a concern.

"We're really a place where family members of all ages can come and work out and get a lot out of it," he said.

For information about Reid's school or the four other local U.S. Budokai Association affiliates, call 458-2018.

Fitness festival raises funds for Camp Good Days

By Tom Murnane

Organizers of the second-annual FitFest 96 (to be held April 22-27) promise that this year's event will offer residents even more types of healthy activities to sample, ranging from golf and tennis lessons to rock climbing and kayaking.

And, while folks are checking out different classes held throughout the area that week, they are also helping raise needed cash for Camp Good Days and Special Times, a non-profit organization that sends kids with cancer, AIDS, severe burns or who have experienced violence to week-long summer camps.

The organization, based in Rochester, was founded in 1979 by Gary Mervis after his daughter was diagnosed with a brain tumor. Mervis started the camp to show his daughter that she was not the only child living with cancer, said the camp's area coordinator, Michael Simpson.

For \$20, FitFest 96 participants can purchase a card that will allow them to attend as many introductory classes and activities as they want, Simpson said.

Money raised will help send more than 250 local kids to Camp Branchport on Keuka Lake in the Finger Lakes.

Simpson said he hopes to raise more than \$5,000 this year, up from last year's \$4,000.

The money is needed because it costs \$600 per week to send each kid to camp, he said. Some of the money is used for local events, such as bowling trips and holiday parties.

"It's really a chance for the kids to get away from their doctors and their overprotective parents," Simpson said of the camp's benefits.

For information about FitFest 96, call 438-6515.

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Practice before first softball game

The national pastime is once again banging down the door as men and women across America oil up their gloves and polish their bats in anticipation.

No, we're not talking baseball, it's softball that's captured the heart of millions of Americans.

With innumerable leagues and skill levels, nearly anyone can and does play recreational softball.

And with the grass getting greener, softball enthusiasts need to be prepared to hit the field.

As all athletes know, preparation is the key to success in any sport. Before starting your season make sure you get out and practice.

Do a lot of stretching exercises to avoid pulling or straining a muscle the first time out.

Practice throwing the ball, catching the ball and batting — it wouldn't be an auspicious beginning to the season if you're hit in the eye the first time you handle a ground ball!

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Skating safely means learning to skate smart

Here's few hints for in-line enjoyment

Like any action sport, in-line skating has basic elements that need to be learned. Here are some helpful hints to help get you started:

- Wear protective gear. You wouldn't play football without a helmet and padding and you shouldn't in-line skate without wearing a helmet, wrist guards, knee and elbow pads. Protective gear not only enables you to fall more safely, it gives you more confidence when you skate.
- Buckle up. Buckle or lace your skates securely for optimum ankle support.
- Practice. Practice a few important skating skills on grass or carpet to get used to the feel of your in-line skates before you step on the pavement.
- Walk around with both toes pointed slightly outward — that's how you push once you're rolling on the pavement. Practice balancing on one foot at a time.
- Get rolling. Progress to the pavement and practice your balance before you start rolling: Stand with your feet even, about four to six inches apart, arms slightly in front of yourself, and knees bent so your shins touch the tongues of your skates. Your weight should be balanced on the balls of your feet.

- Skate smart. Avoid hills and gradual inclines when you're starting out.

- Turning. To do a basic turn, get used to the feel of edging your skates by standing still with your feet a few inches apart, bending your knees and shifting side-to-side using your hips and knees.

- Stopping made easy. Master a stopping technique before you head out to where the action is. Braking styles include:

- Rollerblade Active Brake Technology™: offers skaters greater control and stopping power. ABT® allows skaters to brake while keeping all eight wheels on the ground, making it easier to learn and providing a greater sense of balance when controlling speed on Rollerblade® skates.

- Heel brake: Bend your knees, hold your arms slightly in front of you, tip the toe of your brake foot upward and apply pressure to the brake until you stop.

- Ride the grass: Continue rolling from the pavement right on to the grass. Keep your knees bent, get ready for the change of speed and let yourself roll to a stop.

Cyclists head for hills when sun shines

Some days are just made for being outdoors. With biking a favorite activity among Americans nationwide, and the weather warming up, many of us are hitting the road on bicycles. More than 99 million Americans ride bicycles each year, not only for fitness but also for recreation. So next time you feel the urge for some sunshine and decide to take a ride on your bicycle, take a minute to prepare yourself.

Bonnie Blair, Olympic gold medalist speedskater and spokesperson for Huffy Bicycles, provides the following tips:

- Before taking a ride, make sure your tires are filled with the recommended tire pressure and your brakes are properly adjusted.
- Make sure your handlebars are tightened at the stem and check your front wheel to ensure that it is in proper alignment and securely fastened.
- Always wear your helmet when you ride. Even if you just ride on bike paths or around your neighborhood, make sure you put on your bike helmet before you go.
- If you are carrying items on your bike, put them in a basket or on a bike rack. And make

sure they do not obstruct your view.

- Be particularly cautious near intersections and driveways. Most accidents between cars and bicycles occur in these areas.

- Always ride on the right side of the road. Even if you are just going one block, it is never safe to ride against traffic.

- Obey all traffic laws. Your bicycle is a vehicle, and just like a car, you must stop for stop signs and stop lights, and obey all traffic signs.

- Review the proper hand signals and make sure you use them.

- Yield the right-of-way. When riding on a path, trail, or sidewalk, keep your speed down. Take special precautions when riding near rollerbladers.

- If you are wearing long pants while cycling, make sure they are either tucked into your socks or secured to avoid getting them caught in your bicycle chain.

- Make sure to always wear shoes while riding, even if you are just going to the beach or your neighborhood pool.

Oversized sporting goods score big

To enhance performance and increase self-confidence among recreational athletes, sporting goods manufacturers are turning out much bigger and better products.

This spring, Callaway Golf is introducing the Great Big Bertha which is 25 percent larger than its successful predecessor, the Big Bertha, but weighs no more. You can also get a Rawlings

oversize softball glove, featuring an expanded catching area.

On the tennis front, Dunlop has launched the Max Predator, a 28.5 inch racquet that weighs only 9.3 ounces. The racquet is taller than others on the market, and said to add power by accelerating a player's swing and also increase accuracy.

The oversize head, enlarged sweet spot, and added technol-

ogy make this powerful racquet incredibly accurate.

"I've been amazed at how much my game has improved through using an oversize racquet," said Bill Suszylo, an avid tennis enthusiast. "It has made the game much more enjoyable for me. And for an average player like me, the bigger the sweet spot the better."

Health guides are available from U.S.

The Consumer Information Center of the U.S. General Services Administration is offering several publications for parents concerned about their children's health and development.

The "Children's Health Guide" (cost \$1) provides parents with the information required in tracking their child's health.

"Kids Vaccinations Get a Little Easier" discusses the multitude of vaccines available for children.

Non-prescription drugs are discussed in "Kids Aren't Just Small Adults". (free).

"Growing Up Drug Free" (free) aids parents in protecting their children from drugs.

To order one or more of the publications, write to the Consumer Information Center, Pueblo, Colo. 81009. A free copy of the Consumer Information Catalog will be sent in addition to the publications.

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Components of a healthy life include supportive and loving family and friends, meaningful work, proper eating habits, an active life-style, a sense of contributing, a belief in something greater than self. With any one of these dominating, all aspects of life are threatened. To find out if you or someone you love is endangering health and happiness, answer the following questions.

Because of your preferred activity:

- > Do you miss significant family events?
- > Have you been late for work or missed entirely?
- > Have significant people in your life expressed feeling neglected and/or in competition?
- > Have health care providers expressed concern about how you are managing?

A yes to any of these questions could mean your activity is masking thoughts and feelings about yourself you would rather not face. Speaking confidentially with a licensed clinical social worker could help you understand yourself better so you would be free to make more moderate health choices.

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Hundreds of lives lost each year

Boating precautions are vital

Last year, some 790 people died in recreational boating-related accidents nationally and more than 300,000 others suffered injuries. Boating safety experts believe most of these deaths and injuries would likely have been prevented if a few basic precautions had been taken.

Boating safety has become a greater challenge during the

National Safe Boating Council that are available to help.

Elaine Dickinson of the NSBC said that 80 percent of all boating fatalities are by drowning and 85 percent of these drowning victims were not wearing life jackets. So most deaths caused by boating mishaps could be prevented with the proper use of personal floatation devices, more commonly known as life jackets.

Statistics show that about 75 percent of boating accidents involve operators who have not taken a safety class.

past decade with the increasing popularity of water sports. Craft that didn't exist or had a few enthusiasts 15 years ago—such as wind surfers, kayaks and personal watercraft like Jet Skis—have attracted many more people to the country's lakes, rivers and coastal waterway.

There were an estimated 12 million boats and watercraft of all types in the United States in 1980. Today, there are 17 million.

The Coast Guard and other agencies have established standards to help boaters protect themselves and their passengers. But, as with most activities, it comes down to the participants taking some simple precautions and paying attention to make boating safe.

For those unsure of their responsibilities, there are organizations such as the

She noted that other precautions, such as regularly checking weather reports, having fire extinguishers and distress signals readily available, and making sure that horns, whistles and bells are working properly, can help ensure a safe outing.

After that, it's up to the people operating the boat or other craft to do so responsibly. Many of the common rules of the road are also good rules for the water. Adjusting speed to match conditions and awareness of other boats on the water can keep boaters out of trouble.

Operators impaired from drinking alcoholic beverages or from using legal or illegal drugs are putting themselves, their passengers, swimmers and other boaters at great risk. But also recognize there is a difference between driving and boating because the sun, wind, waves

and vibrations on the water increase fatigue and can also affect the judgment of everyone on board.

"Most of what we are encouraging boaters to do comes down to common sense," Dickinson said. "And the best way to be a smart boater is to take a boating safety class."

Statistics show that about 75 percent of boating accidents involve who have not taken a safety class. Classes are available in most areas, usually at little or no cost.

More information about boating safety is available by contacting the National Safety Boating Council at 1-602-278-6146.

Softball resurgence under way in U.S.

The national pastime is once again banging down the door as men and women across America oil up their gloves and polish their bats in anticipation. No, we're not talking baseball, it's softball that's captured the heart of millions of Americans. With innumerable leagues and skill levels, nearly anyone can play recreational softball.

And with the grass getting greener, softball enthusiasts need to be prepared to hit the field. As all athletes know, preparation is the key to success in any sport. Before starting your season make sure you get out and practice. Practice throwing the ball, catching the ball and batting.

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Sports

One loss for the season and V'ville dream is over

By Matt McKenna

The Voorheesville girls basketball team ran into its first speed-bump of the season Saturday at Hudson Valley Community College.

Unfortunately for the 'Birds, it was in the state semifinals and the loss to Marcus Whitman ended their season short of their goal of a state championship. Marcus Whitman, the section IV champion from Rushville, defeated the Blackbirds 50-36 to move on to the finals.

Both teams came out of the gate slowly in the first quarter, each managing only eight points. But Marcus Whitman's one-two punch of **Liz Brown** and **Christine Graham** took over in the second period.

They combined to score 12 out of the 18 points the team had in that quarter. They led a 17-4 run that put the Blackbirds down 27-16 at the half.

"Graham had a great game," said Voorheesville coach **Jack Adams**. "She made some nice, easy shots around the basket. We gave her the shots, and she drilled them. We made Brown work for her shots, but she shot well, too."

Voorheesville came out flat again in the third quarter, managing only six points.

Leading scorer **Jane Meade** was shut down most of the day by Brown. Graham scored eight points in the third quarter, sending Marcus Whitman to a 38-22 lead going into the final period.

The Blackbirds began to pick it up in the fourth quarter, but it was

too late to change the outcome. Meade led Voorheesville with 11 points, while **Becky Dawson** chipped in 10. Brown had 16 for Marcus Whitman, while Graham had 20 points and 10 rebounds.

Basketball

"They seemed to play better than we did today," said Adams. "They played great defense and took us out of our game. When we did get good shots, we just didn't make them."

"We just couldn't get our offense going," said Meade. "None of our shots were falling. They collapsed into the middle, and it was hard to drive."

Overall, the girls have to be happy with how they played. They ended with a record of 24-1, capturing another Colonial Council championship on the way. They also progressed farther than any other girls basketball team in the school's history.

Watch out next year, the 'Birds are only losing one senior, and they will be looking to add to their accomplishments.

Coaches night at BCHS

BCHS will hold its spring "Meet the Coaches Night" on Tuesday, March 26 from 7:30 to 8:30 p.m. **Robert Lewis** will present a workshop on the NCAA clearinghouse and college athletic recruiting in Room 46 at the high school. Parents and students are welcome.



