

The Spotlight

Spring Sports Health & Fitness

Special Supplement Inside

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The weekly newspaper serving the Towns of Bethlehem and New Scotland

March 19, 1997

50¢

BC board approves more HS teachers

By Dev Tobin

The good news is Bethlehem Central High School students are showing more academic ambition by signing up for more courses. But, to handle the increase in registrations, the district will likely have to hire one more teacher than expected next year.

"We had an outstanding student registration, with students carrying heavier course loads than in the current year — a positive sign," said Superintendent Leslie Loomis.

Overall, students signed up for about 450 classes above projections, Loomis said.

Prior to last week's budget work session, the BC school board met with representatives of the Bethlehem Central Teachers Association, who pointed out that strong high school registration has tentatively resulted in about 10 sections with

more than 30 students, even after factoring in the 4.4 additional full-time-equivalent (FTE) high school teachers already recommended by Loomis.

The teachers argued for adding 1.7 FTE positions at the high school to deal with the large sections, according to Loomis.

Board member Dennis Stevens said he would support an additional .8 FTE position targeted to lowering class sizes in the over-

subscribed sections.

"I'm concerned about not falling behind the curve and finding ourselves playing too much catch-up" as high school enrollment continues to grow to record levels, Stevens said.

"I don't know where the .8 will be

□ **TEACHERS/page 12**

I'm concerned about not falling behind the curve.

Dennis Stevens

Smiling eyes



Kaelyn Haggerty and Kathleen Barad check out a book at the St. Patrick's Day Shenanigans Party Sunday at Bethlehem Public Library. *Doug Persons*

Town hall work to improve access for handicapped

By Mel Hyman

The Bethlehem town board has hired a Troy architectural firm to design a \$550,000 addition to Bethlehem Town Hall that will make the building fully accessible to the handicapped.

Once the firm of Architecture Plus completes its work, the project will be put out for bid, which should take about two months. Work on the new addition is ex-

pected to begin this year and last about five months.

The addition will be equipped with an elevator providing handicap access to all levels. A new enclosed stairwell will provide a much-needed emergency egress from the east wing of the building.

An extra benefit of the project will be to

□ **ACCESS/page 20**

BCMS after-school offering helps special kids adapt

By Katherine McCarthy

In today's world, both parents usually work, especially by the time their children are teen-agers.

Although they may be concerned about them at home alone, most teens are involved with after-school activities, friends or homework and are fine on their own. Children with disabilities, however, cannot be left alone so easily.

A new program at Bethlehem Central Middle School, in conjunction with Living Resources Inc., provides a structured after-school program for children ages 12 to 21 with developmental disabilities. The program allows working parents to know that their children are in a safe and positive environment.

Living Resources, based in Schenectady, is a not-for-profit organization that provides service to individuals who are challenged by a variety of developmental



Jo Prout works with Noah Fruiterman in the Living Resources program at BCMS. *Katherine McCarthy*

disabilities including autism, cerebral palsy, neurological impairments, mental retardation and traumatic brain injury.

children at BCMS meet from 3 to 6 p.m. every school day.

□ **SPECIAL/page 12**

"It's good for the kids to be in instructional programs," said Sandy Gonzalez, children's services manager for Living Resources. "It provides them with an opportunity to have activities, make friends, hang out."

There are 27 children in four different Living Resources after-school programs, at Shaker High School, Schenectady High School, Maple Avenue Middle School in Saratoga and BCMS. Living Resource's program has been in existence for about five years, and the Bethlehem program started last November. The four chil-

Program jogs memories of Aunt Mary

By Katherine McCarthy

Watching the kids at the Living Resources after-school program at Bethlehem Central Middle School brought back a flood of memories about my great-aunt Mary, my grandmother's oldest sister, who died just two years ago at the age of 93.

Her disability was never defined; we always said she was mentally

□ **MARY/page 14**

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Experts say air regs don't tell real story

By Mel Hyman

Area environmental leaders gathered at the state Audubon Society's Hollyhock Hollow Sanctuary in Selkirk last week to share their thoughts on "The Air We Breathe: Is our Society Doing a Good Job Protecting our Air Quality?"

And what they came up with was not exactly reassuring.

Basically, air pollution is not easily measurable, and the tons of pollutants dumped in the atmosphere each year are bound to have cumulative effects.

Under guidelines set up by the federal Environmental Protection Agency, the country is divided up into 247 air quality zones. Within each zone, there is a set limit on how much of a particular pollutant can be emitted on an annual basis.

The only real barometer we have is little kids' lungs.

Craig Thompson

The problem, according to John Santacrose, executive director of the Audubon Society of New York State, is that there are no regulations as to how much air pollution can be generated in the country as a whole.

So, for example, automobiles and industry in the Denver area can spew forth a specific amount of toxic fumes each year, but who's to say what the effect will be on Chicago or New York after these pollutants have traveled across country with prevailing winds.

"There should be provisions" (in the law) for measuring and controlling the cumulative effects of air pollution, Santacrose said.

In response to a question about the possible effects of pollution from the formaldehyde production plant proposed for Glenmont, Santacrose said while there are ambient air quality standards for specific chemicals emitted in the Capital District area, "That doesn't cover the region to the west of us that might be maxed out (for par-

ticular pollutants), and that we are downwind of. It's a fundamental flaw in the law."

Another local example was the trash incineration plant proposed for Cabbage Island in Bethlehem several years ago that was eventually rejected by residents in a townwide referendum.

"Who's to say what the effect of those particulates would have been on the area east of us?" Santacrose asked.

"The only real barometer we have is little kids' lungs," replied Craig Thompson, director of Five Rivers Environmental Education Center in Delmar.

Lest we forget, Santacrose continued, there is a transfer effect from air pollution. He pointed to the "browning" of the evergreens along parts of the Northway. There is a protective coating on the pine needles of conifers that protect them during winter.

But the nitrogen and sulfur oxides from automobile emissions soften the protective shells and make the needles vulnerable to cold weather. Consequently, they fall off.

The effect of air pollution on wildlife can be equally as dramatic, he said, noting the destruction of fish in Adirondack lakes contaminated by acid rain.

Or witness the problems that acid rain has created for the local loon population, Santacrose said. The loons, who nest and breed on these lakes, must search elsewhere for their food because the fish have disappeared.

As a result, their stress level is increased, which can "effect their longevity."

Santacrose said more environmental forums will be scheduled over the course of the year with the dates, times and topics published in the paper.

He also invited the public to visit the new Mary E. O'Neil Education Center this spring. Hollyhock Hollow Sanctuary is on Rarick Road off county Route 102 in Selkirk.

Bethlehem library has file on Spurlock

A file of all public materials and documents relating to the formaldehyde production plant proposed for Route 144 in Glenmont has been established at Bethlehem Public Library.

Anyone wishing to review these materials can do so by asking for the file at the library reference desk.

Future public documents relating to the project application being made by Spurlock Adhesives Inc. of Waverly, Va., will be forwarded to the library by the state Department of Environmental Conservation and added to the file.

Meanwhile, Spurlock officials have been unavailable for comment on rumors they are looking at other sites such as Rensselaer.

Pasta anyone?



Jessa Engelstein dishes out servings during the Bethlehem Central Lab School pasta dinner Saturday. On the receiving end are Jenn Gerstenzang, left, Amy Oldendorf and Jenna Engelstein. *Doug Persons*

New Scotland town board sticks by decision to update tax rolls

By Dev Tobin

Property revaluation is a politically perilous process — witness Albany's decades of procrastination. But the New Scotland town board restated its commitment to keeping town assessments up-to-date at last week's meeting.

Four years ago, the town completed a major property reassessment project, and hundreds of property owners complained. This year's assessment update was designed to keep the roll current and address underassessments that have become obvious in light of arms-length sales in the intervening years, according to Supervisor Herb Reilly.

While many farmers and owners of vacant land are upset over higher assessments due to the revaluation update, Reilly said,

"There was a great deal of inequity and some big-time problems from the last assessment. We can't just do (reassessment) one (parcel) at a time; we have to do it all at once."

Farmer Colleen Stanton said it was "unjust to bump up, and mine was bumped up a lot," assessed values for farmland.

"I don't know where the justice is," Stanton said.

Councilwoman Victoria Ramundo said property owners who believe they are overassessed should schedule an appointment with Assessor Patricia McVee.

"The owner is the best person to bring forth details about a property" that affect its assessed value, Ramundo said.

Councilman Mark Dempf agreed, noting that his assessment

was raised and "The only route I have is to make an appointment with the assessor."

Councilman Scott Houghtaling said the town benefits from keeping the assessment roll up-to-date in two ways — increased state aid and a stable equalization rate, avoiding sharp fluctuations in school taxes.

McVee said she was aware of the concerns of landowners, and had "been adjusting land breakdowns for a week" in individual interviews.

McVee will schedule personal meetings with property owners to review assessments on Tuesday and Wednesday evenings and Saturday mornings, in addition to her regular office hours.

An appointment is necessary. Call 439-9020 for information.

Delmar man warns of latex allergies

By Mel Hyman

If he helped save even one life, James Tombros would be satisfied.

Tombros, a Delmar resident, recently spoke on the health risks posed by latex surgical gloves before more than 1,200 plastic, reconstructive and dermatologic surgeons at the 12th annual scientific meeting of the American Academy of Cosmetic Surgery.

Tombros, general manager of Center Laboratories/Hermal Dermatology Group in Delmar, presented a review of the latex manufacturing process and the reasons why latex can set off possible life-threatening allergies to the unaware user.

His remarks were reprinted in the December 1996 issue of the American Journal of Cosmetic Surgery.

Cases of anaphylactic shock due to latex allergies, while relatively rare, do occur. A total of 16 people

have died since 1992 from allergic reactions to latex surgical gloves.

In extreme cases, "blood pressure drops" and the person goes into shock because of an allergic reaction to either the natural latex proteins or the chemicals added in the manufacture of latex gloves, Tombros said.

Tombros' company sells and distributes nonlatex surgical gloves manufactured by the European Merck Group in Germany.

He estimates that from 12 to 15 percent of physicians are to some degree allergic to latex surgical gloves.

"The longer you wear them, the more likely you are to develop some sensitivity," he says, whether it's just a skin rash or something more serious.

Other allergic symptoms include itchy swollen eyes, sneezing, respiratory distress, wheezing and shortness of breath.

A severe allergic reaction lead-

ing to anaphylactic shock can occur when the latex material comes into direct contact with broken skin or a mucous membrane during examinations or surgical procedures. If not treated promptly by adrenaline injection, it can be fatal.

The new nonlatex gloves manufactured by Merck received Food and Drug Administration approval in 1995, but "Unfortunately, a lot of doctors didn't know about it," Tombros said.

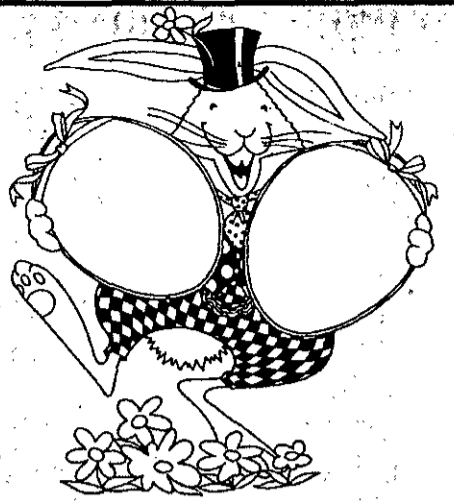
Problems associated with latex gloves didn't really surface until the 1980s, when health risks associated with the AIDS virus prompted medical and dental workers to start using surgical gloves for just about every routine procedure.

A physician can determine ahead of time whether he/she is allergic to the natural latex protein or to the chemicals added to the rubber product, Tombros noted.


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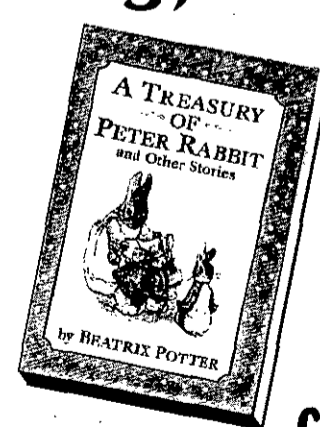
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Delmar director pens Holmes play

By Dev Tobin

Sherlock Holmes is arguably the world's most popular detective, the subject of dozens of movies and plays based on Arthur Conan Doyle's series of short stories. So why write anything more about him?

Because, for all we think we know about Holmes, there's still a bit of mystery about the Victorian sleuth, according to Ed. Lange of Delmar, author of the new "Sherlock's Secret Life," now on stage at the New York State Theatre Institute.

As assistant artistic director of the institute, Lange had been reading Holmes scripts for years as the state-sponsored educational theater company looked for a suitable production.

"We read some pretty awful plays, and I said to myself, 'I've directed Sherlock Holmes plays, maybe I should give it a try,'" Lange recalled.

But he didn't want to redo "Hound of the Baskervilles" or another popular Holmes tale. Instead, Lange wanted to explore an inconsistency he found in Doyle's stories.

"In the first story, 'A Study in Scarlet,' Holmes is pretty free with his emotions, energetic and lively," Lange said. "Then in the rest of the stories, he is emotionally closed, moody, dark, with no sense of joie de vivre. I wanted to find a way to make that transition, because Doyle doesn't explain it."

Lange said his play "leads to very entertaining and fun speculation" regarding a mystery woman's effect on Holmes.

Cognizant of the seriousness with which Holmes fans view the object of their affection—"almost a real person in some people's minds"—Lange said he was careful to keep his speculation "completely viable and not farfetched."



Playwright Ed. Lange compares notes with cast members of "Sherlock's Secret Life" Elisabeth S. Rodgers and Joel Leffert.

—focusing on events that changed his life and made him the Sherlock Holmes we know."

Although he is a veteran director at the institute, Lange knew he would have to watch another director bring his play to life.

"It's common for a writer not to direct his work, you need another dispassionate perspective," said Lange, adding that director Clint Atkinson's suggestions had improved the play.

Performances of "Sherlock's Secret Life" in the Schacht Fine Arts Center of Russell Sage College will be March 19, 20, 25 and 26 at 10 a.m., March 21 and 22 at 8 p.m., and March 23 at 2 p.m. Call 274-3256 for information on tickets.

Besides its run in Troy, *Sherlock's Secret Life* will also be performed in Queens in April and next year by the Actors Company in Lancaster, Pa.

Glazer picked for top job at state mental health group

Delmar attorney Joseph Glazer has been named president and chief operating officer of the Mental Health Association of New York State.

"Joe has exemplary advocacy and leadership qualities that will serve our organization well," said Samuel Gross, board chairman of the association. "His past experience with associations and 15 years of government-related service gives him a solid base from which to help build (the organization's) future."

Before joining the Mental Health Association, Glazer was upstate outreach director for the Alliance for Consumer Rights, an arm of the New York State Trial Lawyers Association.

He is also former counsel and legislative director for the New York State Association of Counties, and helped found the New York State Rural Health Association.

In his new position, Glazer, 36, said he plans to emphasize advocacy of mental health issues and resource development.

"Our organization's purpose is to ensure the availability of, and access to, mental health services for all New Yorkers," he said.

