

THE SPOTLIGHT

Arts and Crafts

See Family Section
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Vol. XLII No. 4

The weekly newspaper serving the Towns of Bethlehem and New Scotland

February 5, 1997

50¢

Shows true colors



Gregory Strizich and son Max Strizich enjoy the Cub Scout Blue and Gold Breakfast sponsored by Pack 258 Saturday at the Blanchard American Legion Post. *Katherine McCarthy*

Three-time DWI offender charged in Rte. 85 fatality

Voorheesville man dies in early a.m. crash

By Mel Hyman

A Saratoga Springs man charged with driving while intoxicated in connection with a crash in Bethlehem last week that killed a Voorheesville man had three prior convictions for driving while under the influence in the past 10 years.

Christopher J. Mansfield, 31, of 3 Seward St., was driving south on Route 85 near Blessing Road when his vehicle swerved into the northbound lane and struck a vehicle driven by Charles F. Russo, 25, of Swift Road, Voorheesville.

Russo, who was engaged to be married, was on his way to work at the Broadway post office in Albany. He died Monday afternoon in Albany Medical Center Hospital of injuries sustained in the crash.

Investigator John Mulligan with the State Police in Selkirk said Mansfield was

given field sobriety tests at the accident scene, and "to the best of my knowledge, he failed them."

The front of Mansfield's vehicle struck the driver's side of Russo's car, Mulligan said, and the force of the impact sent Russo's vehicle into the guide rail, whence it turned over and "came down on its roof."

Mansfield was hospitalized for several days at Albany Medical Center Hospital and released late last week.

Mansfield was first arrested for driving while intoxicated in June 1988 in the town of Halfmoon, Saratoga County. He

pleaded guilty to driving while ability impaired, was fined \$250 and his license was suspended for 90 days.

In July 1991, he was again arrested for DWI, this time in the town of Colonie. He was convicted on that misdemeanor charge in October of that year, was fined \$350 and his license was revoked for six months.

Just 13 months later, Mansfield was stopped in the city of Saratoga Springs for driving through a solid red light, and this time he was charged with felony DWI.

In November 1992, he pleaded guilty to a reduced misdemeanor charge of DWI, was fined \$350, given three years probation and had his license revoked for six months, according to city court clerk

At some point, the individual has to take responsibility. In this case, the individual apparently took no responsibility.

Denis Foley

□ DWI/page 18

Board to mull \$100K 'watchdog' plea

By Mel Hyman

The Bethlehem town board will decide next Wednesday whether to spend \$100,000 to hire legal and technical experts to oversee the environmental review of a proposed formaldehyde production plant on Route 144.

Meanwhile, the state Department of Environmental Conservation has drawn up a checklist of the areas it wants Spurlock Adhesives to address in its environmental impact statement.

The checklist has been forwarded to Spurlock, which is proposing a \$10 million plant next to the Niagara Mohawk steam generating facility in Glenmont to manufacture liquid formaldehyde and formaldehyde resins.

Once Spurlock responds with a draft scoping document — covering all the potential problems that it plans to address in its draft environmental impact statement — DEC will circulate that document to the public and all interested agencies, such as the town of Bethlehem.

Some of the problem areas already identified by EnCon include air emissions, stormwater discharge, transportation, nuisance odors, hazardous waste, spills potential and public health.

A 21-day public comment period will begin once the draft scoping document is ready for perusal.

Bill Clarke, DEC regional permit administrator, said he was unsure when the draft scoping document would be complete.

After changes are made in the scoping document, Spurlock will be expected to address all the agreed-upon problem areas in its DEIS.

Then, a special public hearing will be held in the town of Bethlehem, at which time residents can comment on the DEIS.

DEC will use these comments to inform its advisory to Spurlock regarding any outstanding issues it must address in its final environmental impact statement.

□ PLEA/page 18

BC budget process begins tonight

By Dev Tobin

The 1997 budget season for the Bethlehem Central School District gets under way tonight, as administrators present the "fundamental operating budget" to the school board and the public.

The fundamental operating (or preliminary) budget projects next year's spending based on this year's program and staff levels. It is the traditional starting point of the three-month budget process.

According to the preliminary budget, spending in the 1997-98 school year will go up at least 4.3 percent, said Superintendent Leslie Loomis.

The district will need \$1.7 million more than this year's \$38.6 million budget to

maintain the same program and staff, Loomis said.

The impact on property tax rates of a 4.3 percent hike in spending would be less than 4.3 percent, since a good portion of the increased spending (about \$1.4 million) is related to debt service for the \$14.8 million bond issue approved by voters in late 1995.

The tax impact is less because the district receives state aid for approximately 57 percent of bond issue-related expenses, but only about 22 percent for general educational expenses.

But spending is sure to rise above the



Loomis

preliminary estimate, since administrators will recommend hiring about six more teachers to maintain class sizes in the face of expected enrollment increases at the elementary and high school levels, Loomis noted.

The district estimates that each additional teacher will cost \$44,560 for salary and benefits.

Other areas of likely spending increases are custodial staff and instructional technology support, both related to additional facilities and

□ BUDGET/page 18

V'ville board pres: We're coming closer

Longtime contract dispute could end

An agreement seems imminent in the four-year-old teachers contract dispute in Voorheesville.

The Voorheesville Teachers Association and the board of education had agreed to mediation by the Public Employees Relations Board, and on Thursday, Jan. 31, PERB's assistant director of conciliation Paul Curry listened to both sides during a four and a half hour meeting.

On Monday, both sides spoke directly to one another, and board of education President John Cole was pleased with the outcome. "We're real close," Cole said. "We made really substantial progress." Cole explained that both sides have agreed with the mediator not to publicly disclose exactly how close they are.

Another meeting is scheduled for Tuesday, Feb. 11, which could see the final resolution of the dispute. "We hope to have a deal then," Cole said.

Prior to last Monday's meeting, the board of education was offering a 19.04 percent salary increase over six years, and the VTA was seeking a 21.06 percent increase for the same time period. Both sides cautioned against taking those numbers as absolute, since issues such as health insurance benefits and payment for department chairs make it possible to interpret the numbers in many different ways.

Katherine McCarthy

Elks to prepare buffet to help Feura Bush boy

Bethlehem Elks Lodge and Onesquethaw Reformed Church deacons are teaming up to sponsor a buffet dinner and country line dance night at the Elks lodge to help defray the medical costs of a 19-month-old Feura Bush boy with mid-level brain injury.

Niles Vanderbilt experiences very slow development and is months behind children of similar age.

His parents have enrolled him in a program of treatment with the Institute for the Achievement of Human Potential in Philadelphia, Pa.

The institute's program costs are not covered by insurance or

governmental subsidies, however, and the family has taken on a great financial burden as a result.

The buffet dinner is aimed at lessening the family's burden. It will run from 6 to 8 p.m.

Country line dancing is scheduled for 8 p.m. to midnight. Easy-to-follow instructions will be provided for the line dancing.

Many local businesses have donated raffle prizes to be given away during the evening.

Tickets for the event are \$10. For information or tickets, call 767-9143. The lodge is located on Route 144 in Glenmont.

Know facts on long-term care

By Joan and Peter Danziger

To assess the need for long-term care insurance, it is important to understand some basic facts.

Long-term care is needed for individuals with chronic illnesses or disabilities who require assistance with daily living activities. Long-term care includes care at home or in a nursing facility. A variety of factors cause these health conditions including Alzheimer's and Parkinson's diseases, strokes and numerous other illnesses. Automobile, sports and other accidents can also result in disabilities requiring long-term care.

Expenses for this type of care are one of the largest risks for middle- and upper-income New Yorkers. Nursing home costs in New York state average \$70,000 per year, and in some cases exceed \$100,000 each year. Home health care can even be more expensive. Approximately one-third of people age 65 and older will have some home health or nursing facility care during their lives. The average nursing facility stay is two to three years.

Many people believe the government or their private health insurance will pay these costs. This is incorrect. The majority of middle- or upper-income families pay privately for long-term care, placing enormous emotional and financial burdens on older individuals and their families.

Medicare, the federal program of health insurance for the elderly and disabled, is not designed to pay for long-term care. Even Medicare supplemental insurance policies (Medigap insurance) only pay for skilled nursing facility care for the first 100 days and for some very limited home care if you require skilled care.

Less than 3 percent of Medicare enrollees, who need home care or nursing facility care meet Medicare strict requirements for coverage. Other health care policies (hospital or accident indemnity) generally are not designed to

cover home health care or nursing facility care.

Medicaid will pay for nursing home care and a limited amount of part-time home health care, but only if you are impoverished. To be eligible for Medicaid, a single person can only have approximately \$3,300 in assets and a small burial fund.

The spouse of a Medicaid re-

Many people believe the government or their private health insurance will pay these costs. This is incorrect.

ipient can only have about \$75,000 in assets. There are also severe income restrictions.

The process of transferring assets to become eligible for Medicaid is also being restricted and has many risks. There is currently a waiting period of 36 months for gifts and 60 months for asset transfers to trusts to avoid Medicaid ineligibility periods.

A new federal law that became effective Jan. 1 makes it a crime to

transfer assets if it results in a period of Medicaid ineligibility. The message is clear. The government intends to restrict Medicaid benefits and prevent middle- and upper-income families from becoming eligible.

At the same time, the government is encouraging individuals to purchase long-term care insurance to pay for home health care and nursing facility care. The new federal law provides some exclusions and tax deductions for benefits and premiums of long term care insurance. For those who eventually need long-term care, the advantages of coverage are obvious.

Long-term care needs are the single greatest emotional and financial burden facing the elderly and their children. Unfortunately, it is a topic which most people do not understand and prefer not to address until it is too late. Once you start having significant health problems, you will not be able to obtain coverage.

For many reasons, long-term care insurance is the best solution for most middle- and upper-income families.

Joan Danziger has a master's in health education and Peter Danziger is an attorney with experience in long-term care and elder law issues.

Petitions now available for RCS school board slots

Nominating petitions for candidates running for the Ravena-Coeymans-Selkirk Central school board must be filed with the district clerk no later than Friday, March 28, at 4 p.m.

There are four vacancies to be filled. They include a three-year term for the seat now occupied by Sarah Hafensteiner, a three-year term for the seat now occupied by Diane Louis, a three-year term for the seat occupied by Russell Sykes and a two-year unexpired term for the seat now held by Anthony


The candidates receiving the three highest number of votes will be declared winners of the three-year terms and the fourth highest vote-getter will be elected to the two-year term.

Each petition must be directed to the district clerk and signed by 30 qualified district voters. The petition must also include the residence of each signed and the name and residence of the candidates.

Petitions will be available at the board of education office, 26 Thatcher St., Selkirk, beginning

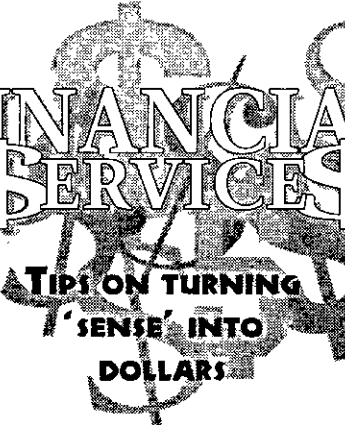
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'Painless' cuts shrink BC's bond issue gap

By Dev Tobin

The nearly half-a-million dollar gap in Bethlehem Central School District's \$14.8 million bond issue continues to shrink, project architects reported to the school board last week.

The \$480,000 gap resulted from higher-than-expected bids on the second (and largest) phase of the project and from a \$210,000 accounting error by the architects that omitted network file servers from the technology part of the project.

Architect Marty Weber said the gap is down to about \$123,000 after the board tentatively approved dozens of recommended savings in new construction, renovations and technology.

The reductions are good savings that make a lot of sense and don't hurt much.

Leslie Loomis

Superintendent Leslie Loomis.

The recommended reductions are "good savings that make a lot of sense and don't hurt much," Loomis added.

Architect Michael Fanning said the \$123,000 gap could be made up by economizing on "work yet to be bid and purchases yet to be made," for example, equipment, furnishings and shelving for the new rooms.

Weber said information was not yet available on whether the district could redesign the bid for approximately

\$800,000 in heating, ventilating and air conditioning work at the high school and middle school so that part or all of it would qualify for inclusion in the district's energy performance contract.

That project, which is under way, includes a variety of energy savings work that can be done at no net cost to the district.

Weber has proposed installing two natural-gas-fired cogeneration motors at each school to augment the schools' boilers and produce electricity. The savings would more than make up for the remaining deficit in the overall bond issue, and may even allow for construction of two additional classrooms at the middle school.

Weber said he will report on the feasibility of the cogeneration option at tonight's (Wednesday) school board meeting at 8 p.m. in the district office at 90 Adams Place.

The school board expects to award the revised bids tonight.

"We are close to the goal of eliminating the overrun and awarding bids with deduct change orders," said Weber, adding that he had sent a letter to all successful bidders asking them to reconfirm that they can meet the Aug. 22 completion deadline.

The second phase of the project includes new libraries at the middle and high schools, four new and four renovated classrooms at the middle school, eight renovated classrooms at the high school, a new Early Learning Center for all district kindergarteners at Slingerlands Elementary School and infrastructure for new local and wide area computer networks at every school.

"The savings are attainable, but don't diminish the quality of the construction work or detract from our educational program," said

Competition puts kibosh on Speedy Photo

By Mel Hyman

In March 1983, when the sister-brother team of Carol Seabridge and Art Portanova opened Speedy Photo in Delaware Plaza, they figured on being in business for seven years or so.

But their customers' loyalty and support convinced them to keep going for another seven years.

Now a combination of factors, most notably, the need for a substantial investment in new technology, is forcing them to close.

"Our machines are 14 years old, and we would need some kind of upgrade," Seabridge said. "They cost us \$100,000 when we bought them, and it would cost us close to that again to bring us up-to-date."

The traditional way of making prints from negatives is falling by the wayside, as fully digital processing lies just around the corner, she said.

Moreover, the new digital film is 28 mm, as opposed to the 35 mm film that has been the standard for decades, and new equipment is required to process film that will never leave the cassette.

These major changes will be taking place over the next five years, she said. "Kodak is predicting that the new (digital) technology will affect 25 percent of the (film processing) market."

Other factors have come into play as well, she said, such as the local economy, which has been sluggish for the past three years, and price competition from discount giants like Wal-Mart.

Wal-Mart won't give you the custom work or the personalized service offered by Speedy, Seabridge noted, but they do offer very low prices.

"Wal-Mart and CVS use (bar-

Drive-by dragon



This snow-and-ice creation of Derek, Adam and Denise Murray stands guard over the family home on Clipp Road in New Scotland.

Katherine McCarthy

Blabey brings experience to planning post

By Mel Hyman

David Blabey, the newest member of the Bethlehem town planning board, is no stranger to government.

For 14 years, he worked for the state and the Legislature in various capacities, starting in 1973 when he was named an assistant counsel to the late Gov. Nelson Rockefeller.

He was also counsel to the state

Senate Energy Committee and then general counsel to the state Public Service Commission, before going into private practice in 1987.

Blabey submitted his resume to Supervisor Sheila Fuller the last time there was a vacancy on the planning board, so it was near the top of the pile when Fuller needed to find a replacement for Richard Olson, who resigned earlier this month.



Blabey

Fuller said she had no problem settling on Blabey because of the knowledge and expertise he brings to the board.

Blabey, 53, said he felt it was time, after living in the town for the past 24 years, that he become involved in community affairs.

"I was interested in how (planning) issues develop, how they are handled and ultimately how they're resolved, particularly with regard to land use," he said. "I plan to be alive for a few more years so I'm interested in what the town looks like in the future."

Traffic safety is one issue Blabey thinks the planning board should pay close attention to, if only because it's such a pressing problem. "I think we have to address the question of how we use our streets to make the town a little safer."

A former resident of Slingerlands—he now lives in Delmar—Blabey said he is quite familiar with the traffic problems on New Scotland Road.

"I'm also interested in how Fisher Boulevard develops," he

said. "We used to walk and run in that area all the time in the morning."

It would be nice "to keep it wild forever, but realistically, unless you're in the middle of the Adirondack Park, you can't really do that," he said.

One thing Blabey would like to see is bike paths installed on both sides of Fisher Boulevard.

In his private practice, Blabey represents energy and utility companies in their proceedings before various state agencies, which is something of a switch from the time when he worked for the PSC, which is charged with regulating utilities.

Environmental law, energy issues and telecommunications have always been his forte. He's familiar with the workings of the state Energy Office, the Department of Environmental Conservation and the Federal Energy Regulatory Commission. In addition, he has briefed and argued numerous Article 78 proceedings before New York courts on energy-related issues.

Before he embarked upon his career as a lawyer, Blabey viewed the world from the other side of the tracks when he served as a VISTA volunteer from 1968 to 1970 in Washington, D.C.

A graduate of Hamilton College, Cornell Law School and George Washington University National Law Center, Blabey is a member of the New York and District of Columbia bar associations.

While his children were growing up over the past decade or so, he coached various club and travel teams of the Bethlehem Soccer Club.

Blabey will earn \$3,585 as a planning board member.

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Personal experience enriches third-graders' Japanese studies

By Katherine McCarthy

For Lynn Harris' third-graders at St. Thomas School, their recent study of Japan featured more than the usual textbook stuff about Mount Fuji and Commodore Perry.

Kathy Valenti, a Japanese language and literature major at the University of Massachusetts at Amherst, and daughter of school secretary Sheila Valenti, spent one hour for five days teaching the children about Japan.

"We learned about Emperor Akihito," Claire Luke said.

"He's not elected," Garrett McCloskey added. "He's a kind of royalty, and more respected."

Becky Schubmehl showed off her new-found skill with chopsticks; Alyssa Strohecker displayed the flag of Japan she had made to cover her social studies book.

Harris said Valenti's expertise gave the children a deeper understanding of the country and its culture.

"Japan is part of third-grade social studies," she said. "It's much better to have someone here with first-hand experience. I've heard the kids outside of school using the Japanese words they've learned."

"I'm really interested in cross-cultural education," said Valenti, who has studied in Kyoto, Japan. "I think it's important to teach different cultures to children when they're young. It helps stop prejudice."

Valenti first became interested in Japan through Japanese roommates she had at Fulton-Montgomery Community College.

Having become familiar with Japanese culture here made her time in Kyoto easier, although she said it was "challenging" to be in such a different environment. Still,



St. Thomas School third-grader Alyssa Strohecker works on an origami dog during the recent unit on Japan. Katherine McCarthy

she found the experience positive, and was happy to share it with the third-graders.

Valenti's curriculum included some dress-up time, with the children trying on a yukata, a light summer kimono, and geta, traditional wooden shoes.

It's important to teach different cultures to children when they're young. It helps stop prejudice.

Sheila Valenti

Valenti brought some play sushi on which the children practiced using chopsticks. They also learned their names in Japanese, the three systems of writing and

some children's songs.

The traditional art of paper folding, origami, was a big hit, as the children made elaborate bookmarks and simple dogs.

Valenti enjoyed her week with the students.

"I'm surprised at how much they've learned in a week," she said. "I've had parents come up to me and tell me I've reached their children. I feel I've brought Japan to them."

Nature center walkers on the trail of the fox

Naturalists will lead an outdoor walk in search of the red fox at the Five Rivers Environmental Education Center at 56 Game Farm Road in Delmar on Sunday, Feb. 23, at 2 p.m.

The tracks, scents and other signs of the red fox will be explored during the walk. Participants should dress for the outdoors.

For information, call 475-0291.

Local lawyers' chief fights image problem

By Mel Hyman

That lawyers are generally not held in high regard in this country is nothing new.

What is new is the plan by Delmar resident Dan Santola, newly elected president of the Albany County Bar Association, to change the way the profession is perceived.

Santola wants to educate people on how the legal system actually works. That should go a long way toward changing attitudes, he believes.

"The negative image of lawyers, I think, is rooted in the belief that they have some special knowledge and power that permits them to run the government and other aspects of society," Santola said. "It almost seems mystical to people."



Santola

Moreover, it's the feeling "that we use it and abuse it," which in some isolated cases might be true. But there are ample safeguards to protect the public, he explains, such as the state Office of Court Administration, which handles claims made against lawyers through its committee on professional standards.

And the county bar association has a grievance committee that will investigate all claims of corruption or malpractice.

Efforts have been under way for the "past dozen years or so" to bring lawyers in closer contact with the community at large, Santola says, but more needs to be done.

"We have a new program that we started for the first time last month for first-grade classes," he said.

Called the Butterfly program, it runs for a whole week, for two hours a day, and it involves staging a crime and through role playing, bringing the kids through the entire legal process from arrest and arraignment to indictment, trial and jury deliberation.

Participants in the mock scenario include members of the county district attorney's office, the local judiciary and lawyers from the community.

"It went extremely well the first time we ran it (in Rensselaer County)," Santola said. "Children get a chance to see firsthand how the system works. We're in the process now of contacting all of the school districts around here — including Bethlehem — for future programs"

In addition to the Butterfly program, Santola plans to strengthen existing outreach efforts of the bar association, such as the speaker's bureau, free divorce and family law clinics, the Law Day Run (with proceeds going to combat domestic violence) and the annual Christmas party where toys are donated for the young people at Parsons Child and Family Center in Albany.

And what about the other gripe often heard about lawyers — that they charge too much?

That too is a misperception, Santola said. "Lawyers have overhead, too. They must pay for office space, supplies, secretarial help. And they have to pay for malpractice insurance. When it comes right down to it, we don't earn that much more than teachers or nurses."

Another Delmar resident, Matthew J. Kelly, was elected vice president of the county bar association for 1997.

Santola, 47, is a partner in the personal-injury law firm of Powers & Santola, based in Albany. He has lived in Delmar since 1971.

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Saturday storytimes to continue at library

"Saturday Storybreak," a program for children of working parents who are unable to attend weekday storytimes, takes place at the Bethlehem Public Library at 451 Delaware Ave. in Delmar on Saturday mornings at 10:30 a.m. Sessions are scheduled for Feb. 15 and March 1 and 15.

The program explores a theme through great children's literature, media and hands-on projects.

Parents must accompany their children.

To register, call 439-9314.

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

Airport authority OKs finance plan

By Martin P. Kelly

Despite some sniping between the interested parties, the agreement reached last week between Albany Airport Authority officials and county Comptroller Michael Conners was approved by the airport board Monday.

The compromise gives Conners some of what he wanted, with the bonds of upwards of \$100 million to be sold for a 27-year

If you put \$1.8 million in the bank for 27 years, it will be significant at the end of the period.

Michael Conners

Conners said his intervention saved more than \$1 million in fees and upwards of \$12 million in interest over the life of the bonds.

Airport officials said the savings are more like \$1.8 million to which Conners replied, "If you put \$1.8 million in the bank for 27 years, it will be significant at the end of the period."

Local attorney Kevin Luibrand said Conners is "satisfied" with the agreement even though he didn't get all he asked for. Luibrand has volunteered to help his friend Conners when "it appeared they were ganging up on him," he said.

Airport officials said construction will not go forward without interruption. Airport spokesman Peter Cutler said, "Without borrowing, it was expected the airport would have run out of funds within the next 10 days."

He said the authority expects to sell the bonds by early March, almost two months later than originally planned.

"We should be fine," Cutler said, even though the change in

the borrowing plan will require another examination of the bonding plan by rating agencies.

Harry L. Robinson, chairman of the airport authority, said the authority was "satisfied with the components of the agreement."

He added that the authority is "heartened by the overwhelming support received from the residents of the Capital Region, including the region's business, civic and elected officials."

Robinson also thanked state Comptroller Carl McCall for his help in breaking the stalemate.

*In Selkirk
The Spotlight is sold at
Andy's Subs, Corner Market,
Deli Plus, 3 Farms,
and Stewart's*

St. Peter's holding childbirth classes

A childbirth preparation program will be held in February at the Women's and Children's Center at St. Peter's Hospital at 315 South Manning Blvd. in Albany.

This six-session program is designed to enable participants to fully participate in the birth process.

The class meets Sundays, Feb. 2, 9, 16 and 23, from noon to 3 p.m., and Mondays and Wednesdays, Feb. 3, 5, 10, 12, 17, 19 and 26, from 6:30 to 8:30 p.m.

Participants will receive information on the process of labor and birth, exercises to promote body conditioning and relaxation, as well as breathing and coping techniques to promote comfort during labor.

For information, call 525-1232.

Alzheimer's group to meet in Delmar

The Alzheimer's Association Northeastern New York Chapter support group will meet at the Bethlehem Public Library at 451 Delaware Ave. in Delmar on Wednesday, Feb. 19, at 7 p.m.

For information, call 1-800-303-2218.

Preschool listings on tap at town library

The 1997 edition of *Preschool Possibilities* is available at the youth services desk at the Bethlehem Public Library at 451 Delaware Ave. in Delmar.

period rather than the originally planned 30 years.

Conners had wanted 20 years, but the airport board balked because of the much higher annual payback amount for the lower period of years.

In addition, the compromise allows the first three years of bonds to be sold competitively to Capital Region residents exclusively through a retail pre-order process. Each bond will have a \$5,000 face value.

The remaining 25 years will be sold privately to the investment banking team hired by the authority. These bonds, in turn, will be sold to the investment bank's customers at whatever price they can get.

The airport will get a negotiated price worked out between the bankers and the authority. The profit for the bankers is the difference of what they pay the airport and the price they get for the bonds from the public.

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Matters of Opinion

More must be done

The recent death of a Voorheesville man, the victim of an alleged drunken driver, is a grim reminder of how far we still need to go to curb DWI-related accidents.

The man who is charged in this instance has a history of DWI convictions, yet he still, and apparently legally, operated a motor vehicle at the time of the accident.

Statistics show that existing programs like Albany County Stop DWI have helped to stem the tide of senseless death on the highways as a result of drinking and driving. But this effort, by itself, obviously hasn't been 100 percent successful.

Perhaps all those convicted of DWI should be required to have an interlock ignition installed in their vehicles. A driver must blow into this device before starting the vehicle, and if his or her blood alcohol content is higher than the legal limit, the vehicle will not start. This additional deterrent could help prevent another senseless tragedy like the most recent one in Bethlehem.

Three help reorganization

County Executive Michael Breslin has made good on his plan to consolidate county government by appointing three new commissioners, all with impressive credentials of professional experience and/or academic achievement.

Edward Lynch, a 33-year veteran of county service, will take over as commissioner of general services, a post he grew into from his first job as stock room supervisor just out of high school.

Joseph Pennisi brings his Wharton School of Finance degree to the post of commissioner of management and budget, while Michael Whalen, the new commissioner of consumer affairs, has been given the responsibility of protecting the county's consumers based on his experience as director of weights and measures and his master's degree in public administration.