Voorheesville's Jane Meade attempts to drive past a defender Saturday during the Blackbirds' semifinal match against Marcus Whitman of Rushville. Voorheesville fell short in its quest for a state championship. Doug Persons

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BBC in homestretch

The Bethlehem Basketball Club headed into its stretch run, with semifinal playoff action Sunday.

In NBA action, the Suns and the Sonics advanced to next week's finale with victories over the Spurs and Nuggets, respectively. **Ryan Sweeney** and **Mike Carney** spearheaded the Suns 49-40 win.

Mitch Lane and **Josh Smith** combined for 24 in defeat. **Jim Long's** clutch foul shooting clinched the Sonics 61-50 win. **Ted Blumenthal** threw in eight for the losing Nuggets.

In consolation action, **Greg Ciprioni** had 16 as the Rockets beat the Magic, 55-39. **Fran Sheehan** was solid for the losers. The Knick's **Dan Rosenthal** led the scoring with 31, as the Knicks upended the Bulls 47-24. **Josh Brody** had a slew of rebounds for the Bulls.

In the highly competitive ACC, North Carolina advanced to next week's finals with a 43-42 squeaker over Clemson.

The duo of **Josh Burnett** and **Dan Israel** had 36 to lead the victors, while **Mark Melcher** was the high scorer in defeat with eight.

The Tarheels will be opposed by Georgia Tech in the ACC finale.

The Rambling Wreck beat Wake Forest, 41-29. **Rodrigo Cerda** had 14 rebounds to inspire the winners. **Matt Vnuk** had nine in the loss.

In other action, Virginia upended Florida State 47-38 behind **J.B. Horgan's** 14 decisive inside points. **Tim Hasselbach** and **Byron Phelps** played strong defense to key the losers.

Duke edged Maryland 39-37 to wrap up ACC action. **Mike Messina's** six led the victors, while **Tom Ford** had an all-around stellar game for the Terps.

In Big Ten action, Michigan beat Michigan State, 40-15. **Peter Cooley's** adept ball handling and eight points were too much for the Spartans. **Brian Geurtze** had nine points in defeat.

Penn State, with **Matt Melnikoff's** 10, beat Wisconsin, 38-29. Minnesota, in a heart-stopper, squeaked out a 32-31 win against Iowa. **Jessica Urshel's** end-to-end hustle could not offset **Aaron Griffin's** 26.

In another barn-burner, Ohio State beat Indiana, 27-26. **Tim Palmieri's** aggressive play inspired the losers, however it could not overcome **Alison Horgan's** equally impressive effort.

David Zarenko led Northwestern to a 39-29 victory over Purdue. **Joe Giaccone** and **Steve Riedel** played tough defense to lead the Boilermakers.

It was an outstanding year for Bethlehem wrestlers

Bethlehem Central's **Matt Wagoner** won the 105-pound weight class at the recently completed Section II wrestling tournament held at the University of Albany.

The standout junior grappler earned a trip to the state championships in Syracuse with a thrilling 5-4 victory in the finals over the top-seeded wrestler from Hoosick Falls.

Wagoner won 13 consecutive matches at the end of the season before losing a match at the state tournament to last year's state champion. He finished his banner season with a 32-6 record.

Several other wrestlers from BC also finished the season

strongly. **Jon Wagoner**, Matt's brother, finished second in the 126-pound class to complete an outstanding senior season at 30-7. Junior **Andrew Loux** placed third at 98 pounds and had a 30-6 season record.

Loux and both Wagoners won the Class A Tournament held a week before the sectionals to earn high seedings in the sectional tournament.

Nat Beyer, defending sectional champ at 167 pounds, earned fourth place. A late-season injury hampered Beyer's chances of repeating, but he still finished with a fine 27-5 record.

Another wrestler whose season was cut short by injury was

Hank Tripp (19-7). Tripp, along with Matt and Jon Wagoner and Loux, were voted first-team Suburban Council All-Stars.

Senior **Jason Seward** and sophomores **David Sherrin** and **Sean Demarest** each earned fifth place finishes in the 13-team Class A Tournament.

Coach **Rick Poplaski** was pleased at how this group of individuals gelled as a team. "This team's work ethic was as good as any I've coached," he said.

Other major contributors on this year's team were seniors **Rene Gabino** and **Jason Greer**, junior **Eric Kotlow** and sophomores **Dave Raab** and **Mike DeLuco**.

Bombers break through at Highland

Soccer

The Under-12 Bethlehem Bombers coached by **Barry Salovitz** and **Tom Barone** won their first tournament championship at the Highland Indoor Soccer Tournament on Feb. 25.

The Bombers were undefeated throughout, finishing with three wins and three ties. The Bombers were led by the superb goalkeeping of **Ben Salovitz**, who minded the net in four games with only three goals allowed. He was assisted by **Ben Hager**, who earned two shutouts.

The first and third games of the series, against East Greenbush and Schenectady, were scoreless ties. The second game ended in a hard-

fought 1-1 tie against Highland White. This game featured an outstanding header goal by **Devin Breen** off a pass from Hager.

The quarter-final playoff game was the most dramatic of the day. Against a strong Lakehill club, the game ended in a scoreless tie. In the tie-breaking shoot-out, Salovitz scored a goal and then switched roles and turned away all of Lakehill's shots to clinch the 1-0 triumph.

The second playoff game ended with a 2-0 Bombers victory over Schenectady. The Bombers scores were notched

by Hager and **Mike Barone**, who converted an excellent cross from Breen.

The championship game against East Greenbush found the Bombers down early, 2-0. But a courageous team comeback resulted in a 3-2 victory. Unassisted goals were scored by **Ryan Hogan** and Breen, and **Ben Greenberg** scored the game-winning goal assisted by Hager.

Throughout the day, the defense was aided by outstanding performances by **Zach Gray**, **Joseph Cardamone**, **Tom Lackner** and **Hogan**. The offense was led by Breen with two goals and the strong play of Hager, Barone, **Peter Cioppa** and **Greenberg**.

Hawks win 'Off The Wall' tournament

The Bethlehem Hawks under-8 soccer team won its second straight Mostly-Off-The-Wall Tournament recently at Bethlehem High School.

The team jumped out in the morning rounds with a 6-0 victory over Colonie, a 2-0 win over Niskayuna and a 6-0 win over the Bethlehem Under-8 B team coached by **Tony McManus**.

The Hawks continued their winning ways in the afternoon by beating Saratoga 4-2 and Colonie Gold, 6-0. This set up a title game with Guilderland.

"We have been in this position before and let down because the players get too nervous," said coach **Andy Giordano**. "I have to settle them down, and keep them focused on the soccer they know how to play."

In the final game, **Max Petraglia** fed **Peter Hill** off a free kick, and Hill redirected the ball into the net for a 1-0 lead only two minutes into the game. This was followed up by two goals by Petraglia and one by **Ryan Banagan** for a 4-1 victory that clinched first place in the tournament.

ment.

Other players delivering goals were **Andy Harder**, **Geoff Narode**, **Lindsey Rood**, **Mike Hickling** and **John Slater**.

An important factor in the victory was the strong defensive play that allowed only three goals all day. That effort was led by goalies **Ryan Knaack**, **Narode** and **Hickling**, and aided by stingy defenders **Nicky Giordano** and **Brian Rudolph**. Also of note was the hustle displayed by midfielders **Matt Shaffer** and **Kevin Cassidy**.

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Obituaries

Laurie Cowan Conley

Laurie Cowan Conley, 39, of Glenmont died Thursday, March 14, at Brigham and Women's Hospital in Boston.

Born in Troy, she was raised and educated in Colonie. She was a graduate of Shaker High School. She had lived in Glenmont since 1988.

Mrs. Conley worked as a nursery school teacher at Temple Beth Emeth on Academy Road in Albany from 1992 through 1995.

She was a communicant of St. Vincent de Paul Church in Albany.

Survivors include her husband, Kevin Conley; a son, Zachary Conley; two daughters, Kylie Conley and Ryen Conley; her mother, Frances MacCubbin Cowan of Latham; her grandmother, Florence Cowan of Albany; and three brothers, Stephen Cowan of Cohoes, Michael Cowan of Latham and Matthew Cowan of Glenmont.

Services were from the Daniel Keenan Funeral Home in Albany and St. Vincent de Paul Church.

Burial was in Calvary Cemetery in Glenmont.

Contributions may be made to Brigham and Women's Hospital, Division of Hematology and Oncology, 75 Francis St., Boston, Mass. 02115. Checks should be made out to the BMT Patient and Family Fund.

Ruth Berbrick

Ruth Cornell Berbrick, 83, of Roweland Avenue in Delmar, died Friday, March 15, at St. Peter's Hospital in Albany.

Born in Albany, she was a long-time resident of Delmar.

She was a graduate of Albany Academy for Girls and the former Mary Steigermayer Business School in Albany.

Mrs. Berbrick was a receptionist at Albany Felt Co. for 21 years before she retired.

She attended the Church of St. Thomas the Apostle in Delmar.

She is survived by her husband, Guyer C. Berbrick.

Services were from the Church of St. Thomas the Apostle.

Burial was in Our Lady of Angels Cemetery in Colonie.

Arrangements were by Zwack & Sons in Albany.

Contributions may be made to the Church of St. Thomas the Apostle Building Fund.

Catharine M. Miller

Catharine M. Miller, 73, of Voorheesville died Thursday, March 14, at St. Peter's Hospital in Albany.

Born in Worcester, Otsego County, she was raised and educated in Albany.

Mrs. Miller worked for the University of Arizona registrar's office for 11 years, before returning to the area.

She was a member of the McKownville Fire Department and the Albany High School Reunion Committee.

Survivors include her husband, Edward A. Miller; a stepson, Leonard E. Miller of Stratford, Conn.; a stepdaughter, Mary L. Miller of Voorheesville; a brother, Howard VanVoorhis of Westmere; and a sister, Beatrice Greenfield of McKownville.

Services were from the Applebee Funeral Home in Delmar.

Burial was in Bethlehem Cemetery in Delmar.

Contributions may be made to Voorheesville Rescue Squad, Voorheesville Avenue, Voorheesville 12186.

Thomas Countryman

Thomas L. Countryman, 72, of New Scotland died Wednesday, March 13, at his friends' residence in Duanesburg.

Born in the family home on Countryman Road, he had lived there his entire life.

Mr. Countryman was a farmer, and he had also worked as night supervisor for Voorheesville central schools. He retired in 1992.

Survivors include several cousins and his close friends, Kim and Rob Rock of Duanesburg.

Services were from the Reilly & Son Funeral Home in Voorheesville.

Burial will be in Onesquethaw Cemetery.

Contributions may be made to the American Cancer Society.

Frances Boniface

Frances Boniface, 91, of Colonie, a former Delmar resident, died Friday, March 15, at Albany County Nursing Home.

Born in Albany, she was educated in Saranac Lake.

She moved to Rensselaer in 1923, where she owned and operated a candy store on First Street. She later moved to Delmar where she lived for 30 years.

Mrs. Boniface worked as an advocate for the disabled since 1927. She was one of the founders of the Cerebral Palsy Center, now the Center for the Disabled.

She was the widow of Alfred S. Boniface.

Survivors include a daughter, Sylvia M. Boniface of Albany; and a sister, Anna M. Allen of Feura Bush.

Services were private.

Burial was in Memory's Garden in Colonie.

Arrangements were by the Daniel Keenan Funeral Home in Albany.

Contributions may be made to the Center for the Disabled, 314 S. Manning Blvd., Albany 12208.

Dorothy M. Alliger

Dorothy A. Alliger, 81, of Del-

mar died Thursday, March 14, at St. Peter's Hospital in Albany.

Born in Albany, she graduated from Albany High School.

Mrs. Alliger was a clerk for the former New York Telephone Co., retiring in 1985. She was a volunteer election worker in Albany County.

She was the widow of Harry H. Alliger.

Survivors include a daughter, Sandra Crewell of Westerlo; a sister, Elizabeth Palmer of Hudson, Fla.; and two grandchildren.

Graveside services were at Graceland Cemetery in Albany.

Arrangements were by the Applebee Funeral Home in Delmar.

Contributions may be made to the American Cancer Society.

Frederick Schroeder

Frederick W. Schroeder, 89, of Prospect Street in Voorheesville, died Thursday, March 14, at Daughters of Sarah Nursing Home in Albany.

Born in Albany, he had lived in Voorheesville since 1948.

Mr. Schroeder worked for the former Albany Hardware & Iron for 45 years before he retired.

He was a member of Voorheesville First United Methodist Church. He was an avid fisherman.