A graduate of Albany Law School, Glazer was the 1992 Democratic candidate in the 102nd state Assembly District.

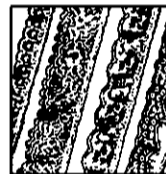
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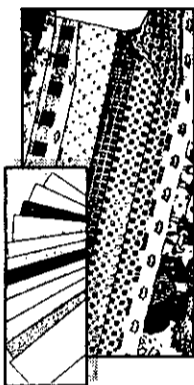
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Richardsons tapped for Habitat project

Bea and Curt Richardson of Voorheesville who have been accepted as volunteers for a Collegiate Challenge of Habitat International.

They will provide technical direction and supervise a group of college students working on a Habitat for Humanity project in Escanabe, Mich., from March 22 to 30.

For information, contact the Richardsons at 765-4651.

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Matters of Opinion

Cheers for Ladybirds

The Voorheesville girls basketball team knocked on the door of a state championship again this year, but it apparently wasn't meant to be.

That takes nothing away from the fact that the Ladybirds compiled a magnificent record this year and were the cream of the crop among Section II, Class C girls teams for the second year in a row.

It's no coincidence that the tremendous accomplishments in the Voorheesville girls varsity basketball program over the past few years have come about since Jack Adams has been coach. By all measures, Adams is an astute, motivated and compassionate coach who gets the most from his players.

And it's just those players who deserve congratulations and praise for bringing recognition to the school, the community and themselves.

Jane Meade and Kristen Person immediately come to mind when writing about this team. Among those who made important contributions this year were Becky Dawson, Erikka Jackstadt, Jen Adams, Natalie Portanova, Eva Sbardella, Regan Burns, Lauren Lloyd and Cynthia Reed.

BOU has the right idea

It is fitting that Bethlehem Opportunities Unlimited, beginning its second decade of auctions to benefit local youth, came up with the idea of dedicating funds toward a community center for the town.

Nearly a decade ago, voters handily turned down a proposal for a center that carried a \$7 million price tag. Probably a smart move by the voters then, but we are still faced with the problems and needs of youth, seniors and local groups with no place to go.

The same voters who said no then would likely agree that a community center is needed now, and would support a center that would not place such a great economic burden on the taxpayer.

Perhaps BOU's money and help from other sources could be used to renovate an existing vacant building. Maybe the state, after pulling the Dormitory Authority out of town, could make amends by converting part of the authority's space for this community need.

BOU has moved mountains before in its quest to provide wholesome activities for local youth, and they just might be the catalyst to make things happen now.

Perhaps a Bethlehem First committee of business movers and shakers can work with BOU to make the community center a reality.

The first step, though, is to support BOU at the auction Friday night at the high school. With your help, who knows what can happen?

Maybe next year, BOU will be using auction proceeds for activities at Bethlehem's own community center. We'd like to think that's not such a farfetched idea.

Town hall rehab makes sense

The Bethlehem town board is forging ahead on plans to add to the existing town hall on Delaware Avenue.

The project will not only provide more office space, but will also make the facility handicapped accessible with the installation of a new elevator.

This is good news for town taxpayers in that staying put will keep town offices at a centrally located site and the renovation/addition work will cost less than building anew or completely renovating another facility.

Another fiscal consideration is that the town has already made substantial investments in renovating the existing building, a former elementary school, to accommodate the office needs of the various town departments.

Kudos to the board for taking the prudent and sensible route.

Editorials

Schools need parental involvement

By Kevin McCarthy

The writer is president of Parents For Excellence.

In a *Spotlight* Point of View last September, Bethlehem Central Schools Superintendent Les Loomis gave us all a challenge: "Our progress has been steady, and the community has stood behind us. But our students are capable of much more and so are we. Through real cooperation we can transform a very good school district into a truly exemplary one."

We agree completely — that BC is already a very good school district and, if we work together, it can become the truly exemplary system we all want for our children.

How? Let's start by assessing where we are now — more than halfway through the current school year, and almost finished with deliberations for the budget for 1997-98.

One way to do that is to look at the School Report Cards the state Education Department recently issued for all the state's public schools, including the seven BC schools.

Copies of the reports on the high school, the middle school, and the five elementary schools are available in each school, the district office at 90 Adams Place, and in Bethlehem Public Library. (You can also find them at the state Education Department's Website, <http://www.nysed.gov>).

While it is understood that numbers are not the only important indicators of educational quality, the report cards do help us identify areas where we are doing well and also where we might improve.

For example, in identifying such areas, one statistic that can be derived from the report cards was part of an analysis distributed by the district at the March meeting of the BC Presidents' Council (the heads of parent groups in the district).

The statistic is the percentage of students who took a Regents exam and demonstrated "mastery"

Point of View

of the subject (scoring 85 or better). If we were using letter grades, "mastery" would mean receiving a "B" or better.

For five of the exams, the percentage reaching "mastery" ranged from 56 percent (chemistry) to 71 percent (second languages and Math, Course D). For other exams the percentage reaching "mastery" was 48 percent (Math, Course III) and 47 percent (English and global studies).

In other words, in some subjects fewer than half of the students taking the Regents exam were able to score 85 or better. The same issue applies for other school districts in other subjects: biology in Voorheesville (37 percent), chemistry in Niskayuna (41 percent), global studies at Shaker (35 percent).

BC is already a very good school district and, if we work together, it can become the truly exemplary system we all want for our children.

Viewed in this way, the report cards show that even high-performing districts need to do better in helping our children truly achieve mastery in learning.

During his visit to the district on Jan. 3, state Education Commissioner Richard Mills called Bethlehem a "high-performing district," and applauded the use of the report cards as "conversation starters."

During January and February, Judith Wooster, BC's assistant superintendent for curriculum and instruction, visited the schools to present information about the report cards.

Wooster made the point on several occasions that the report cards should be viewed not only as more information, but also as

one of the tools BC will use in its continuous assessment process.

Wooster noted that there are some basic questions arising from the report cards that we must talk about, that we must ask and then answer: Given the emphasis on Regents exams, should more of our students take them? What are the pros and cons of more emphasis on Regents exams? Do our programs meet the needs of all our students? Are they challenging enough? Are there options that we should explore, evaluate, and implement?

Looking at other information in the report cards, they show that Bethlehem is not a high-spending district. Our spending per pupil is significantly less than Guilderland and Niskayuna, for example.

At the same time, there may be ways we can drive more of our spending where it counts — into the classroom. Districts such as North Colonie and Niskayuna manage to allocate about 2 percent more of their spending to instruction (as opposed to transportation and other non-academic costs). That may not sound like much, but in the context of a \$38 million budget, it could mean as much as \$760,000 more for additional teachers, technology, or other classroom needs.

Regardless of which way we approach the numbers or which way we assess the status quo, we all agree Bethlehem schools can improve — any district can.

Clearly one way to bring that about is to increase parental involvement. As parents, we know our children, know their needs from a perspective that teachers and administrators cannot know unless we provide it.

We have to let the district know that we want every BC student challenged to do as well as he or she can. No one approach to instruction meets the needs of every student in Bethlehem schools. Teachers and administrators can respond and work with parents to meet those needs, but only if they hear parental input — hear it in parent-teacher conversations, hear it in task forces and work groups, hear it at school board meetings, hear it stated clearly and reasonably.



THE SPOTLIGHT

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Your Opinion Matters

DOT should lower limit to town line

Editor, The Spotlight:

It's good that the state Department of Transportation has agreed to lower the speed limit on New Scotland Road between Cherry Avenue and the Blue Cross/Blue Shield building.

However, DOT regional traffic engineer William Logan said the speed limit will remain at 40 mph from Cherry Avenue west to the New Scotland town line.

His logic is puzzling. He also said the greatest number of speeding violations were recorded near Caldwell Boulevard with 84 percent of drivers exceeding the speed limit.

He did not give details of the accidents recorded along New Scotland Road, but accidents at higher rates of speed are more likely to result in injuries and fatalities as well as property dam-

age. Most of the population in this area lives west of Cherry Avenue.

I live on Caldwell Boulevard. There is a curve on New Scotland Road between Fisher Boulevard and Caldwell Boulevard. For vehicles headed toward New Scotland, the curve is blind, especially in the summer when the trees and bushes along the edge of the road are in leaf.

Cars and trucks come around the bend at high speeds. My neighbors and I can testify to the higher rates of speed, especially vehicles coming toward Albany from the town of New Scotland.

The high speeds combined with the blind curve make New Scotland and Caldwell a dangerous intersection when you are turning off New Scotland from either direction onto Caldwell. There have been property damage accidents with injuries and a recent traffic fatality.

Furthermore, there are more than 100 new homes or homes under construction in developments off Fisher Boulevard. At two vehicles per home, there will be 200 cars entering and exiting the neighborhood several times each day.

Many of them will exit and enter on Daniel Street and Caldwell Boulevard, which the town has agreed to convert from dead ends to through streets — a bad decision that residents opposed.

This will substantially increase the traffic in the vicinity of an intersection on an already dangerous curve that Mr. Logan admits is where most of the speeders are.

Shouldn't the town and state take action to prevent accidents before they happen?

Why not lower the speed limit to 35 mph all the way to the New Scotland town line, and then enforce the law?

Tom Lewis

Slingerlands

Fax it to us

Why not fax your letters to *The Spotlight* at 439-0609? Remember, all letters must carry the writer's signature, address and phone number.

Letters are subject to editing in keeping with our rules for fairness, accuracy, style and length.

Parents in Bethlehem must work — really work — to be informed and involved. The district needs to hear from as many parents as possible, not just the same parents who are there year in and year out, offering compliments, criticism, and suggestions.

Yes, it can be difficult — there's a lot of information that most of us don't know or don't quite understand about our children's education.

Similarly, the district needs to work — really work — to help as many parents as possible to become effectively involved. Sure, having a lot of parents involved can be harder to work with and sometimes messy, but that's the nature of a participatory process.

Continuous improvement and effective communication are intertwined, but both are difficult to accomplish. To do both well requires a major effort from everyone involved.

Most of the shared decision-making teams around the district have not functioned well, at least thus far, at their stated purpose of providing a method of communication, participation, and decision-making. Perhaps there are other approaches.

The district is now exploring ways to improve parent participation. Parental interest and involvement will make that effort more effective. We need to work together to find new approaches, better ways for parents, teachers, administrators, and students to communicate more easily and candidly than at present.

If we as a community communicate (and those two words are related), it benefits all of us — parents, teachers, administrators, and, most of all, the students for whom we all should be working together. Finding an effective way to communicate must be a top priority for our community.

Bridge Street speed limit endangers kids

Editor, The Spotlight:

As a resident of Bridge Street in Selkirk, I have a very real concern with the posted and the actual speed limit on the stretch of road between county routes 102 and 103.

The posted speed limit of 45 mph is too fast for an area where houses sit right on the road; there are two blind curves; and at least 15 young children live.

The actual speed, which a state Department of Transportation survey revealed is over 45 mph, is totally unacceptable.

DOT blames the problem on enforcement, but even though a copy of this survey was sent to

area police agencies, I have not seen a difference in patrols or radar checkpoints.

The March 12 *Spotlight* editorial entitled Score One for Community says it took the deaths of two teens to get the speed limit lowered on a stretch of Route 85.

I hope that something can be done before that happens in this area, where, in a recent two-month period, there were two one-car accidents.

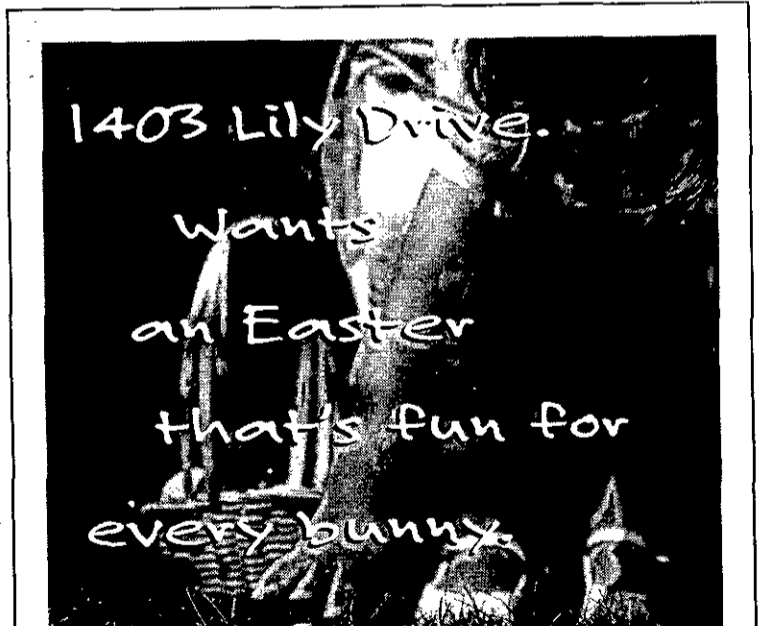
Is that not an indication that the road conditions warrant a lower speed limit?

This has been brought to the attention of town officials, DOT and area police, but to no avail.

I appeal to members of the community to do whatever it takes to protect our children from a tragedy waiting to happen.

Cindy McLaughlin

Selkirk



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Matters of Opinion

Don't miss auction Friday at BCHS

Editor, The Spotlight:

You do not need an engraved invitation to attend one of Bethlehem's premier community events—the BOU auction. There is truly something for everyone at this very popular event.

This year, the proceeds will continue to fund youth prevention education and activities, with an added bonus—at least half the funds will be dedicated to a foundation for a Bethlehem community center.

That's why it's so important for you to attend. BOU is hoping to have the largest turnout ever to kick off the first donation to the community center fund.

The auction will be on Friday, March 21, in the high school cafeteria. Please plan on attending.

It could be your lucky night if your bid wins one of the more than 200 exciting items offered: two corporate suite tickets to the Barry Manilow concert at the Pepsi Arena; a catered dinner for 12 (lovingly prepared by the BOU officers and board members); a weekend on Cape Cod; a chance to be principal for a day at any of the district schools; ski trips; and many more goods and services that are useful and affordable.

In addition to the live, silent and bucket auctions, there will also be a children's auction and

activity area, delectable desserts and coffees to tempt you, plus a lot of laughs and camaraderie as the

Letters

"best deals" hit the auction block presided over by Dave Murphy and Joe Schaefer.

In just the last six months, BOU has given more than \$8,000 to support activities for kindergarten through grade-12 students.

Local merchants and residents have generously donated goods and services to raise funds that will benefit BOU and you.

This is BOU's only source of funds besides membership dues, so please come to the auction.

All profits go right back into activities for the youth or our town, making them lucky, too—especially if we can begin to create a community center together.

Phyllis Hillinger

BOU president
Delmar

Student thespians' work is exceptionally good

Editor, The Spotlight:

Anything Goes will be presented March 20, 21 and 22 at the Academy of the Holy Names in Albany.

As a part of the band, I took the opportunity to sit in on one of the dance rehearsals last week to get a feel for the routines.

Six young women, under the direction of Muriel Welch, put on a very professional dance that was truly outstanding. If this is any indication of the caliber of this musical, local residents are in for a real treat.

Director Mike Edwards said that he is very fortunate to have exceptional talent in this year's show and suggests that those who like good standard old-time songs and great dance segments make it a point to see this show.