Congratulations to all three men and our best wishes for successful administrations.

Parking rules in effect

Although, we've apparently turned the corner toward spring, Bethlehem residents must continue to observe the townwide ban on overnight street parking.

This year, perhaps because of negligible snow accumulation, more than the usual number of tickets have been issued to parking violators.

According to the town ordinance, no parking on Bethlehem streets and roadways is allowed between 1 and 7 a.m. Violators face a fine of between \$25 and \$50, and during a snow emergency, offending vehicles will be towed at the owner's expense.

When people violate the winter ordinance, it makes a tough job tougher. Highway crews have to plow around the vehicle or wait for it to be towed to clear the street. When that happens, everyone suffers because a road that should be plowed isn't.

Remember that the the parking ordinance remains in effect through April 15.

Healthy living

In this issue's special Health Care supplement, there's something for just about everyone.

Therapy dogs to boost the spirit and well-being of nursing home residents, massage therapy for soothing aching muscles and even advice for those contemplating long-term care insurance provide food for thought for people of all ages.

What better time of year than now to begin a health assessment — perhaps starting with diet and moving to an exercise routine to get in shape before we shed winter clothing and reveal our winter dietary and sedentary sins.

We hope the Health Care supplement gets you started in the right direction.

Today's air travel is still a bargain

By Martin P. Kelly

The writer is managing editor of the Colonie Spotlight.

While passing through the Albany County Airport terminal during several flights to Florida in January, it occurred to me that it was more than 50 years ago that I first flew into Albany.



Then, the terminal was no bigger than one of the waiting areas at an airline gate. Besides contemplating the size of the terminal now and what it will be in 1998 when completed, I began thinking of other things.

My first air fare from New York City's LaGuardia Airport to Albany was \$25 round-trip. I was going to school near LaGuardia, so I flew up on Friday and back on Monday morning and didn't miss a class.

It was similar in a way to my recent extended weekends in January to Florida, only those trips were less expensive, relatively speaking.

The \$25 I spent in 1946 was the same as my starting weekly salary as a reporter at a daily newspaper two years later.

Today, it doesn't cost a weekly salary to fly almost anywhere in this country, if you're a good consumer, have a reasonably flexible schedule, check airline sales and have a travel agent who's willing to work with you.

You can fly further, faster and for less money, relatively speaking, than 50 years ago.

Despite the tendency of airlines today to crowd as many seats as possible into their cabins, the planes are more comfortable by far than in the 1940s.

For one thing, there's pressurization in the cabins. When I first flew to Albany, I decided to spend the hour or more doing homework, but forgot a law of physics. As I started to use my fountain pen, it leaked all over the paper because of the change in air pressure at 8,000 feet.

Point of View

Today, we fly at 39,000 feet and can use old-fashioned fountain pens or laptop computers.

One of the changes in the past several decades has been the hub and spoke scheduling, where airlines fly from smaller airports to the larger hubs and then re-route passengers to other planes taking them to their destinations.

It's more efficient for the airlines and a means of keeping costs down and planes reasonably full.

For example, in January, I was able to fly from Albany to Charlotte, N.C., then to Tampa and finally Naples. The three changes of planes and the total time took about six hours, with a little more than three of that in the air.

Was it a discomfort? Not really! It meant that I wasn't flying more than an hour-and-a-half on any one flight, and that I could get a real workout when I misread my ticket and sprinted through the Charlotte terminal to catch the Tampa flight, only to be told that I read the boarding time rather than the flight time, a half-hour difference.

So much for sophisticated flying, although I can claim that computer-printed tickets are a test for a CIA agent to decipher.

Despite the claims of difficulties in airline travel, ranging from safety to ticketing to meals, it has made Americans, particularly, and people throughout the world, far more mobile.

Whole businesses are possible because sales people and executives can keep tight schedules around the country and the world to complete business transactions or, in the case of government, diplomatic work.

Families think nothing of flying to Orlando and Disney World. Airlines helped Disney and Disney helped the airlines. As a result of competition, prices remain comparatively low.

In fact, one airline, AirTran, operates flights between 20 cities in the East and Midwest to

Orlando, Fla. — one round-trip flight each day from each city, including Albany, for the lowest fares in the industry.

As one who has flown commercially quite often since that first 1946 flight, I have experienced a wait of six hours while a late-1940s discount airline tried to de-ice a plane in Newark only to cancel the flight.

In another case, while on a flight full of London-bound movie critics, liquor provided by the film company flowed like the Thames only to result in some misunderstandings that started the trip off on a less-than-merry note and worried the crew beyond their British reserve.

Later, on another theater excursion to the Soviet Union, it was evident that some international airlines, like the state-run Aeroflot, were not as conscientious about passenger comfort.

A trip from Helsinki to Moscow found a harried young woman trying to serve food to 80 passengers so that when the plane was landing there was no time to pick up trays.

As a result, tray tables remained down (a real no-no) and utensils and food went flying during a bumpy landing.

A week later, however, after missing a flight by five minutes out of Leningrad, I was treated to one of the most rewarding experiences of my life, an overnight train trip to Helsinki through the snow-covered forests of Finland.

Then, because the Finnair flight was dead-heading back to Kennedy, I was one of only eight passengers on a plane suited for more than 200. There were more crew than passengers.

While moving through crowded airports, it's hard to believe that only about five percent of the population uses commercial airlines on even an occasional basis.

But those who do understand that with the occasional discomfort, airline travel opens great new vistas for many people at fairly reasonable prices.

THE SPOTLIGHT

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Your Opinion Matters

Glenmont woman decries DEC's local track record

Editor, The Spotlight:

I would like to relate the experience my neighbors and I have had with the "strict guidelines" and staff expertise of the Department of Environmental Conservation as touted in last week's *Spotlight*.

We on River Road experience the most offensive and acrid chemical discharge overlaid with industrial perfume. As one neighbor says, the odor takes your breath away. It usually occurs in the early evening to early morning, never during hours when one could alert someone at DEC.

In an attempt to locate the source of the chemical, what chemical it is and what effect breathing it could have, a number of my neighbors and I contacted the DEC air quality office. The DEC officer said the odor was from manure from a nearby farm or paint fumes from a neighborhood autobody business (whose owner ironically happened to be an affected, concerned and complaining neighbor).

Then we were asked exactly what chemical it smelled like. Finally, the DEC staff person "tested" — by driving down River Road on his way home. Conclusion: "I didn't smell anything at all." Case closed.

As recently as Jan. 21 upon stepping outside of the house at 5:45 p.m., we were hit in the face with this horrible stench.

I recently discovered that according to Watervliet residents the "I don't smell anything" test is the same sort of monitoring DEC does in the neighborhood of the Norton plant where the air hangs heavy with formaldehyde fumes.

Letters

Don't kid yourselves about DEC protecting our interests. We already have an air quality problem they've blown off. We need our own experts not only for future air quality, but to investigate what DEC has already refused to monitor.

Please show up Feb. 12 at Bethlehem town hall to tell your representatives on the board that we need independent scientific opinions.

Barbara Burt

Glenmont

Chamber sets bad example

Editor, The Spotlight:

I would like to pose the first question for "Stump the Task Force" of the Bethlehem First Committee of the Bethlehem Chamber of Commerce.

Couldn't the chamber find a Bethlehem country club or restaurant in which to hold its 40th anniversary celebration for the business people of the town?

Albany Country Club in Guilderland is not a Bethlehem business. Shouldn't you be the first to practice what you preach?

Sharon Fernandes

Owner, South Street Framers & Gallery
Delmar

DEC earns writer's support

Editor, The Spotlight:

I am writing in response to the comments in the Jan. 22 edition made by Sigi Moriece, a spokeswoman for Bethlehem Citizens for Clean Air.

I have worked closely with (but not for) the state Department of Environmental Conservation for nearly two decades and find their staff to be competent, professional and morally decent.

Many of us living in the town of Bethlehem are public servants who would never do anything or approve of anything that could harm our families or our neighbors. We represent the people of New York state, and your tax dollars pay for our services.

Do I trust EnCon to conduct a fair and impartial environmental review of the proposed formaldehyde production plant? Absolutely.

Should the town spend \$100,000 of our tax money to duplicate the review of "our" state agency? Absolutely not.

Mark E. VanValkenburg

Glenmont

*In Elsmere
The Spotlight is sold at
GrandUnion, Bob's Produce,
Revco, and CVS*

Town board should take active role vs. Spurlock

Editor, The Spotlight:

It is probably a fair assumption that the majority of Bethlehem residents oppose Spurlock Industries formaldehyde plant setting up shop in town.

I know firsthand that when I was at the soccer fields with petitions against the plant, people were running after me eagerly asking to sign. The response was overwhelming.

And at the town meeting, several hundred residents (many of whom were standing in the halls) eloquently expressed their concerns.

In spite of the town board requesting lead agency status, the state Department of Environmental Conservation was granted that position.

I think I represent many residents when we ask the town board to try everything possible to be involved in this process.

Even without lead agency status, we must still be involved every step of the way by hiring our own engineers and environmental lawyers to protect the health of our residents.

Many subjective decisions are made during the State Environmental Quality Review process, such as how quickly to expedite

the permits.

We implore the town board to go slowly (Spurlock wants us to move quickly) and efficiently, carefully assessing the health risks, monitoring EnCon, and leaving no stone unturned in order to protect the health and safety of its residents.

I am currently reading an incredible and alarming book, *A Civil Action* by Jonathan Harr, which is a true story about a small town in Massachusetts where there was an "epidemic" of children's leukemia caused by drinking water.

Residents were repeatedly told that it was safe for them to drink the water and that it passed official requirements. Unfortunately, that was not true.

We know that there are real dangers associated with formaldehyde — it is a well-known carcinogen and causes a host of health problems. Why take chances? With regard to health, it is better to err on the side of caution.

In the past, the town board has been responsive to its citizens — the drinking water issue of recent memory is a case in point. We beg you to listen again.

Karen Rosenkrantz

Delmar

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WHAT WOULD YOU DO?

Matters of Opinion

Woman urges board to be part of review

Editor, The Spotlight:

As a member of Bethlehem Citizens for Clean Air, I am writing to urge the town board to vote yes on Feb. 12 for the \$100,000 appropriation to ensure the state Department of Environmental Conservation review of Spurlock Adhesives' proposal to construct a formaldehyde plant in Glenmont.

Not all of this money might have to be used, but money must be available to hire our own knowledgeable professionals, including scientists, lawyers and others to represent the interests of Bethlehem residents.

Spurlock's plan may be the most important matter the town board will consider, since the decision will have an enormous impact on the town for generations to come.

Formaldehyde is a known carcinogen and, in addition, causes numerous neurological, respiratory, skin and other disorders. Board members as our trusted representatives must consider the health and safety of our residents, for whom they work.

DEC's decision to be lead agency must be disputed, since that office made no scientific analy-

Letters

sis to support its conclusion. The town board should do no less than go on record as having at least questioned this outcome.

From the beginning, Citizens for Clean Air has contended that Spurlock's plan to locate a plant here is a done deal. High state officials have continually welcomed Spurlock, acting as if the review process is irrelevant.

The proposed scoping check-

list that DEC gave Spurlock on Jan. 15 is woefully inadequate in addressing the concerns of town residents. This is the first step in the State Environmental Quality Review process, and it is enormously apparent the town needs expert technical and legal advice.

More than 1,000 citizens have signed a petition asking the town board to take the necessary steps to prevent Spurlock from locating here.

Marylou Schulz

Delmar

V'ville seniors are exemplary

Editor, The Spotlight:

Congratulations to Clayton A. Bouton High School students who attended the Senior Soiree at Park V Cafe last month.

As advisers of the senior class, Mr. Davis and I were pleased to watch almost 60 seniors thoroughly enjoy themselves for four hours while showing complete respect for each other, their chaperones and restaurant employees.

While eating, dancing and singing, the entire group bonded together in a warm fashion to create a magical evening.

Thanks, seniors, for making us proud to be your advisers on such an occasion.

Kiki Volkwein

English Department Chairperson
Clayton A. Bouton High School
Voorheesville

Speedy owners wistful about closing business

Editor, The Spotlight:

In early 1983, we opened Speedy Photo offering the then-new service of one-hour film processing. For the past 14 years, we have made every effort to provide the highest caliber of products and service to the community.

It has been our privilege and good fortune to have been able to serve you and to be a part of your lives. Because of the nature of our business, we have come to know a great many of you in a very personal way. We have witnessed your birthdays, holidays, weddings, graduations and the birth of your children. Along with you, we have watched them grow and have shared the good times in your lives as well as the bad.

You have made us feel part of your community and for that, we are grateful and will always consider ourselves honorary "Delmar-tians."

Over the years, several of your children have worked with us here, and it has been a pleasure to have known them all.

But all things have their time, and the time has come for us to end this chapter in our lives. Changing patterns, markets and cycles dictate that we close this operation and move on. The lab has stopped processing, but we will be here for a couple of weeks this month, so that you can pick up any work you have here.

So, please stop by to retrieve your photos or to say goodbye.

From everyone associated with Speedy Photo, we again say thank you and urge you to patronize and support local business whenever possible. They are your neighbors and friends and they care about you.

Art Portanova and
Carol Portanova Seabridge

Raeder was therapy pioneer

Editor, The Spotlight:

No, the church is not going to the dogs. In the Jan. 29 issue of *The Spotlight*, there is a photo of the sanctuary of Delmar Presbyterian Church, with dogs in the aisle, taken during a memorial service for Theresa Raeder.

The caption beneath the photo states that she was an Irish wolfhound breeder and a founder of Canine Company. That is true, but there is a larger story to be told.

The human interest part of the story is that this was a woman who trained therapy dogs, which are used in various health care settings. If you have ever seen a pet in a nursing home, then you should know that Terri worked to educate people to permit that prac-

tice. In addition to that educational work, she was very involved in training dogs for use in health care settings.

Since this important work was so much a part of her life, it seemed fitting to recognize that in the memorial service, hence dogs were present as a part of the service. As the headline states, this was a fitting tribute to a woman who broke new ground and through her innovative work brought comfort to many people.

Rev. Larry A. Deyss
Delmar Presbyterian Church
Pastor

Editor's note: Terri Raeder's achievements were recorded in *The Spotlight* in various articles over the years.

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Your Opinion Matters

Soccer champs

Clean air co-founder calls for board action

Editor, The Spotlight:

Bethlehem is facing a huge, ticking clock, and it's high time for the town board to get tough.

On Oct. 1, Spurlock Adhesives, a formaldehyde company who wants to move into our backyard, started the hands of that clock.

For Gov. George Pataki, those hands aren't moving fast enough. One of the governor's agencies, Empire State Development Corp., has assured Spurlock, over and over again, that they will "expedite" their permits through the Department of Environmental Conservation.

For Spurlock, it's as if Pataki himself is saying the deal is done. Need proof? Spurlock told the local daily newspaper on Nov. 19 that, "We thought this thing was a done deal." With this kind of pressure from the governor's office, isn't it highly unlikely that DEC would turn down Spurlock's factory?

All this could change if only the town board would stop straddling the fence and get tough. The board needs to make themselves key players. However, they don't have the expertise to sit at the table with DEC and Spurlock by themselves. No town board member has any experience with pollution from chemical plants.

Outside experts, hired by the town board, are needed to level this playing field. These experts could look over DEC's shoulder and make sure that the agency is exploring all the adverse health impacts that will affect Bethlehem residents.

The most compelling argument for the town to hire its own experts is the State Environmental Quality Review Act process itself. SEQRA is not rocket science, but it might as well be — it has a language all its own, a timetable all its own and will rely on highly technical scientific information that is beyond most of us.

SEQRA is not a pure process that sticks some numbers in a computer to come up with the "right" ones. Rather, it is a process that can be influenced by input from pros — lawyers who earn a living working with SEQRA for their clients. Spurlock is gearing up to influence SEQRA. They have already hired their own lawyers. It would be foolish for board members to go to the table with Spurlock alone.

But this is just what's happening. Supervisor Sheila Fuller has been winging it. She didn't even hire a lawyer to write arguments for lead agency status. This is unbelievable. In the past few years, it's been the rule for municipalities to seek outside expert help on SEQRA.

So far, Bethlehem's been the exception. Even with environmental problems far less serious than formaldehyde pollution, nearby towns hire expert environmental lawyers to protect their interests before DEC.

Remember the clock is ticking

Letters

fast. There is a drop-dead date coming up in a few weeks called scoping. Key issues, such as insisting on a health risk assessment, must be raised before scoping is completed. New issues cannot be raised after the scoping deadline is passed. We missed out on lead agency. Let's not miss out on this one.

Money should not be a major hurdle. Right now the town has more than \$1 million unallocated in various capital reserve funds. This money is rainy day money. The board has before it a proposal to authorize \$100,000 to hire SEQRA experts. Using \$100,000 to prevent formaldehyde from raining down on all of us makes good sense.

The board will vote on this proposal on Feb. 12 at 7:30 p.m. at town hall. Let's all show up and tell Fuller and the rest of the board members to — just do it!

Linda Burtis

Co-founder
Bethlehem
Citizens for Clean Air

Fifth-grade says thanks

Editor, The Spotlight:

Fifth-graders at Hamagrael Elementary School will like to thank Delmar Beverage Center for sponsoring a bottle drive for our class last month.

The money was used to help us attend an outdoor education camp in Massachusetts. Once again, thanks.

Janet Cassidy

Hamagrael fifth-grade teacher



The Bethlehem Bombers soccer team recently captured the Waterford United Tournament. Team members include, from left, Nick DeVries, Ethan Kolodny, Casey Weyant, Tom Blassman, Bill Barrowman, Greg McCarty, Stephan Schubmehl, Austin Hughes, Rob McNary, Bryan White and Ryan Rockmore.

Bethlehem police issue pedestrian tips

The Bethlehem police have issued a series of guidelines to ensure the safety of pedestrians.

First and foremost, remember that drugs, including alcohol and certain medications, can impair your ability to cross the street safely, according to Police Lt. Richard Vanderbilt.

When crossing at a stop sign:
• Stop at the curb and look in all directions before crossing.

• As you cross, keep on the look, especially for turning vehicles.

When crossing at a traffic signal, remember the following:

- Wait for a fresh green light or a walk signal.
- Make eye contact with the driver.
- Stay in the crosswalk.

parked cars, make certain they are not about to move.

Stopped trucks or buses may block your view of lanes; use caution.

Look for cars entering or exiting a driveway.

When no sidewalk is available, walk facing traffic and keep left as far as possible. Wear white or retroreflective material at night.

Weekend owl workshop set for Five Rivers

Middle school children and their parents can participate in a sleep-over while learning about owls and their prey at "Owl Camp," taking place Friday, Feb. 7, through Saturday, Feb. 8, at the Five Rivers Environmental Edu-

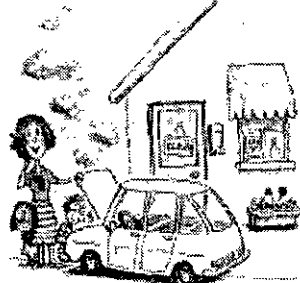
cation Center at 56 Game Farm Road in Delmar.

Participants will go on owl prowls, learn how to identify owls by sight and sound, analyze owl pellets, construct an owl nest box and much more.

Tuition is \$25 for a parent/child team. Five Rivers Limited members receive a \$5 discount.

Preregistration is required, and should be done by Jan. 31. To preregister, call 475-0291.

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RCS students art work on display at school

The Ravena-Coeymans-Selkirk Senior High will present a student art show beginning, Friday, Feb. 7 and continuing throughout the following week.

PTA, PTO to meet

A.W. Becker PTA and Pieter B. Coeymans PTO will both meet on Tuesday, Feb. 11 at 7 p.m. at their respective schools.

On Wednesday, Feb. 12, the special education parents support group will hold a Valentine's Day pizza party at 6 p.m. at the middle school.

Student groups raise money for HIV children

The RCS Future Homemakers of America hero youth leadership chapter and the middle school student council have raised \$1,200 to help children in the HIV program at Albany Medical Center Hospital.

The students earned the money by collecting donations at area stores and by hosting community activities.

The students also purchased gifts for five children at the hospital.

Committee seeks input

The town of Coeymans park committee is seeking new and old

NEWS NOTES

Selkirk
South Bethlehem
Linda Marshall
756-3520



members to attend its meetings. The committee is seeking input from area citizens on plans for the Coeymans Landing and Joralemon parks.

To contact the committee, call town hall at 756-6006.

Defensive driving course slated at VFW

A defensive driving course will be offered at the VFW in Ravena today and Thursday, Feb. 5 and 6, from 6:30 to 9:45 p.m.

Participants must attend both sessions to receive credit.

For information, call 756-6794 or 767-2474.

New Salem auxiliary planning fish dinners

The New Salem Fire Department Auxiliary will host a fish fry on Fridays, Feb. 14, 28, March 14 and 28, from 4:30 p.m. until 7 p.m. at 705 New Salem Road in Voorheesville.

Five Rivers holding sessions for children

Naturalists at Five Rivers Environmental Education Center at 56 Game Farm Road in Delmar invite teachers of pupils in grades-three through eight to participate in field trips at the environmental center through Feb. 28.

Pupils in grades-three and four can participate in "Winter Challenges," which will take a look at how wildlife survives during the winter.

Pupils in grades-five through eight can explore the outdoors on snowshoes.

For information, call 475-0291.

Businesswomen plan presentation on Africa

The Bethlehem Business Women's Club will meet today, Feb. 5, at 6 p.m. at the Days Inn on Route 9W in Glenmont.

Guest speaker and club member Joan Johnson will discuss, "The Wild Adventures of Africa." The talk will include a visual presentation on Botswana.

For information, call Doris Davis at 439-5786.

Library announces holiday schedule

The Bethlehem Public Library at 451 Delaware Ave. in Delmar will be open regular hours, 9 a.m. to 9 p.m., on Lincoln's Birthday on Wednesday, Feb. 12, and from 9 a.m. to 5 p.m. on Washington's Birthday on Monday, Feb. 17.

Bethlehem Recycling Corner

By Sharon Fisher, town recycling coordinator

There are several recycling directions that bear repeating.

All recyclable containers should be empty, clean and dry, with tops removed. A spoon spatula can be used to completely clean the food out of a bottle or can and especially a peanut butter jar. Most containers can be cleaned in the dishwasher. Remember to turn off the heat, especially when cleaning plastic bottles.

A metal lid, separated from its container, can be recycled in the recycling bin, but plastic lids belong in the trash. Insert tin can lids back into the can and squeeze the top of the can to prevent accidents.

Did you know adding one cup of water to a seemingly empty liquid laundry detergent bottle and shaking it generates enough soap to do another load of laundry? Before recycling, drain the bottle into an old washcloth or towel. Eventually the towel will contain enough soap remnants to do one more load.

Newspaper and other paper recyclables should not be placed outside when it is raining or snowing. Wet paper is not recyclable.

Listen to the weather report the night before a scheduled

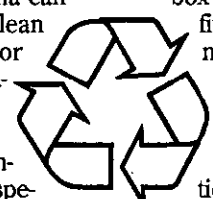
pickup day.

Corrugated cardboard boxes must be flattened. Open the bottom of the box to collapse it. If the box is not flattened, it will not fit in the recycling truck and might end up in the trash compactor. Recycle cardboard curbside with your private hauler or at Rupert Road transfer station.

Paperboard, also known as boxboard, is used in single-layer cardboard boxes. These cereal, cookie, cracker and gift boxes should be flattened, saved in a paper bag or another box, and when full, placed in the recycling bin in the side parking lot at Bethlehem town hall.

Flattening the boxes allows the container to be filled to capacity for more efficient tipping at the recycling facility. Food-contaminated boxes, paper cups and plates are not acceptable in any recycling program. Boxes from the freezer or refrigerator are not acceptable because many of these are plastic-coated, and therefore unrecyclable.

Paperboard will be recycled throughout 1997. Other voluntary programs will be held simultaneously. Watch for notices.



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

Heldeberg Workshop sets vacation plans

The Heldeberg Workshop is offering a February winter break workshop for students in grades four through eight at Clayton A. Bouton Junior-Senior High School in Voorheesville from 9 a.m. to noon, from Feb. 18 through 21.

A variety of classes will be offered, including weaving, "Whodunnit?", science, sculpture, art and poetry.

For information, call 765-2777.

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Volunteer firefighters sponsoring bloodmobile

Roll up your sleeves for the Red Cross Bloodmobile at First United Methodist Church of Voorheesville on Saturday, Feb. 8, from 8 a.m. to 1 p.m. at the church social hall on Maple Avenue.

Voorheesville Volunteer Fire Department is sponsoring the drive.

For information and appointments, call Monica Burt at 765-3102. Walk-ins are welcome.

Troop 73 planning annual pancake supper

Boy Scout Troop 73 will serve its 24th annual pancake supper on Saturday, Feb. 8, from 4:30 to 7:30 p.m. at the American Legion hall on Voorheesville Avenue.

The cost is \$4 for adults and \$2.50 for children.

Tickets are available in advance from any Scout. They can also be purchased at the door.

Legion schedules steak roast Feb. 9

The American Legion will fire up a steak roast on Sunday, Feb. 9, at 4 p.m. at the Legion Post on Voorheesville Avenue. There will only be one sitting.

NEWS NOTES

Voorheesville
Elizabeth
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765-2813



Meals cost \$12 per person and include steak, baked potato, salad, rolls, dessert and a beverage.

Call 765-4712 to make a reservation. Tickets will also be available at the door.

Continuing-ed signup begins Feb. 10

In-person registration for spring continuing education classes is set for Monday and Wednesday, Feb. 10 and 12, from 7 to 9 p.m. in the high school cafeteria. Mail registration ends on Feb. 24 when classes start.

Highlights include craft workshops, recreational sports programs and computer classes.

A special five-session class entitled Creating a Garden Design with Annuals and Perennials will be offered in conjunction with Cornell Cooperative Extension.

Brochures are available at the high school, the Altamont, Bethlehem, Berne, Guelderland and Voorheesville libraries and SuperValu market on Maple Avenue.

For information, call the high school at 765-3314.

Student musicians to present concert

High school musicians and singers are busy rehearsing for their winter concert on Thursday, Feb. 13, at 7:30 p.m. in the auditorium.

A wide range of popular and classical music will be performed by students in the stage band, choral, symphonic band and wind ensemble.

Everyone in the community is invited to attend this free concert.

V'ville school board to meet Feb. 10

The school board's regular meeting is scheduled for Monday, Feb. 10, at 7:30 p.m. in the large group instruction room at the high school.

Site team to meet

The elementary school site-based management team meets on Tuesday, Feb. 11, from 6:30 to 8:30 p.m. in the school library. Interested parents are encouraged to attend.