Survivors include his wife, Ruth Jackson Schroeder; two daughters, Rae O'Connor of Binghamton and Ruth B. Joslin of Altamont; two sons, Frederick C. Schroeder of Averill Park and Jan Schroeder of Latham; and 10 grandchildren.

Services were from the Reilly & Son Funeral Home in Voorheesville.

Burial was in Albany Rural Cemetery in Menands.

Contributions may be made to St. Peter's Hospice, 315 S. Manning Blvd., Albany 12205.

Marjorie A. Hayner

Marjorie A. Hayner, 77, of New Salem Road in Voorheesville, died Tuesday, March 12, at St. Peter's Hospice in Albany.

Born in Albany, she was a homemaker.

She was the widow of Robert Lewis Hayner.

Survivors include a daughter, Barbara Plotzker of Delmar; a son, Daniel Hayner of Voorheesville; and two grandchildren.

Services were from the Meyers Funeral Home in Delmar.

Burial was in Prospect Hill Cemetery in Guilderland.

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

George Street

George William Street, 94, of Troy, a former Delmar resident, died Monday, March 11, at St. Peter's Hospice in Samaritan Hos-

pital.

Born in Montclair, N.J., he graduated from Cornell University. He had lived in Delmar for 60 years before moving to Heritage House in Troy several years ago.

Mr. Street was a commercial engineer for the New York Telephone Co. for 41 years before he retired in 1964.

He was a member of the Monarch Club in Albany and the Telephone Pioneers. He was also a volunteer driver for the Red Cross.

Mr. Street was a member of Westminster Presbyterian Church in Albany.

He was husband of the late Edith Street.

Survivors include a son, Robert Street of Albany; three grandchildren; and two great-great-grandchildren.

Services were from Westminster Presbyterian Church.

Burial was in Rosedale Cemetery in Orange, N.J.

Arrangements were by the Meyers Funeral Home in Delmar.

Contributions may be made to the Westminster Presbyterian Church Memorial Fund, 262 State St., Albany 12210.

Helen Amedio

Helen Rarick Amedio, 89, of Ravena, a native of South Bethlehem, died Monday, March 11, at St. Peter's Hospital in Albany.

Born in South Bethlehem, she had lived in Ravena for 50 years.

She was a member of Grace United Methodist Church in Ravena.

Survivors include her husband, John J. Amedio; a great granddaughter; and two great-great grandchildren.

Services were from Grace United Methodist Church.

Spring burial will be in Mt. Pleasant Cemetery in South Bethlehem.

Arrangements were by the Babcock Funeral Home in Ravena.

Contributions may be made to Grace United Methodist Church, 16 Hillcrest Drive, Ravena 12143, or the Ravena Rescue Squad, PO Box 144, Ravena 12143.

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

Student to help others over spring break

Shannon MacDowell, the daughter of Dr. and Mrs. Richard MacDowell of Windsor Court in Delmar, is participating in Hamilton College's fourth annual "Alternative Spring Break Program."

MacDowell, a sophomore at Hamilton, will join 35 other students in dedicating the first week of their spring break to one of three projects: the Community for Creative Non-Violence in Washington D.C.; the Macon Program for Progress in Franklin, N.C.; or Habitat for Humanity in Macon, Ga.

Six BCBS students in scholarship finals

Six Bethlehem Central High School students have advanced to the finals in the National Merit Scholarship Program.

Scholarship finalists are Laura Biggerstaff, David Blabey, Samuel Ginsberg, Joshua Kagan, David Malbin and Jason Sundram.

The National Merit Scholarship Program is in the process of selecting 6,900 scholarship winners from the 14,000 finalists remaining in the competition. The program will notify scholarship winners and their school principals in March.

St. Thomas pastor to lead presentation

Rev. James D. Daley of St. Thomas the Apostle Church in Delmar will present an overview of the *Paschal Triduum*, the Catholic church liturgical celebration of Holy Thursday, Good Friday and the Easter Vigil, on Thursday, March 28, from 7:30 to 9 p.m. in the St. Thomas school auditorium at 42 Adams Place in Delmar.

Reservations are requested.

For information, call 439-3945.

Easter celebration set at Delmar church

The "Lamb of Glory" Easter Cantata will take place at the Bethlehem Community Church at 201 Elm Ave. in Delmar on Sunday, March 31, at 10:30 a.m.

A collection of songs and narration will go through the passion story and culminate in a triumphant Easter celebration.

For information, call 439-3135.

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.

Sales

(From Page 1)

brokers in Bethlehem, sellers need to realize several things.

First, "a home will only sell if it's properly presented, well-marketed and in great showing condition," she noted. "It's a very competitive market out there. The supply still exceeds the demand."

The sales upturn seems to be "pretty much across the board," Griffin said, although the GCAR report noted that Albany and Saratoga counties "have seen more activity" than Rensselaer and Schenectady counties.

"I don't want people to get the impression that things are all of a sudden fantastic," she said. "It's just that there's been a nice little pickup in the market."

According to Bill Alston, sales manager for Blackman Destefano Real Estate in Delmar, the recent upswing is not altogether surprising given the "pent-up demand" that's been building over the past few years.

"There are many people who have been looking to buy, but didn't feel comfortable," he said.

"Last year was a shocker" with the state budget as well as the federal budget being held hostage to politics, Alston said. "Last year (in Bethlehem) we had the most challenging situation in the entire area because of the large number

of people living here who hold high-level state jobs. It seemed like almost everyone knew someone who was let go by the Pataki administration."

That panicky feeling has for the most part "run its course," Alston said.

A branch office of Gary Guyette Inc. recently opened in Voorheesville and sales agent James Starr said there's been a steady stream of visitors dropping by "inquiring about things. We've had a lot of positive feedback thus far, even though we've only been open a few weeks."

Starr said while things may be up a bit in Bethlehem and elsewhere in the Capital District, homes sales have generally stayed strong in the Voorheesville/New Scotland area, "because of the excellent reputation of our schools and our proximity to Albany. It hasn't really been a situation where they have had a great deal of problems selling."

Sewing group to try gold work embroidery

Fran Ripley will teach a hands-on class on "Gold Work Embroidery" at the meeting of the Embroiders' Guild on Wednesday, March 20, from 10 a.m. to 2 p.m. at the First United Methodist Church on Kenwood Avenue in Delmar.

N. Scotland Kiwanis to hold chicken dinner

The New Scotland Kiwanis Club will hold its annual spring chicken barbecue on Saturday, March 23, from 3 to 6:30 p.m. at the New Scotland Presbyterian Church off New Scotland Road in Slingerlands.

Proceeds from the event will benefit community and youth services.

The cost of the dinner is \$6.75 for adults, \$5 for children, and \$4 for a half-portion.

For information, call 765-2451.

Town hall to host three public hearings

Three hearings will take place on Wednesday, March 20, at the Bethlehem town offices located at 445 Delaware Ave. in Delmar.

At 7:30 p.m., there will be a public hearing on the application of Evelyn Keller of 21 Stratton Place in Delmar.

At 7:45 p.m., there will be a public hearing on the application of Herbert Leisenfelder of 18 Mallard Road in Glenmont.

At 8 p.m., there will be a public hearing on the application of Myrna Friedlander of 10 North St. in Delmar.

For information, call 439-4955.

Swing time



Daniel Morrell, 1, of Delmar, enjoys some of the good weather this week at Elm Avenue Park in Bethlehem.

Elaine McLain

BOU

(From Page 1)

than 160 items and services, said Smith. Gift certificates, financial packages, sports equipment, auto services, home maintenance services for both inside and out are all up for grabs. Even theme baskets, including one featuring the hummingbird with a feeder, field mug, note cards, wrapping paper and a mug, were donated by local real estate firms. "There's such creativity with some of these gifts," Smith said.

And vacation packages on Cape Cod, original art work, sailing on Lake George, an airplane ride over the Hudson, or an elegant gourmet dinner for 12, donated by the BOU board are all on the block

this year. Admission is free.

For the more practical minded, there's \$350 worth of carpentry services, donated by Ric Kaplowitz, or a driver's ed course, or fitness packages — the innovative list goes on and on.

"There really is something for everybody," said Hillinger, adding that this year for the first time, there will be a children's bucket auction, with tickets at only 50 cents. "You can come with or without kids and have a really good time," she said.

For the first 100 people who show up, Ben & Jerry's will provide free ice cream and homemade desserts will be available for others with a sweet tooth.

Youth Network

A BETHLEHEM NETWORKS PROJECT

Networks names its award winners

It is nearly time for the Academy Awards. Please read along as we open the envelopes and present the very special Bethlehem Networks Project awards. We are honoring those who have demonstrated their dedication and commitment to Networks and the community. And the winners are:

- **Continued Funding for a Project Award** belongs to Selkirk Cogen and GE Plastics for funding the Networks column in *The Spotlight*.
- **Best Financial Support for the Middle School Mentoring Program** goes to BOU, Stewarts and the Golub Corporation for their generous contributions.
- **Most supportive to the Mentoring Program** are School's Out Inc. and the Bethlehem Preschool.
- **Bethlehem Community Partnership Salute** goes to the Albany County STOP-DWI program,
- **Couldn't Have Done It Without Award** to Spotlight Newspapers, Capital District Physicians Health Plan, Bethlehem Library, First United Methodist Church, Bethlehem Lutheran Church, Delmar Presbyterian Church and the Bethlehem Chamber of Commerce.



Special on WMHT CHANNEL 17

Songs from the Heart of the Adirondacks
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WMHT Plays Favorites
Thursday, 8 p.m.

Victor Borge: Then and Now III
Friday, 8 p.m.

WMHT Plays Favorites
Saturday, 6:50 p.m.

WMHT Plays Favorites
Sunday, 7 a.m.

Survival Specials: Parents of the Wild
Monday, 8 p.m.

NOVA: Flood!
Tuesday, 8 p.m.

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Shane Weidman and Krystal Burns

Burns, Weidman to marry

Krystal Marie Burns, daughter of Robert and Karla Burns of Selkirk, and Shane Vincent Weidman, son of LaTelle and Mary Ann Weidman of Selkirk, are engaged to be married.

The bride-to-be is a graduate of Ravena-Coeymans-Selkirk High School. She is employed as a

pharmacy technician by CVS Pharmacy in Glenmont.

The future groom, also a graduate of RCS High School, is employed as a dialysis technician by Albany Dialysis Center in Albany.

The couple plans a May 31, 1997, wedding.

Dean's List

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

Binghamton University — Amy Ringler and Naomi Shoss, both of Delmar.

Sage Evening College — Karoline Harrington (high honors) and Carol Nadeau (high honors), both of Selkirk, and Eileen Monte of Slingerlands.

Sage Junior College of Albany — Rebecca Sievert (high honors) of Delmar; Jennifer Brown (high honors) and Stephanie Maldonado, both of Glenmont; Joyce Humphrey (high honors) of Slingerlands; and Nicole Bailey (high honors), Joann Hoose (high honors) and Kersten Dryden, all of Feura Bush.

SUNY Fredonia — Robert Jordan of Delmar and Leanna Curley of Selkirk.

SUNY Geneseo — Julie Davidson of Glenmont.

SUNY Oswego — Jonathan Meester (president's list) and Michael Kohler, both of Glenmont; Matthew Pilatzke of Voorheesville; Michael Aylward of Delmar; and Maureen Smith of Feura Bush.

University at Buffalo — Brian Phillips and Ian Salsberg, both of Delmar.

University of Richmond — Matthew Winterhoff of Delmar.

Wake Forest University — Lauren Boyle of Slingerlands.



Marie Setford and Robert Jacobs

Setford, Jacobs to marry

Marie J. Setford, daughter of Dale and Marie Setford of Selkirk, and Robert E. Jacobs, son of Robert E. Jacobs of Troy, are engaged to be married.

The bride-to-be is a graduate of Ravena-Coeymans-Selkirk High School and attended The College of Saint Rose. She is employed as

a medical billing manager by M.E.D. Associates in North Greenbush.

The future groom, a graduate of Tamarac High School, is employed as warehouse manager by Albany Tile Supply Co. in Albany.

The couple plans a December wedding.

Births

St. Peter's Hospital

Boy, Matthew Francis Brady, to Kelly Bink and Paul Brady, Glenmont, Jan. 2.

Boy, Alexander E. Kaloyeros, to Paula and Alain Kaloyeros, Voorheesville, Feb. 25.

Boy, Brian James Abbey, to Cathryn and Mark Abbey, Selkirk, Feb. 26.

Boy, Benjamin Carey Farstad,

to Tracy and David Farstad, Slingerlands, Feb. 27.

Girl, Kristina Marie Swift, to Nancy and Gregory Swift, Glenmont, Feb. 28.