Today's high school and middle school productions are far from mediocre and, in many cases, outstanding. I attribute a large degree of such professionalism to the outstanding music departments we have in our schools and

to the teachers who take the time and effort to see that the students perform their best.

A few weeks ago, I had the opportunity to play with one of these students in the pit orchestra for the production of *Anne of Green Gables*. Tom Smith was a last-minute substitute for his teacher, who came down with the flu. This young man had musical talent, but he had also been taught the discipline of a professional musician. He will be in the orchestra for the Bethlehem Central High School's production of *Grease* in April.

May I suggest that you make it a point to see one or both of these musicals to get some idea of just how far our local youth entertainment has come.

Bill Reusswig

Glenmont

Letters policy

The Spotlight welcomes letters from readers on subjects of local interest. Letters are subject to editing in keeping with our rules of fairness, accuracy, style and length.

All letters must carry the writer's signature, address and phone numbers.

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PTA celebrates first spring weekend with winter festival

Don't miss out on the fun at the elementary PTA's winter festival on Saturday, March 22, from 10 a.m. to 2 p.m. at Voorheesville Elementary School.

There will be games with prizes, a bake sale, face painting and many other activities.

The highlight of this year's festival is a Chinese raffle with bicycles and an American Girl Doll as prizes.

Parents As Reading Partners is sponsoring a book walk with lots of great books as prizes.

Children will receive a ticket for one free game. Lunch and snacks will be available at nominal cost. Admission is free and everyone is invited to attend.

V'ville program notes 10th with open house

Everyone in the community is invited to an open house celebration of the 10th anniversary of Voorheesville Central School District's humanities program on Wednesday, March 26, from 7 to 9 p.m. at the high school.


A wide variety of student work will be showcased and several guest artists will perform. Well-known Adirondack singer/songwriter Christopher Shaw will give a short concert of original and traditional songs. Cranberry the Clown, Jan Shoor Potter, will present a puppet workshop. Nancy Sharples will demonstrate weaving, and Matthew Smith will play acoustical guitar and explain his technique to students.

Area artists and community groups will share their work and some will be offered for sale. Chinese brush painter Lefu Gu, Old Songs Inc., the public library, Friends of Music and the New Scotland Historical Association are some of the participants.

Students in all grades will perform and display their art work, including presentations in music, dance, theater, visual arts, international studies and multimedia projects.

A silent auction is also planned.

NEWS NOTES
Voorheesville
 Elizabeth Conniff-Dineen
 765-2813



International desserts and other foods will be available.

For information, contact Linda Wolkenbreit or Lydia Tobler at 765-3314.

Kiwanis to dish up Brooks barbecue

Saturday, March 22, is the date for the Kiwanis chicken barbecue outside SuperValu Foods on Maple Avenue.

The menu features Brooks chicken, baked potatoes, cole slaw and rolls. Meals can be picked up between 3 and 7 p.m.

The cost is \$7 for adults, \$5 for children, and \$4.50 for one-half chicken. No reservation is needed.

All proceeds go to support community services and youth activities.

Volunteers to serve Sunday breakfast

Voorheesville Area Ambulance volunteers will serve breakfast this Sunday, March 23, from 8 a.m. to noon at the Legion Post on

Voorheesville Avenue.

Breakfast includes home fries, scrambled eggs, pancakes, french toast and beverages.

The cost is \$4 for adults and \$3 for children 6-to-12-years-old. Children under age 5 eat for free.

Parade set March 22

This year's Voorheesville Easter bunny float parade is set for Saturday, March 22. The float departs from the firehouse on Altamont Road at 1 p.m. and continues down Maple Avenue with stops at Smith's Tavern, First United Methodist Church and SuperValu. The Easter bunny will be at SuperValu from 2 to 3 p.m.

All children will receive a special treat from the bunny courtesy of the Maple Avenue Cultural Society.

School board slates special budget meeting

The school board will hold a special meeting to discuss the 1997-98 budget on Monday, March 24, at 7:30 p.m. in the large group instruction room at the high school.

Extension offering human ecology workshop

Cornell Cooperative Extension

will offer a workshop on "Managing Your Professional and Personal Life" on Monday, March 24, from 7 to 8:30 p.m. at the Rice Center on Martin Road.

Human ecology program leader Tanya Wilkins will focus on strategies designed to improve communication, time management and organizational skills.

This is the first in a year-long series of programs that will be offered each month by extension educators in the field of human ecology at the Rice Center. Registration is required for all workshops.

For information and to register, call 765-3500.

Planners and board announce meetings

Voorheesville's planning commission meets tonight, March 19,

at 7:30 p.m.

The village board's next meeting is Tuesday, March 25, at 8 p.m. A public hearing concerning a proposed change to the zoning law regarding stabling horses in residential zones is scheduled for 7:45 p.m.

Both meetings are at village hall on Voorheesville Avenue.

Committee seeks community input

The town of New Scotland's Infrastructure and Economic Development Committee will sponsor a community meeting tonight, March 19, at 7:30 p.m. at town hall on Route 85.

New ideas to promote economic development in the town, such as sponsoring a New Scotland Day, are on the agenda.

For information, call 439-4865.

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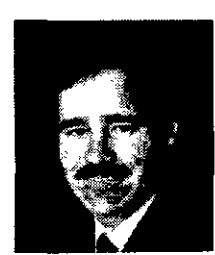
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Good Friday

7:30 p.m. — Tenebrae Service, music and meditation on the seven last words of Jesus.

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March 23

March 27

March 28

March 30

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Laoisa hits ground running as V'ville youth librarian

By Elizabeth Conniff-Dineen

Joyce Laoisa is surprised by all the attention she's received since starting her new position as youth services librarian at Voorheesville Public Library last month.

"It's great to see how important the library is in a small community like Voorheesville," Laoisa commented in a short break from her busy work schedule.

She had just finished morning story hour with a group of energetic pre-schoolers and is "thrilled with the attendance."

Laoisa conducts three morning and one afternoon story hours a week, as well as Sunday family story hours once a month and occasional evening story hours to accommodate families where both parents work outside the home.

"We often have over 30 participants in morning story hour and Sunday family story hours are packed" she said.

Laoisa plans to survey parents and caregivers to determine which are the best times for story hours.

As the sole youth services librarian, Laoisa is responsible for all children's programming. She also helps out on the adult reference desk.

"My assistant Jennifer Lowman helps prepare for story hour, but I do all the programming and book selection," Laoisa said. She's already gearing up for the popular



Joyce Laoisa, left, welcomes a loan of "Molly" to the Voorheesville Public Library's American Girl doll exhibit from her niece Katelyn Ritzko.

summer reading club. This year's theme "Go Wild — Read" is based on the wild animals of New York.

"It's going to be a lot of fun because we can do anything we want with the theme," she said.

Laoisa will also continue The Library Club started by former youth services librarian Meg Seinberg-Hughes for pupils in grades-four through six. It meets after school the first Wednesday of each month and features special programs, games and crafts. Transportation is provided from the elementary school.

A lifelong area resident, Laoisa grew up in Altamont and lives in Slingerlands with her husband David, a math teacher, and three sons. She earned a bachelor's in

Russian from the University at Albany and will complete her master's in library science there in May.

Before joining the Voorheesville staff, she worked part-time at Bethlehem Public Library. Laoisa currently hosts The Book Shelf, a children's program which airs Tuesday at 4:30 p.m. and Friday at 10:30 a.m. on local cable channel 31.

While Voorheesville is a small library, Laoisa feels that the "Collection is wonderful and the staff gets great support from the board and the community. Money is put into programs to get kids excited about reading."

She commended library director Gail Sacco for her "great vision about the future of public libraries and their place in the community."

Laoisa is glad to be starting her professional career in a library that enjoys "such extraordinarily strong community support" that the "success of this library just keeps growing."

Laoisa conducts story hours on Monday at 10:30 a.m., Tuesday and Wednesday at 10 a.m., and Friday at 1:30 p.m. A Sunday story hour featuring the Little Old Lady who Lived in a Shoe is scheduled for April 20 at 2 p.m.

The next Library Club program "Magic to Stump Your Friends" is scheduled for Wednesday, April 2, from 3:30 to 4:30 p.m.

Two special programs are planned for the week of spring recess. Everyone will enjoy clowning around with Lolli and Pop on Tuesday, April 22, at 2 p.m. There will be face painting, balloons, magic and much more.

On Thursday, April 24, at 2 p.m., Alexandra Siy, author of *Global Villages* will talk about people of the rain forests of South America, Africa and Asia.

HOME & GARDEN

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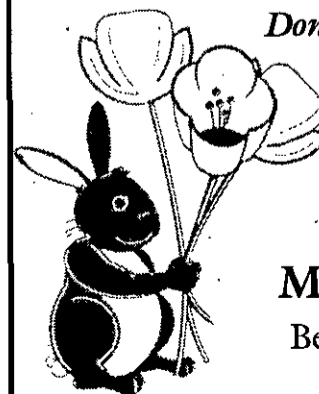
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Volunteer recreates puzzle pieces

David Lazarus resurrects puzzles. You might say he picks up the pieces. With the help of his wife and son, he restores the library's sizeable collection of in-laid jigsaw puzzles by cutting new pieces to replace those lost or damaged segments.

Check It Out
Bethlehem Public Library

Lazarus offered his services last year, when a trip to the library with his 4-year-old son Dane revealed the need for replacement parts. The project dovetailed with his devotion to recycling.

Lazarus, 43, is no stranger to making something out of nothing. At 19, he became one of the Peace Corps' youngest recruits, teaching woodworking at a high school industrial arts program in Jamaica.

After his tour, he returned to school and at age 30 got his industrial engineering degree from Binghamton University. As a university student, he founded a bicycle racing club on campus, serving as its "informal" captain.

"I kept up with them even though I was an old man of 30," he said.

Lazarus has interned with the state historical preservation workshop at Peebles Island where he learned furniture restoration. He has designed steel containers for the chemical industry and worked as a machinist, improvising irreplaceable parts for heavy machinery.

When heavy industry dried up in this area, he put his engineering CAD (computer aided design) knowledge to good use. He earned certification in computer programming and currently works as a

programmer for the state Lottery.

Lazarus has a complete wood-working shop and half a metal workshop in his basement. He works with tools handed down from his father and grandfather. Next in line, his son is an intent observer and has learned a thing or two about safety and recycling while sitting by his father's workbench. His wife, with a degree in fine arts, provides a balance to her husband's practical bent.

Puzzle repair has become a family project. "I make the pieces, my wife paints them, and Dane puts them together," Lazarus said.

The results are a perfect fit.

For Lazarus, performing this service for the library is a real pleasure.

"I do it for the kids," he said. "Anything for the kids."

Louise Grieco

Service recognized



The Rev. Darius Mojallali of St. Stephen's Episcopal Church, left, presents a certificate to Bill Schraa commemorating his service to the church, which includes 14 years as treasurer, 18 years as warder, and more than 30 years as a vestryman.

Pedestrian safety logo contest near deadline

The logo contest for Bethlehem Citizens for Pedestrian Safety has a March 31 deadline, so all high school students interested in submitting a design should do so by that date.

Winners will receive gift certificates and prizes from local businesses. The logo should be a graphic that delivers a pedestrian safety message.

Group members are working on a number of other projects, according to spokeswoman Lynn Finley, such as a poster contest for students in the Bethlehem

Central and St. Thomas middle schools.

And for the grade school pupils, "We want them to submit artwork that will be used as part of a display on the bulletin board of Bethlehem Public Library for the month of May," Finley said.

The committee is seeking cash donations from local residents and/or businesses to pay for educational materials related to pedestrian safety. Cash contributions will also be used to underwrite a pedestrian safety recreation day scheduled for Saturday, June 21,

from noon to 4 p.m.

As an alternative to donating money, prizes are needed for the upcoming poster and logo contests, Finley said.

To donate a prize, call Fran Stevens at 439-7232.

Cash contributions can be sent to Bethlehem Citizens for Pedestrian Safety, P.O. Box 241, Slingerlands 12159.

The next committee meeting is scheduled for Monday, April 7, at 7 p.m. in Bethlehem Public Library.

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Special

(From Page 1)

Gonzalez said initially she was concerned that the after-school program made for too long a day for the children.

But "It seems OK," she said. "Even the younger kids seem fine with it."

On a Thursday afternoon at the middle school, the two teens present seemed delighted to be there as they returned to their classroom after taking part in the middle school's chorus practice.

When one child left early to go to karate, 13-year-old Noah Fruiterman had the full attention of his teacher, Jo Prout, and her assistant, Nikki Tenos.

All three were engaged in a game of geography basketball, with Noah repeating the names of states that Prout showed him on flash cards. After successfully naming each one, he tossed his ball into a box, delighted with each try.

"How I did?" he asked after each shot. "How did you do?" Prout repeated. "Good," Fruiterman answered, eager to try again.

Outdoor activity is an important element of each afternoon's activity, and, in addition to basketball, Noah has become an avid soccer player, something that surprised his parents.

"We can't get him to go outside at home," Judy Fruiterman said. "Here, he's actively involved, and gets a lot of exercise. We've discovered that he likes soccer, basketball and catching a football."

The Fruitermans are delighted to have found an enriching place for Noah to be after school, and for Judy Fruiterman, it means that she was able to take a part-time job as a guidance counselor at Maplewood School.

Originally an elementary school teacher, Fruiterman had stayed home to raise Noah and his 18-year-old brother Seth. She had been going to graduate school and working some while Noah was in grade school and attending the School's Out program, which ended with fifth-grade.

"School's Out was terrific with Noah," his father, Dr. Roy Fruiterman, said. "We even approached them about whether Noah could continue on, or if they could expand the program to the middle school, but they weren't able to. Judy wouldn't have been able to go back to work, because you can't easily make arrangements for a special needs child. Living Resources has filled a large void for us."

Both Fruitermans are pleased that Noah is able to be with other children after school.

"We can both be working parents," Roy Fruiterman said, "and Noah gets the socialization not always available to special needs kids."

The afternoon follows a schedule, which Prout puts up on the board, and the students enjoy checking off each activity as they complete it.

Generally, there is a snack, with some conversation, clean-up and an activity, be it academic, a craft, or something physical.

Once a week, the kids go off-site. The Bethlehem kids usually go bowling; the Schenectady kids, who are older, love the mall; and the Saratoga kids like the computers at the library there.

"Each site is different," Gonzalez said. "Some teachers are more academically oriented, some more game-oriented. One site did a grocery story activity, with the kids getting a dollar amount and a list. We try to help he kids with daily living skills, sometimes things as simple as initiating a conversation. We make sure the kids are always doing something in a less-structured environment than school."

Gonzalez visits the site often, observing, helping out when necessary. Gonzalez hires and trains the teachers. "Teachers need a high school diploma," she said, "and some experience working with disabled people, especially children. They also must have a clean driver's license, or I can't even interview them."

Jo Prout has been teaching the Bethlehem class since November, and the best part for her is "just having fun with the kids for three hours every day."

The Texas native has taught special ed before, most recently running a nine-week therapeutic horseback riding class for disabled children.

Prout is proud of the skills the kids learn, which are sometimes simple ones.

"Since we put the checklist up on the board, the kids can recognize the word 'restrooms,'" Prout said. "That's such a simple thing, but when we're out at a place like Discovery Zone, the kids can find the bathroom on their own."