Town changes meeting nights

The New Scotland town board has changed its regular meeting date to the second Monday of the month. This month's meeting is scheduled for Monday, Feb. 10, at 7 p.m. at town hall on Route 85.

Kiwanis slates clinic

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

Nursery school announces Feb. 13 drawing

Community Nursery School of First United Methodist Church of Voorheesville will hold a drawing to fill both morning and afternoon classes on Thursday, Feb. 13, at 7:30 p.m. at the church on Maple Avenue.

Avenue.

Applications will be accepted until 7 p.m. that evening.

To participate in the drawing, children must be 4-years-old by Dec. 1.

For information, call Ivy Brockley at 765-2131 or the church office at 765-2895.

Seniors can apply for St. Matthew's award

St. Matthew's Men's Association is accepting applications for its \$200 college scholarship. Any high school senior who is a member of St. Matthew's Church can apply. The deadline for receiving applications is Feb. 23.

Application forms for both the scholarship and the McDonough award are available at the church or by calling the office at 765-2805.

Lots of great recipes are included in St. Matthew's Youth Council's new Community Cookbook, available for \$6 each at the church or by calling the office.

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Drop off valentines for special seniors

The Valentine Heartline is under way, with the familiar red and white box in the young peoples' area ready for those homemade cards. On Saturday, Feb. 8, from 1 to 3 p.m., Barbara Meilinger and Jen Lowman will supervise activities in the community room where children are invited to decorate cards and cookies to be distributed in local nursing homes.



La Biblioteca Quartet will celebrate the 200th anniversary of Schubert with

a free concert on Sunday, Feb. 9, at 2 p.m.

The program includes a description of the composer's life and times, with anecdotes and stories. A question and answer session will follow the program.

Refreshments will be served by the Friends of the Library.

The performance is sponsored by the Upper Hudson Library System and Conrail.

Welcome to Joyce Laiosa of Slingerlands, who is the new youth services librarian. All are invited to a welcoming reception at the library on Wednesday, Feb. 19, from 7 to 8 p.m.

Laiosa is looking forward to meeting the young people and parents of the community.

High school juniors and seniors should call to sign up for the Princeton Review SAT Preview on Wednesday, Feb. 12, from 7 to 9 p.m. Parents are welcome to attend. Registration is necessary.

Art Expressions, the adult sketch club, meets tonight, Feb. 5, from 6:30 to 8:30 p.m. in the community room. Artists should bring their own materials.

Barbara Vink

Feestelijk Bethlehem seeks local performers & artists

The Bethlehem community is accepting applications from performing artists for Feestelijk Bethlehem, a community-wide celebration of local talent.

Reflecting Bethlehem's Dutch heritage by incorporating the Dutch word "feestelijk" (pronounced face-te-lick) or "festive," Feestelijk Bethlehem will showcase local performing artists.

The event will take place on Saturday, May 3. Feestelijk Bethlehem will feature continuous performances from 7 to 11 p.m. in 10 centrally-located indoor

venues, including churches, schools and municipal buildings.

All artists are encouraged to apply, including musicians, children's performers and theater groups. Each applicant or group must submit a promotional package including an audio or video tape.

Interested parties should send materials to Feestelijk Bethlehem, attn: Entertainment Committee, P.O. Box 1, Delmar 12054. The deadline for applications is Feb. 15. Selections will be based on artistic and logistic priorities.

Parents set meeting for BC party

Since its inception in 1990, the drug- and alcohol-free all-night Bethlehem Central High School graduation party has been a huge success.

Seniors look forward to spending graduation night with their classmates in a fun-filled atmosphere of games, dancing, entertainment, food and prizes galore.

Parents of seniors are responsible for making it all happen.

If you are a parent who would like to help out, plan on attending our first meeting Feb. 11 at 7:30 p.m. in the high school cafeteria.

If you can't make the meeting, but would like to help, call Maureen Geis at 439-5055 or Mary Ann Vogel at 439-5026.

RCS parents plan pizza party Feb. 12

The Ravena-Coeymans-Selkirk special education parent support group is sponsoring a Valentine's Day pizza party on Wednesday, Feb. 12, at 6 p.m. in the middle school cafeteria.

The party is open to all RCS special ed students, their families and staff.

To make sure there is enough pizza for everyone, RSVP by calling Peggy Hart at 756-2180 or Faith Stewart at 756-9527.

Snowshoe excursion planned at Five Rivers

A snowshoe walk will take place at the Five Rivers Environmental Education Center at 56 Game Farm Road in Delmar on Saturday, Feb. 22, at 2 p.m. Naturalists will lead the walk. If there is insufficient snow for snowshoeing, the walk will take place on foot.

Participants should dress for the outdoors. Children must be at least in fourth grade in order to fit into Five Rivers' snowshoes.

Reservations are required. For information, call 475-0291.

Bethlehem on brink of link to database

In a few months, there will be a virtual addition to "The Bridges of Albany/Rensselaer County." Library staff are diligently linking all items in the library collection to the UHLAN (Upper Hudson Library Access Network) database.

UHLAN will link the holdings



of most of the 29 libraries in the system by this summer. Area libraries on the database so far include Sand Lake and Colonie.

We are one of the largest libraries in the Upper Hudson system, and the sheer volume of our holdings (165,000 items) has pushed our online date to late spring, rather than this month as originally planned. However, progress is steady.

In the meantime, a reminder: please re-register at the circulation desk. Patrons will be asked for a picture ID and proof of current residence. Re-registration does more than simply update patron information. It guarantees a seamless transition from the old system to the new.

Patrons who re-register early won't feel a thing when the switch is thrown.

New library cards have already been ordered, and will be available to Bethlehem Central School District residents when the library goes online with UHLAN. A generic UHLAN card will also be available for patrons who live outside the district. This can be exchanged for a home-library card.

A full account of new borrower policies related to this change is posted on the new library notice board, on the pillar where the old kiosk used to stand.

The new year brings other changes as well. The limit on videotape borrowing has increased from two to four. With that change comes the institution of a non-

transferable policy — one person, one card — at checkout. This policy helps focus responsibility for borrowed items and protects the borrower in case of theft.

To play those extra videotapes, the media center had again made two "portavideos" available for patrons who do not own a VCR but wish to play a tape. Portavideos are for video play only; they cannot record. They are loaned overnight, with an overdue fine of \$1 a day. They might be just the ticket when it's too cold to stand in line at the movie theater.

Because of a *Spotlight* editing error, the times for the Writing Your Life series were omitted in last week's column. The workshops will run from 10 a.m. to noon.

Louise Grieco

Financial planning takes Christian spin

Financial planning through a Christian perspective will be explored at a seminar at the Delmar Reformed Church at 386 Delaware Ave. in Delmar on Sunday, Feb. 9, from 1:30 to 4:30 p.m.

"Your Money and Your Life" will be led by Rev. Norm Tellier, and will focus on expressing Christian principles through pragmatic financial planning methods.

For information, call 439-9929.

BCHS musical groups to perform in concert

Bethlehem Central High School's string orchestra, jazz ensemble, wind ensemble and symphonic band will play at the school at 700 Delaware Ave. in Delmar on Monday, Feb. 10, at 7:30 p.m. The program will also feature several small ensembles and an oboe solo.

For information, call 439-4574.

Blood pressure clinic slated at town hall

Bethlehem residents can take part in a walk-in blood pressure testing clinic at the Bethlehem Town Hall at 445 Delaware Ave. in Delmar on Tuesday, Feb. 18, from 10 a.m. to 2 p.m. A dietician will also be available for consultation.

For information, call 439-4955.

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Sports

Eagles look to rebound in tournament

Offense sputters vs. Guilderland

By Jessica Fein

Despite some impressive defense, the Bethlehem Eagles went down to defeat at the hands of Guilderland last week, 54-41.

The Eagles' offense got off to a slow start, scoring only nine points in the first quarter. Guilderland took advantage and maintained a sizable lead throughout the contest.

Co-captain **Tim Staniels** led the Eagles with 14 points. **Scott Defeo** chipped in 10.

"Guilderland is a very good team, probably one of the best in the league," said Bethlehem head coach **Chuck Abba**. "We just weren't having a good night on offense."

Even though the Eagles were struggling offensively, they were consistent with a tight defensive performance.

"I'm very happy with the team's defensive effort. That's something they did well," said Abba. The Eagles have been fine tuning their defensive skills in practice.

Bethlehem stands 8-4 in the league and 10-6 overall. After their win over Mohonasen last week, the Eagles clinched the Suburban Council Gold Division regular season championship.

"I see this as a real achievement for the team," Abba said. "The title was one of our original goals for the season."

With only one game left, the team is shooting for the best seed possible in the Suburban Council tournament, which starts Friday.

Walk-a-thon to help diabetes association

The 1997 Trustco Bank Winterwalk for Diabetes will be held on Sunday, Feb. 9, at Crossgates Mall in Guilderland.

Check-in will begin at 9:30 a.m. and the walk will kick off at 10:30 a.m. There will be a continental breakfast on tap and a brief warm-up and stretch before the walk begins.

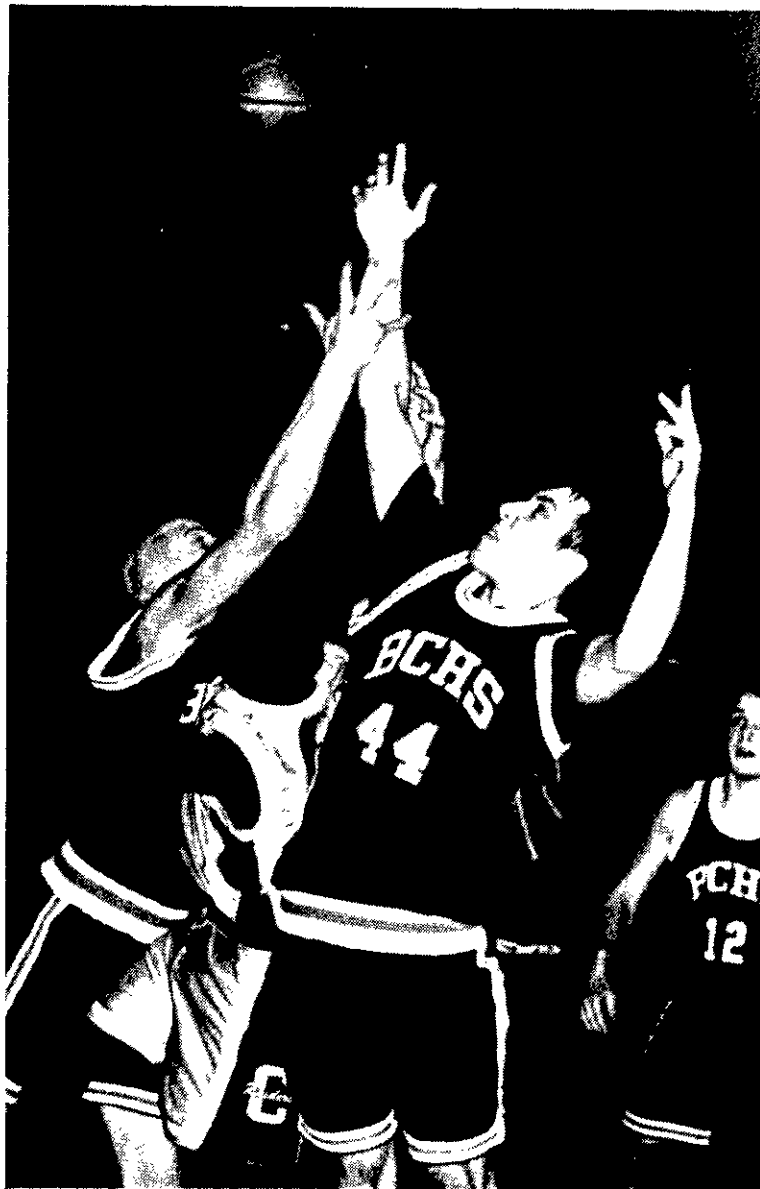
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BC's Scott Defeo battles defenders during recent Suburban Council action. The Eagles finished first in the Gold Division this year. *Doug Persons.*

SU sinks Boston College

Despite Christopher Sgroi's eight points, the Orangemen of Syracuse were toppled by Boston College, 55-36, in an important Bethlehem Basketball Club Big East matchup Sunday. **Anthony Livreri** scored 11 for the Eagles.

Providence squeaked by Pitt, 31-30, with **Alex Burke** contributing six. **Ryan Flansburg** had seven and played tight defense in defeat. Powering his way for 13, **Jon McCardle** led Georgetown past Notre Dame, 35-24. **Shane Cassidy's** man-to-man defense keyed the Irish.

Matt Melnikoff's tough defense kept West Virginia at bay as St. John's edged the Mountaineers, 39-34. **William Nathan** had five to help out the losers. **Zach Gray's** 11 steals highlighted Connecticut's 41-22 win over Miami. **Aaron Kaplan** had four in defeat.

The Bulls won their second in a row, beating the Suns 39-37 in a contest that kept fans on the edge of their seats. **John Myers** had 10 for the winners, and **Ed Wyluda** had four points for the losers.

The Magic surprised the Nuggets, 47-21. **Betsy Stambach** had a slew of rebounds for Orlando. **T.J. Drucker** hustled all over the floor for Denver.

The Sonics, with **Stephen Hallock** throwing down eight,

overcame the Spurs, 38-27. **Michael Banner** keyed a San Antonio rally that fell short. **Joe Battles' six** led the Knicks, but they were not enough, as the Rockets won 49-40 behind the offense of **Ryan Maestro**.

In the Big Ten, **Lucy Sandison** played strong defense and scored the clinching baskets in Iowa's 32-27 win over Northwestern. **Brian Biche** and **Jonathan Baselice** teamed up to spark an upset attempt. In a barn-burner, Michigan and Penn State tied at 35. **Matt Hickling** returned to action to score 10 and lead Michigan. **Julie Caporta** had a decisive field goal to help Penn State avoid a loss.

Ohio State throttled a Minnesota rally to win, 22-21. **Chris Regal** smothered the Minnesota sharpshooters on defense. **Peter Laird** had a late field goal to inspire the Buckeyes.

Michigan State edged Indiana, 32-28. **Brett Boyd** threw in seven for the winners, and **Brian Spath** played a solid game for the Hoosiers.

And in the day's most exciting contest, Purdue and Wisconsin battled to a 28-28 tie. **Emily Petraglia** contributed four to the Boilermakers cause, and **Kevin McKeough** held the Badgers together on defense.

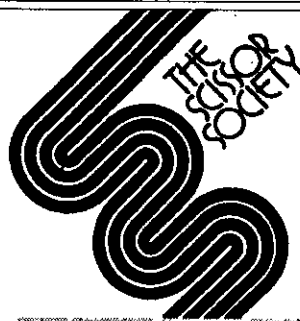
Bandits prevail at armory

The Bethlehem Bandits U-10 soccer team recently took first place honors in the Indoor Soccer League tournament at the Washington Avenue Armory in Albany.

In the title game against the Guilderland Greyhounds, **Cameron Brown**, **Elon Backer**,

Scott Strogatz and **Justin Puccio** helped Bethlehem post an 8-2 win.

The defense, led by **Cecilia Corrigan** and **Jeffrey Dolder**, was strong throughout. Bethlehem midfielders **Chris Lee** and **Chris Dudek** handled their jobs adeptly. **Ryan Virgil** was stellar in goal.



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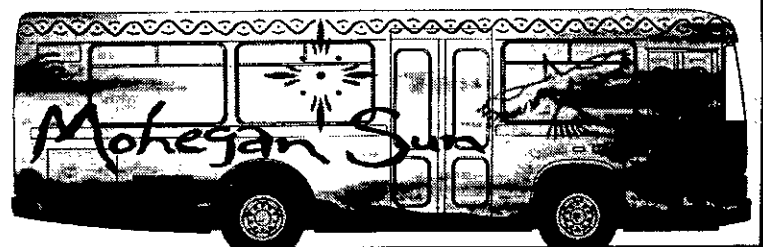
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Niskayuna bumps off Bethlehem

By Andy Macmillan

A week after edging Columbia in an important league match, Bethlehem wrestlers took it on the chin from Suburban Council powerhouse Niskayuna.

Niskayuna won 11 out of 14 matches on their way to a 58-18 victory. The Silver Warriors hold down first place in the Suburban Council with an 8-0 record.

But there were some bright spots for the Eagles. Andy Loux continued his strong season with a pin over his opponent in the 122-pound class.

Tim Leonard pinned his opponent in the 199-pound weight class, and Sean Demarest scored a pin the 125 pound class.

In their 39-31 victory over Suburban Council foe Columbia, the Eagles gave coach Rick Poplaski his 200th career dual meet victory.

Going into the match, Poplaski

Wrestling

said he was confident about his middleweight wrestlers, but knew that either the lightweights or heavyweights would have to step up in order for Bethlehem to come away with a win.

Freshmen Dave Woodworth (96) and Tom Hotaling (103) did just that, winning both their matches in convincing fashion. Woodworth was on top and in control the entire six minutes, winning 13-0.

Hotaling, on the other hand, used his speed and technique to pull off a fierce combination early in the second period, pinning his opponent in 3:10.

Loux and Leonard, who been outstanding all season long, both won their matches. Loux won on a

technical pin in the second period. Leonard on the other hand, narrowly escaped with a 4-3 win on points as he earned a one-point escape in the third period to break a 3-3 tie.

Demarest was up 7-0 in the second period, when he pinned his man. Senior Erik Kotlow wrestled a very consistent, well-balanced match, mixing strength with speed and skill.

He battled a tough opponent for six grueling minutes, and was up 3-2 when he earned a pin with time running down in the final period.

Juniors Dave Kaplan (145) and Dave Sherrin (152) both shutout their opponents, winning 3-0 and 10-0 respectively.

Kaplan used patience and persistence to outfox his opponent, while Sherrin took advantage of his opponent's lack of strength to dominate the match.

BC girls top Guilderland

By Tim Kavanagh

Another week, another win for the Bethlehem girls basketball team.

The Suburban Council Gold Division leaders disposed of another out-matched opponent Friday with a 54-42 victory over Guilderland.

The first quarter was slow for both teams, but the Eagles eventually built up a 24-13 halftime advantage, and by the third quarter Bethlehem squad had mounted a 40-20 lead. A late fourth-quarter surge by the Lady Dutchmen fell short.

Although sophomore forward Lily Corrigan did not play due to injury, the Lady Eagles dominated the boards at both ends of the floor, led by juniors Magan Sellnow and Karly Decker.

Nicole Conway had a game-high 16 points, and freshman Bridget Murray scored 10 points, including two, three-pointers. Karly Decker scored six, and junior Erica St. Lucia scored three points in a supporting role.

"It was a great team effort," said Decker. "Everyone contributed, and we also had good fan support at the game."

"We talked about this game during practice this week," said coach Kim Zornow, "and we tried to concentrate on getting all the players involved and also to have some fun."

The girls face Saratoga tonight (Wednesday) at home, and Gold Division challenger Mohonasen on Friday.





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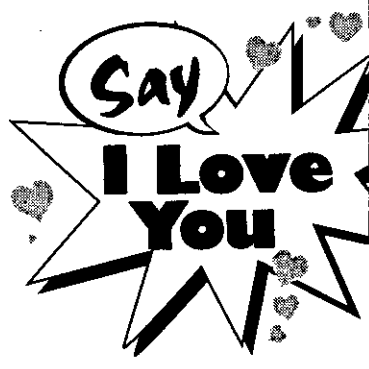
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A SUPPLEMENT TO THE SPOTLIGHT FEBRUARY 5, 1997

Exercise keeping senior residents active at Colonie Manor

By Mel Hyman

At Colonie Manor adult home, if you want to take it easy, you certainly can.

But if you want to keep the spring in those legs and maintain an active physical lifestyle, there's plenty of opportunity to do that as well.

Every morning, residents can get the juices flowing during a 20-minute chair exercise session. The age-appropriate class is designed to stimulate every part of the body and to get people ready for the rest of the day.

Right afterward, those so inclined can join the walking club, which meets at the activities center and walks throughout the building.

The single-story design of Colonie Manor enables participants to walk year-round despite the vagaries of the weather.

"If you walk the around the entire parameter of the building, it's about a quarter of a

mile," says community relations director Beth Bird. "If they want, they can go around again."

There are no estimates on how many people take a second tour of the building, but the walking club is popular, Bird said.

"It's comparable to the mall walking" that many seniors engage in, she said. "Many of our residents look forward to it. If they choose, they can go outside during the nice weather and use the pathways around the building."

At Colonie Manor, which is in eighth year of operation, everyone is ambulatory, although exercise is certainly not mandatory. At the same time, for those who do choose the more active lifestyle, Bird said she has seen many residents "get stronger by living here."

Colonie Manor, which currently accommodates 94 residents at its facility on Watervliet-Shaker Road, also offers a por-



Stretching sessions are just one of the ways residents at Colonie Manor keep limber and healthy. The home also offers bocce, bowling, shuffleboard and croquet. Residents can also "mall walk" their way around the single-story building. *Doug Persons*

table putting green so former golfers can keep their golfing reflexes sharp.

Other sports activities include bocce ball, bowling, shuffleboard and croquet. And while these are a far cry from

basketball, tennis or soccer, these activities on a regular basis can keep a person fit and agile, which is often not an easy task for seniors.

Physical activity is important, but it is still just one component

of the whole health picture, Bird said. Nutritious, well-balanced meals are also essential, and planned activities such as craft classes and newspaper socials keep residents in touch with each other and boost their overall feelings of well-being.

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The staff of St. Peter's Delmar Women's Health Care Associates. Left to right: Robert W. Kelly, MD; Robert M. Rosenblatt, MD; Virginia Giugliano, MD. Seated: Albert A. Apicelli, MD.

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Laser surgery helps many throw their glasses or contacts away

By John Thorpe

Imagine a world in which you don't need your glasses or contact lenses. Too good to be true? Well, that world is fast becoming a reality.

On Jan. 20, LCA-Vision Inc., the leading national company in the rapidly-expanding field of laser eye surgery, opened its first facility in the Capital District, at 12 Corporate Woods Blvd. With that opening, Capital District residents now have at their disposal a laser procedure for quick, safe and painless correction of impaired vision, without needing eyeglasses or contact lenses.

"The procedure has been around since the late-1980s in Europe and Canada, but wasn't approved by the FDA for use in the U.S. until early fall of 1995," said David St. Germain, administrator of the LCA facility. "But the FDA is

usually very cautious with these matters."

The laser procedure is used primarily to correct nearsightedness, but LCA is waiting for FDA approval to treat astigmatism as well. Patients with a nearsighted prescription of up to a -6 refraction can be helped by the surgery, with -6 being "on the pretty high end of the scale" toward poor vision, according to St. Germain.

"We can take people in that situation and clear up most of the impediment, so that they will not need contacts or glasses," he said.

St. Germain noted that the facility is careful to try and manage people's expectations.

"Just because it's lasers and computers doesn't mean it's magical," he said. "That's why we try to provide a quality evaluation and screening, and go through the pro-

cedure in detail with each patient."

Still, there's no hiding the enthusiasm that comes with personal experience — following surgery, St. Germain today is glasses-free for the first time in 47 years.

"It's been three weeks for me, and it's strange to say, but it's changed my life," he said.

The numbers back him up. More than 5,000 procedures, with a success rate of more than 98 percent correcting eyesight to 20/40 or better, have been performed at LCA-Vision's Toronto site, which opened in August 1991, soon after the procedure was approved in Canada.

Laser eye surgery, or photorefractive keratectomy (PRK) as it is known medically, is a major advance in the treatment of corneal defects. It uses a quick burst of safe laser energy, which is painless and bloodless, and re-

quires no incisions, to basically "etch onto your cornea the prescription of your eyeglasses," said St. Germain.

The 4,200 square-foot Albany facility is equipped with a \$500,000, state-of-the-art, computer-controlled Visx Star Laser.

No long-term side effects have been reported, according to St. Germain, with short-term discomfort being the most common side effect.

"It's the equivalent of having an eyelash stuck under your eyelid for about 24 hours," he said. "It's just a matter of your level of pain acceptance."

Perhaps the only drawback is the cost — \$2,250 per eye, which includes everything, from evaluations to post-operative exams. Complete evaluations and examinations are available for \$100, and the facility also offers free seminars twice a week, at which slide

or video presentations are conducted by one of the medical staff, during which the procedure is mapped out in detail.

"This surgery can't not help, let's put it that way," said St. Germain. "100 percent of people treated have an improvement in their ability to see."

Dr. Michael Belin, a leading local ophthalmologist and professor at Albany Medical College, has been named the Albany firm's medical director, with numerous prominent area eye surgeons serving on the Albany LCA-Vision Laser Center's medical advisory board.

LCA-Vision Inc. currently operates laser surgery centers in New York City; Westchester County; Buffalo; St. Petersburg, Fla.; Cincinnati, Columbus, Dayton, Cleveland and Toledo in Ohio; Baltimore, Md.; Savannah, Ga.; Charlotte, N.C.; Fort Erie and Toronto, Canada; and Helsinki, Finland.

Four Winds Saratoga schedules ADD confab

Four Winds-Saratoga will hold its 10th anniversary conference on attention deficit and other neurological disorders of children and adults, at the Albany Marriott on March 6 and 7.

The conference will focus on how to distinguish, educate, treat, live with and survive these disorders. Among the presenters are two of the nation's top experts in Attention Deficit Disorder (ADD) — Dr. Timothy Wilens and Sydney Zentall.

Wilens is currently associate professor of psychiatry at Harvard Medical School and on staff at the

psychopharmacology clinic of Massachusetts General Hospital. A graduate of the University of Michigan Medical School, he completed residency training at Massachusetts General Hospital. Wilens is the author of "A Parent's Guide to Psychotropic Medications for Their Children," as well as more than 60 original reports and dozens of articles and textbook chapters.

Zentall is currently professor of special education and psychological sciences at Purdue University. For more than 20 years, she has been studying ADD and has published numerous scientific articles

in psychology and education. Zentall has received grants from the National Institute of Mental Health and the Office of Special Education. Zentall's academic degrees are from the University of California at Berkeley and the University of Pittsburgh.

Other local speakers include Dr. Jeffery Daly, Frank Doberman, Ted Feinberg, Barry Gold, Dr. James Kennedy, Dr. Zvi Kloppett, Dr. Arlene Knoblauch, Nancy Knoll, Dr. Clifford Passen, Kimberly Salmon and Robert Wakemen.

For registration information, call 584-3600, ext. 392.



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Massage therapy not just for relaxation anymore

The right rubdown can improve health, athletic fitness and mental well-being

By Tom Murnane

Slowly but surely, people are finding a treatment that helps prevent injuries and stress during normal daily activities and more rigorous athletic exertions—massage therapy.