Boy, Jason Henry Clas, to Susan and Charles Clas, Selkirk, Feb. 29.

Girl, Ashley Amanda Houk, to Rebecca Walker and Gerald Houk, Selkirk, March 3.

Elsmere swimmer scores at meet

Arianne Cohen of Elsmere, a freshman at Germantown Academy in Fort Washington, Pa., recently participated in the Eastern Interscholastic Swim Meet held at LaSalle University in Philadelphia.

The meet attracts some of the finest high school swimmers from independent schools around the country.

Cohen achieved a Junior National qualifying time in the 500-yard freestyle, and won a consolation final heat of the 200-yard freestyle. The following day, she achieved a Junior National qualifying time in the 1650-yard freestyle at the "Last Ditch" meet hosted by the Germantown Academy Aquatic Club/Team Foxcatcher.

Mail weddings, engagements

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

Black and white photos are preferred, but color photos are acceptable. Polaroid photos cannot be printed.

For information and submission forms, call 439-4949. Mail announcements to 125 Adams St., Delmar 12054.

Here's to a Wonderful Wedding!



RECEPTIONS

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Glenmont school holds crafts fair

The Glenmont Elementary School Parent Teacher Association will hold its 15th annual crafts fair on Saturday, March 30, from 10 a.m. to 4 p.m. at the school on Route 9W in Glenmont.

More than 80 crafters from throughout the Northeast will exhibit and sell a wide range of products, including many spring and Easter items.

Admission is free, and refreshments will be available. For information, call Sandra Ryther at 475-7568.

SPOTLIGHT ON

Family Entertainment

CALENDAR • ARTS & ENTERTAINMENT

Chocoholics beware!

By Joshua Kagan

Come Monday morning, Capital District residents may weigh a little more.

This weekend, about 12,000 people are expected to indulge themselves at the

"Everybody loves chocolate," said Cathy Callan, special events coordinator for Equinox. "I think we do get people who really want to support Equinox."

The festival will include chef demonstrations and sample chocolates available to taste. Several gourmet chocolatiers, including Pearl Grant Richmond's and Doleah's, will offer their specialties for sale at the festival. This year, there is also a raffle for a \$500 shopping spree at Stuyvesant Plaza.

"The chocolate is wonderful," Callan said. "It's the best you can find in this area."

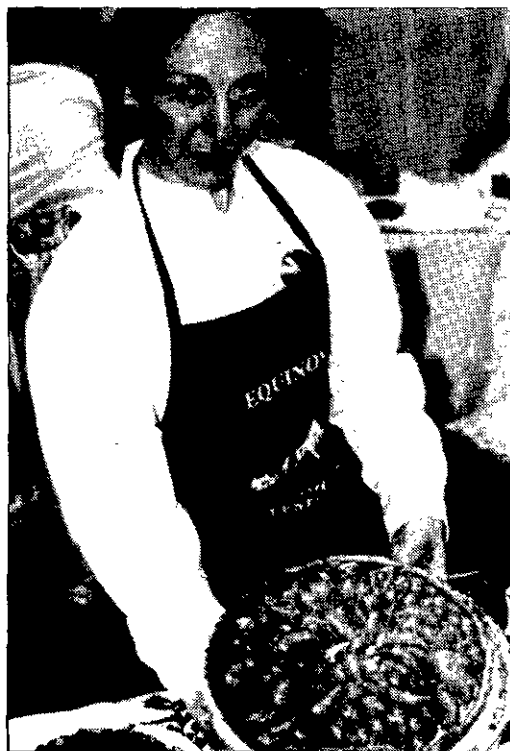
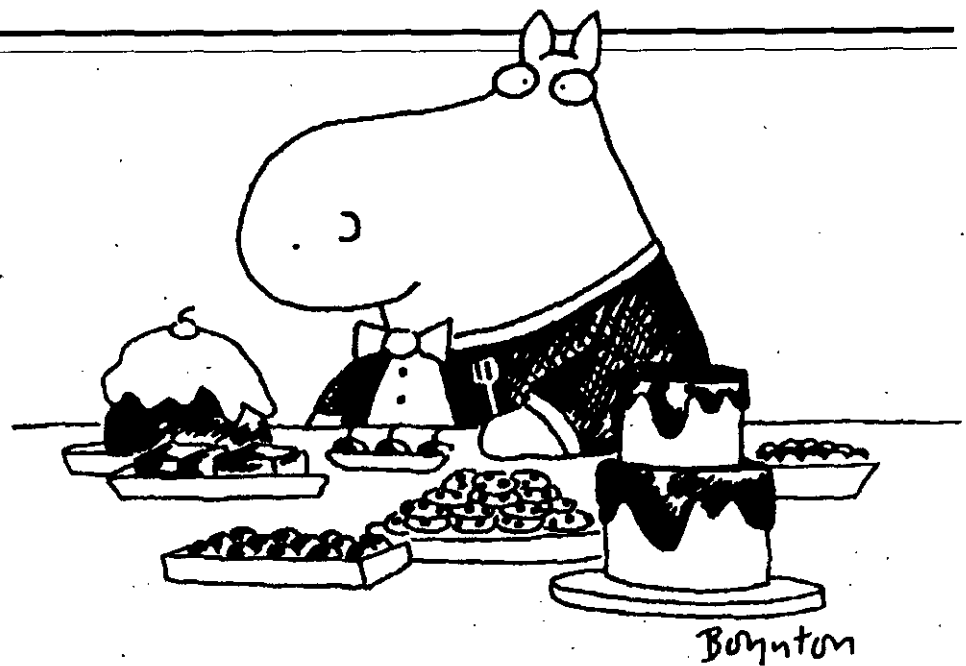
The chocolate at the festival will not just be what is found in an average candy bar. There will be many intricate creations on display.

"It ranges from a little chocolate Easter rabbit to chocolate golf balls," said Callan. "One year we had a chocolate fountain. You can really let your imagination run wild here."

There will be a Taste of Chocolate Gala to kick off the festival on Friday, March 22, from 6 to 10 p.m. at the New Scotland Avenue Armory. Innocent Luxury will provide gourmet food and various accomplished chefs will provide chocolate desserts.

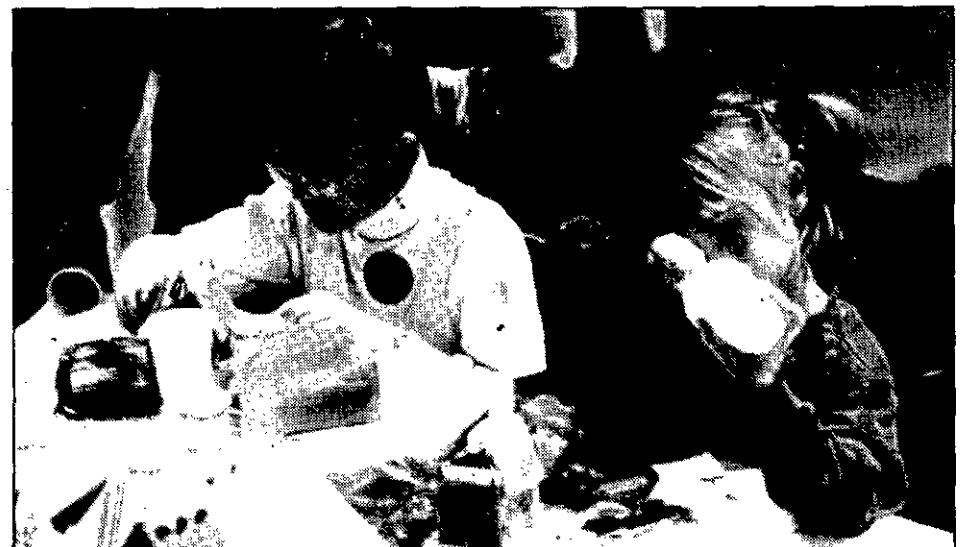
At the gala, swing band All in Good Time will perform. There will also be a "Prix du Cookie," a chef's bake-off.

The festival began four years ago as an offshoot of another fund raiser for Equinox. "We needed to broaden our audience to get the word out about Equinox," Callan said. "We also needed a big fund-raiser. We really need it to



Tempting treats abound at the Taste of Chocolate Gala sponsored by the Friends of Equinox this weekend at the New Scotland Avenue Armory.

fourth annual state Festival of Chocolate, at the New Scotland Avenue Armory. The event is a fund raiser for Equinox Community Services Agency, which offers a variety of family services.



Children get into the act by creating confections at last year's Festival.

enhance our programs."

Equinox's services include a counseling center for substance abuse, an independent living center for teenagers, a youth shelter, a domestic violence shelter and a drug abuse outreach program. It also runs the annual Thanksgiving Day dinner in Albany.

Equinox and the festival are supported by an honorary committee that is chaired by Benita Zahn of WNYT and includes Gov. George Pataki, Congressman Mike McNulty and several state senators and assemblymen.

The festival will run from 7 to 9 p.m. Friday, March 22, from 10 a.m. to 6 p.m. on Saturday, March 23, and from 11 a.m. to 5 p.m. on Sunday, March 24. Admission to the "Beat the Crowd" session on Friday costs \$10. Admission on Saturday and Sunday costs \$3 for adults and \$1 for children. It will be at the armory at 130 New Scotland Ave. in Albany.

For information, call Equinox at 434-6135.

Wall Street taken over coals in play opening March 27 at Capital Rep

After success as an off-off-Broadway production, *Junk Bonds* is being offered as the next presentation of the season on March 27 at the Capital Repertory Company's Market Place Theater in Albany.

Written by a former bond trader, Lucy Wang, the award-winning play presents a harsh but amusing look at the high stakes world of Wall Street.

Bond trading has been the cause of large scandals but also has provided money for entrepreneurs to build large corporations. The cable industry gained nationwide viability, for example, with money derived from bonds.

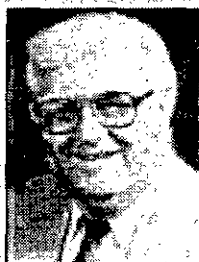
Semi-autobiographical, the play revolves around a young Asian-American woman who enters the high stakes world of bond trading and matches wits with the males who dominate the field.

First produced in 1994, the play seemed to foretell the downfall of Barings Bank in England as a result of manipulation of bond trading.

Junk Bonds won the 1994 Roger L. Stevens Incentive Award from Kennedy Center, and has proved to be a favorite among regional theaters.

Capital Rep artistic director Margaret Mancinelli-Cahill has worked with the playwright for the past two years on revisions of the play as has current director Aimee Michel.

Yunjin Kim who has a list of off-Broadway and television credits, plays the young bond trader.



Martin P. Kelly

SPOTLIGHT

By Martin P. Kelly

Junk Bonds has a "pay-what-you-will" performance this Saturday (March 23) and Sunday (March 24) at 7:30 p.m. Following the opening, the show will run through April 21. Reservations are available at 462-4534.

Dear Ruth opens Friday in Latham presented by The Footlighters

Greg Seep and Kathleen Merolla are featured as World War 2 pen pals who find love in *Dear Ruth*, a play that was a Broadway hit during the war years.

The comedy deals with a young girl writing a soldier at war pretending to be her older sister. The complications that ensue when he comes home on furlough form the basis of the romantic comedy.

This production by The Footlighters, a community theater company now in its 41st year, will be staged at the Cavalry United Methodist Church in Latham.

Performances are Friday and Saturday and the following week on March 29 and 30. Curtain is 8 p.m. all four nights.

Reservations available at 785-5142.

New playwright gets a reading at College of St. Rose theater

A project editor at the Delmar Publishers will have her play, *It Must Have Been Something They Ate* presented in a staged reading Friday (March 22) at the College of Saint Rose campus theater at 7 p.m. Admission is free to the public.

Annette Downs Danaher, an Albany resident, will see her play presented for the first time as actors do her script in a staging that permits them to move around the stage as characters while carrying the play script in their hands.

This is the second new play of the season to be presented in the "Four by Four" series of plays to be offered at the college this season.

Danaher's play revolves around a newspaper restaurant critic who hopes to find true love. In real life, Danaher writes articles for a magazine that caters to graduating students looking for professional jobs.

She is currently working on her master's degree at St. Rose.

West Side Story booked by Proctor's in eight performances March 27-31

A touring production of the new, international presentation of the Tony-award winning *West Side Story* comes to Proctor's Theatre in Schenectady March 27 for eight performances through March 31 that include three matinees.

Jerome Robbins' original 1957 choreography is recreated in this touring production by director Alan Johnson.

This company is playing Schenectady as part of a two-year tour that includes 29 more U.S. cities and stops in Canada and Japan.

This modernization of Shakespeare's *Romeo and Juliet* has proved to be a very popular musical for the past 40 years, including a revival on Broadway in 1980.