Families sometimes find Living Resources on their own, or through a social worker or case worker. The application process for the afternoon program involves filling out a form, an IEP (Individual Education Plan) from a teacher or an ISP (Individual Service Plan) from a case manager, a

medical background form, and information about what a child likes to do and his or her skills.

Gonzalez likes to make a school and home visit, especially if transportation is a problem for the family or if the referral comes from a third party. Gonzalez also encourages parents to come and check out the classroom before enrolling their child.

Parents pay a user support fee to Living Resources, which is based on a sliding scale.

"We don't like to turn people away," Gonzalez said. Living Resources relies on a great deal of fund-raising, although they have received some funds from the Capital District Developmental Services Offices (DDSO) for the after-school program. There is no dollar cost to the district, although it provides transportation to the program for eligible students, with parents responsible for picking up their children afterwards.

"The district also provides the use of the room and the facilities, including some of the after-school programs like drama and dance," Gonzalez said.

Finances, she said, are always a concern. "The DDSO money was strictly a one-shot deal," she said.

Gonzalez, who has a special education background, works with

the teachers developing curriculum, and is pleased with the program so far. She has been especially happy to see the children developing friendships, something disabled kids often lack.

"We try to get the kids together once a month with the other groups," she said. "Noah, for instance, bonded very quickly with the other kids. Sometimes the kids even get together on their own. One of the 17-year-olds in Schenectady is very friendly, and invited all the other kids to a Super Bowl party at his house."

The rewards can sometimes be bittersweet, as is the case with a 21-year-old in Schenectady, who has reached the cut-off age for the program.

"He's living in his own place, in a supportive living environment, and sometimes hosts parties for the other kids," Gonzalez said. "You can see that he is beginning to separate from the group."

Gonzalez would like to see more children in the program.

"The more kids, the merrier," she said. "This is an awesome program. It's really a lot of fun. It's great to see the growth and friendships. You really see it with the older kids. In their free-time moments, they hang out with their buddies, chatting away."

Teachers

(From Page 1)

allocated, but it's clear that, if the numbers hold, we'll have problems," he added.

Board member William Collins said he basically agreed with Stevens, but wanted to know "the ultimate impact" of the higher registration figures, specifically "how many kids will drop courses they signed up for," due to schedule conflicts or other reasons.

The board tentatively agreed to add the .8 position to the 4.4 FTE teachers recommended by Loomis, as well as a .2 FTE position for lab school supervision.

In other instructional staffing matters, the board tentatively agreed to add to the budget 2.3 FTE teachers at the elementary level, a .4 FTE music, a .5 FTE supervisor of the new Early Learning Center, and half-funding (\$18,750) the two Bethlehem police officers who are school resource officers at the middle and high schools.

Each new teacher hired costs \$44,560 (including benefits), ac-

ording to district estimates.

The cost of the instructional staff additions is about \$402,000 in an overall 1997-98 budget of more than \$41 million.

The board meets again tonight (Wednesday) at 8 p.m. to discuss budget items that have been put on hold and receive an updated revenue estimate.

The board's final budget meeting will be March 26, when the spending plan that will go before the voters on May 7 will be adopted.

Pianos to be focus of program at library

Tawasentha Chapter NSDA will meet on Wednesday, March 19, at 7 p.m. at Bethlehem Public Library at 451 Delaware Ave. in Delmar.

Wally Stock will present a piano program entitled: "Nineteenth Century Sampler: Music from the Mid- to End of the 19th Century."

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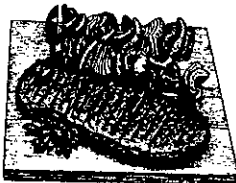
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RCS teachers to address parent group

Dominic Pannone and Dan Pickett, English and social studies teachers at Ravena-Coeymans-Selkirk High School, will present a program on "Educating the Whole Child" to the high school Parent Teacher Student Association on Thursday, March 20, at 7:30 p.m. at the high school on Route 9W.

All members of the high school community are invited to attend. Refreshments will be served.

Special ed parents plan spring party

The RCS Special Education Parent Support Group will hold a Spring Party on Wednesday, March 26, at 6 p.m. at RCS Middle School on Route 9W.

The circus is coming

The Yankee Doodle Circus will

NEWS NOTES

Selkirk
South Bethlehem
Linda Marshall
756-3520



be performing under the indoor big top at RCS High School on Thursday, March 20 at 7 p.m.

Ravena Hose Co No. 1 sponsors the circus performance.

For information, call 756-9800.

Wildflowers in bloom

The Bethlehem Historical Association presents a lecture on "Our Spring Wildflowers" on Thursday, March 20, at 2 p.m. at the association's Cedar Hill Schoolhouse on Route 144 at Clapper Road.

The lecturer will be a naturalist

from the Five Rivers Environmental Education Center. The event is open to the public.

Library continues 'Lives Worth Knowing'

The next discussion of "Lives Worth Knowing" at RCS Community Library will focus on Nate Shaw, a Southern sharecropper and abolitionist, who wrote an autobiography *All God's Dangers*.

The discussion session will be Thursday, March 20, at 7 p.m. at the library. Coffee and refreshments will be served.

The final two discussions will be April 3 and 17.

For information, call 756-2053.

Monthly story hours for preschoolers will continue on Wednesday and Friday mornings.

Parents are asked to register their children by calling the library at 756-2053.

Chicken dinner slated

Riverview Baptist Church in Coeymans will sponsor a fried chicken dinner on Friday, March 21, from noon to 6 p.m.

Reservations and takeout arrangements can be made by calling 756-2018.

Staff development set

The RCS school district will hold staff development workshops on Friday, March 21. Classes will be suspended so teachers can attend the workshops.

Serious stringers



Cellist Karyn Cioppa, front, and string bass player Sara Thompson, rear, concentrate during a recent rehearsal for the Bethlehem Central Strings Festival, scheduled for Thursday, April 3, at 7:30 p.m. at the high school.

American art lecture slated

Art lecturer Mildred Zimmermann will present a slide lecture "Art Assumes a Uniquely American Identity" on Monday, March 24, at 7 p.m.

The program is one of a series on American painting that Zimmermann will deliver at the library throughout the spring.

Zimmermann, a resident of New Scotland, is a member of the Retired Senior Volunteer Program of the Capital District and the Friends of the Library.

Mystery Lovers Book Discussion meets on Tuesday, March 25, at 7 p.m. The group will discuss *Superior Death* by Nevada Barr.

The April meeting topic will be *The Chinese Nail Murders* by Robert Van Gulik.

Signup is necessary and each book should be read before the meeting.

Copies of the books are available courtesy of Friends of the Library. Stop in or call 765-2791.

Members of the Every Other Thursday Night Poets will perform original music and poetry at the humanities open house at the high school on Wednesday, March 26, at 8 p.m.

Some great new books are on shelf in the young people's area.

Online Kids: A Young Surfer's Guide to Cyberspace lists fun and informative sites for Web-browsing.

Rabbits and Raindrops by Jim Aronsky is a delightful picture book for spring.

In *Container Gardening for Kids* by Ellen Talmage, learn how to plant a garden in such exotic places as old sneakers or hollowed out pumpkins.

New books are put on the shelves every week, so stop in often to get the latest.

Barbara Vink

Voorheesville
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Mary

(From Page 1)

retarded. She went to school for about a year and a half, until word came from the teacher that "Mary can't learn."

Since she was small and somewhat frail, her mother kept her close by her side, and Mary learned household chores and watched the neighborhood from the front window.

Later, she and her mother lived with my grandparents, delighting my mother's generation by playing all day long with them. At Mary's 90th birthday party, we videotaped people speaking about her.

"We used to go into her room and take her beads, and she would chase us through the house," her nieces recalled.

From the men, vestiges of cross-dressing childhoods surfaced, "We would put on her house

dresses and aprons, and her jewelry, and (of course) she would chase us through the house."

My siblings, cousins and I were the next generation to find a playmate in Mary, even if her chasing days were over. She had moved on to coloring, Old Maid and Jacks, and loved to talk and laugh with us. Somewhere along the line she had also picked up what we all called the "Mr. Spock pinch," and a passing child might get a nip on the shoulder for an unknown transgression.

She also always had a pet that she loved, that terrorized the rest of us.

"There was always a nippy little dog here," my cousin Paul said the summer after she died, looking into her bedroom. "This is the first time I felt safe going into this room."

For my children, she was a tireless player of peek-a-boo, and when



Aunt Mary

she sat in a chair with her walker in front of her, she would poke her cane at them and let them grab it just for a minute, then laugh loudly and shake it free.

My two boys also loved her large collection of stuffed animals, and she watched warily as a white teddy bear might go into little-boy battle with Kermit the Frog.

She had come into her own when her mother died, taking with her the imagined shame that retardation had brought. Now living with my grandparents, Mary was no longer banished to her room

when a stranger came to visit.

When I was born, Mary took her first long car ride, as my grandparents brought her on the three-hour trip to meet their first grandchild.

"You can't take Mary to Burlington," her shocked brother said.

"Why not?" my grandmother responded, taking Mary on the first of many journeys.

When they retired, my grandparents bought an RV, something Mary at first greeted with skepticism. But she grew to love the weekend camping trips and cross-country treks with extended family members.

Mary surprised the entire group when they visited Mount Rushmore, and at her first glance of the four faces, announced, "George Washington."

As I watched Noah Fruiterman name states and shoot hoops, I knew that Mary had been born too soon. Surely, she could have learned a lot, lived on her own, and held down a job, touching more than just family members.

We remember her with the in-

dulgent fondness accorded a favorite child. Without meaning to, she taught us all acceptance, and that being different doesn't mean having less to offer.

In those endless games of Yahtzee and Jacks on her front porch in the summer, she taught us patience. So did listening to her, as her speech declined with her advancing age.

She became our family's standard for measuring people.

"Aren't you embarrassed by Mary?" my great-grandmother asked my mother when she brought friends home.

"If they can't accept Mary," my mother replied, "then I don't want to be their friend."

During the first summer I dated my husband, my uncle Bud looked over his newspaper at Chris playing jacks with Mary, he laughing as loudly as she each time somebody made a good play.

"Well, you know he'll be good with kids," Bud said before returning to the news.

This was her gift to us, her childlikeness. She kept us in the moment, granting us a break from a grown-up world full of bills to pay, dinner to prepare and laundry to do so we could enter her simple world that always had something to laugh at.

In her last years, she took to crocheting lumpy circles in brightly colored yarn. First they were coasters that made the glasses tip over when we tried to use them at Christmas dinner. Then they became Christmas tree ornaments, with silver tinsel worked into them.

"Here, Kathern," she said, using my full name as best she could, presenting me with a plastic grocery bag full of her special ornaments.

"Oh, Mary, thank you," I replied, wondering how they would look next to the pricey Waterford ornaments we'd begun collecting.

It makes me a little misty to recall Mary as I watch Noah shoot baskets. He already knows so much more than Mary ever did!

I am proud that our society is investing in its most special citizens, helping them to expand their horizons and possibilities. I am reminded that each of us is capable of something special, and know that next Christmas, those lumpy yarn ornaments will be the most special ones on our tree.

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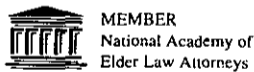
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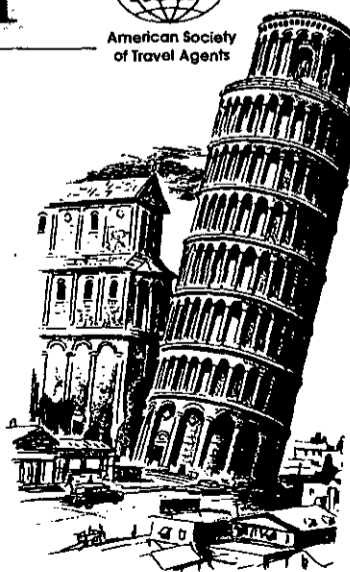
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Sports

Burke Catholic shuts the door on Voorheesville title hopes

By Matt McKenna

The dream season of the Voorheesville girls basketball team came to an end Saturday in the semifinals of the state tournament. For the second year in a row, the team was knocked out of the Class C tournament playoffs, one game before the championship.

The girls traveled to Hudson Valley Community College to take on the Burke Catholic Eagles, which entered the game the No. 1 ranked Class C team in the state with a record of 21-2. The Ladybirds were ranked No. 3 at the end of the regular season.

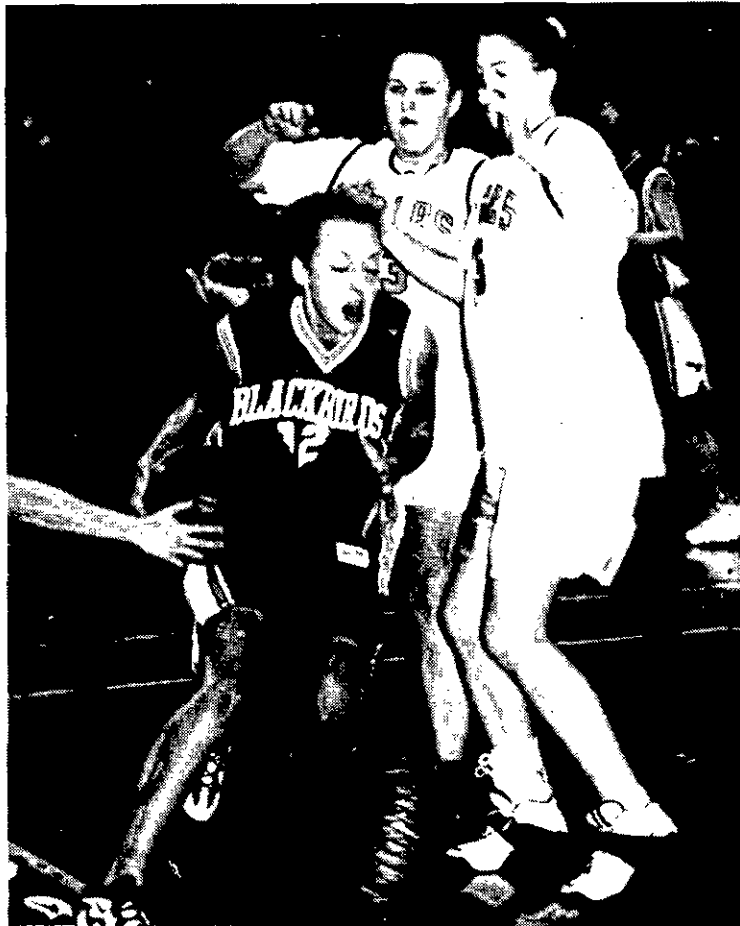
Burke Catholic wasted little time in taking the lead. After Voorheesville's Jane Meade scored the first basket of the game, Burke scored the next 19 points and took a commanding lead that would never be made up. Burke shot eight for 12 from the floor in the first quarter, while the Blackbirds were only one for nine from the field.

"The game came down to the first eight minutes," said Voorheesville coach Jack Adams. "We were too impatient and got off to a bad start. They got into their transition game and made their shots, and we didn't."

Voorheesville used a 13-2 run at the start of the second period to cut the lead to five, but Burke came back with a two-point hoop and a three-pointer before intermission to up their lead back to 10 points, 26-16.