Already regularly used by many professional sports teams before and after games to help reduce injuries, massage therapy—often perceived as a luxury—is just beginning to catch on with amateur athletes and others interested in preventing muscle pulls or tears, according to Kimberly Comiskey, owner of Kimberly's, A Day Spa Ltd. at 637 New Loudon Road in Latham.

Relaxation is crucial for healthy living, Comiskey said, noting her spa's motto is, "Experience heaven on earth."

Kimberly's is entering its 10th year in operation at Bayberry Square, having started out as a hair and nail salon but eventually becoming a day spa, a place where customers can escape from the world for as long as they wish and, in the process, get pampered to their hearts' content.

For several years now, Kimberly's has gained the reputation of being one of the finest spas in the area, featuring a hair salon and manicure room as well as four massage rooms, four facial rooms, a locker room with shower, and a

special hydrotherapy room with a 77-jet European hot tub.

In the last year or so, Comiskey has begun seeing not just clients seeking a leisurely escape, but more amateur athletes as well, including hockey players, runners and swimmers coming in for a rubdown before and after competitions or practices.

She is also seeing more people coming in after a long day at the office, needing a little relaxation before going home. For both reasons, her spa is the perfect place to go, she said.

"Massage is a wonderful tool to prevent injury because it helps improve circulation in the muscles. More people are beginning to realize this, that you don't have to be a professional athlete to need a massage," said Comiskey, a past recipient of the Latham Chamber of Commerce Woman Entrepreneur of the Year Award.

Demand for massages has increased so much that Comiskey said she recently just hired her ninth massage therapist and will add Sunday hours in addition to being open Tuesdays through Saturdays.

This is a far cry from a decade ago, when she opened her salon with a staff of two. Now, she has a full-service day spa with 40 staff-

ers. For those who don't have the time to spend an entire day in seaweed and mud, the spa offers indi-

least a half-hour and start at \$30.

Sports massages, which are deep tissue massages, are designed to prevent muscular soreness and ease tired joints that may result from overexertion or exercise.

Requests for this particular massage, which costs \$50 for one hour, have increased dramatically, as has the use of the spa's hydrotherapy tub.

Normal hot tubs are so hot that people can stay in them for only a few minutes. But with the spa's 40-gallon, fresh-water tub, which keeps the water at body temperature, a person can stay in for up to an hour.

The tub's massaging jets help

increase a person's circulation and relieve pain in the joints, which is an attractive feature for those with arthritis, Comiskey said.

Use of the hydrotherapy tub alone costs \$40, and \$70 when combined with a one-hour Swedish massage.

Kimberly's also offers shiatsu (or accupressure) massage and reflexology foot baths, which are based on the premise that every body function corresponds to precise areas on a person's feet.

Package rates for longer visits range from \$70 to \$250.

Her next goal, she said, is to one day open up an overnight spa.

"I think I'll be bored with my current renovations in a couple of years, so then we'll take a look at that," she said with a laugh. "It's just a matter of time."

For information, call 785-5868.

Already regularly used by many professional sports teams before and after games to help reduce injuries, massage therapy—often perceived as a luxury—is just beginning to catch on with amateur athletes and others interested in preventing muscle pulls or tears.

vidual services such as massages (including a 15-minute, \$15 massage break "which is perfect for people on their lunch break," she said. Other massages are for at

Albany Memorial study uncovers new sedation technique for children

A new way of sedating children has shown to reduce pain and anxiety for children undergoing brief but uncomfortable procedures in Albany Memorial Hospital's emergency department.

A study by physicians there found that an injection of ketamine hydrochloride produces safe, effective sedation in children, enabling procedures to be performed with minimal discomfort. Findings were published in the January edition of the *Annals of Emergency Medicine* by emergency medicine physicians Dr. Robert J. Dachs and Dr. George Innes, formerly of Albany Memorial.

The study examined 30 patients, ranging in age from 18 months to 8 years. Each child was administered an injection of ketamine

hydrochloride prior to a planned painful procedure such as laceration repair (stitches), removal of a foreign object, or lumbar puncture.

Within minutes, the drug produced a trance-like state, with deep sedation and relief from pain, allowing the physicians to perform the procedure with minimal trauma or discomfort for the child. The children returned to their normal state in 15 to 20 minutes.

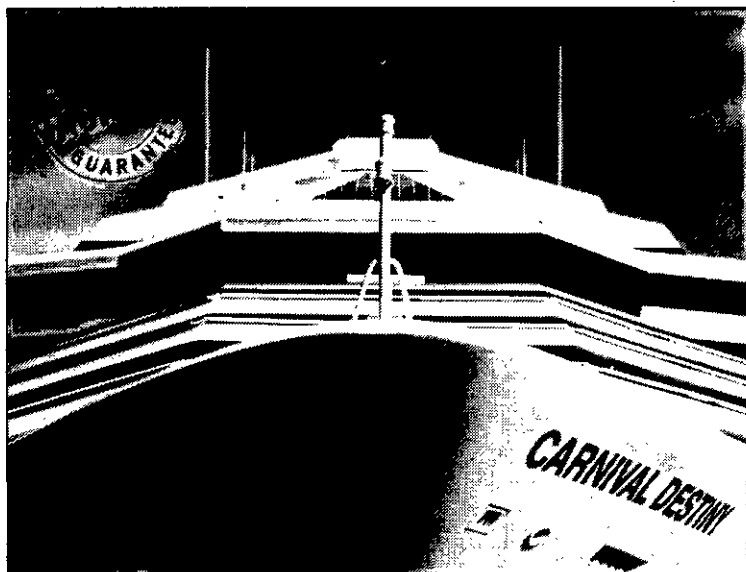
An added benefit was that parents, too, suffered less anxiety.

Side effects were minimal. Children were monitored closely for their reaction to the ketamine injection. Vital signs, which were recorded every five minutes, remained stable. Nearly all the chil-

dren were calm during the recovery period, and only two experienced mild vomiting.

In follow-up phone calls a few days after discharge, all but one parent reported that they thought their children were comfortable or very comfortable during the procedure. All were very pleased that the sedation had been given and would opt for it again if their children were ever in the same situation.

According to Dachs, this is the first formal evaluation of ketamine injections in children in the emergency department. The positive findings suggest there may be applications in other conditions such as burn care and orthopedic procedures.



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Wellspring House

Getting in shape takes some inspiration, some perspiration

By Monica Seeber

Here we are in February still faced with the resolutions we sincerely made on Dec. 31. And for many of us, the No. 1 resolution haunting us every morning as we struggle with those waistline buttons is losing weight.

First the bad news — there is no magic pill, potion or food to magically melt those pounds away. The extra weight probably took a while to gain, and it will take a while to lose it.

The process of losing weight is like cross country skiing. Initially, it isn't easy. You slip and fall. You look like a total fool. You hit yourself in the head with the pole.

And finally when you do get going you realize, "Hey, this is work." And it is for a while. But slowly but surely you learn a few strides, gain some confidence, start to glide a bit here and there and Eureka! — you're having fun.

And then you fall again. Only this time you laugh, get up, brush yourself off and go for it. There are still challenges but now you're more confident, disciplined and able to meet them with a smile.

The good news is losing weight is easier than most of us think. Part of the problem today is that we live in an "instant gratification" mode. We want to lose weight and if it takes too long coming off, we grow discouraged and fall right back into our old habits. But losing weight isn't difficult. It just requires a bit of basic know-how and time.

• Realize that it will take some time and perseverance to reach your goal. You will fail from time to time, but the important thing is that you keep trying. Holidays are going to come and go, isn't it better to be 10, 5, or even 2 pounds thinner rather than waiting for the "perfect" time to "diet"?

• Think of your weight loss efforts as choosing a healthier lifestyle. It can be tough going at

first, but like our skier, it gets easier and more enjoyable as we progress.

• Get support. Most of us know what we should eat, it is just a matter of doing it. Support can make all the difference in the world. Find a friend who is sincere about making 1997 a healthy year. Share the good times and the bad. Get a walking/jogging/biking route together. I know two friends who talk on the phone as they exercise — one on a stationary bike and the other on a ski machine. Another helpful support is reading material. Articles on health and fitness can be very motivating. You might even find a new healthy and tasty recipe.

• Exercise every day. Forget the three-times-a-week business. You might not have indoor exercise equipment or huge blocks of time. But try to do something every day. Take a 20-to-30-minute walk around your neighborhood, or try turning on the stereo and dancing in the living room. If nothing else, it will amuse your kids. Find something you like to do and just do it.

• Weight training (also known as strength training) is also an excellent way to get fit. It is natural

to lose muscle as we age; we have to fight to keep it. Muscle is what metabolism is all about. Muscle tissue burns calories a lot better than fat tissue. So as we increase our muscle mass, we not only look

The process of losing weight is like cross country skiing. Initially, it isn't easy. You slip and fall. You look like a total fool. You hit yourself in the head with the pole. But eventually you do learn a few new strides.

better, we burn calories more efficiently and therefore lose weight more easily. But it takes a while to get there. There are some excellent videos at the library on weight training. However, you can injure yourself if you don't go about it properly with some training, so be careful.

• Don't starve yourself. The lowest safe level of intake is 1,200 calories a day.

• Drink lots of water (diet drinks, coffee and tea don't count, and should be consumed in moderation). Try to drink at least eight

glasses of water a day. You may feel like you're floating at first, but you'll find you get hooked on water. Squeeze a piece of lemon or orange in it for a little extra taste.

• Eat lots of raw vegetables when you feel the need to munch. And know you will have those times when you could just eat the side of a house. There will be days when you're extra hungry and times when it is easier to stick with the program. Diet hot chocolate has helped me over many a hump. Use moderation when it comes to low fat foods and sugar substitutes. You don't want to end up eating a lot of preservatives and chemicals. Cut down on fat. Read labels and know what you're eating. Although it has gotten better, packaging can be deceptive.

• Keeping a record of what you eat really helps you to stay on track. It can be very revealing, especially if you note the time of day, your mood and location, in addition to the foods and amounts eaten.

There will be days when it is just not possible to keep a food diary, but it is an insightful tool.


• Relax. If you mess up don't beat yourself up about it. Laugh a lot and know you can do it! Anticipate problem situations and if possible, avoid them or have a strategy to work around them. Surround yourself with positive thoughts and visualize yourself where you want to be. Before you know it, you'll be there.

The author is a nutritionist with Albany County Head Start.

CHP sets workshops on Medicare coverage

Community Health Plan (CHP) will hold free informational workshops on understanding Medicare coverage on Wednesdays, Feb. 5 and 12, at 1 p.m. at the CHP Delmar Health Center at 250 Delaware Ave. in Delmar.

CHP was recently ranked by *Newsweek* magazine and *U.S. News and World Report* as one of the top HMOs in the nation.




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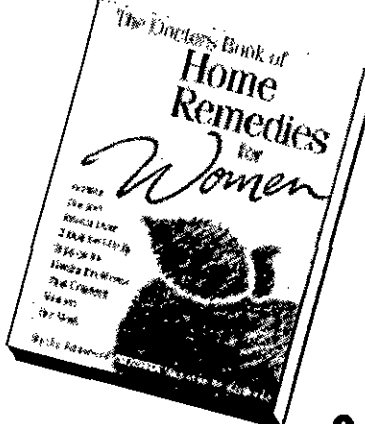
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Annual prostate test a must for middle-aged men

By Bill Batchelder

Golf legend Arnold Palmer recently announced that he would not participate in the Bob Hope Desert Classic celebrity golf tournament for the first time in the history of that event. The reason: Palmer had tested positive for prostate cancer following an annual physical. He was returning home after treatment at the Mayo Clinic.

That news no doubt added significantly to the already growing awareness among middle-aged American men that it's important to have their prostates checked on an annual basis.

The prostate is a gland about the size of a walnut. It is part of the male reproductive system, located in front of the rectum just below the bladder. The gland completely surrounds and controls the ure-

thra, through which urine passes out of the body.

Another of the prostate's main roles is to squeeze fluid into the urethra as sperm move through during sexual climax. Additional functions of the gland are to date not fully understood by scientists.

Health experts now recommend that men receive a prostate exam annually after the age of 50, according to Dr. Anthony Passaretti of The Prostate Center of Albany.

"For those in a high-risk category, it's best to begin this annual check at age 40," said Passaretti, who defines those at high risk as men with a history of prostate cancer on either side of their family, as well as all African-American males.

According to the American Can-

cer Society, prostate cancer is the most common cancer diagnosed in men. But malignancy is not the only target of prostate screening. Growth of the prostate is a natural part of male aging.

It begins at the age of 25 and over time can result in a condition known as benign prostatic hyperplasia, or BPH. This enlargement of the prostate can produce several uncomfortable symptoms, including increasingly frequent urination (particularly at night), greater urgency to urinate, leaking of urine and a hesitant urine stream.

Although the recommended testing is effective at diagnosing both cancer and BPH, the two conditions do not appear to be directly related. It is possible, however, that a patient with BPH may have cancer at the same time or develop it at a later date.

The screening procedure for prostate disease is quite simple, consisting of a digital rectal exam and a blood test known as a PSA. Increasingly, primary care physicians include this testing as a matter of routine in every physical they give to middle-aged men. Failure to treat prostate enlargement can produce more serious complications besides cancer, in-

cluding urinary tract infections, bladder or kidney damage and incontinence.

Early detection, on the other hand, can mean simpler and more varied treatment choices. About 80 percent of prostate cancer occurs in men over the age of 60. Here again, however, early detection is the best way to provide the patient with more options for successful treatment. In recent years, the range of treatment options has grown significantly for both BPH and cancer diagnoses.

Researchers are at work to develop more prostate treatment techniques, particularly in the area of drug therapies.

To encourage men at high risk over 40 and all men over 50 to begin annual prostate testing, The Prostate Center of Albany offers a free screening to any man in the target age range not currently under the care of a urologist. Results from the test are provided to the patient's primary care physician, who will decide with the patient whether referral to a specialist is required.

The center is located in the Albany Memorial Building at 63 Albany-Shaker Road. Appointments can be made by calling 434-1366.

Tapes focus on issues for elderly

Materials and tapes are available from the Evelyn Frank Conference on protecting the elderly and persons with disabilities.

Conference materials, included in a binder of 300 pages, focus on the following critical issues: New York state plans for managed care, Medicare HMOs, managed long-term care, managed care for the chronically ill and persons with disabilities, quality and ethical issues in managed care, grievance procedures and appeals and strategies for consumer advocacy.

The binder costs \$50, plus \$7.50 for shipping and handling, and can be ordered by sending a check payable to the Brookdale Center on Aging, Mail to Brookdale Center on Aging, Institute on Law and Rights of Older Adults, 425 E. 25th St., New York, N.Y. 10010-2590.

If your agency requires you to send a voucher, please include a stamped, self-addressed envelope.

Twelve tapes of the conference are also available, including the keynote address by Robyn Stone, acting assistant secretary for aging; a panel presentation on future directions in managed care; eight workshops; an address by Susan Dooha of Gay Men's Health Crisis; and the closing panel presentation. Single tapes cost \$10; five or more tapes cost \$9 each. To obtain an order form, contact Eyedears A/V, 86 Brook St., Garden City, N.Y. 11530 (fax 516-739-1984).

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New options becoming available for managing menopause

Within the next decade alone, 20 million women in the "baby boom" generation will become menopausal, and they are demanding more information about what happens during menopause and what they can do to best manage it.

This wasn't always the case. Before the 1970s, menopause was rarely discussed. It was considered a private and personal matter.

Women silently endured the discomforts associated with the condition and often did not know about or seek medical alternatives that could alleviate many of their symptoms.

In fact, for much of history, menopause wasn't a topic of general discussion, and for good reason. In the early 1900s, in the U.S., a woman's average life span was only 51 years. This meant that many women did not reach menopause, which generally occurs between the ages of 45 and 55.

Further, women's concerns, particularly as they related to health issues, were often overlooked and disregarded.

Today, women's issues are more prominently discussed and their concerns are taken more seriously.

Women have more prominent roles in politics, business and higher education and are living longer. A woman can expect to live more than 80 years, spending one-third of her life after menopause.

Moderate-to-severe menopausal symptoms, caused by a lack of estrogen, can be treated with estrogen replacement therapy (ERT), first introduced more than 50 years ago.

Today, ERT is available in a variety of forms. Patches are the newest form of ERT and pills have been in existence since the 1940s.

Additionally, women and their physicians can choose the type

and dosage of estrogen that is needed, e.g., estradiol, the primary estrogen produced by the ovaries.

Estraderm (estradiol transdermal system), the first estrogen skin patch for the treatment of menopausal symptoms as well as the prevention of postmenopausal osteoporosis, was introduced by Ciba Pharmaceuticals in 1986.

Vivelle, Ciba's new transdermal patch, utilizes a matrix design—an advanced type of technology in transdermal delivery—which allows for a patch that is small, thin, flexible and translucent.

The self-adhesive patch is applied twice-weekly to either the buttocks or abdomen, where it delivers estradiol through the skin directly into the bloodstream. Vivelle is not indicated for the prevention of postmenopausal osteoporosis; clinical trials to assess the efficacy of Vivelle for this indication are underway.

Oral estrogens have been available for more than 50 years. The most common are conjugated estrogen pills, which are composed of different kinds of estrogen substances. Women take one tablet daily as prescribed by their physi-

cians.

Since the early 1980s, vaginal creams have been available for the symptomatic relief of vulval and vaginal discomfort. Applied locally for a few days a week, creams relieve vaginal dryness and improve lubrication for sexual intercourse.

In comparison to other forms of ERT, vaginal creams have a relatively low absorption rate into the circulatory system.

Women should consult with their physicians to determine whether they are appropriate candidates for ERT. Those who do opt for treatment should also work with their physicians to identify the ideal treatment option.

When used as part of an overall health plan, including physical activity and weight-bearing exercises to help build up bone mass and a balanced diet that includes adequate intake of calcium and vitamin D, some forms of

ERT have been shown to provide a long-term protective benefit against postmenopausal osteoporosis, a bone disorder that affects older women.

Women who have not had a hysterectomy may be prescribed a progestin in addition to estrogen

in what is called hormone replacement therapy (HRT). Progestins lower the risk of developing endometrial hyperplasia, a possible precancerous condition of the uterine lining that can occur when estrogen is used alone.

Women should discuss the benefits and risks of HRT with their physicians. The physician will need to determine the proper dosages and ratio of progestin and estrogen that will be most effective in meeting each woman's particular needs.

Estrogen replacement therapy is not advisable for some women. When considering any estrogen therapy, it is important to balance the risks against the proven benefits.

For example, pregnant women should not use estrogen therapy. Estrogen therapy has been associated with an increased risk of cancer of the uterus.

Women should tell their doctors if they have had cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting or any cardiovascular disease.

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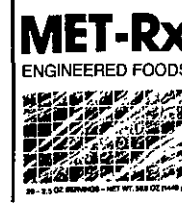
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New and improved vaccines available to immunize children

By Dr. James Baker

Immunizations have a long and distinguished history of protecting our children against serious, even potentially fatal, illnesses.

Despite this success, too many children are not immunized in a timely manner. Since some of the preventable diseases are most deadly in the first two years of life, it is vital to make sure that our children are properly immunized from early infancy.

The American Academy of Pediatrics (AAP) and the Advisory Committee on Immunization Practices (ACIP) make national recommendations on vaccines. Here are the current recommendations, with some of the newer aspects of immunization highlighted.

- **Diphtheria-tetanus-pertussis (DTP) vaccine** — Diphtheria, tetanus and pertussis are all serious diseases that can be fatal. Diphtheria can cause paralysis, breathing difficulty or heart failure. Tetanus (lockjaw) causes muscle spasms and difficulty in opening the mouth or swallowing. The tetanus germ is common in soil and usually enters the body through a cut or puncture wound. Pertussis (whooping cough) causes severe coughing with choking and even blue spells in infants. Pertussis is a common cause of long-term cough in adults and is most serious and potentially fatal in children under

1 year of age.

The new acellular Pertussis DT vaccine has been available for the last couple of years for 18-month and 5-year-old boosters and has just been approved for use at 2, 4 and 6 months as well. This vaccine has been shown to have fewer and milder adverse reactions, such as fever and local swelling and pain.

In recent European studies, acellular pertussis vaccine also proved to be more protective against pertussis infection than the older whole-cell pertussis vaccine. Acellular pertussis is now the preferred vaccine for all primary DTP immunizations.

- **Polio vaccine** — Polio is a viral disease that can cause paralysis, breathing difficulty, muscle pain and death. Although polio has been controlled in the Western Hemisphere since 1994, it is still common in other regions.

Recently, the AAP and ACIP have recommended increased use of the Inactivated Polio Vaccine (IPV) given by injection. Oral Polio Vaccine (OPV) has been associated with Vaccine Associated Paralytic Polio (VAPP), of which there are eight to 12 cases per year in the U.S.

Although any schedule from all OPV to all IPV is considered acceptable, the official recommendation is for two doses of IPV at 2 and 4 months of age, followed by two doses of OPV at 12 to 18 months and 5 years.

This sequential polio schedule is viewed as reducing VAPP while minimizing the total number of

shots required to accomplish complete immunization. Use of OPV doses is necessary to provide intestinal immunity which is important to prevent the spread of polio virus.

- **Measles-mumps-rubella (MMR) vaccine** — Measles is a viral disease that causes fever, rash, severe cough and conjunctivitis. It may be complicated by pneumonia and encephalitis, which may be fatal. Recent epidemics have shown that all individuals were not protected (more than 90 percent were) by the vaccine used before 1987, so a second dose of MMR at school-entry age, or about 12 years of age, has been recommended.

These epidemics show society's failure in getting immunizations to children, because large numbers of the ill children were never immunized against measles at all. The newer MMR is 95 to 98 percent protective with one dose.

Mumps is usually a mild illness among children, causing swollen salivary glands and, rarely, meningitis. Illness among older teens and young adults may be more serious and include swelling of testes and ovaries, with permanent sterility a possible, but rare, complication.

Rubella (German measles) is usually a mild illness of short duration which causes fever, rash, and swollen lymph nodes on the back

of the neck. Rubella is very dangerous to unborn children. It can cause heart defects, cataracts and even death.

- **Haemophilus B (HIB) vaccine** — Haemophilus influenza type B is a bacteria that can cause several serious infections including meningitis, epiglottitis, pneumonia and infections of skin, bone and joints, illnesses severe enough to be fatal or leave permanent neurological disabilities.

Use of conjugate HIB vaccines starting at 2 months of age has reduced the incidence of serious infections by 96 percent in recent years.

- **Hepatitis B virus (HBV) vaccine** — Hepatitis B virus causes a severe form of liver infection which may become chronic with cirrhosis. This infection is the most common cause of liver damage leading to the need for a liver transplant. Liver cancer is another complication of chronic HBV infection. Children infected early in life have a 90 percent risk of chronic infection. There is no effective treatment for Hepatitis B disease once it occurs.

- **Hepatitis A virus (HAV) vaccine**: Hepatitis A is another liver infection, it is rarely fatal. This vaccine is recommended for children at the age of 2 years or older.

Hepatitis A vaccine is mainly recommended for travel to areas

that commonly have this infection. It is a welcome replacement for the Immune Serum Globulin shots that formerly were recommended for travel. It may also be used after exposure to HAV infection, if given early enough to be effective. When given as a series, it provides many years of protection.

- **Varicella (chickenpox) vaccine** — Varicella is a common childhood infection causing fever, upper respiratory symptoms and vesicular (blister) rash. Children are contagious until the blisters have dried and scabbed over or until the sixth day of the rash. This usually means children are out of school and parents out of work for about one week.

Although chickenpox is considered a mild childhood disease, 80 to 100 previously healthy, normal children die annually in the U.S. from this infection. Deaths may result from encephalitis or secondary infections. Severe streptococcal infections especially have been associated with varicella. Teens and adults are more likely to have severe varicella infection.

Many articles about varicella vaccine have dealt with the question of duration of protection with this vaccine. We do not yet know the duration of protection, but studies from Japan with a similar vaccine show that protection is solid and lasts more than 20 years without any decrease. There is no current recommendation for booster doses of varicella vaccine. Only further studies and continual monitoring will ultimately answer the questions about duration and booster doses.

Vaccines may not provide immunity and protection to all immunized individuals. Although vaccines are generally safe and effective, they may cause adverse reactions and side effects.

Your physician should answer your questions to help you make an informed decision about immunizations.

The author is a pediatrician with Community Health Plan in Latham.

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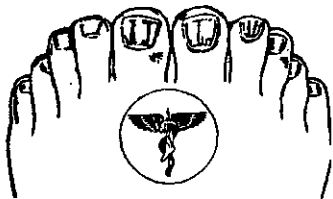
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Eating fiber-rich foods can protect against many diseases

If you're like the average American, you aren't eating enough fiber, even though all major dietary guidelines advise us to eat more food containing this nutritious substance.

In fact, the average person gets about 12 to 16 grams of fiber per day, a far cry from the recommended 20 to 25 grams.

Our ancestors referred to fiber as "roughage" and whispered about its digestive powers. And they were right. Fiber does help keep your digestive tract healthy, and it can ease such problems as constipation and hemorrhoids.

Everyone in health circles today is talking about fiber protecting against both heart disease and some cancers such as those affecting the colon, breast and prostate.

A recent study in the December issue of the journal *Circulation* found that men with greater intakes of fiber-rich foods were at substantially lower risk of coronary heart disease and death.

So what is dietary fiber anyway, and how can you ensure that you are eating enough?

Dietary fiber is a material found

in plant cell walls. Because it can't be digested, it adds bulk to body waste materials and helps move them out of the body more quickly. Some fibers also play a role in blood sugar and blood cholesterol regulation.

A high-fiber diet can also help

If you're like the average American, you aren't eating enough fiber. In fact, the average person gets about 12 to 16 grams of fiber per day, a far cry from the recommended 20 to 25 grams.

with weight control since the bulky nature of high fiber foods fills you up without many calories. The principal food sources of fiber are products like breads, cereals, fruits and vegetables. One way to increase your fiber intake is to eat at least five servings of fruits and vegetables every day.

All fruits and vegetables contain some fiber, but especially rich sources include lima and baked beans, peas, carrots, corn, raisins and prunes.