Matinees at 2 p.m. will be given March 28, 30 and 31 with evening performances March 27 through 30 at 8 p.m.

Reservations and information are available at 346-6204.

Around Theaters!

Jakes Women, Neil Simon comedy at Schenectady Civic Theater through March 24. (382-2081)

Arts and Entertainment

THEATER

"COMEDY OF ERRORS" AND "TWELFTH NIGHT"
Shakespearean comedies, one act abridgements, Circle Theatre, Route 43, Averill Park, through March 23, 8 p.m., \$8. Information, 674-2154.

"WEST SIDE STORY"
classic musical, Proctor's Theatre, 432 State St., Schenectady, March 26 through 30, 8 p.m., \$25.50. Information, 346-6204.

"IT MUST HAVE BEEN SOMETHING THEY ATE"
comedy by Annette Danaher, The College of Saint Rose Campus Theatre, 1000 Madison Ave., Albany, Friday, March 22, 7 p.m. Information, 454-5102.

"JUNK BONDS"
Lucy Wang's award-winning play, The Market Theatre, 111 North Pearl St., Albany, through April 21. Information, 462-4534.

MUSIC

ALLAN ALEXANDER
guitar and lute player, Allegro Cafe, Troy, Saturdays through April 29, 7 to 11 p.m. Information, 271-1942.

CHRISTINE MICHAELS
Borders Books and Music, 59 Wolf Road, Colonie, Friday, March 22, 8 p.m. Information, 482-5800.

PEGGY REES
Borders Books and Music, 59 Wolf Road, Colonie, Saturday, March 23, 8 p.m. Information, 482-5800.

CD BLUES
Justin's, 301 Lark St., Albany, Saturday, March 23, 10:30 p.m. to 1:30 a.m.

RICK BOLTON AND SUSAN HAMLIN
R & B guitar and vocals, Londonderry Cafe, Stuyvesant Plaza, Albany, Saturday, March 23, 6:30 to 9:30 p.m. Information, 489-4288.

JOHN MAYALL & THE BLUESBREAKERS
with blues artist Papa Chubby, Empire Center at the Egg, Empire State Plaza, Albany, Thursday, March 21, 7:30 p.m., \$16. Information, 473-1845.

FRANKLIN MICARE
Timothy's Pub, Century House, Route 9, Latham, Saturday, March 23, 7 to 11 p.m. Information, 785-0834.

"SERENADE TO SPRING"
concert of classical music, recital hall, SUNY Albany Performing Arts Center, Albany, Saturday, March 23, 8 p.m. Information, 442-3997.

FINDLAY COCKRELL
pianist, recital hall, SUNY Albany Performing Arts Center, Wednesday, March 27, 4:20 p.m. Information, 442-3997.

JAMES DURST
poet and musician, Unity Church, 21 King Ave., Albany, Sunday, March 24, 1:30 p.m., \$10. Information, 453-3603.

CRAOB RUA
Irish folk band, Masonic Temple, Route 146, Altamont, Monday, March 25, 8 p.m., \$10. Information, 765-2815.

BURNT HILLS ORATORIO SOCIETY
choral concert, Union College Memorial Chapel, Schenectady, Sunday, March 24, 7 p.m., \$12. Information, 885-5472.

OUT OF CONTROL
rhythm and blues band, The Scoreboard, Central Avenue, Albany, Saturday, March 23, 10 p.m. to 2 a.m.

CALL FOR ARTISTS SOUP MULTIMEDIA
Soup Multimedia is currently looking for artists, photographers, painters, videographers, musicians and writers for "Postcards from Albany." Call, write or e-mail SOUP4MARK@aol.com, PO Box 3721, Albany, NY 12203. Information, 869-0766.

DISTINGUISHED POETS AWARD
one poem only, 20 lines or less on any subject in any style, \$500 grand prize, send to Sparrow Poetry Forum, Inc., Dept. E, 203 Diamond St., Sisseton, SD 57175. contest closes May 31. Information, 304-652-1449.

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, taught by Kristin Woodward. Information, 783-1828.

MUSEUM ART CLASSES
ongoing, 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 "PETROSINELLA — ITALY'S RAPUNZEL"
directed by Ric Chesser, Steamer No. 10 Theatre, 500 Western Ave., Albany, March 23, 24, 30 and 31 and April 6, 1 and 3:30 p.m., \$6. Information, 438-5503.

LECTURES "IT'S ALL AROUND US: ART IN EVERYDAY LIFE"
lunchtime art talk, Albany Institute of History & Art, 125 Washington Ave., Albany, Wednesday, March 20, 12:10 p.m. Information, 463-4478.

COLLECTION CONVERSATION "History for Now: The Changing Community in the 20th Century," Albany Institute of History & Art, 125 Washington Ave., Albany, Sunday, March 24, 2 p.m. Information, 463-4478.

3 GUYS FROM ALBANY
poetry performance group, Schenectady Public Library, 99 Clinton St., Schenectady, Sunday, March 24, 2 p.m. Information, 439-0583.

OPEN MIC POETRY
QE2, 12 Central Ave., Albany, Monday, March 25, 7:30 p.m. Information, 438-6314.

VISUAL ARTS

"PEOPLE AND PLACE"
"People and Place. Changing Land Use and Landscape in Rensselaer County," chronological look at land use in the county, Rensselaer County Historical Society, 59 Second St., Troy, through June. Information, 272-7232.

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.

Spotlight on Dining

For the best in area dining, try these wonderful restaurants



Del Mare RESTAURANT
478-0539
MAIN SQUARE
318 DELAWARE AVE., DELMAR, NY

LOSE THOSE WINTER BLUES, THINK TULIPS!
Let us fill your glasses with fine wine and tempt your palate with our culinary delights. Just a sample off our menu:
Chicken & Shrimp Eileen
Jumbo Shrimp and Chicken sauteed with Mushrooms and Onions in a Seafood Cream Sauce
\$14.95

元寶屋 DUMPLING HOUSE
Chinese Restaurant
Specializing in Dumplings, Lunches, Dinners, Cocktails, Mandarin, Szechuan, Hunan & Cantonese. Eat in or Take Out. Open 7 days a week.
458-7044 or 458-8366
120 Everett Road, Albany • Near Shaker Road

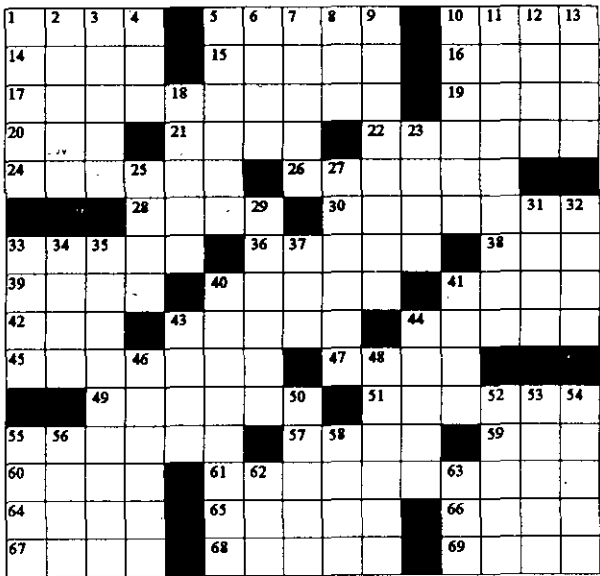
Sam's Italian & American Restaurant
Our 24th Anniversary
125 Southern Blvd., Albany • 463-3433
EARLY BIRD SPECIALS
Tues., Wed. & Thurs. • 4:30-6 P.M.
Veal Parmigiana — \$7.25
Manicotti w/Meatballs — \$7.75
Shrimp Fradiavolo — \$8.75
DAILY LUNCH SPECIALS

Weekly Crossword

"Oscar Nostalgia"

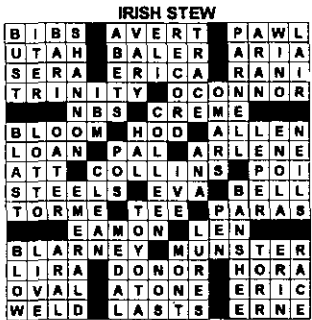
By Gerry Frey

- ACROSS**
1 Chowder resident
5 Biblical spy
10 Open
14 Latvian city
15 Bell town
16 Rescue
17 1953 contender for "Mogambo"
19 Peter Pan's pirate
20 Med. diagnostic tool
21 Ploy
22 Furniture workers
24 Hearing, sight etc.
26 Spanish titles
28 Halt
30 _____ look
33 Box
36 Singer Frankie
38 So. Amer. tree
39 Attila's people
40 "Divine Comedy" author
41 Uttered
42 Attorney's org.
43 Typeface
44 Actor Alfred & family
45 Rejuvenate
47 Perceived
49 Qualities
51 Hens
55 Charlatans
57 Mid-east prince
59 Hawaiian garland
60 Misplacement
61 1958 winner for "Separate Tables"
64 Dismounted
65 Fashion designer Simpson
66 Computer need
67 Legumes
68 Dimaggio and Mantle
69 Understanding words
- DOWN**
1 Bones up
2 French book
3 Once more



- 4 C. Q., e.g.
5 Tenor Enrico
6 Sums
7 Follows fast and bowling
8 Wind dir.
9 1955 winner for "Marty"
10 Convince
11 1955 runnerup for "East of Eden"
12 Affirm
13 No. Amer. Indians
18 Mountain ridge
23 Romance
25 J.F.K. visitors
27 Social butterflies
29 Mars, e.g.
31 Philippine lizard
32 Dozes
33 Scorch
34 Country bumpkin
35 Bergman's 1956 winner
37 Also
40 1959 runnerup for "Pillow Talk"

- 41 State Univ. of N. Y.
43 Highway
44 Master
46 Guardianships
48 Leaves out
50 Word before seas
52 "Hound Dog" singer
53 Cooperstown's Pee Wee
54 Between then and now
55 Flutter
56 Oscar winner's need
58 Word after evaporated
62 Oklahoma city
63 Mr. Amin



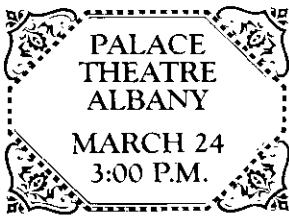
VANGUARD-ALBANY SYMPHONY PRESENTS
SUNDAY SYMPHONY FAMILY CONCERT

David Alan Miller — Music Director Conductor

STORMY WEATHER

Join Meteorologist "Buzz" Miller, special celebrity guest J. Weatherman, and the greatest Weather Orchestra in the world for the wildest musical weather report of all times. Featuring the biggest deluges throughout music history, this storm will knock your galoshes off! From Vivaldi to Wagner, Beethoven to Britten, with a special audience generated Stormy Weather Symphony as high light, this concert will make you beg for springtime!

Adults \$11* Children (under 14 year old) \$5*
*Plus Handling Charge



General admission tickets available at the Palace Theatre Box Office (518) 465-4663, and all Ticketmaster locations (518) 476-1000.

FUN FOR THE WHOLE FAMILY

The perfect introduction to classical music. In an informal setting you can relax and enjoy the concert as you treat your family to a fast-paced hour of live symphonic entertainment.

For More Information
465-4755



ALBANY SYMPHONY ORCHESTRA

AROUND THE AREA

WEDNESDAY
MARCH 20

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.

SCHENECTADY COUNTY
WRITING WORKSHOP
 for advanced fiction writers, room 210, Proctor's Arcade, Schenectady, 7 p.m. Information, 381-8927.

ALZHEIMER'S SUPPORT GROUP
 for those who care for Alzheimer's parents, Royce House, 117 Nott Terrace, Schenectady, 1 p.m. Information, 438-2217.

RIVER VALLEY CHORUS MEETING
 Glen Worden School, 34 Worden Road, Scotia, 7:30 p.m. Information, 355-4264.

THURSDAY
MARCH 21

ALBANY COUNTY
CAPITAL DISTRICT TRANSPORTATION COMMITTEE
 CDTC Staff Offices, Computer Drive West, Albany, 3 p.m. Information, 458-2161.

CHORUS REHEARSAL
 sponsored by Capitaland Chorus of Sweet Adelines, New Covenant Church, 916 Western Ave., Albany, 7:30 p.m. Information, 237-4384.

MENOPAUSE SUPPORT GROUP
 office of Drs. Jacobs & Lee, 62 Hackett Blvd., Albany, 7 p.m. Information, 783-5656.

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.

SARATOGA COUNTY
EATING DISORDERS SUPPORT GROUP
 Four Winds Hospital, Algonquin Activities Building, Crescent Ave., Saratoga Springs, 7:30 to 9 p.m. Information, 465-9550.