Voorheesville made another run in the final minutes, cutting the lead to eight at 47-39, but in the last seconds, they were forced to foul and Burke made their free throws.

"These girls never give up," said



Voorheesville's Becky Dawson drives around the opposition during the state tournament semifinal game against Burke Catholic. Doug Persons

Adams. "They fight to the end no matter how much they are down by. They dig in and give everything they have.

"It's disappointing to lose today," he said. "This team worked very hard this year to get back to where we were last season, but they wanted to take it a step further. We went up against a very good team."

This was the final game for starters Kristin Person, Becky Dawson and Jennifer Adams,

and reserves Erikka Jackstadt, Natalie Portanova and Eva Sbardella.

The Ladybirds finished the season 24-2, and in their careers had two Colonial Council championships, three sectional titles and two regional titles.

Crooks can't be caught

Soccer

Bethlehem's under-10 girls soccer team remained undefeated with a recent sweep of the Niskayuna Indoor Tournament.

The Crooks' aggressive style of soccer, combined with their excellent playmaking skills, earned them preliminary round wins over Amsterdam and Clifton Park along with ties against Niskayuna and Lakehill. The Crooks then won an easy semifinal match from Clifton Park with an all-out scoring attack.

This set the stage for a showdown against a strong Niskayuna team for the tournament title. The game quickly became a defensive battle with Cecilia Corrigan, Kelly Hughes and Amy McPheeters sweeping away all attempts by Niskayuna to attack

the Bethlehem goal. Meanwhile, Sara Lackner earned her second shutout of the day in goal, adeptly gathering up every ball that entered her area.

The Crooks continued their unrelenting attack on the Niskayuna goal with Vanessa Patry, Nicole Volpi, Lindsay Rood, Karyn Cioppa, Tess McGrath and Kristin White leading the way. With six minutes remaining, Cioppa sent a bullet toward goal, which was smartly deflected past the Niskayuna goalkeeper by Patry, giving the Crooks a 1-0 win and the championship.

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Dr. Thomas H. Abele, D.M.D.
Dr. Geoffrey B. Edmunds, D.D.S.

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Dolphins set records at Amsterdam meet

A contingent of Delmar Dolphins traveled to Amsterdam recently to take part in the March Madness Invitational Swim Meet.

Five Dolphins put in stellar performances as they set new meet records in their events.

In the 13-14 age group, **Elyse McDonough** set a meet record in the 200 backstroke with a time of 2:13.91. McDonough also captured first in the 200 individual medley and second in the 100 back.

In the 11 to 12-year-old age group, **Becky Corson** set a new meet record in the 200 IM with a time of 2:21.44. Corson also finished first in the 100 IM and second in the 50 fly and 100 breast.

Teresa Rosetti broke the old meet record in the 50 fly with a time of 29.21. She went on to capture first in the 100 freestyle and second in the 200 IM.

Courtney Arduini set a new meet record in the 100-yard backstroke with a time of 1:06.67. Arduini finished second in the 100 IM, third in the 50 fly and fourth in the 100 free.

In the 9-10 year old age group, **Scott Solomon** set a record in the 100-yard breaststroke with a time of 1:33.84. Solomon also finished second in the 100 free and fifth in

the 100 back.

Mackenzie Glannon swam to the top in the 8-and-under age group with a first-place finish in the 50 free and second place finishes in the 100 IM and 100 freestyle.

Justin Murphy finished sixth in the 100 IM and 50 free and seventh in the 50 back and 50 fly.

In the senior age group, **Kathryn O'Donoghue** racked up a third in the 500 free and a fourth-place finish in the 200 IM.

Thalis Orietas finished on the top of the heap in the 11-12 boys in all the events he swam in.

Eleven-year-old **Larissa Suparmanto** significantly improved her standing in the 100-yard breaststroke with a personal best time, while **Katie Parafinczuk** delivered an excellent performance in the 100 back.

Ann DeLucco from the 9-10 age group, **Caleb Bonvel** from the 11 to 12-year-old group and **Lauren Sullivan** and **Ellen Bandel** from the 13-14 age group all registered personal best times.

Anyone interested in information regarding membership in the Dolphins can contact **Karen Richardson** at 475-7534.

Finals on tap in BBC

Semifinal action in the NBA and Big East reduced the field to the two winners in each division as playoff action continued in the Bethlehem Basketball Club. The championship tilts will be played on Sunday.

In the NBA, the Spurs throttled the Suns 44-38 behind **Marley Reel** and **Mark Melcher**, who combined for 16 points. Meeting the Spurs will be the upstart Sonics, who thwarted the Magic, 44-29. **Josh Burnett** led the Sonics with 20.

In the Big East semifinals, St. John's edged Georgetown, 24-22, with all team members hitting the scoring column. **Matt Melnikoff** played a superb game at point guard for the victors. In the other Big East semifinal, Providence drew away in the second half to defeat Boston College, 46-37. The winning effort was highlighted by excellent foul shooting in the final two minutes of play, including a perfect five for five by **Parker Brown**.

In NBA consolation games, **Chris Reddy's** great defensive pressure propelled the Bulls past the Nuggets, 53-44. **Paul Wolfert** had 21 in the loss. The Rockets soared over the Knicks, 42-37. **Bryon Phelps' 10** points in the fourth quarter provided the difference for the winners. **Tom Ford** was outstanding for the losers.

In Big East consolation action, Miami topped Pitt, 37-35. **Steven Pascone** scored 19 for Miami, and **Tim Kindlon** had 14 for the Panthers. West Virginia held on to beat Notre Dame, 44-39. **Gary Ting** had 11 for the winners, and **Josh Rucinski** dropped in for the Fighting Irish.

Connecticut squeaked out a 29-28 win over Syracuse. **Adam Preusser's** pressing defense proved decisive for the Orangemen, and **Eric Zimmer's** key rebounds and seven points keyed the Huskies.

In the second to last week of regular season action at the Big Ten level, Iowa continued its winning ways with a 43-34 triumph over **Dane Barclay** had a spectacular 24 for the Hawkeyes, and **Nick Hasselbach** and **Peter Laird** tallied 10 each for the Gophers. Michigan upended Michigan State, 46-17. **Matt Hickling** had seven for the winners, and **Brett Boyd** had 13 in the loss.

Wisconsin beat Penn State, 30-15. **Tom Wilsey** had 12 for the Badgers, and **Jeremy Walas** scored six for the Nittany Lions. Ohio State, with **Andrew Hough** providing sparkling defense, beat Indiana, 44-33. **Sarah Homer** and **Matt Glannon** teamed for 23 to lead the Hoosiers.

Finally, Northwestern and Purdue battled to a 23-23 tie in the day's most exciting contest. **Jared Cohen's** last-second defensive play secured the tie for Purdue, and **Sam Brody's** clutch shooting and steals provided the spark for Northwestern.

Stagg rolls perfect game at Del Lanes

Tom Stagg bowled a 300 game recently at Del Lanes in Delmar. Other scorers have included:

Senior Men: **Dave Palladino** 288; **Harold Singer** 260 triple; **Fred Oliver Sr.** 915 four games.

Senior Women: **Cora Kubisch** 173 and 505 triple.

Men: **Bill VanAlstyne** 742 triple; **Paul Douvas** 1030 four games.

Women: **Beth Matthews** 268; **Susan Herzog** 593 triple; **Arlene Leto** 892 four games.

Adult/Junior Men: **Karl Bieber** 258; **Phil Hausman** 258 and 713 triple.

Women: **Chris Rossman** 211; **Mary Brady** 200.

Junior Classic: **Joseph Stapleton** 238 and 807 four games; **Courtney Radick** 240 and 870 four games.

Juniors: **Matt Antonio** 211 and 549 triple; **Ashley Levine** 199 and 536 triple.

Preps: **Nick Kallner** 182 and 519 triple; **Aubrey Spaulding** 172 and 459 triple; **Chris Olsen** 160 and 341 triple.

Bees Mixed: **Terry Beach** 205 and 520 triple; **Stephanie Betor** 225 and 532 triple; **Gordon Beach Sr.** 234 and 618 triple; **Aaron Beach** 234 and 630; **Bob Martenez** 233 and 638 triple; **Bob Betor** 236 and 623 triple.

Outcasts: **Paul Martin** 199; **Joe Parks** 520; **Gloria Parks** 191 and 495 triple.

Elkettes: **Susan Newkirk** 207 and 558 triple; **Julie Irving** 550.

Conrail: **Jim Seaberg** 256 and 699 triple; **Paul Watson** 236 and 601 triple; **Vincent Pang** 248 and 624 triple; **Mickey Brozowski** 246 and 611 triple; **Ed Kryzkowski** 609; **Fred Giovannetti** 609; **Bill Webb** 258 and 714 triple; **Pat Brozowski** 242 and 690 triple.

Delmar Car Wash Classic: **Paul Douvas** 279 and 1030 four games; **Ed Zautner** 259 and 1008 four games; **Larry Niemic** 247 and 909 four games; **Mark Platel** 277 and 911 four games; **John Bickel** 247 and 910 four games; **Len Reingoudt** 279, 903 four games.

Shortell shines on

Former Bethlehem Central High School basketball star **Kiley Shortell** recently ended her first collegiate season playing for Quinipiac College.

Shortell led the team with 27, three-point field goals. In a 54-47 loss at Bryant in February, Shortell made five three-pointers en route to scoring 17 points.

Strickler cited as athlete/scholar


Brian Strickler, a senior at Bethlehem Central High School, was presented the 1996-97 Swimmer/Diver Scholar Award at the recent New York State Public High School Athletic Association Championship meet in Syracuse.

The award is made by the New York State Swim Coaches Association and the state Certified Swimming Officials Association. It is given to the student judged to have demonstrated the best combination of excellence in academics, swimming or diving and serv-

ice to school and community. This is the first time a Section II athlete has been chosen for the award.

Strickler, who holds the BC school record in the 200-yard individual medley, and has been a member of two record-holding relay teams, has represented Section II at three state championship meets. He ranks in the top of his graduating class and is a National Merit Commended Scholar.

The son of Liz and Frank Strickler of Elsmere, Brian will attend Williams College in the fall.



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Veal Giacone	\$11.95
<i>Scallopine sauteed with roasted peppers, mushrooms, hot Italian sausage in a pan fresh marinara</i>	
Veal Saltimbocca	\$12.95
<i>Scallopines of veal rubbed with sage, topped with prosciutto, mozzarella and mushrooms in a plum tomato and marsala sauce</i>	
Chicken Parmigiana	\$9.50
<i>Breaded boneless breast of chicken sauteed then baked in our house sauce, parmesan and mozzarella cheeses</i>	
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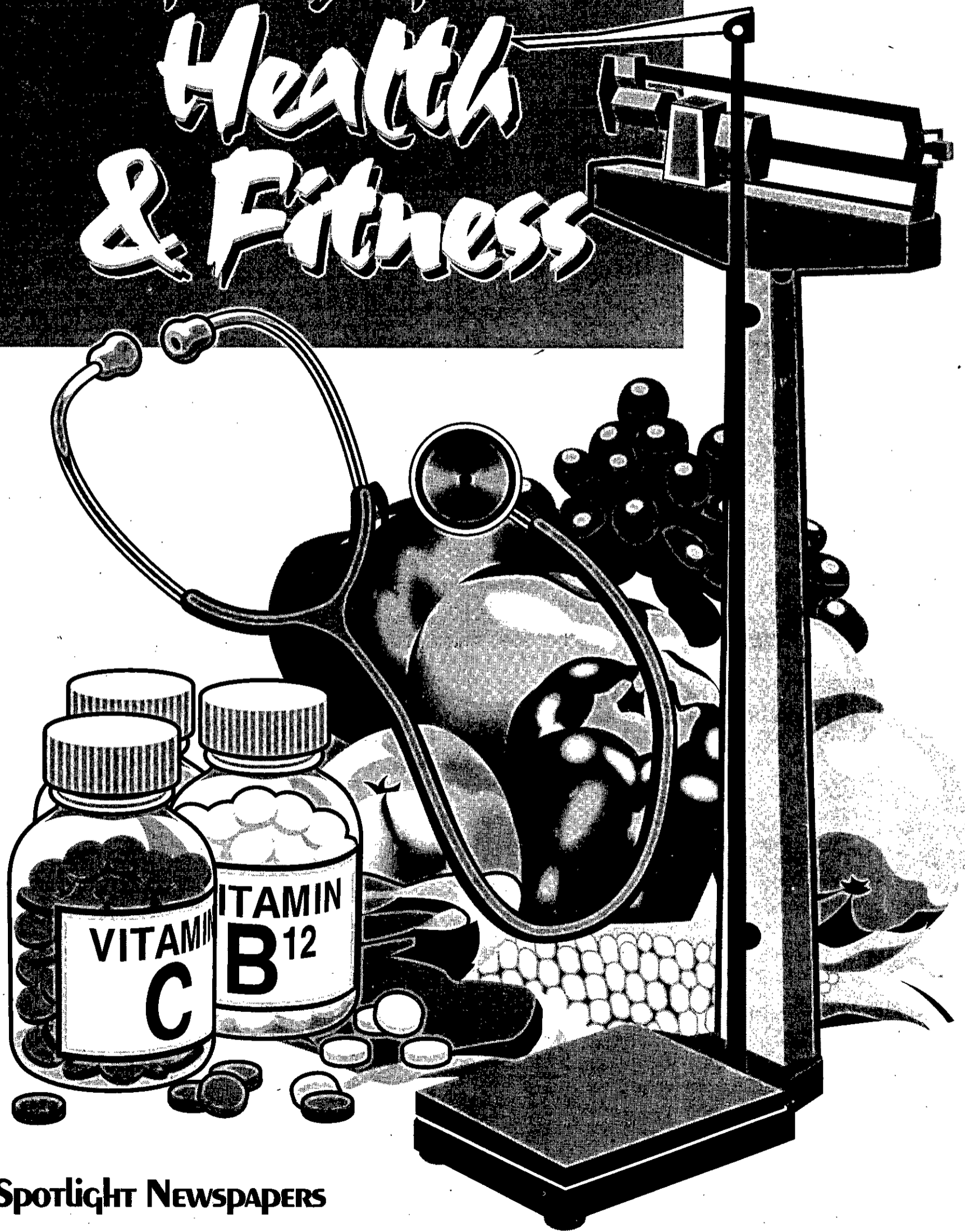
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Learning karate good for the body, mind and soul

By Tom Murnane

So maybe you jog or attend aerobics classes or participate in some athletic activity to stay fit. Or maybe you don't, but you know you need to do *something* to get in shape.

Whatever the motivation, consider karate lessons as an alternative or supplement to your healthy routine.

If karate conjures up images of Bruce Lee or Jean-Claude Van Damme, think again —

karate isn't just for action heroes anymore.

True, learning how to defend yourself is one of the end results of training in karate, a martial art that originated in Japan. But there is so much more to karate than breaking boards and flying kicks, said Warren Hetzner, a student of 13 years (and first-degree black belt) at the Japan Karate Association at 892 New Loudon Road, located a quarter-mile north of the Latham traffic circle.

There is the discipline that naturally comes from training with others in a class setting, led by your sensei, or teacher.