Eating the skin of fruits and

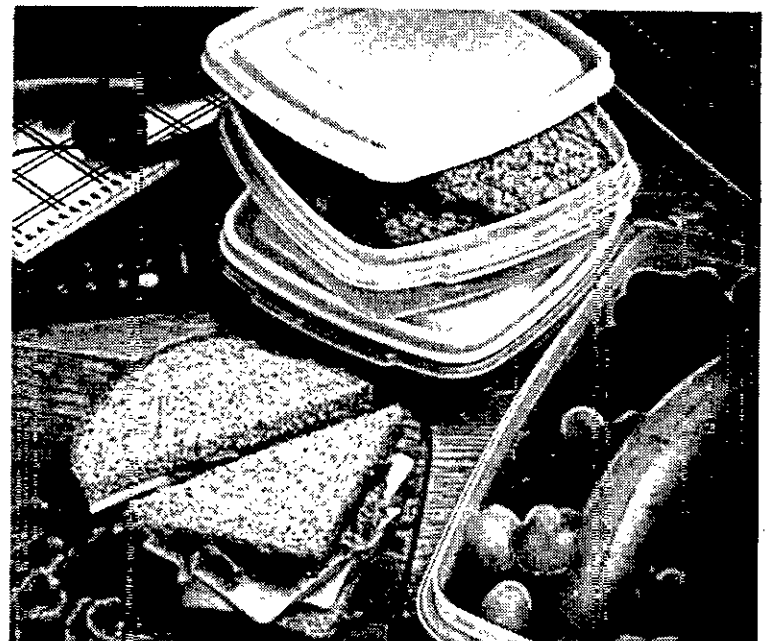
vegetables whenever possible also adds even more fiber to your daily intake.

For some, adding fiber to your diet can make you feel gassy or uncomfortable if you eat too much too fast. Take it slowly, adding a few grams of fiber each day, and be sure to drink lots of liquids.

Remember that studies showing the benefits of fiber are based on fiber in food, not supplements. And fiber-rich fruits and vegetables give you the benefit of their health protective vitamins and minerals as well.

To "fiber-up" your diet fast and easy, try adding a can of drained kidney beans to your favorite tuna salad recipe or some garbanzos to your lettuce salads. Use fresh vegetable strips instead of chips with low-fat dips. Combine dried fruits like prunes, raisins and apricots with pretzels or whole-grain cereals for a high fiber snack. Or microwave a sliced apple with a pinch of brown sugar and cinnamon and a tablespoon of apple juice.

Eat five or more fruits and vegetables a day, and you'll be eating the fiber-rich way.



A healthy diet includes foods high in fiber, such as fruits, vegetables and whole grain breads and cereals.



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Therapy dogs brighten the day for nursing home residents

By Kiernan Conroy

Cody's legs slipped out from underneath him as we moved from the carpet onto the pink linoleum. As he steadied himself, we took in our surroundings. Anxious and filled with curiosity, Cody, my 5-year-old German shepherd mix, and I made our way into the first room on our list.

When the occupant saw us, her eyes lit up and she welcomed us in. This very response was the reason we were there.

Mercy's Caring Canines, a local chapter of Therapy Dogs International, has existed at Our Lady of Mercy Life Center in Guildersland since 1996. Chapter founder Michelle Traynor, a nurse at the center, began bringing her own dogs, Bailey and Cameo, to visit residents more than three years ago. When she saw the enthusiastic response from the residents,

family members and employees, she decided to start an official chapter here.

Along with Trudy Adair, a six-year therapy dog veteran with St. Peter's Hospice, and Betsi Turner, activities director and volunteer coordinator at the life center, Traynor built the chapter, which currently has 16 members. "They really lift everyone's spirit," Traynor said of the dogs.

After she retired, Adair started taking her dogs to obedience training. A friend there suggested that she and her 2-year-old Pomeranian, Jacki, enroll in therapy training. Adair began visiting health care facilities with Jacki. Since Jacki's death in April, Adair, now a certified TDI evaluator, has continued to visit with her four other Pomeranians.

The therapy dog organization suggests dogs go through a 10-

week basic obedience training class before being tested for therapy dog status. The final exam consists of numerous activities to ensure the dogs and their handlers are comfortable in institutional surroundings, able to deal with strangers, accepting of being handled and capable of maneuvering around objects like wheelchairs and walkers. Therapy dogs must be obedient, well-behaved and maintain an acceptable appearance.

To entertain residents, Mercy's Caring Canines host numerous events each year including holiday visits, a Halloween costume party, an animal blessing and obe-

dience demonstrations.

"We try to offer activities for the residents and their families around the holidays," Turner said. "The residents really look forward to the dogs, especially those who have little or no family close by."

When Cody and I visited, Alice immediately turned to the chest next to her bed, where she kept a stash of dog biscuits. Alice democratically issues the same amount of treats to each dog who visits.

The effects of therapy dog visits reach beyond the obvious joy the residents feel. Therapy dogs give people something medical science cannot. It's been clinically proven that through petting and talking to the dogs, residents' blood pressure is lowered, stress is relieved and depression is eased.

"Often patients who can't remember their own names come alive when a therapy dog enters the room," Traynor said. "Adults who can't function on their own still remember how to pet a dog, they remember how to love."

This year, Mercy's Caring Canines and staff and residents of the center came together for a special fund-raiser to help two abused cocker spaniels that Traynor rescued.

Through a raffle and gifts donated by Caring Canines mem-



Cody is one of a new breed of therapy dogs who visit nursing homes.

bers and residents' families, \$422 was raised to help pay for the dogs' veterinary care. "This raffle really brought the whole center together," Traynor said.

By the time our first visit was over, Cody found his footing and thoroughly enjoyed all the attention and, of course, the biscuits. Although Cody and I were new to the world of dog therapy, the benefits and rewards were boundless. Even the sickest patient perked up.

The author works in the office of communications at Mercycare Corp. in Albany.

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When going for a good time, don't forget to pack travel Rx's

Most travelers remember to pack cameras, swim suits and toothbrushes. But experts say a quick visit to the pharmacy before departure could save vacationers from much more than a serious headache.

Careful planning should go into packing medicine, because there can be some real risks depending where you're traveling, said Michael Dillon, director of pharmacy operations for Community Health Plan (CHP). He recommends the following as a helpful list of some items that may be needed:

- **Maintenance medication** — Always include medication that you take on a daily basis to treat chronic medical conditions such as heart disease, high blood pressure or diabetes. State pharmacy laws vary, and there could be some difficulty in obtaining a short-term supply of medication while on vacation.

- **Antibiotics** — Travelers at risk for skin, urinary tract or upper respiratory infections may need an antibiotic on hand. If you're allergic to any type of drug, you should carry this information with you.

- **Jet lag relief** — In some cases, medication may be necessary to treat sleeping problems associated with travel.

- **Allergies relief** — If you have any allergies, you should take the appropriate medicine. For instance, those severely allergic to stinging insects should pack a treatment kit.

- **Altitude sickness medicine** — If you will be in mountainous altitudes, your doctor may prescribe acetazolamide to help your body relieve headache, fatigue,

shortness of breath, nausea, poor appetite, inability to sleep, etc.

- **Pain medications** — aspirin, Tylenol or ibuprofen for relief of minor aches, pains or headaches.

- **Antibiotic ointment** — for topical application on minor cuts and abrasions.

- **Antifungal powder or cream** — for athlete's foot and/or other fungal skin problems.

- **Decongestant tablets** — for nasal congestion due to colds, allergies or water sports.

- **Antihistamine** — for colds and allergies, to ease the itch from insect bites and stings and to help prevent motion sickness. Those prone to motion sickness may be prescribed a medication, such as meclizine (Bonine) or

dimenhydrinate (Dramamine).

- **Cough suppressants** — for sore throats or coughs.

- **Calamine lotions** — for easing irritation from insect bites or stings.

- **Antidiarrheals** — kaolin-pectin preparations or loperamide (Imodium) for upset stomachs.

- **Hydrocortisone cream** — for topical relief of itching from insect bites or sunburn.

- **Insect repellent** — for prevention of bug and tick bites.

- **Sunscreen and Chapstick** — for protection of your skin and lips, SPF of 15 or higher.

- **Water purification** — for safe water to drink, tablets or a filtering device.

- **Other general medical supplies** — bandages, gauze pads, tape, tweezers, Ace bandage, mole-

skin for blisters, towelettes for cleaning hands, thermometer (mercury thermometers are prohibited by airlines), scissors, or pocket knife.

Dillon reminds travelers only take the recommended dosage of any medication and to stop immediately if there are any serious reactions. Check the expiration

date on all drugs and be sure to ask your pharmacist about the proper way to store them.

"It is crucial that international travelers have an in-depth discussion with their pharmacist because, depending on the geographic region they will be visiting, they may need to bring additional medicine," he said.

Most travelers remember to pack cameras, swim suits and toothbrushes. But experts say a quick visit to the pharmacy before departure could save vacationers from much more than a serious headache.

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Dr. Molinaro has a special interest in the area of Cosmetic Dentistry and would like to invite new patients for a complimentary cosmetic consultation.

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| | | What bars mean: | | | Access to care | Quality of care | Doctors available | Coverage | Information, customer service, paperwork | |
| | | 18 | % extremely satisfied | | | | | | | |
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| | | | % extremely or very satisfied | | | | | | | |
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| New York | | | | | | | | | | |
| Blue Choice—Rochester area | MK | <u>21</u> | 75 | 90 | 95 | 90 | 92 | 90 | 95 | |
| BlueChoice HMO—Downstate area | S7 | <u>13</u> | <u>46</u> | <u>78</u> | <u>79</u> | <u>82</u> | <u>83</u> | <u>80</u> | <u>80</u> | |
| Capital District Physicians' Health Plan | SG | 41 | 84 | 94 | 98 | 97 | 99 | 98 | 92 | |
| CHP/Hudson Valley Region | QB | <u>25</u> | <u>71</u> | <u>89</u> | 90 | 91 | 83 | 92 | 93 | |
| Community Blue—Western NY | J7 | <u>13</u> | <u>67</u> | <u>84</u> | 93 | 92 | 91 | 80 | 84 | |
| Community Health Plan | PW | <u>28</u> | <u>76</u> | <u>91</u> | 90 | 92 | 84 | 92 | 93 | |
| GHI Health Plan | 80 | <u>19</u> | <u>55</u> | <u>85</u> | 93 | 91 | 80 | 76 | 78 | |
| Harvard CHP | 68 | <u>17</u> | <u>67</u> | <u>87</u> | 91 | 85 | 81 | 86 | 88 | |
| HealthCarePlan | Q8 | <u>16</u> | <u>70</u> | <u>91</u> | 95 | 92 | 86 | 88 | 98 | |
| HIP of Greater New York | 51 | <u>12</u> | <u>52</u> | <u>78</u> | 79 | 79 | 77 | 87 | 79 | |
| HMO-CNY—Auburn/Cortland/Fulton/Syracuse | EB | <u>17</u> | <u>74</u> | <u>90</u> | 95 | 90 | 95 | 88 | 91 | |
| HMO-CNY—Ithaca/Elmira | CE | <u>11</u> | <u>58</u> | <u>88</u> | 92 | 89 | 85 | 83 | 87 | |
| Independent Health—Metro Hudson | C1 | <u>20</u> | <u>67</u> | <u>87</u> | 97 | 91 | 88 | 86 | 85 | |
| Independent Health—Western New York | QA | <u>12</u> | <u>69</u> | <u>90</u> | 98 | 94 | 96 | 88 | 93 | |
| Kaiser Permanente | QH | <u>25</u> | <u>64</u> | <u>90</u> | 90 | 88 | 87 | 87 | 88 | |
| MVP Health Plan—Central/Northern Region | M9 | <u>12</u> | <u>67</u> | <u>89</u> | 94 | 92 | 86 | 80 | 86 | |
| MVP Health Plan—Eastern Region | GA | <u>21</u> | <u>74</u> | <u>93</u> | 96 | 90 | 94 | 89 | 92 | |
| MVP Health Plan—Mid-Hudson Region | MX | <u>26</u> | <u>68</u> | <u>89</u> | 90 | 91 | 92 | 80 | 91 | |
| NYLCare Health Plans | HV | <u>13</u> | <u>50</u> | <u>76</u> | 74 | 77 | 70 | 83 | 83 | |
| Oxford Health Plans | GC | <u>26</u> | <u>68</u> | <u>90</u> | 91 | 91 | 87 | 88 | 87 | |
| PHP/Slocum-Dickson | SH | <u>15</u> | <u>62</u> | <u>88</u> | 93 | 92 | 82 | 91 | 86 | |
| Preferred Care | GV | <u>20</u> | <u>72</u> | <u>89</u> | 94 | 94 | 89 | 89 | 89 | |
| Prepaid Health Plan | QE | <u>25</u> | <u>68</u> | <u>89</u> | 95 | 92 | 85 | 89 | 90 | |
| US Healthcare NY | JC | <u>14</u> | <u>60</u> | <u>86</u> | 88 | 86 | 82 | 87 | 91 | |
| Vytra Healthcare | J6 | <u>14</u> | <u>63</u> | <u>87</u> | 91 | 92 | 91 | 83 | 85 | |
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BC icemen no match for Shen

By Andrew Hartman

The Bethlehem ice hockey team, in only its third season of varsity competition, is still experiencing growing pains.

The Eagles lost two games to Suburban Council powerhouse Shenendehowa recently as well as dropping a decision to another hockey dynamo, Saratoga. But they did manage to squeeze out a victory over Suburban Council opponent Shaker.

The Eagles lost back-to-back 12-1 games to Shenendehowa, and they were soundly defeated by Saratoga, 11-1.

The Eagles lone goal against Saratoga was recorded by Dan Coccozza on an assist by Ethan Drake.

Bethlehem hoped to recover from the beating at the hands of Saratoga when they faced Shaker. The Bison got on the scoreboard first with a quick goal in the first

period. Later that period, BC's Chris Thornton and Donny Morrell assisted Brad Colacino to tie the score.

Behind by a goal entering the third period, the Eagles came out determined. Ricky Long assisted Chris Mullen on a goal, and Greg Cooper assisted Coccozza to give BC the lead.

Later that period, Thornton and Scott Lacy assisted Mullen to give BC a 4-2 lead. Shaker scored a late goal, but Bethlehem held on for a 4-3 win.

"We came in too cocky," said Mullen. "We thought they would be a pushover. In the third period, we really came together as a team."

"Despite the loss (against Saratoga), we saw some good things," said coach Paul Machelor. "Those good things carried over into the Shaker game. We faced a hot goalie from Shaker. We took 43 shots on goal. That is the most

in Bethlehem hockey history."

The Eagles play Niskayuna and Troy this week.

Three bowlers roll perfect 300 games

Don Robbins, Bill Cornell and Dave Eck bowled 300 games recently at Del Lanes. Other high scorers included:

Women: Heather Brady 269 and 659 triple; Beth Mathews 635 triple; Arlene Leto 933 (four).

Men: Mickey Grady 732 triple; Keith Livengood 1051 (four).

Boys: Mike O'Brien 236 and 675 triple; Mike Weaver 205.

Junior Classic: Mike Patounas 278 and 985 triple; Courtney Radick 248 and 798 triple.

Majors: Marc Bohem 215 and 597 triple; Crystal Tompkins 172 and 480 triple; William Van Houterr 211 and 562 triple.

Bombers capture title

The Bethlehem Bombers swept the Waterford United Under-8C Soccer Tournament held recently at Waterford High School.

The Bombers were undefeated against Capital District rivals Waterford, Ballston Spa, Schenectady, East Greenbush and Clifton Park, finishing with three wins and two ties. They outscored their opponents by a combined score of 19-8.

Soccer

The team got off to an exciting start against Ballston Spa. They controlled the action thanks to a leadoff goal by Bryan White and strong goaltending by Greg McCarty. But Ballston Spa rallied to tie the game with only one second remaining.

The second game found them

behind against Waterford with time running out, but White returned the favor by tying the score 2-2 at the buzzer.

With the team now adjusted to the competition, they blew out Schenectady 10-1 as Stephen Schubmehl and Rob McNary broke into the scoring column.

Bill Barrowman and Casey Weyant led Bethlehem over East Greenbush, 5-2. The Bombers clinched the championship with a 4-2 win over Clifton Park.

Austin Hughes, Nick deVries, Ethan Kolodny, Ryan Rockmore and Tom Blassman helped the Bombers prevail by playing tough defense.

In the tournament one-on-one "Shootout" competition, White took the trophy by scoring on six of his eight shots.

The team is coached by Dave Schubmehl, Jeff Weyant and Steve Hughes.



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Jeffrey and Karen Pike
Kulig, Pike marry

Karen Ann Kulig, daughter of Michael and Phyllis Kulig of Westfield, Mass., and Jeffrey Robert Pike, son of Dr. Robert Pike and Joan Richardson of Delmar, were married Sept. 28.

The Rev. Francis Haryasz, the bride's uncle, performed the ceremony in St. Stanislaus Church in Chicopee, Mass., with the reception following at Chez Josef in Agawam, Mass.

The matron of honor was Lara Beaudoin, and bridesmaids were Susan Farnand, the groom's sister, Megan Richardson, the groom's stepsister, Jennifer Pike, the groom's cousin, Mary Cieplik and Laurie Lehouillier.

The best man was Steven Lang,

and ushers were John Pike, the groom's brother, Christopher Kulig, the bride's brother, Ike Singh, William O'Carroll and Clifford Sturdiant.

The bride, a graduate of the University of Miami (Ohio) and the University of Massachusetts at Amherst, is employed as an underwriter by CIGNA Insurance Co. in Bloomfield, Conn.

The groom is a graduate of Albany Academy and Hamilton College. He is employed as a senior claims examiner by Mass Mutual in Hartford, Conn.

After a wedding trip to Hawaii, the couple lives in Farmington, Conn.

Dean's List

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

Indiana University — William Leary of Delmar.

Northwestern University — Gabriel Koroluk of Delmar.

Providence College — Kimberly Ira of Delmar.

SUNY Geneseo — Flynn Heiss and Stephen Smith, both of Delmar, and Julie Davidson of Glenmont (president's list).

University of New Hampshire — Brigid Carroll and Jill Ferraro, both of Delmar.

University of Rochester — Michael Esmond, Lawrence Fisher and Nicole Gold, all of Delmar.

University of Scranton — Peter Flanigan of Delmar.

Wake Forest University — Joshua Naylor of Glenmont.



Ian and Kirsten Berger

Wehmann, Berger marry

Kirsten Wehmann, daughter of Wolfgang and Brigitte Wehmann of Delmar, and Ian Berger, son of David Berger of New York City and Pauline Jackson of Jacksonville, Fla., were married Nov. 2.

The Rev. Warren Winterhoff performed the ceremony in Bethlehem Lutheran Church, with the reception following at the Appel Inn in Altamont.

The maid of honor was Britta Wehmann, the bride's sister, and bridesmaids were Alexis Karl and Monique Peterson. The flower girl was Frederika Baus.

The best man was Anthony Berger, the groom's brother, and ushers were Zachary Zimmerman

and Victor Serino. The ring bearer was Max Jackson, the groom's brother.

The bride is a graduate of Bethlehem Central High School, Cornell University and Parsons School of Design. She is employed as a graphic designer by Walt Disney Publishing in New York City.

The groom is a graduate of Stuyvesant High School, and currently attends Hunter College, both in New York City. He is employed as a Macintosh computer technician by Walt Disney Publishing.

After a wedding trip to the Florida Keys, the couple lives in Brooklyn.

Class of '96

Alfred University — Brett Andrus of Delmar (bachelor's in history/fine arts, *cum laude*).

The College of Saint Rose — Lila Kawas of Delmar (master's in elementary education).

Saint Michael's College — Andrew Hudacs of Delmar (bachelor's in psychology).

SUNY Potsdam — Jennifer Mallery (bachelor's in biology, *cum laude*) and Elizabeth Patchen (bachelor's in biology, *cum laude*), both of Delmar.

University of Delaware — Kristie Immordino of New Scotland (master's in materials science and engineering).

Delmar man completes Marine basic training

Marine Pfc. Thomas P. Kelley, son of Lawrence R. Kelley of Delmar, recently completed basic training at Marine Corps Recruit Depot on Parris Island, S. C.

Kelley successfully completed 11 weeks of training that covered first aid, uniform regulations, water combat survival, marksmanship, hand-to-hand combat and assorted weapons training.

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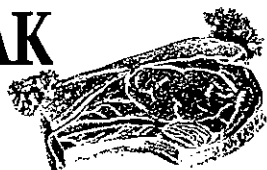
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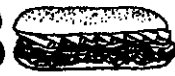


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William Hartman and Tami Messinger

Messinger, Hartman to wed

Tami Messinger, daughter of Stephen and Patricia Messinger of Poughkeepsie, and William B. Hartman, son of George and Patricia Hartman of Glenmont, are engaged to be married.

The bride-to-be, a graduate of Quinnipiac College, is employed as a paralegal by the law firm of Finn, Dixon & Herling in Stam-

ford, Conn.

The future groom is a graduate of Bethlehem Central High School, Marist College and The College of Saint Rose. He is employed as a budget analyst by Empire Blue Cross Blue Shield in Colonie.

The couple plans a May 3 wedding.

Births

St. Peter's Hospital

Boy, Devan Michael Baranski, to Laurie and George Baranski of Slingerlands, Jan. 13.

Boy, Marc Anthony Contento, to Esther and Anthony Contento of Delmar, Jan. 13.

Boy, Zachary Alexander Sanchez, to Alexandria and Steven Sanchez of Delmar, Jan. 14.

Girl, Abigail Marie Serfilippi, to Mary Jane and Geoffrey Serfilippi of Delmar, Jan. 14.

Boy, David Brian Cardona Jr., to Kimberly and David Cardona of Selkirk, Jan. 15.

Boy, Jordon James Buxton, to Mandi Brozowski of Glenmont and Willie Buxton of South Bethlehem, Jan. 17.

Girl, Alexandria Renee Myer, to Sharon Myer of Glenmont and Scott Vanderpoel of Albany, Jan. 17.

Girl, Andrea Marguerite Ferguson, to Christine Costopoulos and John Ferguson of Slingerlands, Jan. 18.

Girl, Michaela Elise Kawczak, to Lisa and Michael Kawczak of Feura Bush, Jan. 20.

Albany Medical Center

Boy, Benjamin Shimjung Denn, to Atsuko and William Denn of Voorheesville, Dec. 22.

Boy, Nicholas Lee Conahan, to Sandra and Michael Conahan of Delmar, Dec. 24.

Boy, Gregory Mathias Ingraham, to Venessa and Stephen Ingraham of Clarksville, Dec. 27.

Girl, Jordan Elizabeth Sumner, to Kathleen and Paul Sumner of Selkirk, Dec. 28.

Boy, Ernest Joseph Sacco III, to Robin and Ernest Sacco of Voorheesville, Jan. 7.

Boy, Evan John Sanders, to Colleen and Neil Sanders of Slingerlands, Jan. 13.

Girl, Katherine Emily Mattison, to Kirsten and Timothy Mattison of Glenmont, Jan. 13.

Girl, Eileen Therese Thompson, to Patricia and Kelly Thompson of Voorheesville, Jan. 17.

Out of town

Girl, Katherine Wall Reilly, to Lucy Wall and Stephen Reilly of Lexington, Mass., Jan. 1. Maternal grandparents are James and Estelle Wall of Delmar.



Monique and Toby Gilbert

Fritts, Gilbert marry

Monique Katherine Fritts, daughter of Roger and Patricia Fritts of Delmar, and Toby Ross Gilbert, son of Victor and Liz Gilbert of Otego, Otsego County, were married Nov. 9.

The Rev. Jeffrey Matthews performed the ceremony in Slingerlands Community Methodist Church, with the reception following at the University Club in Albany.

The matron of honor was Jennifer Fox, the bride's sister, and bridesmaids were Laurie Polese, Anne Wolek, Jean Tynan and Jenny Wilson. Junior bridesmaids were Megan Fuson and Katie Fuson, the bride's nieces, and the flower girl was Megan Mahoney,

the groom's niece.

The best man was David Beck, and ushers were Michael Fritts, brother of the bride, Rick Turner, Eric Schlotzhauer and Ed Hildreth. The ring bearer was James Fuson, nephew of the bride.

The bride is a graduate of Bethlehem Central High School and Hartwick College. She is employed as development director by Youth Homes Inc. in Charlotte, N.C.

The groom, also a graduate of Hartwick College, is employed as an analyst by NationsBank in Charlotte.

After a wedding trip cruising in the southern Caribbean, the couple lives in Charlotte.

The Spotlight remembers

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

- Two Elsmere Republicans, **John LaForte** and **Fred Webster**, emerged as leading contenders for the Bethlehem town board seat vacated by **Scott Prothero**.

- A Bethlehem Chamber of Commerce survey found that retail and services firms dominated the local business scene.

- The village of Voorheesville began construction of a major upgrade to the Pleasant Street sewer system.

- Given that the median income of Bethlehem residents over the age of 65 was \$17,526, developing affordable, convenient senior housing should be a top priority, according to the town's Senior Citizen Housing Committee.

- The Bethlehem Central swim team barely kept its 18-year streak of not losing a league meet alive with a 42-41 win over Troy. Winners for BC included **Chris Drew**, **Justin Baird**, **Alex Hall**, **Geoff Frank**, **George Tanner** and **John McCarthy**.

Here's to a Wonderful Wedding!



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Community Corner



Revco holds blood pressure clinic

The Revco Pharmacy in Delaware Plaza will hold a blood pressure screening clinic on Friday, Feb. 7, from noon to 3 p.m.

A registered nurse will be on hand to conduct the testing and answer questions. Appointments are not needed, and refreshments will be served.

For information, call 439-4451.

DWI

(From Page 1)

Carolyn Saxton. The plea bargain arrangement was agreed to by then-assistant district attorney Anne Stapleton.

He is currently facing a felony count of DWI in connection with last week's fatal accident, and Albany County assistant district attorney Cheryl Coleman said additional "serious felony charges" should be ready for presentation to a grand jury by the end of this week.

"We're taking a hard look at this (case)," she said.

Coleman attended Russo's wake last week along with another member of the district attorney's office.

While the system finally appears to be taking Mansfield seriously, it's "too late for the victim," said Doris Aiken of Schenectady, founder and president of Remove Intoxicated Drivers (RID) U.S.A.

It was "just plain wrong" for Saratoga County prosecutors to have let Mansfield off on a misdemeanor charge when the law calls for a felony DWI charge against anyone convicted of misdemeanor DWI in the prior 10 years, she said.

"Someone didn't get lucky in this instance, and that was the victim," she said.

Unlike Schenectady County, which sends cases of repeat DWI offenders "straight to the grand jury on felony charges," Aiken said Saratoga and many other counties frequently allow those facing a felony DWI charge to plea bargain to a misdemeanor, provided there isn't a serious injury or fatality involved.

Drunken driving has dropped dramatically in Schenectady County, Aiken said, in no small part due to the fact that offenders know that when they're caught a second or third time, "You're going to be doing jail time."