FRIDAY
MARCH 22

ALBANY COUNTY
SENIORS LUNCHES
 Albany Jewish Community Center, 340 Whitehall Road, Albany, 12:30 p.m. Information, 438-6651.

SATURDAY
MARCH 23

ALBANY COUNTY
LENTEN DAY OF PRAYER
 bring a bag lunch, beverages provided, Abba House of Prayer, 647 Western Ave., Albany, 10 a.m. to 3 p.m. Information, 438-8320.

SCHENECTADY COUNTY
SCLEDERMA MEETING
 Sunnyview Hospital, 1270 Belmont Ave., Schenectady, 2 to 4 p.m. Information, 827-8070.

SUNDAY
MARCH 24

ALBANY COUNTY
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.

MONDAY
MARCH 25

ALBANY COUNTY
SENIORS LUNCHES
 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
MARCH 26

ALBANY COUNTY
TRUE FRIENDS
 female incest survivors support group, Pineview Community Church, 251 Washington Ave., Extension, Albany, 7 to 8:30 p.m. Information, 452-7800.

BINGO
 Albany Jewish Community Center, 340 Whitehall Road, Albany, 7:30 p.m. Information, 438-6651.

SENIORS LUNCHES
 Albany Jewish Community Center, 340 Whitehall Road, Albany, 12:30 p.m. Information, 438-6651.

CAPITAL TOASTMASTERS CLUB
 for people who wish to develop speaking skills, Anthony's Park Plaza Restaurant, 27 Elk St., Albany, 5:45 p.m. Information, 489-0936.

"MANAGING THE TRANSITION TO COLLEGE"
 for parents and college-bound students, West Building Lecture Center, Guilford High School, Depot Road, Guilford Center, 7:30 p.m. Information, 453-6700.

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.

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.

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

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

COLUMBIA COUNTY

EATING DISORDERS SUPPORT GROUP
 Christ Episcopal Church, Union Street, Hudson, 7:30 to 9:30 p.m. Information, 465-9550.

WEDNESDAY
MARCH 27
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.

SCHENECTADY COUNTY

RIVER VALLEY CHORUS MEETING
 Glen Worden School, 34 Worden Road, Scotia, 7:30 p.m. Information, 355-4264.

To list an item of community interest in the
The Spotlight, send all pertinent information to

The Spotlight Calendar

P.O. Box 5349, Albany, NY 12205

LEGAL NOTICE

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. (March 20, 1996)

ARTICLES OF ORGANIZATION OF WESTMERE HOME FOR ADULTS, LLC

FIRST: The name of the limited liability company is Westmere 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. (March 20, 1996)

BASIC ARTICLES OF ORGANIZATION FOR A PROFESSIONAL SERVICE COMPANY

ARTICLES OF ORGANIZATION OF

LEGAL NOTICE

DENTISTS DIRECT SERVICES, LLC

Under Section 1203 of the limited liability company law

FIRST: The name of the professional service limited liability company is: Dentists Direct Services, LLC.

SECOND: The professional service limited liability company is formed for the practice of the profession of dentistry.

THIRD: The county within this state in which the office of the professional service limited liability company is to be located is: Albany.

FOURTH: The latest date in which the professional service limited liability company is to dissolve is: March 1, 2026.

FIFTH: The Secretary of State is designated as agent of the professional service limited liability company upon whom process against it may be served. The post office address within or without this state to which the Secretary of State shall mail a copy of any process against the professional service limited liability company served upon him or her is: 7 Elk Street, Albany, New York 12207-1066.

SIXTH: The name and street address within this state of the registered agent of the professional service limited liability company upon whom and at which process against the professional service limited liability company can be served is: DSSNY Administrators incorporated, 7 Elk Street, Albany, New York 12207-1066.

SEVENTH: The Articles are effective upon filing.

EIGHTH: The professional service limited liability company is to be managed by: One or more managers.

NINTH: The names and residence addresses of all individuals who are to be the original members and the original managers:

Dr. Milton L. Lawney, 4 Tiffany Avenue, P.O. Box 428, Conklin, NY 13748

Dr. Lawrence E. Volland, 4538 Sharon Drive, Lockport, NY 14094

TENTH: There are no other individuals, corporations, companies, partnerships, or other entities who are to be the original members or managers.

IN WITNESS WHEREOF, this certificate has been subscribed this 1st day of March, 1996, by the undersigned who affirms that the

LEGAL NOTICE

statements made herein are true under the penalties of perjury.

(s) Milton L. Lawney
 Founding Member and Manager
 (March 20, 1996)

ARTICLES OF ORGANIZATION OF

WEB DESIGNS, LLC
 FIRST: The name of the limited liability company is: Web Designs, LLC.

SECOND: The County within this state in which the office of the limited liability company is to be located: Albany County.

THIRD: The latest date on which the Limited Liability Company is to dissolve is: July 4, 2076.

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 against the Limited Liability Company served upon him or her is: Ms. Deborah J. McGinn; 4 Malpass Road; Albany, New York 12203-4804.

FIFTH: The name and street address within the State of the registered agent of the Limited Liability Company upon whom and at which process against the Limited Liability Company can be served: Deborah J. McGinn; 4 Malpass Road; Albany, New York 12203-4804.

SIXTH: The Effective Date of the Articles of Organization shall be upon filing.

SEVENTH: The Limited Liability Company is to be managed by one or more managers.

EIGHTH: From time to time any member of the Limited Liability Company may be called upon to be liable in their capacity as members for specific debts, obligations or liabilities of the Limited Liability Company as authorized pursuant to Section 609 of the Limited Liability Company Law. (March 20, 1996)

ARTICLES OF ORGANIZATION OF THE HENKE-WARREN AGENCY, LLC

FIRST: The name of the limited liability company is: The Henke-Warren Agency, LLC.

SECOND: Albany County has been designated as the county within this state in which the office

LEGAL NOTICE

of the limited liability company is to be located.

THIRD: The latest date on which the limited liability company is to dissolve is December 31, 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 William H. Brown, 20 North Street, Albany, New York 12204.

FIFTH: The limited liability company is to be managed by one or more managers. (March 20, 1996)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of 637 Elm Avenue, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on February 23, 1996, effective upon the 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 c/o 2145 New Scotland Road, Slingerlands, New York 12159. 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. (March 20, 1996)

NOTICE OF FORMATION OF LIMITED LIABILITY PARTNERSHIP

FIRST: The name of the professional service limited liability partnership is HOGAN & GROSKY, LLP.

SECOND: The professional service limited liability partnership is formed for the practice of the profession of law.

THIRD: The office of the limited liability partnership is to be located in the County of Albany, State of New York.

FOURTH: The secretary of state is designated as agent of the limited liability partnership upon whom process against it may be served. The post office address within or without this state to which the Secretary of State shall mail a copy of any process against the limited liability partnership served upon him or her is:

LEGAL NOTICE

HOGAN & GROSKY, LLP, 1859 Western Avenue, Albany, NY 12203.

FIFTH: The latest date upon which the limited liability partnership is to dissolve is December 31, 2002.

IN WITNESS WHEREOF, this certificate has been subscribed to this 27th day of February, 1996 by the undersigned who affirms that the statements made herein are true, under penalties of perjury.

s/Norma E. Hogan,
 Attorney at Law
 Dated: February 27, 1996
 (March 20, 1996)

NOTICE OF CONVERSION OF A PARTNERSHIP TO A LIMITED LIABILITY COMPANY

Under Section 1006 of the Limited Liability Company Law

FIRST: The partnership was, in accordance with the provisions of the Limited Liability Company Law, duly converted to a limited liability company.

SECOND: The name of the partnership was Northeast American Realty Partnership.

THIRD: The name of the limited liability company is: Northeast American Realty, LLC.

FOURTH: The certificate of conversion of the partnership to a limited liability company was filed with the Secretary of State on February 28, 1996.

FIFTH: The office of the limited liability company is to be located in Albany County.

SIXTH: 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 against the limited liability company served upon him or her is:

1769 Central Avenue, Albany, New York 12205.

SEVENTH: The purpose of the limited liability company is to own, develop and manage real property, lease real property to others, and to engage in such other business as the members may agree.

Dated: March 7, 1996
 Martin J. Ricciardi, Esq.
 Whiteman Osterman & Hanna,
 Attorneys for Northeast American Realty, LLC

LEGAL NOTICE

P.O. Box 22016
 Albany, New York 12201
 (March 20, 1996)

ARTICLES OF ORGANIZATION OF CHA TECH SERVICES, 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 206 of the Limited Liability Company Law of the State of New York (the "LLCL"), certifies that:

FIRST: The name of the Company is CHA Tech Services, 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 formation of the Company is to be effective January 1, 1996.

FOURTH: The county within the State of New York in which the office of the Company is to be located is Albany.

FIFTH: In addition to the events of dissolution set forth in Section 701 of the LLCL, the latest date on which the Company may dissolve is December 31, 2045.

SIXTH: 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 Ill Winters Circle, Albany, New York 12205.

SEVENTH: The Company is to be managed by one or more members.

EIGHTH: The Company shall have the power to indemnify, 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 the penalties of perjury this 29th day of November, 1995.

Richard A. Lange
 (March 20, 1996)

The Spotlight CALENDAR

WEDNESDAY
MARCH 20
BETHLEHEM
ORGANIC GARDENING

Laurence Sombke, garden writer, landscape consultant, and WAMC/Northeast Public Radio "Environmental Gardener" to speak on maintaining a chemical-free garden, Bethlehem Public Library, 451 Delaware Ave., Delmar, 7:30 p.m. Information, 439-9314.

ZONING BOARD OF APPEALS
town hall, 445 Delaware Ave., 7:30 p.m. Information, 439-4955.

BINGO

Blanchard American Legion Post, 16 Poplar Drive, 7:30 p.m. Information, 439-9819.

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.

TESTIMONY MEETING

First Church of Christ, Scientist, 555 Delaware Ave., 8 p.m. Information, 439-2512.

SOLID ROCK CHURCH

1 Kenwood Ave., evening prayer and Bible study, 7 p.m. Information, 439-4314.

NEW SCOTLAND
VOORHEESVILLE PLANNING COMMISSION

village hall, 29 Voorheesville Ave., 7:30 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.

FAITH TEMPLE

bible study, New Salem, 7:30 p.m. Information, 765-2870.

MOUNTAINVIEW EVANGELICAL FREE CHURCH

evening service, Bible study and prayer, Route 155, 7:30 p.m. Information, 765-3390.

STORY HOUR

Voorheesville Public Library, 51 School Road, Voorheesville, 7 p.m. Information, 765-2791.

FAMILY EVENING STORY HOUR

Voorheesville Public Library, 51 School Road, Voorheesville, 7 p.m. Information, 765-2791.

THURSDAY
MARCH 21
BETHLEHEM
BETHLEHEM HISTORICAL ASSOCIATION

Route 144 and Clapper Road, Selkirk, 8 p.m. Information, 439-3916.

RECOVERY, INC.

self-help for chronic nervous symptoms, First United Methodist Church, 428 Kenwood Ave., 10 a.m. Information, 439-9976.

YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 2 to 4:30 p.m. Information, 439-0503.

BETHLEHEM SENIOR CITIZENS

town hall, 445 Delaware Ave., 12:30 p.m. Information, 439-4955.

AMERICAN LEGION LUNCHEON

for members, guests and membership applicants, Blanchard Post, 16 Poplar Drive, noon.

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.

PERFORMING ARTS GROUP

Bethlehem Public Library community room, 451 Delaware Ave., Delmar, 7 p.m. Information, 439-9316.

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
NEW SCOTLAND KIWANIS CLUB

New Scotland Presbyterian Church, Route 85, 7 p.m.

FAITH TEMPLE

Bible study, New Salem, 7:30 p.m. Information, 765-2870.

FRIDAY
MARCH 22
BETHLEHEM
AA MEETING

First Reformed Church of Bethlehem, Route 9W, 7:30 p.m. Information, 489-6779.

CHABAD CENTER

Friday services, discussion and kiddush at sunset, 109 Elsmere Ave. Information, 439-8280.

LENTEN MEAL

St. Thomas Church, Kenwood Avenue, Delmar, 5:30 to 7 p.m. Information, 439-5748.

NEW SCOTLAND
STORY HOUR

Voorheesville Public Library, 51 School Road, Voorheesville, 1:30 p.m. Information, 765-2791.

YOUTH GROUP MEETINGS

United Pentecostal Church, Route 85, New Salem, 7 p.m. Information, 765-4410.

SATURDAY
MARCH 23
BETHLEHEM
AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779.