That discipline, in turn, helps students concentrate on practicing their moves — moves which require flexibility and strength that students also develop.

"You stretch during warm-ups, and during the classes, your heart is pumping and your muscles are in constant use, so it really is a total body workout," said Hetzner, speaking on behalf

of his sensei, Douglas Luft, who was in New York City with a contingent of students for some additional training.

"This is a very aerobic workout, and there are so many side benefits that you can get. Not only are you getting in better shape physically, but also mentally, which also helps a person's overall fitness," he said.

JKA, which has operated for 34 years, specializes in Shodokan, a style of karate which stresses punching

movements rather than kicking, which is the emphasis of many styles including the well-known taekwon do.

Luft, who moved his studio from Albany to Latham a year ago, offers classes Monday through Saturday for beginners and more advanced students.

Because classes are held so often, this makes it easy for busy people to fit in as many classes as they want to attend for about \$60 a month, Hetzner said.

For information, call 785-0529.

A tomato a day keeps the doctor away

In the last 10 years, thanks to increased dietary awareness, there's been a 23 percent decrease in death rates from cardiovascular disease. More Americans may be able to decrease their risks of getting cancer by improving their diet, particularly by eating more vegetables.

A wide range of vegetables have been shown to contain phytochemicals that prevent or combat cancer.

A study, recently published in the *Journal of the National Cancer Institute*, found that men who ate two to four servings a week of tomatoes (including tomato sauce and pizza) lowered their risk of prostate cancer by 34 percent. And men who ate 10 servings of tomatoes a week reduced their risk by 45 percent.

"We found that more was better," said Dr. Edward Giovannucci, a researcher at the Harvard School of Public Health, which conducted the survey.

Tomatoes are rich in lycopene, a vitamin-like compound which belongs to the carotenoid family. The carotenoid family includes the better-known (but less potent) beta-carotene, a compound also thought to fight cancer. Additional research suggests that lycopene is also effective in preventing other forms of cancer.

Although pink grapefruit and watermelon contain small amounts of lycopene, tomatoes are nature's richest source of this important vitamin-like compound.

Cooked tomatoes were identified in the study as being more protective than juice or raw tomatoes. Tomato sauce was most strongly associated with a lower prostate cancer risk because cooking releases the nutrients from the fruit's cells and improves absorption of lycopene in the body.

Besides this newest cancer-fighting role, tomatoes are also a rich source of vitamins A and C, they are low in fat and calories, and cholesterol-free.

To request free tomato-based recipes, write Hunt Foods Company, P.O. Box 440608, El Paso, Texas 88544-0008.

Poor digestive health is a painful problem for millions of Americans

Digestive health problems affect millions of Americans at some point in their lives. Friends, family and colleagues — we all know someone who must avoid rich or spicy foods. They readily discuss their ulcer or that annoying chronic heartburn.

Irritable Bowel Syndrome (IBS), on the other hand, is a common but not readily talked about digestive problem that affects an estimated 40 to 50 million people in the United States and Canada. For many, it can disrupt their lives, and can interfere with everyday activities.

Irritable Bowel Syndrome is a disease where a person suffers abnormal bowel function. Usually people with IBS have crampy abdominal pain with painful constipation and/or

diarrhea. In some cases, constipation and diarrhea alternate.

Persons suffering from IBS may encounter a broad range of symptoms such as bloating, constipation, diarrhea, gas and abdominal cramps. In some, symptoms are mild and intermittent. In others, they may be severe and occur regularly.

Stress, consumption of high-fat foods, excessive alcohol use and overeating, and travel which disrupts normal eating habits, aggravate IBS symptoms.

"Unfortunately, the cause of IBS is not known," said Dr. Joseph Griffin, a leading gastroenterologist and member of the Glaxo Wellcome Institute for Digestive Health (GIDH) Scientific Advisory Board.

"Management of IBS is aimed at controlling the symptoms with proper diet and stress reduction," he said. "If you're experiencing common IBS symptoms, it's important to see your health care provider to rule out other digestive problems."

Here are just a few important digestive tips most often recommended by health care providers to help alleviate common symptoms of IBS.

- Make note of the foods that seem to cause symptoms and discuss them with your health care provider. You may be advised to substitute certain foods for those that cause your symptoms to reappear or worsen.

- Consider a diet high in fiber and protein and low in fat. Fiber is present in whole-grain breads and cereals, fruits and vegetables. Protein is found in chicken and turkey, lean meats, most fish, skim milk and low-fat cheeses.

- Eat smaller meals more frequently. Large meals can cause cramping and diarrhea in people who have IBS.

For more information about IBS and other digestive health issues, call 1-800-232-GIDH (232-4434).

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Breast cancer

Barriers keep women from seeking screening

Barbara knew that regular mammograms, breast exams by her doctor, and breast self-exams could detect cancer early and potentially save her life. Yet she did not know where to get early detection services locally until she went to the beauty salon, where her stylist handed her a brochure on services available in her community.

Barbara is not alone. Surprisingly, cost is not always the primary barrier to seeking early detection. Even among women with Medicare coverage for mammograms, 63 percent are not obtaining the procedure.

Fear of mammograms,

cultural beliefs, and lack of transportation and childcare are common barriers that prevented 65 percent of women age 50 and older from obtaining screening mammograms within the past year, according to the Centers for Disease Control and Prevention (CDC).

Lifesaving benefits of early detection

However, if breast cancer is diagnosed in its earliest stage, the vast majority of women can be successfully treated and have more treatment options.

Regular examination is the

key. CDC recommends that women have screening mammograms and clinical breast exams and perform breast self-exams.

New programs motivate women to seek services

New community programs are motivating women and providing support services to help them practice early detection.

A Schenectady program distributes information about early detection to African-American women via churches and beauty salons.

In Chicago, staff trusted by the Latina community were hired to create and implement an outreach program.

In Anchorage, Alaska, a local cab company provides discounted fares for underserved women, such as Alaska Natives, African Americans, Latinas and Pacific Islanders, traveling to mammogram appointments.

Summit on breast cancer

These programs and others were featured in a recent teleconference highlighting successful early detection

strategies. More than 15,000 participants learned about varied creative ways to reach underserved women.

The teleconference was sponsored by the CDC's National Breast and Cervical Cancer Early Detection Program and Avon's Breast Cancer Awareness Crusade, which have worked together since 1993 to promote breast health and early detection.

For more information about mammograms and other early detection services, call the National Cancer Institute's hotline at 1-800-4-CANCER.

Enzyme may help ease back pain

There could be good news for many people with severe back or leg pain. In certain cases, doctors can relieve this problem without surgery by a method many consider better than surgery.

It involves injecting people suffering from herniated discs with a naturally occurring enzyme called Chymo-diactin (chymopapain).

Once injected, the enzyme, which comes from the latex of the papaya plant, breaks down and partially liquifies the jelly-like material in the inner part of the disc. The disc's ability to absorb water is greatly reduced, thus reducing pressure on the nerve root and relieving pain.

Studies suggest this method of treatment has a low complication rate and is a far safer procedure than standard discectomy, though with the same rate of return to work at one year.

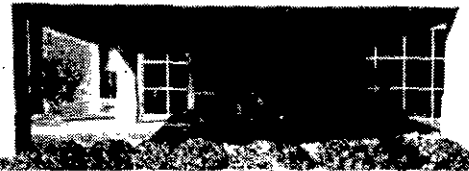
Recently, the Agency for Health Care Policy and Research determined that chemonucleolysis was proven effective in controlled clinical studies "and an acceptable treatment for selected patients with herniated discs and nerve-root dysfunction." The agency went on to say "No studies to date have shown that any of the newer indirect methods of disc surgery, such as indirect automated percutaneous and percutaneous laser discectomy, produce better results than standard discectomy or chymopapain in appropriate patients."

If you have back or leg pain, you should see your doctor. People with leg and back pain caused by a herniated or slipped disc can call The International Intradiscal Therapy Society at 1-800-426-4868 for information about alternative surgical procedures.

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As a form of exercise, boxing packs a mighty punch

By John Thorpe

Just because you never expect to step inside a ring doesn't mean you can't enjoy boxing as a way to get fit. That's the point Rick Sweeney is trying to emphasize these days.

"Nobody comes in here and gets punched in the nose," said Sweeney, owner and operator of Rick Sweeney's Boxing & Fitness in the Town Squire Shopping Plaza in Glenmont. "We're trying to get across what a great cross-training exercise this can be. You work everything from calves to shoulders, from strength to coordination to

flexibility, in just a one-hour session."

Sweeney, originally from Greenville, was once a sharp junior middleweight professional prospect who has since turned his attention toward the fitness end of the sport. Today, he has more than 80 clients ranging in age from 14 to 76. And fully half of those clients are women.

"Women enjoy it because it burns so many calories," Sweeney said. "This is the highest calorie burn versus workout effort available. That's why we're getting such a wide range of people in here."



Boxing instructor Rick Sweeney shows off the right form during a session at his gym in Glenmont. Although not usually thought of as a routine form of exercise, boxing is a total workout sport that burns fat and tones muscles.

Doug Persons

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The owner lists doctors, nurses and even lawyers as other clients who enjoy the rigors of a one-hour workout which might include three rounds of jumping rope, three on the speed bag, three on the heavy bag, three on the double end bag and three featuring Sweeney's coaching techniques (hitting the mitts). Only about 10 percent of his clients ever want to spar, the owner says.

He is perhaps most proud of

local athletes who have recently discovered boxing as a means to staying fit in their respective off-seasons. Area native and now Maryland football lineman Jim Boyle, for example, has increased his speed and quickness by working with Sweeney, as has former Bethlehem Central running back Mike Gambelunghe, who's been training at the Glenmont gym for about three months. "Mike says it's the best workout he ever

had," said Sweeney. Gambelunghe will put his skills to the test when he tries out for the Albany Firebirds later this spring.

BCHS swimmer Sean Boyle has also used boxing to enhance the back and shoulder strength he'll use to rip through the waters of local pools next winter, according to Sweeney.

"I'll supply the motivation, if that's a concern for anybody," Sweeney adds. "I push them. I really work them hard. Some people need that."

The gym is stocked with both heavy and speed bags, double end (focus) bags, jump ropes, some free weights and other boxing equipment. Sweeney hopes to expand on the 1,200-square-foot set-up soon, with plans to include enough space for a full-sized ring.

"I would hope to expand very shortly and maybe add some Nautilus equipment," he said.

Even 76-year-old Matt Baranski, who worked alongside Kevin Rooney in training former world heavyweight champion Mike Tyson, is a regular of Sweeney's these days. "He shows some of the guys some tricks once in a while," Sweeney said. "But he just enjoys the workout. He still claims it's the best fitness workout available."

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What industry takes out of food, vitamins put back in

By Mel Hyman

The latest medical research suggests that a simple multi-vitamin tablet could help prevent a heart attack.

The idea is that nutrients such as vitamins B-1, B-12 and folic acid help protect the cell wall linings, which could be broken down if you have an excess of a particular blood component.

It's too early to tell yet whether this medical finding will prove as significant as cholesterol, but for the purveyors of vitamin and mineral supplements, it substantiates what many of them have been saying for years: A vitamin a day will keep the doctor away (and maybe even the mortician).

Tom Hallenbeck, owner of Better Health, a vitamin store on Everett Road in Albany, said while some of the benefits attributed to vitamins are only now coming to light, compounds such as folic acid (part of the B complex group) have long been touted as being helpful in treating coronary artery disease (arteriosclerosis).

Folic acid and vitamins B-1

and B-12 are said to help strengthen the cell wall linings so that they don't degrade and are not susceptible to the buildup of plaque. Clogged arteries, of course, are what produce most heart attacks — still the nation's No. 1 killer.

Vitamins are not necessarily a prerequisite to good health, Hallenbeck noted, but for increasing numbers of people they provide a vital backup in case they're not getting the nutrients they require.

The processed foods on supermarket shelves, for the most part, have many of their nutrients removed during the manufacturing process. Even if some of the vitamins are reintroduced, they're not in their natural state, and thus not as easily absorbed by the body.

Vitamins E and A are two compounds that research has shown are not absorbed well in their synthetic state, according to Hallenbeck. Other vitamins such as C can be created synthetically and produce the desired effect, but "not A and E," he said.

In the case of Vitamin E, those that are synthetically



Tom Hallenbeck of Better Health on Everett Road in Colonie shows off just a few of the products the vitamin store carries. Many customers prefer to buy the pure forms of vitamins sold in specialty health shops rather than discount drug store brands.

produced frequently come from the byproducts of petroleum or turpentine, according to Judi Woodin, owner of the Delmar Health Hut on Delaware Avenue.

As far as supplements go, Woodin said, there have been a lot of calls lately for products to help fight arthritis and reduce cholesterol. Also in demand are zinc lozenges, which are becoming increasingly popular in the ongoing battle against the common cold.

Visitors to the Delmar Health Hut are usually interested in the pure form of vitamins and minerals and not cut-rate or

discount brands often found in pharmacies or supermarkets, Woodin noted.

The difference is that generic or discount brands of vitamins often contain additives such as corn starch, talcum powder, corn syrup and/or artificial colors, she said. While not harmful in themselves, these substances can affect how well the body absorbs the nutrients in vitamins.

Surprising facts about gun injuries

Many young men and women are surprised to learn that firearms kill more people between the ages of 15 and 24 than all natural causes combined.

"We must discharge the myth that owning a gun will make a person safer. The fact is, owning a gun greatly increases your risk of becoming a victim of unintentional firearm injuries," said Dr. Ellen Taliaferro, an emergency physician in Dallas, Texas.

Did You Know?

- Guns kill more teens than

AIDS and all other diseases combined.

- Every six hours, a youth aged 10 to 19 commits suicide with a firearm.
- The odds that potentially suicidal adolescents will kill themselves doubles when a gun is kept in the home.
- By the year 2003, firearms are expected to outnumber motor vehicle crashes as the leading cause of injury deaths.
- Firearm homicide is the leading cause of death for black males ages 10 to 24.

What You Can Do:

- Start with the basics: Understand that guns don't solve problems, and in many cases create them. Carrying a gun increases your risk of violent injury or death.
- Be alert for signs of depression in friends and siblings and encourage them to talk to someone they can trust.
- If guns are kept in your home, they should always be locked and stored separately from the ammunition.

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Test your poison IQ

Questions:

1. What percentage of poisonings usually take place at home? a) 75 percent, b) 90 percent, c) 100 percent.
2. What percentage of the most frequently involved substances are medicines? a) 10 percent, b) 20 percent, c) 30 percent.
3. The first response to a poisoning should be a) treat with ipecac syrup, b) give activated charcoal, c) call the Poison Control Center or emergency service.
4. To keep children from accidentally ingesting medicines a) store them in a locked cabinet, b) use child-resistant caps, c) don't call medicine candy.
5. If you suspect a poisoning, should you a) call 911 right away, b) call the Poison Control Center, c) wait and see what happens.