Assistant Saratoga County district attorney James Murphy said Aiken was off-base in her criticism. "Saratoga has traditionally

been one of the toughest counties in upstate New York in dealing with drunk drivers. We don't normally plea bargain this down."

Regarding the resolution of Mansfield's third DWI charge in six years, Murphy said Stapleton negotiated an agreement that was thought to be best for everyone involved.

Under the plea bargain agreement, Mansfield was required to undergo alcohol treatment counseling for the entire time of his probation, and he was also not allowed to own or operate a vehicle for the entire three-year period.

"I think that's pretty significant," he said. "Let's say we sentenced him to 30 days in jail. What good does that do? I think Anne felt it made more sense to make sure he got the alcohol and drug treatment that he never got before. In addition, his license was revoked for three years. I think that's an appropriate sentence."

In May 1994, about halfway through the three-year probationary period, Mansfield reapplied to the Department of Motor Vehicles and had his license reinstated.

The maximum penalty for felony DWI at that time, according to Coleman, was one-and-a-third to four years in state prison and a \$1,500 fine.

The normal sentence in Albany County for repeat DWI offenders, if convicted, is a combination of jail time, probation (normally five years) and a \$1,000 fine, according to Albany County STOP DWI coordinator Denis Foley. The number of fatalities linked to alcohol-related crashes in Albany County has declined significantly in recent years, in part because of the no-nonsense approach taken by local prosecutors, he said.

Aiken said her organization plans a "court watch" this year in Colonie, Guilderland, the city of Schenectady and one town in Saratoga County to gather data on how seriously local judges and prosecutors are treating drunken driving offenders.

At a minimum, she said, repeat DWI offenders should be ordered to have an interlock ignition installed in their vehicle, which requires the driver to blow into it before the engine will start.

If the driver's blood alcohol content is above the legal limit, the ignition will not switch on for the next 45 minutes. State law allows judges to order this device installed and several counties routinely include this provision as part of sentencing in an effort to keep drunken drivers off the road even after they get their licenses back.

The system attempts to prevent fatal crashes such as the one that occurred last week, Foley said. But when a person is addicted, "Relapse is part of the disease. At some point the individual has to take responsibility. In this case, the individual apparently took no responsibility."

Betty Martin of Glenmont, who lost her 20-year-old daughter Michelle at the hands of a drunken driver in May 1982, said she was amazed that "after all these years and all the changes in the system that a person with three, four or five prior convictions is still allowed to drive."

Michelle Martin was killed by a driver with "five priors," she said, who had received a valid license again just two months before the fatal crash, also on Route 85 in Bethlehem.

Plea

(From Page 1)

DEC will use data from the final EIS to decide whether or not to issue the permits the company is seeking.

Talk to explore local literary figures

Dr. Jack VanDerhoof, professor emeritus of history at Russell Sage College in Troy, will give a lecture on the region's literary characters at the Bethlehem Public Library at 451 Delaware Ave. in Delmar on Wednesday, Feb. 19, at 7:30 p.m. "Legendary Figures: Real and Imagined" spans the region's literary history from the 17th century to the present.

For information, call 439-9314.

Budget

(From Page 1)

equipment provided by the bond issue, Loomis said.

The board will be meeting almost weekly through March 26, when the board is scheduled to adopt the budget. Budget work sessions on the second and fourth Wednesdays will be added on to the board's regular schedule of meetings on the second and fourth Wednesdays. There will be no meeting Feb. 19, during the Presidents' Week vacation.

Budget work sessions will begin at 7 p.m., whereas regular meetings begin at 8 p.m.

The public hearing on the budget adopted by the board will be April 16, and the budget vote will be May 7.

Tonight's board meeting will also feature the awarding of bids for the bulk of the bond issue for new and renovated facilities and technology, and a presentation on the high school's science research course.

Alternative work plan saves taxpayers \$200K

Albany County Sheriff James L. Campbell Thursday announced that taxpayers and local agencies saved nearly \$200,000 last year through the work-alternative program which allows certain non-violent offenders to work off their sentences rather than being incarcerated.

In 1996, 75 people participated in the program, which the county started in 1991. Under the program, eligible inmates work eight-hour shifts doing community service work and then return to their homes at night rather than the jail.

In 1996, the county saved \$196,440 that it otherwise would have spent on jailing the offenders, Campbell said, noting that it costs the county \$68 a day to house an inmate, with the jail housing an average 725 inmates each day.

Under the program, non-violent, low-level and first-time offenders plead guilty to their offenses, then are sentenced into the program.

Monday through Friday, those in the program do such work as painting, landscaping, litter pick-up and cleaning of grounds and roads for local governments and non-profit corporations.

Since the program began, the county has saved about \$1.2 million, Campbell said.

The local agencies and nonprofits that saved money as a result of using work-alternative program labor were: the jail itself (\$14,262); Albany County Nursing Home (\$10,364); Albany City

Historical Society (\$1,010); the Regional Food Bank of Northeastern New York (\$3,638); the city of Albany Department of Parks and Recreation (\$1,054); the Army National Guard (\$7,496); Christ the King Church, Albany (\$3,394); Cohoes Recreation Department (\$2,788); the town of Colonie Office of Fire Prevention (\$8,547); St. Joseph's Provincial House, Latham (\$8,948); Ten Broeck Mansion, Albany (\$1,362); Samuel Stratton Veterans Administration Hospital (\$1,094); Watervliet High School (\$3,136) and the city of Watervliet Department of Recreation (\$2,658).

Michael Moffre, a first sergeant with the Albany County Sheriff's Department, coordinated the program last year, while Andrew Penn supervised the participants.

In another matter, the Albany County jail recently became the sixth in the state to be recognized as a well-run facility when it received joint accreditation from the state Commission of Correction and the state Sheriff's Association.

"This is one of the highest recognitions that can be accorded to a correctional facility," Campbell said. "It is a fitting tribute to the hard work of the men and women who work at the jail."

To earn the accreditation, the jail met 166 standards set by the state sheriff's association and more than 600 set by the state commission, including medical guidelines in the treatment of inmates, food service standards and security measures.

Special on WMMT CHANNEL 17

The Living Edens: Denali, Alaska's Great Wilderness
Wednesday, 8 p.m.

Tony Bennett Live
Thursday, 10 p.m.

The Great Masters with Charlie Rose: Vermeer
Friday, 10 p.m.

Austin City Limits: Tribute to Bill Monroe
Saturday, 11 p.m.

Masterpiece Theatre: Prime Suspect: Errors of Judgement
Sunday, 9 p.m.

The American Experience: Big Dream, Small Screen
Monday, 9 p.m.

NOVA: Secrets of Lost Empires: Stonehenge, Inca
Tuesday, 8 p.m.

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Obituaries

Leo Kachidurian

Leo "Dorian" Kachidurian, 69, of Vagele Lane in Glenmont, died Saturday, Feb. 1, at St. Peter's Hospice in Albany.

Born in Watervliet, he was a graduate of Watervliet High School.

He was a Navy veteran of World War II.



Kachidurian

Mr. Kachidurian was a machinist at the Watervliet Arsenal, retiring in 1989.

He had performed in the Leo Dorian Band, the Escorts and recently produced the album "If I'm Lucky." He was a member of the Troy and Albany musicians unions. He was a member of the Tall Timbers golf league in New Scotland.

Survivors include his wife, Andrea Szell Kachidurian; three sons, Leo G. Kachidurian of Waterford, Stephen Kachidurian of Bristol, Conn., and Fran McHale of Johnsonville; three daughters, Pat Jackson of Waterford, Andrea L. Kachidurian of Glenmont and Maria Matan of Colonie; two brothers, James Kachidurian of Latham and Dr. George Kachidurian of Evergreen, Colo.; three sisters, Ann Charles of Rafael, Calif., Jeanette LaPlante of Troy, and Marian Mero of Poestenkill; and eight grandchildren.

Services were from the Parker Brothers Memorial in Watervliet.

Burial was in Albany Rural Cemetery in Menands.

Contributions may be made to the Empire State Youth Orchestra, 432 State St., Schenectady 12305.

Lillian Blackman

Lillian Brown Blackman, 75, of Altamont and formerly of Voorheesville, died Saturday, Feb. 1, at St. Peter's Hospital in Albany.

Mrs. Blackman worked for the food service department at the University at Albany, retiring in 1987.

She was a member of Altamont Senior Citizens.

She was the widow of Edward W. Blackman Sr.

Survivors include a daughter, Karen Batchelder of Colonie; five sons, Edward W. Blackman Jr. of Albany, Daniel R. Blackman of Troy, Dennis J. Blackman of Altamont, Richard D. Blackman of Voorheesville, and Ronald J. Blackman of New Salem; 10 grandchildren; and two great-grandchildren.

Services will be at 9 a.m. today, Feb. 5, from the Reilly & Son Funeral Home, 9 Voorheesville Ave., Voorheesville, and at 10 a.m. from St. Lucy's Church in Altamont.

Burial will be in Prospect Hill Cemetery in Guilderland.

Contributions may be made to the Altamont Rescue Squad.

Angela Cozzolino

Angela DiSanto Cozzolino of Slingerlands died Friday, Jan. 31, at St. Peter's Hospice in Albany.

Born in Albany, she was a lifelong resident of the Capital District.

She was a billing specialist for Best Systems for more than 20 years, retiring in 1996.

She was a communicant of St. Teresa of Avila Church.

Survivors include her husband, Burt Cozzolino; a son, John Cozzolino of Latham; three daughters, Angeline Trudell of California, Mary Drzonsc of Albany and Theresa Green of Loudonville; two brothers, Charles DiSanto and Joseph DiSanto; and seven grandchildren.

Services were from the Lasak & Gigliotti Funeral Home in Albany and the Convent of Mercy Chapel in Albany.

Burial was in Calvary Cemetery in Glenmont.

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

Carrie Zeh Pitcher

Carrie Zeh Pitcher, 90, of Good Samaritan Nursing Home in Delmar and formerly of Selkirk, died Saturday, Feb. 1, at the nursing home.

Born in Knox, she had lived in Selkirk for many years before moving to the nursing home three years ago.

Mrs. Pitcher was a nurse. She worked at Albany Medical Center Hospital, Child's Hospital and Cedars Rest Home before she retired.

Survivors include her husband, Kenneth Pitcher; a daughter, Marion Shaw of Margate, Fla.; two sons, William Gallup of Charlton and Allen Lloyd Pitcher; nine grandchildren; and 16 great-grandchildren.

Services were private.

Arrangements were by the Applebee Funeral Home in Delmar.

Burial will be in Thompson's Lake Cemetery in Berne.

Contributions may be made to St. Margaret's Center, 27 Hackett Blvd., Albany 12208.

Charles F. Russo

Charles F. Russo, 25, of Swift Road in Voorheesville, died Monday, Jan. 27, at Albany Medical Center Hospital of injuries sustained in an automobile accident.

Born in Albany, he was a lifelong resident of Voorheesville.

He was a graduate of Clayton A. Bouton High School.

For the past year, he worked for the post office at the Broadway facility in Albany.

Survivors include his father, Peter F. Russo of Voorheesville; a daughter, Ashley Elizabeth Russo; a twin brother, Peter F. Russo Jr. of Voorheesville; his paternal grandparents, Charles and Thelma Russo of Voorheesville; and his fiancée, Amy Foster of Voorheesville.

Services were from St. Matthew's Church in Voorheesville.

Burial was in Our Lady of Angels Cemetery in Colonie.

Arrangements were by the Reilly & Son Funeral Home in Voorheesville.

Ruth Sivaslian

Ruth Sivaslian, 88, of McGuffey Lane in Delmar, died Thursday, Jan. 30, at her home.

Born in New Britain, Conn., she had lived in West Sand Lake before moving to Delmar in 1970.

Mrs. Sivaslian was a secretary for the state Public Service Commission before she retired in 1978.

She served in the Navy during World War II.

She was the widow of Edward Sivaslian.

Survivors include a brother, Aram Bogosian.

Services were from the Tebbutt Funeral Home in Delmar.

Burial was in Elmwood Hill Cemetery in Troy.

Lucy Wright

Lucy Whitbeck Wright, 90., of Bridge Street in South Bethlehem, died Monday, Feb. 3, at Albany Memorial Hospital.

Born in Glenmont, Mrs. Wright was a homemaker.

Survivors include her husband, William J. Wright; a foster son,

- Rev. Eugene R. Hamilton -

A funeral Mass was offered on Jan. 29 for the Rev. Eugene R. Hamilton, 24, who died of cancer on Jan. 24. Cardinal John O'Connor, archbishop of New York, concelebrated the Mass with more than 200 priests and four bishops from the New York Archdiocese.

Father Hamilton was ordained shortly before his death by Bishop Edwin O'Brien, rector of St. Joseph's Seminary in Yonkers. He was a Phi Beta Kappa graduate of Manhattan College in 1994, majoring in philosophy and serving as student government president.

Born in Port Chester, Westchester County, he was the beloved son of Eugene and Margaret Burns Hamilton of Haverstraw, Rockland County. He is survived by his brother Thomas, and several uncles and aunts, including George and Kathleen Burns Bragle of Slingerlands, and cousins Meg Bragle of East Lansing, Mich., and James Bragle and John Bragle of Slingerlands.

During his 16-month illness, Father Hamilton had been remembered in prayer by many members of the Church of St. Thomas the Apostle in Delmar. Memorial contributions may be made to St. Joseph's Seminary, 201 Seminary Ave. Yonkers, N.Y. 10704. Local arrangements were by the Stanton-Farrell Funeral Home in Cohoes.

Leon McBride of Georgia; and a step-daughter, Sonia Breslin of Rochester.

Services will be on Thursday, Feb. 6, at 1 p.m. at the Applebee Funeral Home, 403 Kenwood Ave., Delmar. Friends may call Thursday beginning at noon.

Burial will be in Orlando, Fla.

Contributions may be made to South Bethlehem Methodist Church, South Bethlehem 12161.

Kathryn Mokhiber

Kathryn King Mokhiber, 51, of Delmar and Venice, Fla., died Monday, Feb. 3, at St. Peter's Hospice in Albany.

Born in North Adams, Mass., she was a homemaker.

Survivors include her husband, Norman Mokhiber; a daughter, Kirsten Mokhiber; two sons, Todd Mokhiber and Norman Mokhiber; her parents, Jason and Kathrine King; two sisters, Jill Meyers and Donna Griffiths; and a grandson.

Services will be on Thursday, Feb. 6, at 10:30 a.m. from the Daniel Keenan Funeral Home, 490 Delaware Ave., Albany. Calling hours will be from 4 to 8 p.m. today at the funeral home.

Burial will be in Graceland Cemetery in Albany.

Contributions may be made to the American Cancer Society, 1450 Western Ave., Albany 12203.

Nuttall earns spot on Who's Who list

Maureen Andrea Nuttall, daughter of John Nuttall of Delmar, is named in the 1997 edition of *Who's Who Among Students in American Universities and Colleges*.

A senior psychology major at Saint Michael's College in Colchester, Vt., Nuttall earned a place on the list for her academic achievement, community service, leadership and potential for continued success.

Tax form assistance available for seniors

Bethlehem Senior Services is accepting reservations for the AARP Income Tax Form Assistance Program to be held from 9 a.m. to 3 p.m. on Tuesdays through April 8 at the town hall at 445 Delaware Ave. in Delmar.

Copies of 1995 federal and state tax returns should be brought in, along with a W-2 form, 1099 forms and receipts for contributions, interest, medical bills and school tax receipts.

To make an appointment, call 439-4955, ext. 170.

Handbook to focus on dealing with teens

Parents of high school students are working with the Bethlehem Partnership to create a handbook with tips for parents of teens.

Parents interested in helping should contact Mona at Bethlehem Networks in the Main Square in Delmar or call her at 439-7740.

Civil War enthusiasts to gather at library

The Capital District Civil War Roundtable will meet on Friday, Feb. 14, at 7 p.m. at the Bethlehem Public Library at 451 Delaware Ave. in Delmar. Steve Roth will present a 40-minute slide lecture entitled, "The 97th NY: Somehow We Are All Connected."

AARP chapter selling Bill-o'-Fare books

The Bethlehem Tri-Village Chapter of the American Association of Retired Persons is offering the dining and entertainment coupon book Bill-o'-Fare for \$20. The book contains discount coupons for area restaurants and businesses.

To order, call 439-6694.

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Death Notices

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

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

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

SPOTLIGHT ON

Family Entertainment

CALENDAR • ARTS & ENTERTAINMENT

New York artisans display crafts at museum show

By Zack Beck

New Yorkers love their crafts. It seems like each weekend there's some kind of craft festival or show taking place in the area and beginning this Friday a comprehensive exhibition of New York state crafts will be on display in the New York State Museum.

The exhibition, entitled "Contemporary New York State Crafts," will feature 200 works by contemporary crafters from across the state. About ten crafters from the Capital District will have works on display.

The New York State Museum in Albany organized the exhibit, which will be on view at the museum through May 26.

Works in clay, fiber, glass, metal, mixed media and wood were submitted by artists from the Western and Central regions of the state, the Adirondacks, and the Hudson Valley, including New York City and Long Island.

Pieces from the western region of the state were originally included in the juried "Craft Art 1996: Western New York" exhibit at the Burchfield-Penney Art Center.

According to state museum spokeswoman Valerie Chevrette, works for "Contemporary New York State Crafts" were selected to illustrate

the complex interplay of function, design and non-function in contemporary crafts and to reflect the outstanding quality and broad diversity of crafts in New York state.

"This is the first exhibit of contemporary crafts throughout New York state anywhere," said Chevrette.

Participating artists from the Capital Region include: Wendy Ide Williams, Ravena; Dennis deJonghe, Saratoga Spring; Sandra Dovberg, Albany; Steven H. Kolodny, Malden Bridge; Jim Lewis, Troy; Eric P. Marczak, West Sand Lake; Tim Martin, Delmar; D. Leslie Ferst, Cambridge; Michelle LaLonde, Scotia; and Christine Leith, Troy.

Chevrette expects interest to be high in the exhibit within the community.

"People have a lot of interest in it," she said. "They like to see it. We had a very good audience for the arts Biennial that we did last year and people really have an interest in that. I think we'll get good visitation."

The New York State Museum is located at the south end of the Empire State Plaza in Albany, which also houses the Empire State Plaza Art Collection, the largest public collection of 20th-century art in America.

For information, call 474-0079.



ABOVE: *Four Winds*, by Tim Martin of Delmar (red earthenware with red and black terra sigillata, 18" diameter), is among more than 200 works by contemporary artisans from New York state now on exhibit at the State Museum.



RIGHT: *Stand* by Eric Marczak of West Sand Lake is also part of the Contemporary New York State Crafts show which runs through May 26.

Full orchestra at Troy Music Hall for first time in six years

With world-renowned piano soloist Andre Watts appearing with the Atlanta Symphony Orchestra Thursday, Feb. 6 at the Troy Music Hall, it is the first time in six years that a full orchestra has appeared in a Troy Chromatic Series concert in six years.

In this second concert of the centennial season, Watts will play Liszt's Piano Concerto in A. Major, Brahms Symphony No. 2 and Beethoven's Coriolan Overture.

When the Troy Chromatic Concerts began its centennial season last fall, it promised to have a full orchestra, according to Kevin Synnott, chairman of the group's centennial planning committee.

"Our goals for this centennial season was to bring a major symphony orchestra to the hall," he said, "and we are particularly pleased to have secured the appearance of the Atlanta Symphony, especially as it is led by celebrated music director Yoel Levi."

The Atlanta orchestra has won 14 Grammy awards.

Levi particularly selected the the Liszt piano concerto when he knew Watts was available. "We couldn't ask for a better pianist to play the piece than Andre Watts," Levi said.

Tickets and information are available at 273-0038.

Singer/songwriter presents cabaret at The Egg in Albany

Fresh from a sold-out Rainbow and Stars engagement in New York, Steven Lutvak will present his evening of cabaret entertainment Friday, Feb. 7 at The Egg at the Empire State Plaza in Albany. He was added to the list of entertainers at The Egg when Andrew Lipp cancelled his concert.

A regular at the Russian Tea Room and Los Angeles' Rose Garden, Lutvak comes directly for an appearance at the Metropolitan Museum.

SPOTLIGHT

By Martin P. Kelly

He was commissioned by the National Alliance for Musical Theatre to adapt A. R. Gurney's *The Wayside Motor Inn* and served last summer as artist-in-residence at the Eugene O'Neill Theatre Center's Opera/Musical Theater Conference.

Reservations and information are available at 473-1845.

Polish dance troupe arrives at Proctor's for one performance Friday night

The exuberance of the Polish dance troupe, The Magnificent Mazowsze, returns to the Proctor's state in Schenectady Friday night, Feb. 7, at 8 p.m.

Long hailed as one of Europe's premiere dance troupes, The Magnificent Mazowsze presents songs and dances from 38 different ethnographic regions of Poland. The handcrafted costumes depicting the folk nature of the dances are a colorful enhancement of the dancing.

Formed in the early 1950s, the company has performed in more than 40 countries. Mira Ziminska-Sygietynska, co-founder of the troupe with her late husband, still is the artistic and general manager. Reservations/info are available at 346-6204.

Puccini's *LaBoheme* presented by New York City Opera National Company

Next Tuesday, Feb. 11, the New York City Opera National Company brings its production of Puccini's *LaBoheme* to Proctor's Theater in Schenectady for one performance at 8 p.m.

Featured with the opera is the use of English translations over the stage as the opera is being performed in its original Italian.

Proctor's was one of the theaters which early on booked the proposed 15-week tour of the company throughout the country. However, it joined other theaters in protesting the proposed use of two pianos to accompany the singers.

As a result, the opera company agreed to send out a full orchestra of 30 musicians.

This company which until recently played in the summer at the Saratoga Performing Arts Center, has been on the road since 1979. It carries a 75-member performing ensemble, the 30 musicians and a staff of 15, making it an expensive tour.

Still, the story of life among the bohemians in the Paris cafes of the 19th century, is an audience-pleaser which helps fill theaters on the tour. Reservations/info available at 346-6204.

Cookbook promoted as fund-raiser by Albany Civic Theater members

A new cookbook called *Showstoppers* has been printed by Aide-de-Camp, the Albany Civic Theater's benefit production company, to raise funds for the local AIDS charities.

Listed at \$8 each, the books are being sold at Albany Civic Theater and Schenectady Civic Players performances.

The recipes have been contributed by local theater people and film and Broadway stars.

AROUND THEATERS!

Beast on the Moon, a regional premiere at Capital Repertory Company in Albany through Feb. 9 (462-4531) ... *Witness for the Prosecution*, Agatha Christie drama at NYS Theatre Institute in Troy through Feb. 15 (274-3286) ... *Bedfull of Foreigners*, British farce in dinner-theater format by the Roustabout Players in Troy through Feb. 22. (271-7016).



Martin P. Kelly

ARTS and ENTERTAINMENT

THEATER

"BEAST ON THE MOON"
drama on immigrants from Armenia offer the genocide. Capital Rep. 111 N. Pearl St., Albany, Tuesday, Wednesday, Thursday, 7:30 p.m., Saturday, 4:30 and 8:30 p.m., Friday, 8 p.m., Sunday, 2:30 p.m., until Feb. 9. Cost, \$18 to \$32, students under 18, \$8. Information, 462-4531.

"THE DEAL"
play about the clash of political egos. Spa Little Theater, Saratoga Spa State Park, 8:15 p.m. Fridays and Saturdays, 1 p.m. matinee on Sundays, runs from Feb. 14 to March 2. Information, 587-4427.

"WITNESS FOR THE PROSECUTION"
courtroom drama by Agatha Christie, call for times and tickets, New York State Theatre Institute, 155 River St., Troy, through Feb. 15. Information, 274-3200.

MUSIC

ATLANTA SYMPHONY, WITH ANDREW WATTS
performing Liszt's Piano Concerto in A Major, Brahms' Symphony No. 2 in D Major, and Beethoven's Coriolan Overture, Troy Savings Bank Music Hall, 8 p.m., Feb. 6, \$28. Information, 273-0038.

EMPIRE STATE YOUTH ORCHESTRA
Stravinsky's Firebird, Debussy's Prelude to the Afternoon of a Faun, Brahms' Tragic Overture, Troy Savings Bank Music Hall, 8 p.m., March 22. Cost, \$6 and \$9. Information, 382-7581.

MONDAY MUSICAL CLUB
College of St. Rose, 985 Madison Ave., Albany, 2 p.m., Feb. 9. Information, 482-9241.

MEZZO-SOPRANO FRANCES PALLOZZI
St. Paul's Episcopal Church, 58 Third St., Troy, 3 p.m., Sunday, Feb. 9. Cost, \$8, \$5 students/seniors. Information, 273-7351.

SONNY AND PERLEY JAZZ BAND
Chap's Lounge, Marriott Hotel, 189 Wolf Road, Colonie, 5 to 8 p.m., Feb. 5. Information, 238-1331.

UNIVERSAL HONEY
Bluz House Rockers to open show for Universal Honey, 18 years old and older only, Park West, North Country Commons, routes 146 and 146A, Clifton Park, 9:30 p.m., Feb. 15. Information, 797-3939.

THE MUSIC OF JOHN HARBISON
Albany Symphony Orchestra, under the direction of David Allan Miller and John Harbison, to perform Harbison's work and the music that influenced him, from Bach to Schumann, Troy Savings Bank Music Hall, 3 p.m., Feb. 16. Information, 465-4755.

ASLEEP AT THE WHEEL
fusion of country, swing, jazz, boogie, honky-tonk, Cajun, blues and rock, Park West, North Country Commons, routes 146 and 146A, Clifton Park, 7:30 p.m., Feb. 23. Information, 797-3939.

CALL FOR ARTISTS

"INTERIORS"
juried exhibition for local artists and their interpretation of the theme "Interiors," all work must be properly framed and wall hung, any medium, Canterbury Gallery, 25 Hackett Blvd., Albany, up to three entries accepted from 4 to 7 p.m., Feb. 13, reception 3 to 5 p.m., Feb. 16 through March 29. Information, 439-2955.

"HOME IS WHERE THE HEART IS"
sentimental photographs should be submitted on slides by Feb. 14, submit 9" by 12" envelope so slides can be returned. Center for Photography at Woodstock, 59 Tinker St., Woodstock 12498. Information, 914-679-9957.

MONDAY MUSICAL CLUB WOMEN'S CHORUS

invitation for new members to join in rehearsals of classical and popular songs, Third Reformed Church, 20 Ten Eyck Ave., Albany, Tuesdays, 7:30 p.m. Information, 477-4454.

"THE CONTEMPORARY FIGURE"
all media are eligible, juried by 35mm slides, deadline April 1, for a prospectus, send a stamped self-addressed envelope to: Broadway Gallery Membership Group, P.O. Box 7218 Capitol Station, Albany 12224. Information, 439-2955.