BBQ DINNER

sponsored by the South Bethlehem United Methodist Church School, South Street, 4:30 to 7 p.m., \$7. Information, 767-2281.

NEW SCOTLAND
"LIFESTORIES"

writing workshop, Voorheesville Public Library, 51 School Road, Voorheesville, 10 a.m. to noon. Information, 765-2791.

GEURTZE'S BARBECUE

eat-in or take-out, South Bethlehem United Methodist Church, Willowbrook Avenue, South Bethlehem, 4:30 to 7 p.m. Cost, \$7 for adults and \$4.50 for children. Information, 767-2281.

"SGRAFFITO!"

art program to explore the uses of crayons, grades four and up, Voorheesville Public Library, 51 School Road, Voorheesville, 2 to 3:30 p.m. Information, 765-2791.

SUNDAY
MARCH 24
BETHLEHEM
CAPITAL-HUDSON IRIS SOCIETY

large meeting room, Bethlehem Public Library, 451 Delaware Ave., Delmar, 1:30 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, 439-0358.

ST. MICHAEL'S CHURCH

Latin Mass, 10 a.m. Sunday, 5:30 p.m. daily, Route 9W at Beacon Road, Glenmont. Information, 462-2016.

SOLID ROCK CHURCH

worship service, 11 a.m., 1 Kenwood Ave. Information, 439-4314.

SLINGERLANDS COMMUNITY UNITED METHODIST CHURCH

worship service and church school, 10 a.m., fellowship hour, nursery care provided, 1499 New Scotland Road. Information, 439-1766.

SOUTH BETHLEHEM UNITED METHODIST CHURCH

Sunday school, 9:30 a.m., worship service, 11 a.m., followed by coffee hour, Willowbrook Avenue. Information, 767-9953.

DELMAR PRESBYTERIAN CHURCH

worship service, church school, nursery care, 10 a.m., fellowship and coffee, 11 a.m., adult education, 11:15 a.m., family communion service, first Sunday, 585 Delaware Ave. Information, 439-9262.

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.

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.

MOUNT MORIAH MINISTRIES

Sunday school, 9:45 a.m., morning worship, 11 a.m., youth group, 6 p.m., evening service, 7 p.m., Route 9W, Glenmont. Information, 426-4510.

NEW SCOTLAND
BETHEL BAPTIST CHURCH

Sunday school, 9:15 a.m., worship service, 10:15 a.m., Auberge Suisse Restaurant, Route 85. Information, 475-9086.

FAITH TEMPLE

Sunday school, 10 a.m., worship service, 7 p.m., New Salem. Information, 765-2870.

ST. MATTHEW'S ROMAN CATHOLIC CHURCH

Masses—Saturday at 5 p.m. and Sunday at 8:30 and 10:30 a.m., Mountainview Street, Voorheesville. Information, 765-2805.

JERUSALEM REFORMED CHURCH

worship service, 9:30 a.m., followed by coffee hour, Route 32, Feura Bush. Information, 439-0548.

NEW SALEM REFORMED CHURCH

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.

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.

LEGAL NOTICE
ARTICLES OF ORGANIZATION OF ESSENTIAL STAFFING LLC

Under §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 Essential Staffing LLC.

SECOND: The County within New York State in which the office of the Company is to be located is Saratoga County.

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 20 Glen Terrace, Glenville, New York 12302.

FIFTH: The name and address in New York of the registered agent of the Company upon whom and at which process against the Company can be served are Mark Mastroianni, 20 Glen Terrace, Glenville, New York 12302.

SIXTH: The business of the company will be to supply temporary staffing of Allied Health Personnel and to perform all legally permissible purposes in addition to the aforementioned purpose.

SEVENTH: The company is to

LEGAL NOTICE

be managed by its members.

IN WITNESS WHEREOF, these Articles of Organization have been subscribed this 19th day of October, 1995 by the undersigned who affirms that the statements made herein are true under penalties of perjury.

(March 20, 1996)

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Corrugated Aluminum Pipe; Corrugated Metal Pipe (Steel); Corrugated Metal Pipe-Arch (Steel); and Plastic Pipe; as per the specifications during the period 15 April 1996 to 14 April 1997, inclusive, for the use of the Town as and when required.

Bids will be received up to 2:00 p.m., 2:10 p.m. and 2:25 p.m. on the 1st day of April 1996, at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York.

Bids shall be submitted on Town of Bethlehem "Bid Sheets" and addressed to Mrs. Sheila Fuller, Supervisor of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each bid shall be submitted.

"Bid Sheets" and copies of the

LEGAL NOTICE

specifications must be obtained from the Town Clerk at the Town Hall, Delmar, New York. A copy of the specifications shall accompany the bid.

The Town Board reserves the right to waive any informalities in or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM

Kathleen A. Newkirk, CMC Town Clerk

Dated: March 13, 1996

(March 20, 1996)

NOTICE OF ANNUAL ELECTION
THE BETHLEHEM CENTRAL SCHOOL DISTRICT OF THE TOWN OF BETHLEHEM AND NEW SCOTLAND COUNTY OF ALBANY, NEW YORK

NOTICE IS HEREBY GIVEN that the annual election of the inhabitants of the above named school district will be held in the upper gymnasium of the Bethlehem Central Middle School, 332 Kenwood Avenue, Delmar, New York, on Wednesday, May 8, 1996, between the hours of 7:00 a.m. and 9:00 p.m. EDT.

The Board of Education will present for consideration the school district budget for the period of July 1, 1996 to June 30, 1997. Copies of said budget may be previewed by any inhabitant of the district during the fourteen (14) days immediately preceding the annual

LEGAL NOTICE

election, except Saturdays and Sundays, between the hours of 8:30 a.m. and 4:30 p.m., EDT at the Educational Services Center, 90 Adams Place, Delmar, New York, and the office of the elementary schools, the Middle School, and the High School of the district.

The trustees of the Bethlehem Public Library will present for consideration the public library budget for the period July 1, 1996 to June 30, 1997. Copies of the budget may be obtained at the reference desk of the library.

PLEASE TAKE FURTHER NOTICE

that a public hearing to discuss the proposed school district budget will be held on the 17th day of April, 1996 at the Educational Services Center, 90 Adams Place, Delmar, New York at 8:00 p.m., EDT.

Petitions nominating candidates for the Board of Education for a full term of three (3) years commencing July 1, 1996 to fill the vacancies caused by the expiration of the terms of Happy Scherer, Pamela Williams and Peter Trent (the last such position being currently vacant due to the resignation of said Peter Trent); and petitions nominating candidates for the office of Trustee of the Bethlehem Public Library for a full term of five (5) years commencing on July 1, 1996, to fill the vacancy caused by the expiration of the term of Melissa Palmer must be filed with the Clerk of the School District, 90 Adams Place, Delmar, New York,

LEGAL NOTICE

not later than 4:30 p.m., EDT, April 8, 1996.

TAKE FURTHER NOTICE THAT votes will be taken upon the following:

1. Upon the appropriation of the necessary funds to meet the estimated expenditures of said Bethlehem Central School District and authorizing the levy of taxes therefor;

2. For the election of three (3) members of the Board of Education of said Bethlehem Central School District, for a full term of three (3) years commencing on July 1, 1996,

CLASSIFIEDS

Individual rate minimum \$10.00 for 10 words, 30 cents for each additional word, payable in advance.
Commercial rate minimum \$12.50 for 10 words, 30 cents for each additional word, payable in advance.
Ad deadline 4 p.m. Friday for publication in Wednesday's newspaper. Box Reply \$3.00. Submit in person or by mail with check or money order to Spotlight Newspapers, 125 Adams Street, Delmar, New York 12054. Phone in and charge to your MasterCard or Visa.

439-4949

ANTIQUES

SCOOT ANTIQUE MARKET. 1200 Antique Exhibitor Booths. March 30 & 31 monthly - November thru June. Ohio State Fairgrounds, Columbus, Ohio. 1-71, Exit 17th Avenue. 614-569-4112.

CHILDCARE HELP WANTED

DELMAR: HOME BASED full day preschool, 2 years, 9 months - 5 year olds including care for kindergartners and before/after older children. As a licensed day care, Bethlehem School District will transport school-aged children. Licensed N-6 teacher, Ellen Singleton, 439-7274.

DAYCARE NEEDED. We have a 3 year old & are looking for day care in either our home or yours, if in Voorheesville/New Salem area. 475-9737.

AUTOMOTIVE

SEIZED CARS FROM \$175. Porsches, Cadillacs, Chevys, BMWs, Corvettes. Also Jeeps, 4 WDs. Your area. Toll free 1-800-898-9778 Ext. A-5139 for current listings, directory.

1990 PLYMOUTH LASER, 5 speed turbo, 55k, 785-9132. Leave message.

INDUSTRIAL FRONTLOADERS, MF 30 and MF 50. Asking \$8,500 each. 785-9132. Leave message.

1994 TOYOTA COROLLA, 5 speed, A/C, power locks/windows, cassette. Asking \$8,900. 475-0498.

BUSINESS OPPORTUNITY

DEALERSHIP WITH NATIONAL maintenance corporation. Assured accounts in the local area. \$600 weekly income guaranteed to start. \$4,950.00 investment required. Call 800-832-2290. **HOME PARTY DEMONSTRATORS/MANAGERS.** Established Linen Party Plan new to area. No inventory, collection, delivery. Free catalogs & supplies. Aggressive compensation. Monthly cash bonus. 800-536-2457, 9-5.

NEED EXTRA income? How's \$300-\$400 weekly. Learn how to start your own profitable home business. Free information, FFS Inc. Dept. 2B P. O. Box 12873, Albany, New York 12212-2873.

CLEANING SERVICES

CLEANING SERVICES - residential/commercial. Very reasonable. Very reliable. 439-4032.

HOUSECLEANING/OFFICES - reasonable rates. References available. 270-9506 or leave message.

PROFESSIONAL CLEANING Available. References, fully insured, reasonable rates 439-0121.

REASONABLE, RELIABLE. References. 446-6274. Call any time.

FINANCE

\$\$\$CASH\$\$\$ Immediate \$\$ for structured settlements, annuities, insurance claims, lotteries and mortgages. 1-800-386-3582. J. G. Wentworth, the nation's only direct purchaser.

\$\$\$CASH\$\$\$ FOR ANY TYPE OF STRUCTURED payment schedule. Privately held mortgages, legal settlements, annuities, lotteries. Cash at closing. Adirondack Note Buyers 1-800-640-5613.

FEDERAL CONSUMER PRO-GRAMS help homeowners or businesses with refinancing; remodeling; catching-up back bills or taxes, even avoid foreclosure. Private funding programs also available! (Bank rejects, self-employed, bankrupt, - O.K.) No application fees - 1-800-874-5626.

FEDERAL LAW ALLOWS YOU to correct your credit report for free and prohibits credit-repair clinics from requesting or receiving payment until six months after they perform their services. For more information about credit repair, write: Public Reference, Federal Trade Commission, Washington, D. C. 20580.

FREE DEBT CONSOLIDATION. Immediate relief! Too many debts? Overdue bills? Reduce monthly payments 30%-50%. Eliminate interest. Stop collection callers. Restore credit. NCCS, nonprofit. 1-800-955-0412.

HOME LOANS, slow, bad credit, debt consolidations, non-income, refinance, purchase. We buy mortgages, insurance settlements, lotteries. 518-581-CASH, 1-800-866-WANT? Registered NYS Mortgage Broker.

RECEIVING PAYMENTS? We buy mortgages, contracts for deeds, trust deeds, annuities, lotteries, structured settlements, business notes. Nationwide. Highest prices paid. Call Chris, Brandon Funding, 1-800-468-4676.

WARNING! Nearly 50% of all adjustable rate mortgages are miscalculated and result in overcharges! Free report reveals how to claim your REFUND CHECK! Call 800-337-8664.

WE BUY MORTGAGES. If you sold property and took back a mortgage, we will buy it for cash. 508-785-1090 or 800-889-3582.

FIREWOOD

SEASONED FIREWOOD: Cut, split. Face cord, \$55. Full cord, \$125. Jim Haslam, 439-9702.