Answers:

1. b) Ninety percent of the two million poisonings which happen each year happen at home.
2. c) According to the Poison Control Center's 1994 annual report, about 30 percent of all poisonings are the result of improperly used medicines, with pain killers leading the list.
3. c) First, be sure you consult a health care professional. Do keep ipecac syrup, which induces vomiting, and activated charcoal in your home emergency kit. Both are available for purchase without a prescription. Different poisons require different antidotes and taking the wrong antidote can cause even more damage.
4. a) b) c) Also, avoid taking medicines in front of children, especially when the child is imitating adult activity, behavior or expressions.
5. a) and b) Call 911 if the person is unconscious, convulsing, (having seizures), not breathing, or appears to be suffering from any life threatening or serious effects. Call a Poison Control Center immediately if you even suspect poisoning and there are no obvious symptoms. Never wait to see what develops.

New 'red menace' threatening faces of aging baby boomers

Baby boomers may have survived one "red menace" during the Cold War, but now another looms on the horizon, silently preparing to attack the largest generation in U.S. history. Today's "red menace" is an embarrassing facial skin disorder called rosacea that usually strikes adults in middle age and now affects an estimated 13 million Americans.



Red bumps and pimples are signs of rosacea. If left untreated, the disease can advance and cause tissue damage.

According to a recent National Rosacea Society survey of more than 2,000 sufferers, 44 percent reported that symptoms of this acne-like condition first appeared when they were in their 30s and 40s, while 43 percent reported first experiencing symptoms after age 50. Since the oldest members of the baby boom generation are currently turning 50 and the youngest are 32, they have reached the prime years for rosacea.

"While the incidence of rosacea appears to be rising sharply as more people enter the most susceptible age, many mistakenly think it's just a complexion problem that will go away by itself — but in fact, it usually keeps getting worse if

left unchecked," said Dr. Joseph Bikowski, assistant clinical professor of dermatology at the University of Pittsburgh. "Of greatest concern is that only a small percentage of rosacea sufferers realize that medical help is available."

A chronic, progressive, yet treatable disorder, rosacea usually begins as a redness or flushing on the cheeks, nose, chin or forehead that may come and go. It may initially be mistaken for a sunburn, especially if the person spends much

time outdoors.

Over time, however, the redness becomes more severe and persistent, and small dilated blood vessels may become noticeable. Left untreated, bumps and pimples often develop, and in some people the eyes may feel gritty and appear bloodshot. In advanced cases, the nose may become swollen from excess tissue.

While rosacea's physical effects are distressing enough, its other costs — damage to self-esteem and professional and social life — can be even worse, according to Dr. Thomas F. Cash, professor of psychology at Old Dominion University.

Today, rosacea can be controlled with proper diagnosis and medical therapy from dermatologists, as well as lifestyle modifications to avoid factors that may trigger flare-ups.

For information on rosacea, contact the National Rosacea Society, 800 S. Northwest Highway, Suite 200, Barrington, Ill. 60010, telephone (847)382-8971, or e-mail rosaceas@aol.com.



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Tips for exercising with allergies mean better workouts, less sneezing

Sniffling and sneezing do not have to be part of regular exercise routine, but for 60 million Americans who suffer from sinus and allergy problems, they are. A brisk walk or an


enjoyable game of golf or tennis are often cut short by the onset of allergy symptoms.

But allergies don't have to force Americans to give up outdoor exercising. Following

are some easy tips for sneezless exercising:

- Breathe through your nose—it's a natural air filter.
- Stretch indoors to minimize time spent outside, and take an antihistamine 30 minutes before going out.
- Avoid exercising too early — most pollens are emitted between 5 and 10 a.m.
- Avoid exercising in fields or meadows where irritating grass, weeds and trees can be abundant
- Plan activities around allergies. Exercising after a rain can be better for those with pollen allergies, but worse for those with mold allergies. Mold also tends to be worse in damp places, such as by the pool and in the forest.
- Wear glasses or sunglasses when mowing the lawn, raking leaves or gardening to help protect eyes. Rinsing your eyes with artificial tears removes pollens. If necessary, particle mask will help filter the air.
- Bathe and wash your hair after exercising outdoors, especially before going to bed. Pollen clings to hair and can rub off on sheets and pillows and trigger allergies overnight.

The American Lung Association and the makers of Tavist have developed a free pocket-size calendar with 50 tips to help allergy sufferers control their allergy problems. Call toll-free (800) TAVIST-D (828-4783).



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Bicycling: Try taking a spin just for the health of it

More than 95 million bicyclists are expected to set their wheels in motion this year, whether that means dusting off the old two-wheeler, throwing on bright-colored racing gear, or planning for that long-distance cycling adventure.

One of the reasons bicycling has long enjoyed popularity is that all ages and athletic types can easily pick up the sport. And, what may come as a surprise to many cyclists, is the great physical and mental workout they're getting while riding through the countryside. Bicyclists averaging 15 mph burn up to 401 calories/hour, while at the same time strengthening muscles, improving endurance and reducing stress.

"An aerobic activity, such as cycling, helps people be more successful at anything they do. Regular cyclists will notice that their sleeping and eating habits improve, and they feel better in general," says Michael Olstad, member of Team PacifiCare, 1993 champions of the 2,900-mile bicycling relay, Race Across America (RAAM).

While other sports, such as running, may cause joint and muscle problems because of the sport's high-impact nature, bicyclists can ride into their "golden years" with little or no complications. According to *Bicycling's New Cyclist*, cycling can dramatically reverse many physiological changes accompanied with aging.

Knowing your cholesterol level is vital

Knowing your cholesterol level is elevated is the first step toward confronting this condition.

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Not all cholesterol is bad, but the harmful kind can be deadly. Harmful cholesterol, which comes from the food we eat, builds up in the body and slows the flow through the arteries, contributing to increased risk of heart attack and strokes.

There's a lot you can do to control cholesterol. Diet and exercise are important, as is keeping track of cholesterol levels.

"I took up cycling because at the young age of 50, I felt like an old man — I was overweight, had high blood pressure and borderline diabetes," said Jewett Pattee, age 72 and captain of Team Secure Horizons, RAAM's current Master's Division champions. "Cycling not only enabled me to lose the excess weight, but added years onto my life."

As cyclists across the country prepare to hop on their bicycles,

Team Secure Horizons and Team PacifiCare offer the following bicycling safety tips for cyclists of all ages:

1. Wear a helmet at all times, even for short rides, to avoid serious head injuries.
2. Wear bright colors when riding during the day and light-colored clothing at night. At night, bicyclists should at least have a white front light and a red rear reflector.
3. Obey all traffic signs,

signals, and street markings.

4. Ride on the right side of the road along with traffic.
5. Signal when turning. Extend left arm straight out when turning left, and bend left arm at a 90-degree angle to turn right.
6. Yield to pedestrians and slow down in heavy pedestrian areas.
7. Be aware of cars on both sides, in front, and behind you at

all times. Cyclists can see cars much easier than cars can see them.

8. Check your entire bike regularly to that ensure all parts are tight and adjusted properly.

9. Watch the road for any hazards which can cause loss of control, such as puddles or oil slicks, loose gravel or pot holes.

10. Keep practicing — the more skilled you are as a cyclist, the better prepared you will be at controlling your bicycle.

Exercise takes only a few minutes a day

Exercise may be one of the most effective activities you can undertake to experience a greater quality of life.

Studies have shown that exercise can improve mood, lower blood pressure, control cholesterol, lower your risk of heart disease, reduce stress, boost creativity and reduce the risk of cancer.

Exercise, along with a balanced diet, can help you get to or stay at your ideal weight and will help you look and feel better. Yet, most Americans do not exercise regularly, and the top reason is a lack of time.

A regular exercise program requires an investment of only two hours per week, a half-hour four times a week, 40 minutes three days a week, or 20 minutes every day. This small amount of time pays big benefits. Here are some starting tips:

- Bring a pair of comfortable walking shoes to work and at lunch time, walk 10 minutes away from your office or building and 10 minutes back.
- Many employers offer a fitness room. Talk to your employer about purchasing some fitness equipment for employee use. It will pay off in

reduced health care costs, increased motivation and employee loyalty.

- Take the stairs instead of the elevator.
- Park your car some distance from the mall entrance or building.
- Take a brisk walk around the entire mall before you begin shopping.

- Do your own yard work.
- Take a walk around the neighborhood before dinner, or after dinner to aid digestion.
- At work, rather than using the phone or e-mail, walk to see co-workers.
- Find a time of day that works best for your life (before work, after work, at lunch, early mornings, etc.).

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Arthritis sufferers: Stay active, take charge of health

Exercise means more than just keeping fit for the 40 million Americans affected by arthritis — it means taking charge of their condition.

"Regular exercise can help lessen fatigue, build stronger muscles and bones, increase energy, flexibility and stamina, and improve your general health and sense of well-being," said

Doyt Conn, MD, senior vice president of medical affairs for the Arthritis Foundation. "After two to three months of exercising, most people also report less pain, anxiety and depression."

The Arthritis Foundation offers these exercise tips to help you stay active with arthritis:

- It is important to do those

exercises that you want to do — combine activities your doctor or other health professional recommends with some of your favorite exercises to add variety.

One of the best tools in managing arthritis is information, and the latest information about arthritis care, treatment and research is now available on the World Wide Web.

other health professional

- Choose a specific time and place to exercise — keep this consistent, doing it as part of your normal schedule.

- Start your program gradually — especially if you haven't exercised in a while.

- Ask a family member or friend to support your decision to take charge of arthritis.

For a free brochure about staying active with arthritis, call your local Arthritis Foundation chapter or call the Arthritis Foundation toll-free at 1-800-283-7800.

One of the best tools in managing arthritis is information, and the latest information about arthritis care, treatment and research is now available on the World Wide Web.

The Arthritis Foundation site, <http://www.arthritis.org>, offers information about how to cope with the pain and loss of movement that arthritis can cause.

Highlights from the award-winning magazine *Arthritis Today* are available, as are free educational brochures.

"People can learn more about the many community services the Arthritis Foundation offers through its local offices throughout the United States," said Don L. Riggin, president and CEO of the Arthritis Foundation. "We are working hard to add more news each week about local services such as exercise classes, support groups and self-help courses available through local offices."

Also available are updates about the latest arthritis treatments and research, a section for children, teens and young adults affected by arthritis, a section devoted to public policy and advocacy issues, and information about how the foundation works.

Living a full, active life with epilepsy

Knowing more about epilepsy, a physical disorder that affects more than two million people in the United States, can help us better understand this often misunderstood condition.

Epilepsy is a chronic disorder of the nervous system characterized by a recurring disturbance in the electrical activity of the brain. Sometimes referred to as seizure disorder, the condition occurs when the brain's electrical impulses "fire" more rapidly than normal. The impulses overwhelm the brain and cause a breakdown of normal brain function, resulting in seizure.

People with epilepsy are commonly treated with antiepileptic drugs (AEDs). Fortunately, there are a number of treatments, including some

more recent options, to help control the 125,000 new cases of epilepsy diagnosed each year. In some of the more severe cases, surgery may help reduce or eliminate the number of seizures.

Thanks to recent treatment options, people with epilepsy can control their seizures and lead fully active lives.

A good example of this is George Thomas, a ski instructor who developed epilepsy after he was hit by a car 12 years ago.

For George, the seizures he experienced were so severe he was forced to quit his job and move in with his in-laws. Finally, after pursuing a number of treatment options with his physician, a treatment was identified that helped to control

his seizures. George once again enjoys his active lifestyle and has just completed the Race Across America, where he was one of only 11 entrants to pass the finish line of this grueling 3,000-mile bike ride.

"Completing the Race Across America solo has allowed me to fulfill a personal goal, but it also shows that people with epilepsy can achieve their own goals and dreams just like everyone else," George said after the race.

According to his wife, George looked in better shape after finishing the 3,000-mile race than he ever did after a seizure.

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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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Booster club organized for girls softball teams

The Lady Eagles Softball Booster Club has been formed to promote the girls softball teams at Bethlehem Central High School.

The booster club's goal this season is the renovation of the varsity softball field at the high school. The club has approached Bethlehem Opportunities Unlimited for funding. BOU has agreed to provide seed money and loan the booster club funds to install bases and bring the field up to ASA (American Softball Association) standards.

The club will be asking for community support for this project by soliciting sponsors for a "Game Day" program that will be distributed at the Lady Eagles home games.

One can become a sponsor by "hitting" a single for \$5, a double

for \$10, a triple for \$15, a home run for \$20 or a grand slam for \$25. Sponsorship forms are available from any member of the Lady Eagles softball teams or by sending the sponsorship request on a sheet of paper with the name and address of the sponsor, and appropriate contribution with a check payable to BCAA Lady Eagles Softball Fund.

The check can be mailed to Lady Eagles Softball Booster Club, 17 Candlewood Lane, Delmar, 12054.

The Lady Eagles, under head coach Ron Smith, are starting year two of a program to make the girls softball teams more competitive.

This year the Lady Eagles should continue to show the improvement begun last year.

Deli arrives at Bob's



Bob's Produce on Delaware Avenue recently took over the former Tri-Village Deli and, after renovating and expanding the space, incorporated it into the store. Now, besides fresh fruit, vegetables and flowers, you can pick up homemade muffins, roast beef cooked on the premises, all sorts of deli items and whatever dairy products you might need to fill up the refrigerator. Bob Shafer, above, has worked in the business since 1957. Mel Hyman

Delmar Dash set for April 15

The Hudson Mohawk Road Runners Club will host the annual Delmar Dash on Sunday, April 13.

The five-mile road race will begin at 9 a.m. from the corner of Delaware and Elsmere avenues in Delmar. The mostly flat course winds through Delmar and Elsmere. Tom Dalton holds the men's course record of 24:33, and Amy Herold-Russom holds the women's record of 29:04.

The race is open to runners of all ages and abilities. Entrants may register at Elsmere Elementary School starting at 8 a.m. The entry

fee is \$12 for HMRRC members and \$14 for nonmembers. Commemorative long-sleeved T-shirts will be given to the first 325 registrants.

Awards will be presented to the top three male and female finishers and to the male and female age group winners. The race is a HMRRC Grand Prix event with points counting toward the club championship.

The Delmar Dash is sponsored by Blue Shield of Northeastern New York. For information, call Hank Steadman at 439-9487.

Albany seeking '97 tulip queen nominations

The 49th annual Tulip Festival Committee is requesting nominations for the 1997 tulip queen and her court.

The queen and her court serve as Albany's ambassadors to the local communities. They represent the city of Albany at special events, press conferences and civic gatherings throughout the year, as well as work on various volunteer projects.

The tulip queen must be a civic-minded woman with aspirations to assist in the continuing efforts to improve the quality of life in Albany. Applicants must be enthusiastic, demonstrate leadership skills, be knowledgeable of Albany

and be willing and able to volunteer.

Eligible applicants must be between the ages of 17 and 21, and be residents of Albany County for the full year of their reign (from May 1997 through May 1998).

The 1997 Albany Tulip Festival takes place May 9 through 11. The queen will be crowned at an elaborate ceremony on Saturday, May 10, at noon in Albany's Washington Park. The court will also receive special recognition.

Nominations should include the nominee's name, address, phone number and a letter detailing her qualifications, along with the nominator's name and phone number. Nominations can be sent to: Albany Tulip Festival Committee, c/o The Albany Visitors Center, 25 Quackenbush Square, Albany 12207.

The application deadline is Friday, March 21.

For information, call 434-5132.