CAPITAL COMMUNITY VOICES
singers needed, rehearsals at Columbia High School, East Greenbush, 7 to 9 p.m. Tuesdays. Information, 477-8308.

"AWARD OF POETIC EXCELLENCE"
one poem, 20 lines or less, on any subject, in any style, deadline March 31, send entry to: Sparrowgrass Poetry Forum, Dept. CT, 609 Main St., P.O. Box 193, Sistersville, WV 26175.

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., \$25. Information, 463-4478.

FAMILY ACTIVITIES

"MUSEUM EXPLORERS"
Albany Institute of History and Art celebrates 206th birthday on Feb. 9 with free activities, tours and films throughout the day, scavenger hunts and arts and crafts from 1 to 5 p.m., gallery programs from 1:30 to 5 p.m., cake and punch at 4:30 p.m., 125 Washington Ave. Information, 463-4478.

AFRICAN-AMERICAN FOODS
workshop on preparing ethnic foods, pre-registration required, Schenectady Museum, Nott Terrace Heights, 12:30 to 2:30 p.m., Feb. 17. Cost, \$15 museum member families, \$18 non-member families, \$10 individuals 9 years old and up. Information, 382-7890.

LECTURES

POET LEONARD A. SLADE
reading of original work of UAlbany professor, African-American foods, coffee and tea provided, part of Black History Month, reservations requested, Schenectady Museum, Nott Terrace Heights, 7 to 10 p.m., Feb. 6. Cost, \$10 singles, \$15 couples, \$2 for students and seniors. Information, 382-7893.

VISUAL ARTS

"BLACK AND HISPANICS IN DEFENSE OF OUR COUNTRY"
minority men and women who served in this nation's wars to be honored, The Memorial Gallery, Justice Building, State Street, Albany, 9 a.m. to 5 p.m. weekdays, until March 3. Information, 474-6784.

"THE PASSION: A MYSTERY WITHIN A MYSTERY"
work by Bruce Herman features Lenten themes, Visions Gallery, 40 N. Main Ave., Albany, 8 a.m. to 5 p.m., Monday through Friday, Feb. 7 through March 28. Information, 766-5459.

PAINTINGS OF GERI PUGLIESE MOORE
The Albany Center Galleries, 23 Monroe St., Sunday artists' brunch on Feb. 9, 11 to 1 p.m., gallery open Monday through Friday, 10 a.m. to 4:30 p.m., Thursday, 10 a.m. to 7 p.m., Sunday, noon to 4 p.m.

MAC FACULTY SHOW
regional artists and instructors in the Albany Institute's Museum Art Class to present work, 125 Washington Ave., Albany, through March 2. Information, 463-4478.

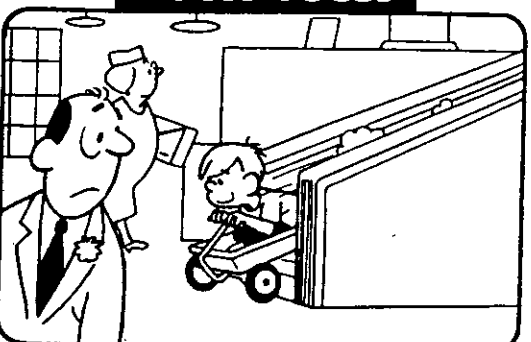
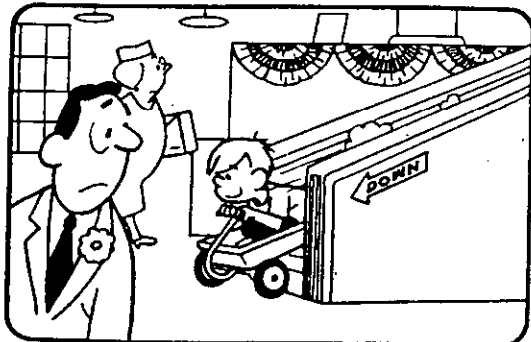
"THE CAPITAL COMES TO ALBANY"
paintings, photographs, and documents detailing Albany's 200-year history as the state's capital, Albany Institute of History and Art, 125 Washington Ave., Wednesday through Sunday, noon to 5 p.m., until June 1. Information, 463-4478.

"ART IS AGELESS"
exhibit featuring 62 works by residents, staff and volunteers at not-for-profit nursing homes, adult care facilities, housing facilities and community service programs throughout New York, Albany Room, Empire State Plaza, Albany. Information, 449-2707.

"HOPE AND HEARTACHE"
photographer Milton Rogovin's work, New York State Museum West Gallery, Madison Avenue, Albany, through March 3. Information, 474-5877.

PAINTINGS OF MARIE-LOUISE MCHUGH
Leslie Urbach Gallery, 23 Monroe St., Albany, Monday through Friday, 10 a.m. to 4:30 p.m., and Sunday, 12 to 4 p.m. Information, 462-4775.

CLAUDIA DEAN'S OIL PASTEL DRAWINGS
Off Broadway Gallery, Crossgates Mall, Guilderland, 10 a.m. to 9:30 p.m., Monday through Saturday, 11 p.m. to 6 p.m., Sunday, 11 a.m. to 6 p.m., through Feb. 15. Information, 439-2955.



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.
Differences: 1. Hair is different. 2. Flower is smaller. 3. Package is moved. 4. Building is missing. 5. Handle is different. 6. Sign is missing.

Drawings by Henry Bollinoff

MagicMaze

MARIE CURIE

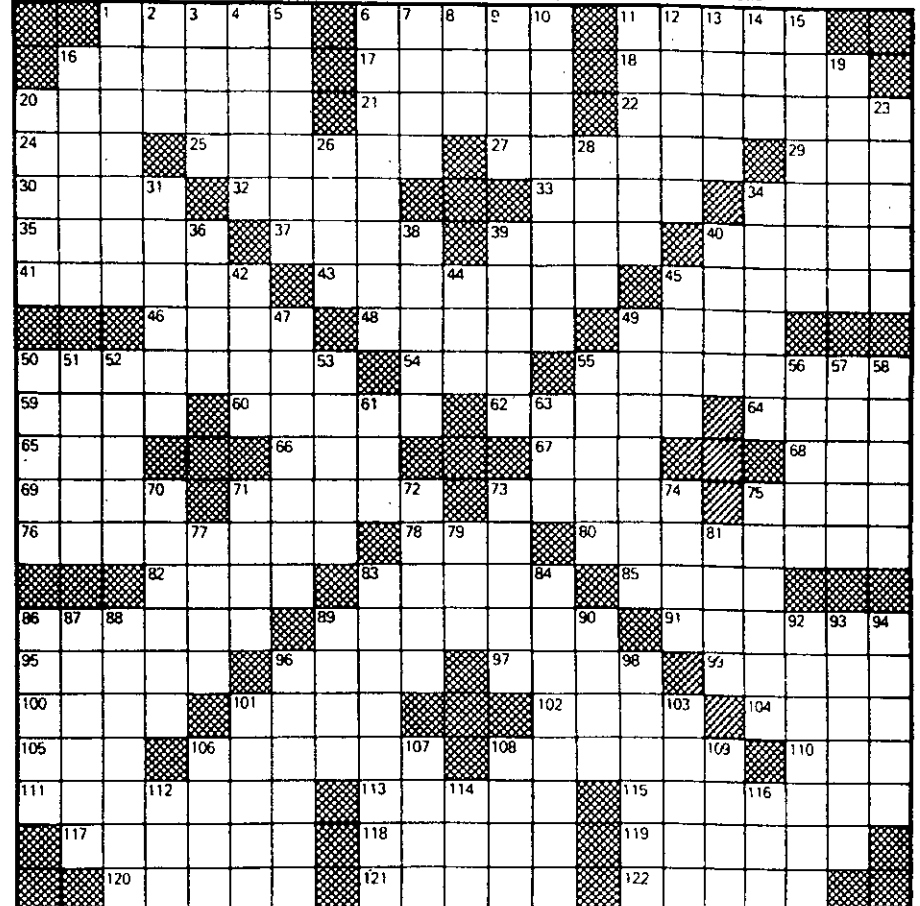
N T O O L S I S G E D B Y W T
S H R P M M K I C Z F D B Y W
E C C E P O L O N I U M U S S
P C I R G T Q E O R S M K I I
I F N E A A N D B P Z Y X R W
E U S A N E C P O L I S H A Q
R O N Y R T S I M E H C L P J
R H F I D F I E M B C A Y W V
E N N O B R O S R O T S Q P N
L K I H F E C B T N T Z Y W V
U S R A J R A M U I D A R Q P

Find the listed words in the diagram. They run in all directions-forward, backward, up, down and diagonally.

- | | | | |
|------------|-------------|----------|-----------|
| Atomic age | Irene | Physics | Research |
| Atoms | Marja | Polish | Scientist |
| Chemistry | Nobel Prize | Polonium | Sorbonne |
| France | Paris | Radium | |

Super Crossword

- | | | | | | |
|---|---|---|--|-------------------------------------|----------------------------------|
| ACROSS | the morning sky" (Milton) | vertical | cries | 36 Eternities | 75 Undergoing change |
| 1 Judges' benches | 46 Dill weed | 85 Tie the — (get married) | 122 Aspect | 38 Egyptian dancing girl | 77 Skillfully |
| 6 Small restaurants | 48 Juan's friend | 86 Comblike instrument | 1 Inland country | 39 Called on the P.A. | 79 Couple |
| 11 Mythical Titan | 49 Volcano crater | 89 Mount — California | 2 Onnoco tributary | 40 Refinery residue | 81 Symbol of peace |
| 16 Coach's concern | 50 Egyptian city | 91 King Arthur's island paradise | 3 Parent-to-be's choice | 42 At hand | 83 Inland country |
| 17 Last Greek letter | 54 Animal that might be great | 95 Actress Kirstie | 4 Lumps of earth | 44 Leo the — (Durocher) | 84 West Indian country |
| 18 Mediterranean seaport | 55 Jamaica seaport | 96 Bloody sword | 5 Showing mental confusion | 45 Ardent followers | 86 Biblical name |
| 20 Mr. Grundy of rhyme | 59 Fencing sword | 97 Ancient Syria | 6 Double-coated | 47 Male peregrine falcon | 87 King of the Visigoths |
| 21 Founder of Bolshevism | 60 Psychoanalyst Wilhelm | 99 Growing out | 7 "You said it!" | 49 Identified incorrectly | 88 Went up the ladder |
| 22 Withstands | 62 Word with parade or rehearsal | 100 The — of Orleans (Joan of Arc) | 8 Marsh | 50 Persian fairies | 89 Active sport |
| 24 Kimono sash | 64 Alleviate | 101 Stage direction | 9 Shield | 51 It's before 'hat or house | 90 Weather word |
| 25 Microphone inventor | 65 Legal matter | 102 Partiality | 10 Capital of Chile | 52 Plant exudate | 92 City in Wyoming |
| 27 Clown's props | 66 Highway abbr. | 104 "The Tender —" (movie) | 11 White poplars | 53 The same | 93 Giant grasses |
| 29 — "Sentimental Mood" | 67 Bank acct. bonus? | 105 Fighting with weapons | 12 Camping equipment | 55 Box for salt-ling fish | 94 Himalayan country |
| 30 Prima donna | 68 Gift I.D. | 106 Moe, Larry or Curly | 13 Covers | 56 Language spoken in Kazan | 96 Ample |
| 32 Bridge coup | 69 Spring flower | 108 Manage | 14 South Seas island | 57 Honshu seaport | 98 Reckless and impulsive |
| 33 Caesar's fatal date | 71 Group of eight | 110 Two — time bites | 15 It was formerly Dutch Guiana | 58 Hot wine beverage | 101 Place |
| 34 Warm and cozy | 73 Chocolate drink | 111 Took small bites | 16 Alabama seaport | 59 Hot wine beverage | 103 Virgule |
| 35 Skirt style | 75 Indian of Brazil | 113 Persuaded | 19 Right of holding | 61 Mediocre grade | 106 Seattle — (racehorse) |
| 37 Isle of exile | 76 City on San Francisco Bay | 115 White powder used as a fungicide | 20 Soft drinks | 63 Bravo or Grande | 107 Perry's creator |
| 39 Comrades | 78 — Annie, of "Oklahoma!" | 117 Breakfast dish | 23 Wise men | 70 Cured, as ham | 108 Tough fiber |
| 40 Mark in bowling | 80 Its capital is Tegucigalpa | 118 San Antonio landmark | 26 — of the earth | 71 Indian | 109 Lanchester of filmdom |
| 41 "To every thing there is a —" | 82 Ancient Greek coin | 119 Brazilian palms | 28 Vain | 72 Correspond | 112 Fam. member |
| 43 Plowed land | 83 Perfectly | 120 Frumpy | 31 Having a handle | 73 Punctuation mark | 114 Guy's date |
| 45 — in the forehead of | | 121 Short, sharp | 34 Scanty | 74 — "Christie" | 116 Western org. |



AROUND THE AREA

WEDNESDAY
FEBRUARY 5

ALBANY COUNTY

DEVELOPMENTAL ASSESSMENT CLINIC
Bellevue Women's Hospital, Troy Road, Niskayuna, 10 a.m. to 4 p.m. Information, 346-9438.

WINTER FARMERS' MARKET
Grand Concourse, Empire State Plaza, Albany, 11 a.m.

FARMERS' MARKET
Holy Cross Church, Western Avenue and Brevator Street, Albany, 2 to 6 p.m. Information, 272-2972.

SENIORS LUNCHE
Albany Jewish Community Center, 340 Whitehall Road, Albany, 12:30 p.m. Information, 438-6651.

SQUARE DANCE
Single Squares of Albany, St. Michael's Community Center, Linden Street Extension, Cohoes, 7:30 p.m. Information, 459-2888.

APPLE COMPUTERS USERS CLUB
Farnsworth Middle School, State Farm Road, Guilderland, 7 p.m. Information, 482-2609.

SCHENECTADY COUNTY

WRITING WORKSHOP
for advanced fiction writers, room 210, Proctor's Arcade, Schenectady, 7 p.m. Information, 381-8927.

RIVER VALLEY CHORUS MEETING
Glen Worden School, 34 Worden Road, Scotia, 7:30 p.m. Information, 355-4264.

THURSDAY
FEBRUARY 6

ALBANY COUNTY

CHORUS REHEARSAL
sponsored by Capitaland Chorus of Sweet Adelines, New Covenant Church, 916 Western Ave., Albany, 7:30 p.m. Information, 237-4384.

FARMERS' MARKET
corner of Pine Street and Broadway, Albany, 11 a.m. to 2 p.m. Information, 272-2972.

SENIOR CHORALE
Albany Jewish Community Center, 340 Whitehall Road, Albany, 1 p.m. Information, 438-6651.

SENIORS LUNCHE
Albany Jewish Community Center, 340 Whitehall Road, Albany, 12:30 p.m. Information, 438-6651.

CONCERNED FRIENDS OF HOPE HOUSE
meeting, support group for families of substance abusers, Child's Nursing Home auditorium, 25 Hackett Blvd., Albany, 7:30 p.m. Information, 465-2441.

FRIDAY
FEBRUARY 7

ALBANY COUNTY
SENIORS LUNCHE
Albany Jewish Community Center, 340 Whitehall Road, Albany, 12:30 p.m. Information, 438-6651.

MOTHERS' DROP IN
sponsored by the Capital District Mothers' Center, First Congregational Church, Quail Street, Albany, 9:30 a.m. to noon. Information, 475-1897.

ROOFERS RECRUIT APPRENTICES
applications accepted by those at least age 18, Roofers Joint Apprenticeship Committee of the Capital District, Local 241, 890 Third St., Albany, 8 a.m. to noon. Information, 457-5519.

WEDNESDAY
FEBRUARY 12

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.

FARMERS' MARKET (June 21 to Nov. 22)
Evangelical Protestant Church, Alexander and Clinton streets, Albany, 11 a.m. to 2 p.m.

SQUARE DANCE
Single Squares of Albany, St. Michael's Community Center, Linden Street Extension, Cohoes, 7:30 p.m. Information, 459-2888.

RENSELAER COUNTY

EATING DISORDERS SUPPORT GROUP MEETING
Russell Sage College, Sage Hall Counseling Center, Troy, 7:30 to 9 p.m. Information, 465-9550.

SCHENECTADY COUNTY

RIVER VALLEY CHORUS MEETING
Glen Worden School, 34 Worden Road, Scotia, 7:30 p.m. Information, 355-4264.

SATURDAY
FEBRUARY 8

ALBANY COUNTY

CATHARINE R. STIMPSON
to speak at Union College's Founders Day convocation, Memorial Chapel, Schenectady, 11:30 a.m. Information, 388-6172.

SUNDAY
FEBRUARY 9

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
FEBRUARY 10

ALBANY COUNTY

SENIORS LUNCHE
Albany Jewish Community Center, 340 Whitehall Road, Albany, 4:45 p.m. Information, 438-6651.

SCHENECTADY COUNTY

SCOTTISH DANCING
Salvation Army, Smith Street, Schenectady, 8 to 10 p.m. Information, 783-6477.

TUESDAY
FEBRUARY 11

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 LUNCHE
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.

CIVIL AIR PATROL
Albany Senior Squadron, Albany Airport, 7 p.m. Information, 869-4406.

Spotlight on Dining

元寶屋
DUMPLING HOUSE
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Specializing in Dumplings, Lunches, Dinners, Cocktails, Mandarin, Szechuan, Hunan & Cantonese.
Eat in or Take Out. Open 7 days a week.
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We extend our thanks for your loyal patronage in making our fifth year a huge cheer!

Come celebrate Mangia's 5th Anniversary!

An intimate dining experience in a cozy atmosphere. Join us for dinner this Valentine's Day and take advantage of our delectable anniversary specials...



A table for two

Langastino Duetto
Twin tourmedos grilled to perfection and sweet Langastino tail meat presented with tomato basil fettuccine tossed with a maderia sauce.
16.95

Iced Jumbo Shrimp Cocktail
Served chilled with spicy cocktail sauce and lemon
7.25 (13.95 for two)

Stuffed Clams Portofino
Fresh clams topped with a focaccia and crab stuffing. Drizzled with lemon butter, romano and baked golden brown.
6.25

Lobster & Saffron Bisque
Sweet lobster, leeks and saffron simmered in a creamy rich soup, flavored with a bit of brandy and tarragon.
5.25

Stuffed Salmon Lorenzo
Fresh salmon filet filled with a shrimp artichoke stuffing. Baked with a chardonnay lemon butter. Served with a twist of angel hair pasta with asparagus tips and roasted garlic.
14.95

Chicken Risotto Florentine
Fresh chicken breast sauteed with portabello mushrooms, red peppers and fresh spinach in olive oil. Tossed with risotto and dusted with fresh grated romano cheese.
13.95
All entrees served with Caesar or Insalata

Chambord Mousse Amore
A raspberry mousse topped with whipped cream, shaved chocolate, fresh mint and a chocolate dipped strawberry.
4.25



New Scotland Road
Slingerlands
439-5555

COME IN AND ENJOY OUR NEW LUNCH FEATURES!

Howard Johnson's Route 9W
Albany, N.Y. 465-7219
RESTAURANT

WHAT'S NEW UNDER THE ORANGE ROOF?

EARLY BIRD SPECIAL
20% OFF ANY ENTREE
Monday-Thursday 4pm-6pm
THE EARLY BIRD GETS THE SAVINGS!
COUPON good thru 2/28/97



AFTER 4 P.M. SPECIAL:
BUY ONE... GET ONE FOR 99¢



Any regular footlong sub with purchase of a 21 oz. drink

Restrictions may apply. Not valid with any other offers. Participating stores only. Limited time only.



Delaware Plaza,
Delmar • 478-9006

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SHRIMPY DELICIOUS
Our Famous Orange & Ginger
Glazed Shrimp \$28.00 per couple

Monday - Thursday Only (plus tax) • WITH THIS AD



for distinguished dining
518 465-3178
Don't forget our piano entertainment
RI 9W, Albany Glenmont
Friday and Saturday from 8 p.m.
1 mile south of NYS Thruway, Exit 23
5 Minutes from Downtown

The Spotlight CALENDAR

**WEDNESDAY
FEBRUARY 5**

**BETHLEHEM
CHP INFORMATIONAL
WORKSHOP**
understanding Medicare coverage, 250 Delaware Ave., Delmar, 1 p.m. Information, 462-0318.

BC SCHOOL BOARD
district office, 90 Adams Place, 8 p.m. Information, 439-7098.

ZONING BOARD OF APPEALS
town hall, 445 Delaware Ave. Information, 439-4955.

BINGO
Blanchard American Legion Post, 16 Poplar Drive, 7:30 p.m. Information, 439-919.

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, 439-1531 or 439-4067.

BETHLEHEM LIONS CLUB
Days Inn, Route 9W, Glenmont, 7 p.m. Information, 439-4857.

BETHLEHEM ELKS LODGE 2233
Route 144, Cedar Hill, 8 p.m. Information, 767-2886.

**ONESQUETHAU CHAPTER,
ORDER OF THE EASTERN STAR**
Masonic Temple, 421 Kenwood Ave., 8 p.m. Information, 439-2181.

**BETHLEHEM BUSINESS
WOMEN'S CLUB**
Days Inn, Route 9W, Glenmont. Information, 439-5786.

TESTIMONY MEETING
First Church of Christ, Scientist, 555 Delaware Ave., 7:30 p.m. Information, 439-2512.

SOLID ROCK CHURCH
evening prayer and Bible study, 1 Kenwood Ave., 7 p.m. Information, 439-4314.

**NEW SCOTLAND
VOORHEESVILLE ZONING
BOARD OF APPEALS**
village hall, 29 Voorheesville Ave., 7 p.m. Information, 765-2692.

**NEW SCOTLAND SENIOR
CITIZENS**
Wyman Osterhout Community Center, New Salem, call for time. Information, 765-2109.

AA MEETING
First Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 479-6469.

AL-ANON MEETING
First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 479-6469.

**MOUNTAINVIEW EVANGELICAL
FREE CHURCH**
evening service, Bible study and prayer, Route 155, 7:30 p.m. Information, 765-3390.

FAITH TEMPLE
Bible study, New Salem, 7:30 p.m. Information, 765-2870.

**THURSDAY
FEBRUARY 6**

**BETHLEHEM
RECOVERY, INC.**
self-help for chronic nervous symptoms, First United Methodist Church, 428 Kenwood Ave., 10 a.m. Information, 439-9976.

YOUTH EMPLOYMENT SERVICES
Parks and Recreation Office, Elm Avenue Park, 2 to 4:30 p.m. Information, 439-0503.

BETHLEHEM SENIOR CITIZENS
town hall, 445 Delaware Ave., 12:30 p.m. Information, 439-4955.

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.

CLASS IN JEWISH MYSTICISM
Delmar Chabad Center, 109 Elsmere Ave., 8 p.m. Information, 439-8280.

**BETHLEHEM COMMUNITY
CHURCH**
women's Bible study, 9:30 to 11:15 a.m. or 7:30 to 9:15 p.m. in a local home, children's program and nursery provided for morning session, 201 Elm Ave. Information, 439-3135.

**NEW SCOTLAND
FEURA BUSH FUNSTERS**
4-H group for ages 8 to 19, Jerusalem Church, Feura Bush, 7 to 8 p.m.

**FRIDAY
FEBRUARY 7**

**BETHLEHEM
AA MEETING**
First Reformed Church of Bethlehem, Route 9W, 7:30 p.m. Information, 489-6779.

CHABAD CENTER
Friday services, discussion and kiddush at sunset, 109 Elsmere Ave. Information, 439-8280.

**NEW SCOTLAND
YOUTH GROUP**
United Pentecostal Church, Route 85, New Salem, 7 p.m. Information, 765-4410.

**SATURDAY
FEBRUARY 8**

**BETHLEHEM
SNOWSHOE WALK**
Five Rivers Center, 56 Game Farm Road, Delmar, 2 p.m. Information, 475-0291.

AA MEETING
Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779.

**SUNDAY
FEBRUARY 9**

**BETHLEHEM
UNITY OF FAITH CHRISTIAN
FELLOWSHIP CHURCH**
Sunday school and worship service, 10 a.m., 436 Krumkill Road. Information, 438-7740.

**FIRST CHURCH OF CHRIST,
SCIENTIST**
Sunday school and worship service, 10 a.m., child care provided, 555 Delaware Ave. Information, 439-2512.

**BETHLEHEM COMMUNITY
CHURCH**
Sunday school and worship service, 10 a.m., nursery care 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**
Holy Eucharist, 8 and 10:30 a.m., coffee and fellowship, nursery care provided, church school, 9:30 a.m., 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.

**SLINGERLANDS COMMUNITY
UNITED METHODIST CHURCH**
worship service and church school, 10 a.m., fellowship hour, nursery care provided, 1499 New Scotland Road. Information, 439-1766.

**SOUTH BETHLEHEM UNITED
METHODIST CHURCH**
Sunday school, 9:30 a.m., worship service, 11 a.m., followed by coffee hour, Willowbrook Avenue. Information, 767-9953.

**DELMAR PRESBYTERIAN
CHURCH**
worship service, church school, nursery care, 10 a.m., fellowship and coffee, 11 a.m., adult education, 11:15 a.m., family communion service, first Sunday, 585 Delaware Ave. Information, 439-9252.

DELMAR FULL GOSPEL CHURCH
Sunday services, 8:30 and 10:30 a.m., 292 Elsmere Ave. Information, 439-4407.

DELMAR REFORMED CHURCH
worship services, 9, 11 a.m. and 5:30 p.m. nursery care provided, 386 Delaware Ave. Information, 439-9929.

**FIRST REFORMED CHURCH OF
BETHLEHEM**
church school, 9:30 a.m., worship service, 11 a.m., child care provided, Route 9W, Selkirk. Information, 767-2243.

**GLENMONT COMMUNITY
CHURCH**
Sunday school and worship service, 10:30 a.m., child care available, 1 Chapel Lane. Information, 436-7710.

**CHURCH OF ST. THOMAS THE
APOSTLE**
Masses — Saturday at 5 p.m. and Sunday at 7:30, 9, 10:30 a.m. and noon, 35 Adams Place. Information, 439-4951.

ST. MICHAEL'S CHURCH
Latin Mass, 10 a.m. Sunday, 5:30 p.m. daily, Route 9W at Beacon Road, Glenmont. Information, 462-2016.

SOLID ROCK CHURCH
worship service, 11 a.m., 1 Kenwood Ave. Information, 439-4314.

**FIRST UNITED METHODIST
CHURCH**
church school, 9:45 a.m., worship service, 9:30 a.m., adult classes, 11 a.m., 428 Kenwood Ave. Information, 439-9976.