Bethlehem - Selkirk New Scotland - Ravenna
 69,900-2bd, hwd flrs, lrg lot, low taxes
 79,000-2bd, 1b, 2-story on lrg lot, RCS school district
 80,000-4bd, 2b, cape, quiet neighborhood
 91,900-5bd, 1.5b Col., hwd flrs., walk out basement, workshop, garage. Near Coeymans boat launch and park
 92,000-3bd, 1.5b, Colonial, formal dining room, playroom in basement
 94,988-3bd Delmar ranch, finished basement, double lot, new roof, new furnace
 117,900-4bd, Farmhouse, new kitchen & bath, hardwood floors, big red barn, 1.37 ac near proposed park
 118,900-3bd, 2.5b, Lvm., Kit., famrm w frpl, spa rm, lrg lot
 119,900-2bd, 1.5b, totally renovated, awesome mt. vu's, award winning schools
 133,000-3bd, 1.5b, Split in award winning school district, LR, DR, kit, fm. rm., den
 134,900-5bd, 1.5b Split desirable location
 142,000-4bd, 2b, RR w/in-law, many extras
 149,900-5bd, 3b, 5 stall barn, 2 frpls, 1 woodstove, deck, very private, tons of room
 175,000-4bd, 2.5b, Lvm w frpl, eat-in kit, famrm w/woodstove dining rm., enclosed porch and deck area, very private
 185,000-3bd Eyebrow Colonial overlooks Alcoe Res., w/tall range Catskill Mts. in background, 100± ac w/stream
 279,000-3bd, 2b, Cape in ideal location, amenities too many to list

REALTY USA

323 Delaware Ave., Delmar
 Call for details 439-1882

FOUND
WOMEN'S PRESCRIPTION SUNGLASSES - Bifocals, McCormick and Cherry Ave., Slingerlands. 439-6070 after 3 P. M.

FURNITURE REPAIR/REFINISHING

FURNITURE REPAIR/refinishing. Touch-ups. 20 years experience. Kingsley Greene. 756-3764, evenings, weekends.

HEALTH & DIET

ATTENTION DEFICIT DISORDER. Potentially no more Ritalin. Natural relief is now available. Call T@M ENTERPRISE at 1-800-203-1543 for free information. 24 hour recorded message.

PSORIASIS SUFFERERS: Report by American Dermatology Foundation reveals new approved spray heals itchy, flaky, red skin in as little as 7 days. Call for information: 1-800-61-SPRAY.

QUIT SMOKING in 7-14 days! Guaranteed! Natural herbal capsule. Free Bahama Cruise! Brochure-stamp. Wholesale inquiries \$1 to Dept. 11, PO Box 30253, Winston Salem, North Carolina 27130.

LAWN/GARDEN

GARDEN TILLERS TROY-BILT Rear-Tine Tillers, at low, direct from the factory prices. For free catalog with prices, special savings now in effect, and Model Guide, call toll free 1-800-535-6001, Dept. 8.

PRIVACY HEDGE - liquidation sale. Cedar - Arborvitae 3 1/2 - 4 foot tree regularly \$29.99, now \$8.95. Free delivery - guaranteed. 12 tree minimum. Also available: Birch and Lilac 1-800-889-8238.

MISCELLANEOUS FOR SALE

COMPLETE POOL PACKAGE - including huge deck, ladder, fence and filter - for only \$969! Financing, other pools and installation available. No obligation, backyard survey. Call toll free 800-664-7946. Limited quantity and areas. 24 hours, 7 days.

ENTERTAINMENT and/or storage unit, black with mirrored doors. 75" high x 32" across x 20" deep. \$125. 439-0626.

LAMPS - 2 downs, 36" tall, designer antiques. Elf garden figurine - 34" tall. Table - 25" x 19". 459-7867.

MAHOGANY DINING table & sideboard, Drexel 50+ years old, 1880's bed and dresser. Best offers. 439-7087.

ORGAN: LOWREY GENIE 44 with head phones and music included, great condition. Call 765-2515 after 5 p.m.

TANDY 10005X Computer w/dual drives, monitor, printer \$350., 439-4003.

WHITECRAFT rattan set for den or porch. Drexel bedroom set. Unique dining chairs & table. 393-5401 evenings.

COLDWELL BANKER

Prime Properties, Inc. congratulates Judie Janco, recently named "Realtor Associate of the Year" for the Greater Capital Association of Realtors. Judie can be reached at 448-5586.



COLDWELL BANKER

PRIME PROPERTIES, INC.

214 DELAWARE AVE.,
 DELMAR
 439-9600

A WINNING COMBINATION FOR 1996!!!



Martha J. Martley
 February Listing Leader



Rudy W. Troeger
 February Sales Leader

...Associate brokers with GRI designation, experience, enthusiasm, high standards, professionals with proven results...

WHY NOT HAVE THEM WORK FOR YOU!

PAGANO

WEBER
 REAL ESTATE
 439-9921

I Have The House For You

DELMAR

SLINGERLANDS



\$143,500. 3-4 bedroom, 1 1/2 bath Cape in Hamagrael area, Hardwood floors, updated kitchen and bath, full finished attic and basement, 2 car garage, Ideal Delmar location. Charming home.



\$239,000. 3/4 acre, private wooded lot, 4-5 bedroom Colonial, 2 oversized family rooms, perfect for study or 5th bedroom, New master bath, Perfect Slingerlands location.

GLENMONT

DELMAR



\$243,500. Beautiful 4 bedroom, 2.5 bath, Daniels built Center Hall Colonial, magnificent family room with fireplace, master bath with whirlpool tub, hardwood floors & country kitchen.



\$335,000. Dazzling mint cond. custom "Klersy built" Col., 4-5 bdms., 3.5 baths, stunning new mstr. bedrm. suite & bth. w/whirlpool, gorgeous fin. basement, hwd. flrs., upgrades galore.

CALL CATHY COOLEY 439-8099

Blackman & DeStefano Real Estate

Checklist for the wise seller.

To do:

1. Call Abbey Farbstein
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



Abbey Farbstein
 Office 439-9600
 Voice Mail 448-5575

COLDWELL BANKER

PRIME PROPERTIES, INC.

Congratulations to Cathy Cooley



Our February Listing Leader

Call Cathy - a proven professional for all your real estate needs.

& BLACKMAN DESTEFANO

231 Delaware Ave.
 Delmar, NY
 439-2888
 Real Estate

WOLFF TANNING BEDS. Tan at home. Buy direct and save! Commercial/home units from \$199.00. Low monthly payments. Free color catalog. Call today 1-800-842-1305.

MUSIC

STRING INSTRUMENT REPAIR
Bow rehairing. Instruments bought and sold. 439-6757.

MUSIC LESSONS

MUSICAL INSTRUCTION: Guitar, bass, voice, theory, composition. Master's degree in Education. All ages. Most styles. (518) 464-5715. Please leave message.

NOTICES

A WONDERFUL FAMILY EXPERIENCE. Scandinavian, European, South American, Asian, Russian high school exchange students arriving August. Become a host family/AISE. Call 1-800-SIBLING.

PAINTING/PAPERING

A M PAINTING - high quality job, reasonable flat rate. Also cleaning, small repair. Senior citizen discount. Free estimates. Satisfaction guaranteed. 475-0722.

INTERIOR/EXTERIOR - Think spring. Retired teacher. Neatness counts. Neil Brown, 439-5765.

QUALITY DECORATING, 30 years, insured. Interior/exterior, wallpaper hanging, painting, maintenance repairs & power washing houses and decks. Local references. Decorating problem? Call Tom Cur-it! 439-4156.

WANT TO CHANGE the colors of the rooms in your home? Hire a man with 15 years experience in painting, wallpapering, etc. Call today for free estimates and prompt, professional service. Bruce Hughes 767-3634.

PERSONAL

ADOPT: Young, professional couple seeks infant to love, nurture. Kind, supportive extended family, secure finances: Mom stays home. Legal/medical paid. Call Jill/Joe, 800-435-2406.

ADOPTION IS AN OPTION. Loving, caring, financially secure couple with adopted two year old, wishes to give love, opportunity to newborn. Call Judy, Steve 1-800-832-7078.

ADOPTION is an option. Loving, caring, financially secure couple with adopted 2 year old, wishes to give love/opportunity to newborn. Call Judy/Steve, 1-800-863-8191.

PETS

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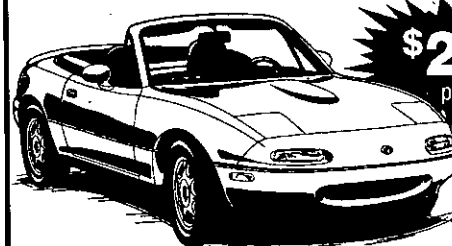
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Cuts

(From Page 1)

to look at."

Loomis said that he will do "everything possible to maintain instructional staffing," including the five additional teachers the board has tentatively approved for the middle and high schools.

On Monday, Loomis released a list of proposed cuts and savings, which includes savings due to teacher retirements (\$83,800), all maintenance projects (\$75,250), equipment (\$39,140), painting and paint supplies (\$25,000), eliminating clerical and custodial substitutes for first two days of an absence (\$15,000), maintenance staff overtime (15,000), and reducing release time for teacher inservice training (\$15,000).

If all the reductions are taken, the year-to-year growth in the \$38-million-plus BC budget would fall from a tentative 4.1 percent to 3.16 percent, Loomis said.

The reason for the 11th-hour concern is that the district's financial outlook has darkened considerably in the last two weeks.

Due to much higher than expected claims losses (about \$270,000) in its Blue Cross/Blue Shield health insurance policy, the district faces a possible deficit at the end of its fiscal year June 30.

"We don't have enough money, people," board president Pamela Williams said grimly.

While the district has not allocated money for a fund balance, it has been able to roll over operating surpluses of between \$127,000 and \$860,000 in recent years. But not this year.

The Blue Cross/Blue Shield shock, in addition to about \$80,000 in lost revenue due to commercial assessment reductions, has wiped out the projected \$80,000 end-of-year surplus, and caused the district to institute a spending freeze in an attempt to avoid a deficit.

Board member Dr. Stuart Lyman repeated his call for a formal fund balance. "It's important to run the district in a business-like manner," Lyman said.

The board has traditionally been reluctant to set up a fund balance because of the impact on tax rates. Under state law, districts may allocate up to 2 percent of their total budget for a fund balance.

Library is seeking reading volunteers

The Bethlehem Public Library at 451 Delaware Ave. in Delmar is looking for adults willing to read stories to children during National Library Week.

Drop-in read-aloud sessions are scheduled for 10 a.m., 4 p.m. and 7 p.m. Monday through Friday, April 15 to 19.

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

Area nature walkers to look for blackbirds

The Five Rivers Environmental Education Center on Game Farm Road in Delmar will host a nature walk to search for the red-winged blackbird and other signs of spring on Saturday, March 30, at 2 p.m.

2 men nabbed after high speed chase

Two area men are in the Albany County jail after their arrest Monday for allegedly breaking into a Clarksville residence.

Juan J. Morales, 42, of 114 Clinton Ave., Albany and Harvey L. Sanders, 43, of 412 Vly Road, Colonie, were taken into custody after a chase that led Albany Police, Bethlehem Police and members of the sheriff's patrol through Clarksville, New Salem, Slingerlands, Delmar and Albany. It finally ended when the suspects' car spun out of control at the intersection of Route 9W and Corning Hill Road in Bethlehem.

The escapade began when the Albany County Sheriff's substation in Voorheesville received a 9:38 a.m. call about a burglary-in-progress at a home in Clarksville. The 911 caller stated that a man was trying to break into her residence.

A neighbor who overheard the call on a police scanner went to the scene to help. As the neighbor pulled into the driveway, the suspects heard him and began to leave the scene, police said.

The suspects then fled in their car and were apprehended a short time later. Also assisting in the arrest were members of the State Police.

Morales and Sanders were both charged with second-degree burglary (a felony), fourth-degree

criminal mischief, possession of burglar tools, first-degree reckless endangerment (a felony) possession of a hypodermic instrument, possession of drug paraphernalia, seventh-degree criminal possession of a controlled instrument, plus numerous vehicle and traffic violations.

The drug charges were filed after a search of the suspects' vehicle. Arraignment of the suspects will be in New Scotland Town Court.

Jewish federation offers funds

College-level men and women interested in studying in Israel or learning more about a Jewish subject can apply for scholarships being offered by the Endowment Fund of the United Jewish Federation of Northeastern New York.

Scholarship applications are

due by April 18. They are awarded on the basis of need, academic merit and potential service to the Jewish community by the applicant.

For information or to request an application, call 783-7800.



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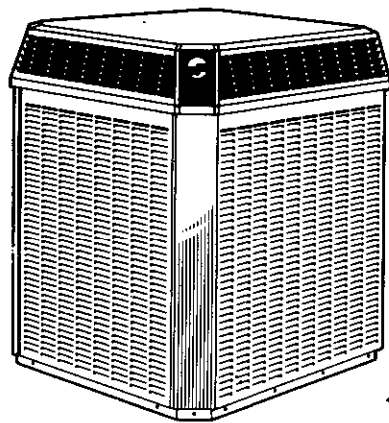
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