BETHLEHEM LUTHERAN CHURCH
worship services, 8 and 10:30 a.m., Sunday school and Bible classes, 9:15 a.m., nursery care, handicapped accessible, coffee/fellowship, 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.

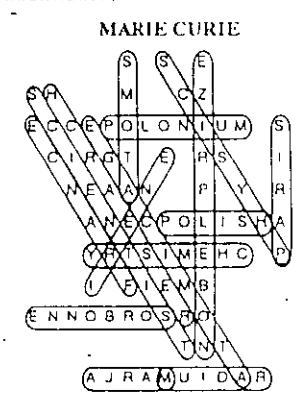
FAITH TEMPLE
Sunday school, 10 a.m., worship service, 7 p.m., New Salem. Information, 765-2870.

**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.

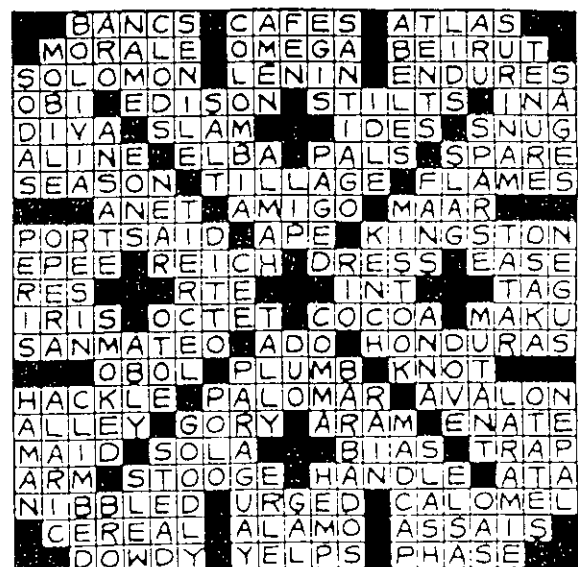
**JERUSALEM REFORMED
CHURCH**
worship service, 10:30 a.m., followed by coffee hour, child care provided, Route 32, Feura Bush. Information, 439-0548.

**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.

**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.



Answers to SuperCrossword



STAN SMITH'S TENNIS CLASS

DON'T LOSE YOUR BALANCE

When you stand in the ready position, you should have your knees slightly flexed, your racket pointing forward and your body slightly bent at the waist. And be relaxed.

Some players bend forward at the waist, almost at a 90-degree angle. This might make it faster for them to move forward, but slower for them to move sideways or backward.

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Fettuccine Pesto \$8.95

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special children's menu

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— 4-6pm Tues-Fri • 3-6 Sat & Sun —
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Roast Top Round of Beef • Roast Turkey w/ Dressing
Broiled Scrod • Pasta of the Day
complete dinner **\$7.95**
includes coffee & dessert

LEGAL NOTICE**ARTICLES OF ORGANIZATION OF MORRIS ROAD PROPERTIES, LLC.**

Under Section 203 of the Limited Liability Company Law
FIRST: The name of the limited liability company is "Ward Hill Properties, LLC."

SECOND: The county within the State in which the office of the limited company is located is Albany County.

THIRD: The latest date on which the limited liability company is to dissolve is June 1, 2050.

FOURTH: The Secretary of State is designated as agent of the limited liability company upon which process against it 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 limited liability company served upon him or her is: Ward Hill Properties, LLC, 116 Old Stage Road, East Berne, NY 12059.

FIFTH: The effective date of the Articles of Organization shall be the date of filing with the Secretary of State.

SIXTH: The limited liability company is to be managed by one or more of its members.

IN WITNESS WHEREOF, these Articles of Organization have been subscribed to this 5th day of December, 1996, by the undersigned who affirms that the statements made herein are true under the penalties of perjury.

(s) Gary Burton,
Organizer

(February 5, 1997)

CERTIFICATE OF LIMITED PARTNERSHIP OF**C.E. PARTNERSHIP, L.P. Under Section 121-201 of the Revised Limited Partnership Act**

1. The name of the limited partnership is "C.E. Partnership, L.P."

2. The county in which the office of the limited partnership is located is Albany County, New York.

3. The Secretary of State is hereby designated as agent of the limited partnership upon whom process against it may be served, and the office address to which the Secretary of State shall mail a copy of any process against the limited partnership served upon him is 582 New Loudon Road, Latham, New York 12110.

4. The names and addresses of the general partners are:
 Barry Lerner
 582 New Loudon Road
 Latham, New York 12110

5. The latest date upon which the limited partnership is to dissolve is January 1, 2096.

IN WITNESS WHEREOF, the undersigned have executed this Certificate of Limited Partnership on the 11th day of December, 1996, and verify and affirm under penalties of perjury that the foregoing is true and correct as of the date hereof.

C.E. PARTNERSHIP, L.P.

By: (s) Barry Lerner,
General Partner

(February 5, 1997)

NOTICE OF FORMATION OF 90 SO. SWAN ST., LLC (PURSUANT TO SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW)

NOTICE IS HEREBY GIVEN that the Articles of Organization of 90 SO. SWAN ST., LLC (the "Company") were filed with the Secretary of State of the State of New York on December 30, 1996.

The Company is being formed to engage in the ownership of the property known as and located at 90 South Swan Street, County of Albany, State of New York and to engage in any other real estate activities necessary or incidental to such purpose and any other

lawful act or activity for which limited liability companies may be organized under the LLC.

The office of the Company is to be located in the County of Albany, State of New York. The Secretary of State has been designated as the 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 served upon such Secretary of State is c/o Cohen and White, Esqs., Andrew Mohr, Suite 504, 1055 Thomas Jefferson Street N.W., Washington D.C. 20007.

(February 5, 1997)

LEGAL NOTICE**PUBLIC NOTICE**

MRP ASSOCIATES L.L.C. Notice of formation of a domestic limited liability company (LLC) Articles of Organization filed with the New York Secretary of State on January 15 purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is c/o Tri City Rentals, Executive Park North, Albany, New York 12203 (February 5, 1997)

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is LYNCH ASSOCIATES, LLC. Articles of Organization were filed with the NY Secretary of State on December 18, 1996. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 16 Forrest Hill Road, Slingerlands, New York 12159. (February 5, 1997)

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF LIMITED LIABILITY COMPANY**UNDER SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW**

1. The name of the limited liability company is: Pace Development, LLC.

2. The Articles of Organization of the limited liability company were filed with the Secretary of State of New York on August 8, 1996.

3. The limited liability company maintains its office in Albany county.

4. 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 this state to which the Department of State shall mail copy of any process served against it is: 1025 Central Avenue, Albany, NY 12205.

5. The purpose of the limited liability company is to engage in any lawful act or activity for which limited liability companies may be organized under the Limited Liability Company Law. (February 5, 1997)

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF LIMITED LIABILITY COMPANY**UNDER SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW**

1. The name of the limited liability company is: MDB Enterprises, LLC.

2. The Articles of Organization of the limited liability company were filed with the Secretary of State of New York on January 8, 1996.

3. The limited liability company maintains its office in Albany county.

4. 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 this state to which the Department of State shall mail copy of any process served against it is: P.O. Box 1428, Albany, NY 12201-1428.

5. The purpose of the limited liability company is to engage in any lawful act or activity for which limited liability companies may be organized under the Limited Liability Company Law. (February 5, 1997)

NOTICE OF FORMATION OF PARK ROW ASSOCIATES GENERAL PARTNER, LLC (PURSUANT TO SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW)

NOTICE IS HEREBY GIVEN that the Articles of Organization of Park Row Associates General Partner, LLC (the "Company") were filed with the Secretary of State of the State of New York on December 18, 1996.

The Company is being formed to engage in the ownership, leasing, purchasing, selling and financing of Park Row Apartments and New Scotland Gardens and any activities necessary or incidental to such purpose and any other

LEGAL NOTICE

lawful act or activity for which limited liability companies may be organized under the LLC.

The office of the Company is to be located in the County of Albany, State of New York. The Secretary of State has been designated as the 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 served upon such Secretary of State is 782 New Loudon Road, Latham, New York 12210. (February 5, 1997)

CERTIFICATE OF LIMITED PARTNERSHIP OF 1996 SONNEBORN FAMILY LIMITED PARTNERSHIP Under Section 121-201 of the Revised Limited Partnership Act

I. The name of the limited partnership is 1996 Sonneborn Family Limited Partnership.

II. The office of the limited partnership shall be located in Albany County, New York.

III. The limited partnership designates the Secretary of State as agent of the limited 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 partnership served upon the Secretary shall be: 56 Mohawk Trail, Slingerlands, NY 12159.2

IV. The limited partnership does not designate a registered agent.

V. The names and places of residence of the general partners are as follows:

General Partners and address of residence

Richard Sonneborn
 56 Mohawk Trail
 Slingerlands, NY
 Elizabeth Sonneborn
 56 Mohawk Trail
 Slingerlands, NY

VI. The partnership shall continue until December 31, 2026.

IN WITNESS WHEREOF, this certificate has been subscribed this 17th day of December, 1996, by the undersigned, who affirm that the statements made herein are true under the penalties of perjury.

GENERAL PARTNERS

Richard Sonneborn

(s) Richard Sonneborn

Date: 12/17/96

Elizabeth Sonneborn

(s) Elizabeth Sonneborn

Date: 12/17/96

(February 5, 1997)

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF**CHILD AND FAMILY PSYCHOLOGICAL SERVICES, PLLC. UNDER SECTION 1203 OF THE NEW YORK LIMITED LIABILITY LAW**

The name of the professional service limited liability company is CHILD AND FAMILY PSYCHOLOGICAL SERVICES, PLLC. The Articles of Organization were filed with the Secretary of State on August 12, 1996. The county within the State in which the principal office of the professional service limited liability company is to be located is: Albany County. The Secretary of State is designated as agent of the professional service limited liability company upon whom process against it may be served. The latest date on which the PLLC is to dissolve is December 31, 2050. The professional service limited liability company is formed for the practice of the professions of psychology and to provide psychological care, therapy and counseling. The post office address within or without the 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 756 Madison Avenue, Albany, New York 12208. Dated: January 22, 1997 COHEN AND WELLMAN, LLP 7 Thurlow Terrace Albany, NY 12203-1005 (518) 436-5400 (February 5, 1997)

NOTICE OF FILING OF CERTIFICATE OF REGISTRATION OF**COHEN AND WELLMAN, LLP PURSUANT TO SECTION 121-1500(A) OF THE PARTNERSHIP LAW**

FIRST: The name of the registered limited liability partnership is: Cohen & Wellman, LLP.

SECOND: The address of the principal office of the Partnership is 7 Thurlow Terrace, Albany, New

LEGAL NOTICE

York 12203-1005.

THIRD: The profession to be practiced by the Partnership is: law. The Partnership is eligible to register as a "registered limited liability partnership" pursuant to Section 121-1500(a) of the New York Partnership Law.

FOURTH: The secretary of state is designated as agent of the registered limited liability partnership upon whom process against it may be served. The post office address within or without the state to which the department of state shall mail a copy of any process against the Partnership served upon it is: 7 Thurlow Terrace, Albany, New York 12203-1005

FIFTH: The effective date of the certificate of registration is the date of filing.

SIXTH: The Partnership is filing a registration for status as a registered limited liability partnership.

Dated: January 3, 1997
 ZACHARY WELLMAN, Partner
 (February 5, 1997)

ARTICLES OF ORGANIZATION OF MALTA PROPERTIES, LLC. UNDER SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW

FIRST: The name of the limited liability company is "MALTA PROPERTIES, LLC."

SECOND: The county within the state in which the office of the limited liability company is to be located is Albany County.

THIRD: The latest date on which the limited liability company is to dissolve is June 1, 2050.

FOURTH: The Secretary of State is designated as agent of the limited liability company upon which process against it 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 limited liability company served upon him or her is: Malta properties, LLC, 1698 Central Avenue, Albany, New York 12205.

FIFTH: The effective date of the Articles of Organization shall be date of filing with the Secretary of State.

SIXTH: The limited liability company is to be managed by one or more of its members.

IN WITNESS WHEREOF, these Articles of Organization have been subscribed to the 14th day of January, 1997, by the undersigned who affirms that the statements made herein are true under the penalties of perjury.

(s) Frank A. Tate, Jr., Member
 (February 5, 1997)

NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is 1716 CENTRAL ASSOCIATES, LLC. The Articles of Organization of the LLC were filed

LEGAL NOTICE

with the NY Secretary of State on January 22, 1997. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 1716 Central Avenue, Albany, New York 12205. (February 5, 1997)

NOTICE OF FILING ARTICLES OF ORGANIZATION OF XATA, LLC

FIRST: The name of the limited liability company is XATA, LLC.

SECOND: The date of filing with The Secretary of State was 12/23/96.

THIRD: The principal office of the limited liability company is in Albany County.

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 to which the Secretary of State shall mail a copy of any process against the limited liability company is: 34 Willo Lane, Loudonville, NY 12211.

FIFTH: The limited liability company is formed for the purpose of engaging in any business purposes permitted by law.

In witness whereof, this certification has been subscribed to this 23rd day of Dec., 1996 by the undersigned who affirms that the statements made herein are true and under the penalties of perjury.

(s) Askold R. Wynnykiw,
organizer and member
 (Jan. 27, 1997)
 (February 5, 1997)

NOTICE OF FILING ARTICLES OF ORGANIZATION OF WILLOW CORNERS, LLC

FIRST: The name of the limited liability company is Willow Corners, LLC.

SECOND: The date of filing with The Secretary of State was 12/23/96.

THIRD: The principal office of the limited liability company is in Albany County.

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 to which the Secretary of State shall mail a copy of any process against the limited liability company is: 34 Willo Lane, Loudonville, NY 12211.

FIFTH: The limited liability company is formed for the purpose of engaging in any business purposes permitted by law.

In witness whereof, this certification has been subscribed to this 23rd day of Dec., 1996 by the undersigned who affirms that the statements made herein are true and under the penalties of perjury.

LEGAL NOTICE

(s) Askold R. Wynnykiw,
organizer and member
 (Jan. 27, 1997)
 (February 5, 1997)

ARTICLES OF ORGANIZATION OF MARION COMPANY LLC Under Section 203 of the Limited Liability Company Law

The undersigned, desiring to form a limited liability company under the laws of the State of New York, affirms under penalties of perjury:

1. The name of the limited liability company is Marion Company LLC (the "Company").

2. The county within this state in which the office of the Company is to be located is Albany County.

3. The Company does not have a specific date of dissolution in addition to the events of dissolution set forth by law.

4. The Secretary of State of the State of New York 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 served upon him or her is: c/o Philip A. Sabatino, 230 Woodlawn Avenue, Albany, New York 12208.

5. The Company is to be managed by one or more managers.

6. The Company may engage in any lawful business.

Dated: January 15, 1997

(s) Philip A. Sabatino
Organizer

Date of filing
 Articles of Organization
 with Secretary of State: 1/22/97

(February 5, 1997)

BOARD OF EDUCATION VOORHEESVILLE CENTRAL SCHOOL DISTRICT ROUTE 85A VOORHEESVILLE, NEW YORK 12186**NOTICE TO BIDDERS PASSENGER CAR**

Sealed bids will be received at the Voorheesville Central School District office located in the Clayton A. Bouton Jr. Sr. High School Building, Rte. 85A, Voorheesville, New York, until 10:00 a.m., Wednesday, February 12, 1997 for a passenger car.

Specifications and bid forms may be obtained at the District Office on or after 10:00 a.m. January 31, 1997. Contracts will be awarded to the lowest responsible bidder. The Board reserves the right to reject any bid which fails to meet specifications.

Dated: January 31, 1997
 Dorothea Pfeiderer, Clerk

(February 5, 1997)

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.

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\$425+ utilities, 1 bedroom plus den. Second floor. Available October. Off-street parking. Laundry facility. Lease/security. References. No pets. 130 Maple Avenue. Selkirk. Call 434-9783.

\$435, 1-BEDROOM apartment, heated, parking, yard, bus. First floor. 475-0617.

\$585 - DELMAR, includes heat & hot water, 1 bedroom plus den & dinette. Parking, bus, shopping. Like new. 439-3447.

\$620 INCLUDES HEAT & hot water. Large 1-bedroom plus den, second floor, air-conditioned, hardwood floors. Village Drive Apartments, Delmar. 434-9783.

427 KENWOOD, DELMAR, up-stairs; one bedroom, new kitchen floor, refrigerator. \$590, including utilities. 439-0981. 439-9232.

DELMAR DUPLEX - 2 bedrooms, 1.5 baths, living room with fireplace, kitchen, deck, basement with laundry, garage, large yard. \$850. Available March 1. 439-7576.

For information on any of these properties, call Realty USA, 438-6287

Also, visit us at our Web Site at <http://www.realty-usa.com>

\$65,000 - Delmar - "Move-in condition" best describes this two bedroom bungalow with many updates and 2-car garage.

\$94,500 - Medusa - Immaculate spacious move-in raised ranch with 2 fireplaces on 2 acres. Well worth seeing.

\$99,900 - Voorheesville - Great house for first time buyers or empty nesters. 2 bedrooms, 1 bath on a manageable lot and quiet street.

\$113,900 - Voorheesville - Calling all Vets. Assumable V.A. mortgage on this charming, expanded bungalow on a large lot with gardens, a greenhouse and other outbuildings.

\$132,000 - Delmar - Beautiful shiny hardwood floors greet you at the entrance to this well cared for home with extra rooms and deep lot. Call for details.

\$139,900 - Albany - Spectacular Victorian with remarkable original details, three floors of gracious living features, natural woodwork, HW floors, pocket doors, 3 coal burning fireplaces. You must see this to appreciate it!

\$265,000 - Greenville - Fantastic 65 acre property overlooking the Catskills. Seven bedroom house has room for everybody.

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Albany 438-6287

DELMAR, 3-bedroom cape with 2-car garage. Available March 1. 439-9468, 783-6607.

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SLINGERLANDS One bedroom apartment, heat, lease, security, no pets, 765-4723, evenings.

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NEW LISTING! 3 bedrooms, 2 baths, 2 kitchens, 2-car garage. Excellent condition. Albany. \$94,500. Call 732-2324.

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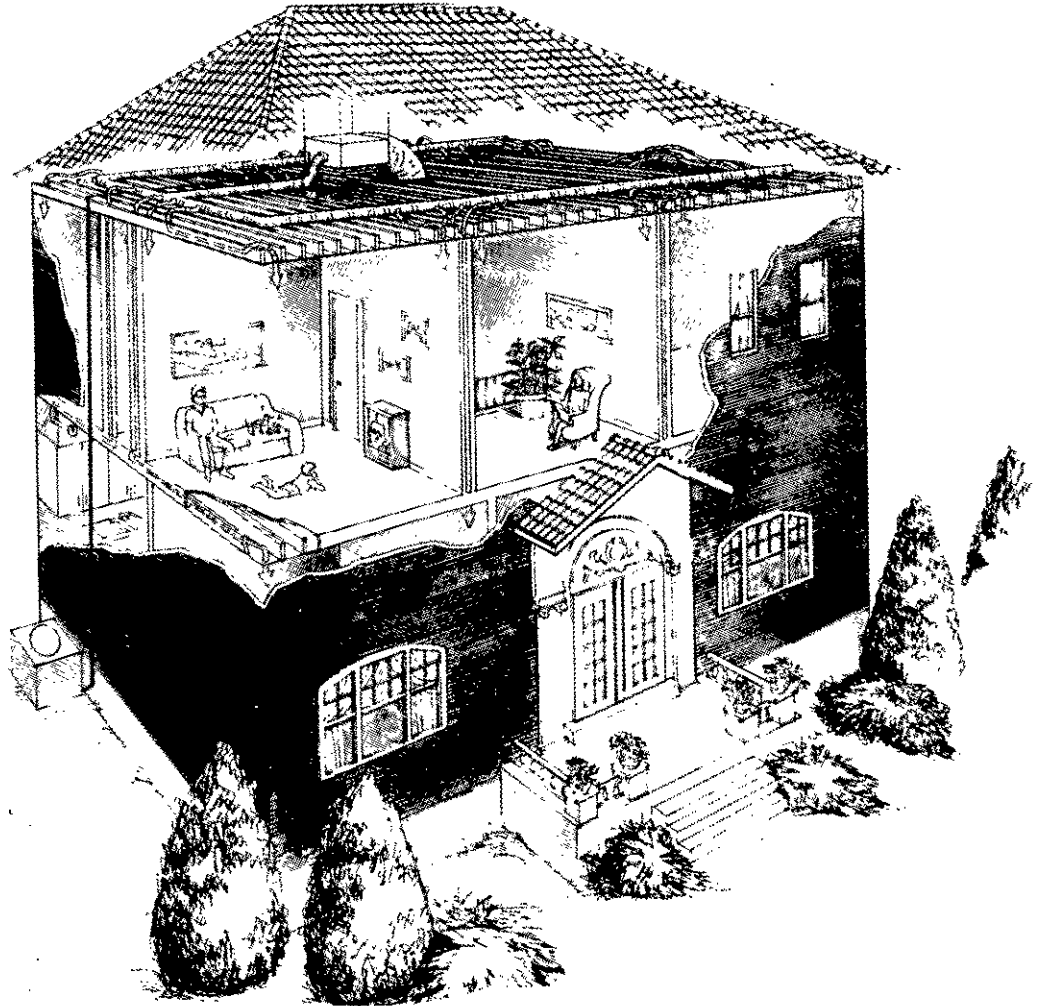
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Unico System® — Air Conditioning

No matter when your home was built, or what its physical configurations are, installing the Unico System is always a possibility. Authorized Unico System contractors have installed thousands of these systems across the country and in Canada, in homes that were built without central air conditioning and in those homes where existing systems have proven inadequate. There's a Unico System solution for your home—let us show you.

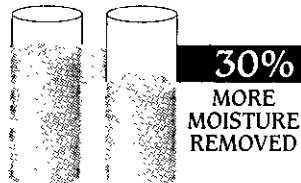


**With Unico System—
Your Home Can
Have Central Air**

What It Means For *Your* Home

Removes More Moisture

Unico System removes up to 30% more moisture than conventional central air conditioning systems. That means more comfort for you, even at higher thermostat settings. And because Unico System is adaptable to a variety of air cleaning devices, your home's air will be fresh and pure.



Draft Free

Unico System works on the principle of aspiration. Cool streams of high velocity air enter a room, creating gentle circulation without drafts. You enjoy even room temperatures from floor to ceiling.

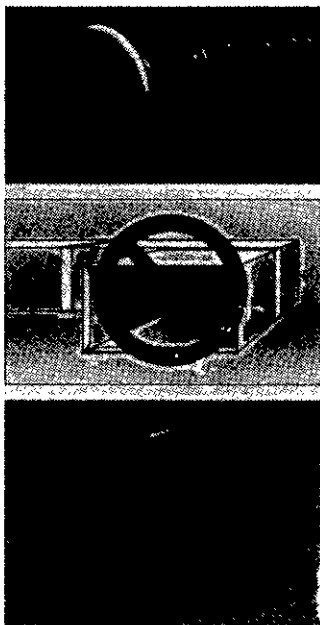


Because Unico System uses aspiration, drafts are eliminated and each room enjoys comfortable, even temperatures.

Conventional air conditioning often leaves house with hot and cold spots, as well as uncomfortable drafting.

Quiet

You'll feel the Unico System's cool comfort, but you'll hardly hear it. The last 36-inch section of duct has flexible, sound absorbing tubing that provides quiet air flow from each individual outlet. The central return air grill also connects to sound absorbing duct to maintain quiet operation.



Little or No Remodeling

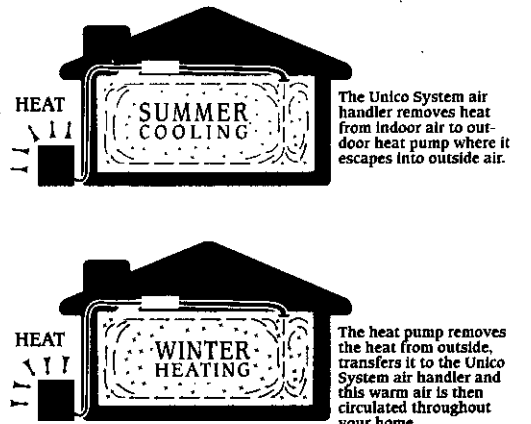
Unico System flexible ducts snake through and around existing construction. There are no unsightly, cumbersome metal ducts. The compact Unico System air handler can be installed in attic, basement, or even closet installations, allowing it to meet almost any installation challenge. The architectural integrity of your home will be preserved when the Unico System is installed.

Fits Any Decor

The barely noticeable outlets blend in with any decor, whether they're installed in the ceiling, floor, or wall. The Unico System avoids the staining of walls and ceilings that can occur with metal registers and diffusers.

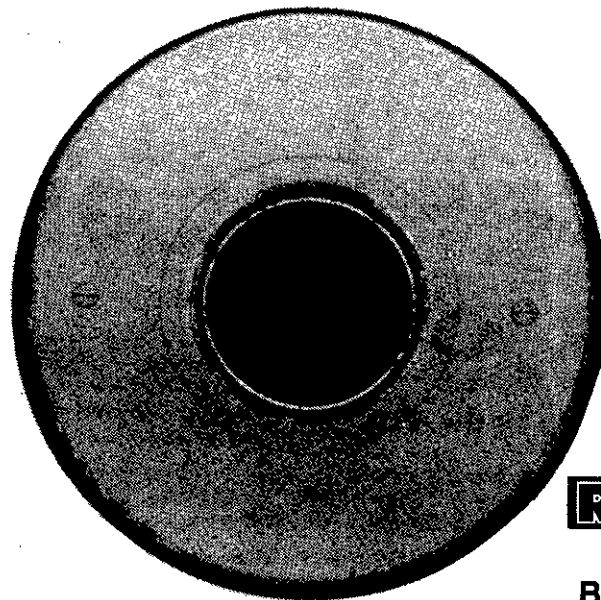
Unico System Versatility— Heat Your Home with an Add-On Heat Pump

Your Unico System will not only provide outstanding cooling in the summer, it can also be used to heat your home during cold winter months. The system works with the heat pumps of most major manufacturers to provide the same exceptional comfort in winter that you'll receive in the summer months. An added feature of the Unico System is the higher temperature (20° to 25° F higher) of air discharging from the outlets compared to conventional heat pump systems.



The Unico System air handler removes heat from indoor air to outdoor heat pump where it escapes into outside air.

The heat pump removes the heat from outside, transfers it to the Unico System air handler and this warm air is then circulated throughout your home.



A Hole New Approach to Air Conditioning

The character of your house won't be blemished by large or unsightly registers. Just these small outlets deliver the highest degree of comfort available today.

For Information Call
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