Sharks beat Nisky for title

The Sharks, the Under-13 boys soccer team, recently finished first in the Under-14 B Division of the Mostly Off the Wall Tournament.

The team's 4-0-1 record began with a 1-1 tie against a team from Bennington, Vt. The Sharks then began to dominate play with a 2-0 win over Chatham and a 3-1 victory over Ballston Spa.

After a first-round bye in the playoffs, the Sharks controlled play and allowed only a few scoring chances in a 1-0 win over Niskayuna in the semifinals.

In the finals, only strong goal-tending by the Chatham goalie kept the game close as the Sharks dominated in a 3-1 win.

The Sharks' offense, led by Chase Chaskey, Zach Gray, Ryan Hogan, Steve Hoghe, Erik Lowery, Steve Maltzman, Matt Patry and Tom Stewart, netted 10 goals for the tournament.

Soccer

The defense, which allowed only three goals by the opposition, was anchored by Geoff Bedrosian, Mike Hoghe, Andrew Swiatowicz and goalies Mike Nuttall and Erik Turner.

BCHS gym to stay open for Friday night hoop

The lower gym at Bethlehem Central High School will be open on Friday nights from 8 to 11 p.m. for high school students interested in playing basketball.

Students must be residents of the Bethlehem Central School District or the town of Bethlehem.

Admission is \$1.

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BCHS names academic honor students for second quarter

The following students were named to the second-quarter honor and merit rolls at Bethlehem Central High School.

For the honor roll, students must have an average of 92 with no grade below 85.

For the merit roll, students must have an average of 85, with no grade below 65.

Ninth-grade honor roll

Elizabeth Backer, Melanie Baker, Christy Balluff, Joseph Bartley, Katherine Bayer, Danielle Blanch, Maura Boyle, Sarah Brandone, Joshua Brody, Elizabeth Brookins, Matthew Burns, Michael Campbell, Elizabeth Cappiello, Matthew Cardomone, Michael Cardomone, Angela Caruso, Jason Chatterjee and Kelly Cheeseman.

And, Gregory Ciproni, Kevin Collen, Samuel Cook, Hillary Cooley, Rachael Copp, Timothy Corson, Jamie Costanzo, Kathryn Coulon, Christine D'Aleo, Brendan Dalton, Patrick Davis, Andrew Dawson, Elizabeth Delgiacco, Elizabeth Drake, Eileen Dunn, Lena Eson, Arthur Feldman, Elliot Freeman, Adam Frisch and Rachel Gajewski.

And, Liam Gallagher, Tara Gerber, Katie Gold, Sara Gold, Jenna Grant, Sloan Grenz, Sumeet Gupta, John Hanley, Andrew Hayes, Rebecca Hoghe, Matthew

Holmes, Timothy Hwang, Timothy Kadish, Michelle Kagan, David Kieval, Alissa Kind, Jennifer King, Benjamin Kowalik, Kristy LaGrange, Edward Laird, Christopher Leckerling and Ellen Lowrey.

And, Kristen Lytle, Emily Maher, Rebekah Maskin, Krista Matuszek, Meredith McCarthy, Elyse McDonough, Anne McEwan, Kevin Moehringer, Beth Mosall, Bridget Murray, Lauren Murray, Kathleen Noonan, Benjamin Norris, Benjamin Odell, Elena Oldendorf, Rebecca Parafinczuk, Amy Parsons and Robert Pasquini.

And, Whitney Patterson, David Philips, Lindsay Piechnik, Nicole Privitera, Andrea Prudente, Russell Pryba, Moira Pulitzer-Kennedy, Meredith Rauch, Danielle Ricard, Andrew Rodgers, Brian Rowan, Patricia Sandison, Robyn Scherer, William Schipano, Gordon Schmidt, Robert Shaye, Sara Sheikh and Christopher Sherin.

And, Lisa Signorelli, Brian Singerle, Philip Slingerland, Molly Spooner, Ryan Stenson, Kathryn Svenson, Sarah Szczech, Amy Turner, Claire Vancik, Matthew Via, Richard Viglucci, Alex Voetsch, Samuel Volo, Elke Wagle, Michael Wahl, Yu Wang, Emily Waniewski, Erika Wasserstein, Victoria Winkeller,

David Woodworth and Sarah Zimmer.

Ninth-grade merit roll

Charles Abba, Louis Ambrosio, Jeffrey Arthurs, Lauren Atwood, David Bagg, Sarah Bartow, Kristen Bennett, Lynn Berry, Edward Blumenthal, Tasha Borys, Paul Byron, Lindsey Caldwell, Zachary Capobianco, Kathryn Carcich, Sara Carlson, Kevin Carroll, Jennifer Ceas, Daniel Cocozza, Laura Conger and Zachary Conley.

And, Michael Crowley, McCaella Curran, Alix Czajka, Casey Danton, Donna Dawson, David Delong, Catherine Dwyer, Deborah Eames, Lauren Falkenhainer, Katie Feller, Ryan Fitzpatrick, Alaina Forrest, Tammy Gagnon, Alexander Gerou, Carrie Getz, Bradley Glass, John Gleason, Benjamin Gnacik, Ayndrea Greenfield and Christy Halvorsen.

And, Carrie Hammond, Susan Harrison, David Harvey, Crystal Heilman, Sarah Hines, Kimberly Hitter, Stephanie Hollner, Thomas Hotaling, Alexander House, Megan Huggins, Katherine Jeffery-Martin, Theresa Kansas, Christopher Keneston, Matthew King, Stephen Koenig, Amanda Koski, Michael Kotlow, Allison Kuta, Sarah Lefkovich, Dennis Lenhardt, Morris Levy, Brian Lind, Kimberly Link and James Long.

And, Rion Marcy, Lisa Maxwell, Megan McBride, Elaine McDonagh, Kyle McEwan, Julia McKenna, Shanna McNeil, Eamon McNiff, Deneda Meisner, Michael Mooney, Ian Morgan, Sara Muhlich, William Noonan, Lauren Peterson, Victoria Picarazzi, Melissa Pinchback, Brooke Plotzker, Sean Pratt, Paul Rappoccio, Laura Ricciardelli, Katie Riegel, Jason Robinson, Daniel Rosenthal and Karen Rossi.

And, Amber Ryan, Trisha Seaburg, Christopher Seymour, Christopher Shaffer, Nathaniel Sherman, Emily Sigal, Lauren Sinacore, Darren Skotnes, Christina Smith, Joshua Smith, Owen Smith, Peter Smith, Jessica Spencer, Emily Sterrett, Michael Szebenyi, Matthew Thibdeau, Daniel Traub, Anthony Trimarchi, Christine Volpi, Amy Wilbur, Beth Wittig, Catherine Xeller and Kelly Youngs.

10th-grade honor roll

Elizabeth Andersen, Roxana Bahar, Caryn Barnet, Jessica Berlow, Larissa Blustein, Lauren Caimano, Erica Concolino, Lauren Conti, Lily Corrigan, Daniel DiPaolo, Lauren Englisbe, Rachael Fein, Elizabeth Fox-Solomon, Rebecca Frank, Rachel Frone, Mary Gecewicz, Laura Gluchowski, Susannah Gordon-Messer, Kristopher Grajny, Alexis Grant, Elisabeth Guglin and Adam Guzik.

And, Lisa Jacobs, Jeffrey Kaplan, Freeman Klopott, Tracy Kutey, Kristin Kvam, Scheherazade Lacy, Caryn Leonardo, Melissa Lobel, Amanda Mason, Tracy Messina, Calvin Miaw, James O'Keefe, Melissa Padula, Christopher Palmieri, Lily Rabinoff-Goldman, Sarah Sandison, Amy Shatsoff, William Thomas, Grace Ting, Colleen Tripp, Julie Weber and Allisop Zucker.

10th-grade merit roll

Robin Amiri, Radworth Anderson, Jeremy Arenos, Heather Axford, Kim Azaceta, Caleb Bacon, Erin Bailey, Helen Bailey, Joshua Baird, Brendan Bannigan, Mark Bassotti, Ryan Bender, Jamie Berenger, Molly Betzhold, Katya Black, Robert Bocala, John Bragle, Catherine Bresnahan, Jonathan Burroughs, Jonathan Caplan and Kathleen Caporta.

And, Rachel Carberry, Ying (Lisa) Chang, Denise Chisholm, Sonia Consentino, Shane Crouse, Tobias Cushing, Travis Davey, Gregory DeMarco, Paul Deys, Adam DiMuria, Jacqueline Donnaruma, Udi Epstein, Joshua Ferrentino, Dorothy Fibiger, Gabrielle Foley, Sarah Franklin, Justin Friedman, Adam Fryer, Ilya Furman and Ashley Gall.

And, Ellen Gallagher, Joseph Gerstenzang, Jason Gertz, Catherine Glasheen, Lucas Gray, Brian Hahn, Victoria Halsdorf, Julianne Hebert, Daniel Heenan, Alexander Heiss, Leah Hennessy, Daniel Herd, Jason Hessberg, Suzanne Hillinger, Conor Hughes, Patrick Hughes, Caitlin Isbister, Alissa Johnson, Stephanie Katz, Laurie Kondrat and Jennifer Leary.

And, Brian Label, Cecilia Logue, Frank Macarilla, Jeremy Mandelkern, Jill Matthews, Lauren McCarroll, Todd McCoy, Matthew McGinn, Trevor McNiven, Evan McQuide, Rebecca Minor, Ajay Murthy, Joshua Myer, Michael Nardolillo, Carmelo Papa, Daniel Persons, Tanya Petrocine, Ember Pickands, Julia Plass and Alexandra Poole.

And, Johnathan Porco, Kevin Powell, Yaffa Rasowsky, Cory Reid-Vanas, Lisa Ricciardelli, Michael Riedel, Melissa Rifkin, Monique Roberts, Paul Roberts, Amanda Root, Laura Ryan, Galina Rybatskiy, Erika Schmit, Jason Seymour, Andrea Shaye, Sarah

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11th-grade honor roll

Heather Barclay, Deborah Bartley, Sean Battle, James Bell, Shannon Bennett, Keith Campbell, Nicole Conway, Gaetano DeGennaro, Laura Dicker, Stephen Domermuth, Trafton Drew, Melanie Finkel, David Fogelman, Jill Foster, Nellie Frueh, Adam Greenberg, Elizabeth Hart, Emily Hitter, Diana Kelly, Timothy Leonard, Sarah MacDowell, Andrew MacMillan and Anne Margvelashvili.

And, Elizabeth Marvin, Heather McTighe, Kathleen Moon, Emily Prudente, Kristen Reinertsen, Matthew Reuter, Erin Riegel, Emma Samelson-Jones, David Shaye, Katie Smith, Erica St. Lucia, Scott Strickler, Mark Svare, Joshua Szebenyi, Amy Tierney, Kerry VanRiper, Serguei Vassilvitskii, Amy Venter and John Zox.

11th-grade merit roll

Kristin Albert, Michael Allington, Rachel Arcus, Mary-Elizabeth Baselice, Nicholas Berry, Anne Bishko, Virginia Blabey, Andrea Blaisdell, Peter Bocala, Sean Boyle, Gregory Bradt, Pamela Brannock, Madison Brookshire, Janelle Bubeck, Peter Bulger, Gavin Burt, Trevor Byrnes, Breton Byron, Joseph Cacciola, Maureen Carpenter and Stacey Coffey.

And, Michael Coker, Bradley Colacino, Rachel Cole, Matthew Cook, Gregory Cooper, Daniel Cornell, Stephen Corson, Kristin Darlington, Brian Davies, Karly Decker, Michael Delucco, Sean Demarest, Thomas Devaney, Rachel Deyoe, Lucy Dunne, Luke Dwyer, Mark Eberhard, Hilary

Eldridge, Andre Ellman, Peter Emminger and Beth Finkelstein.

And, Bradley Fischer, Heather Franklin, Danedra Gagnon, Aaron Gajewski, Marcy Goedke, Sarah Grover, Andrew Gutman, Joshua Halbedel, Emily Haskins, Matthew Hauf, Jodi Heim, Meghan Holligan, Geoffrey Hunter, Nazeer Jalal, Abby Kahn, Catharine Kaufman, Timothy Kavanagh, Timothy Keyes, Alan Kimball, Scott Kind and Daniel Laiosa.

And, Megan Laird, Emily Lamson, Beth Lee-Herbert, Kathryn Luber, Jared Macarin, Jeffrey Mapes, Jessica Marsh, Brian McCarthy, Megan McDermott, Erin McDonald, Kerry McGlynn, Courtney McGrath, Janine McGraw, John McGuinness, Katherine McKee, Michelle McManus, Christopher Messina, Ashley Mettauer, Wesley Miaw and Timothy Moshier.

And, Colleen Murray, Robert Nagel, Brian Nussbaum, Brian Olmstead, Kathleen Pellet, Ryan Peterson, Charise Pfeffer, Malissa Pilette, Justin Pinchback, Marielle Postava-Davignon, Kelly Ray, Scott Rhodes, Justin Riccio, Lauren Rice, Meredith Rice, Scott Richman, Katherine Riedel, Kevin Russell, Thomas Rydberg, Leah Sajdak, Amit Sanghi, Rachel Schoolman, Renata Sellitti, Tariq Sheikh, David Sherrin, Jennifer Shumelda and Kelly Signorelli.

And, Alissa Simons, Heather Smith, Michael S. Smith, Kane Snyder, Wendy Stark-Riemer, John Tafilowski, Maggie Tettelbach, Sarah Teumim,

Melanie Thornton, Robert Tocker, Christopher Tomlin, Shannon Tougher, Tara Tucker, Matthew Tulloch, Ryan Unser, Benjamin Vancik, Kirsten Vazci, Brett Vincent, Erin Virgil, Peter Wagle, Stephen Wallant, Mark Winterhoff, David Winters, Diana Woodworth, Daniel Xeller and Cheryl Zirpoli.

12th-grade honor roll

Jennifer Abelson, Kelley Banagan, Candice Bocala, Shari Bogen, Sean Bradley, Michelle Brandone, Julie Bredderman, Christine Cedilotte, Jeffrey Ciprioni, Winifred Corrigan, Meghan Dalton, Jason Danforth, Carrie Danziger, Jennifer Dawson, Michael DelGiaco, Thomas Downes, Jennifer Eames, Brad Einhorn, Lisa Engelstein, Maggie Erlich, Laura Eslinger, Jessica Fein and Annette Grajny.

And, Amy Guzik, Jennifer Hahn, Marni Hillinger, Sarah Hotaling, Sarah Kennedy, Melissa Leibman, Andrew Loux, Matthew Melcher, Abigail Miller, Jeremy Muhlich, Nancyann Oberheim, Dana Perlmutter, Charles Peters, Suzanne Pivar, Bradley Pryba, Jatin Roper, Benjamin Samelson-Jones, Brian Schwartz, Beth Scott, Avram Shoss, Tricia Sleasman, Brian Strickler, Sarah Svenson, Allison Voetsch and Corey Whiting.

12th-grade merit roll

Mary Abba, Jennifer Adriance, David Austin, Sean Barclay, Zachary Beck, Brian Belemjian,

Sarah Bigelow, Kelly Bittner, Marc Borzykowski, Raegan Boyle, Michael Burns, Daniel Burrell, Jennifer Burroughs, Anthony Carona, Seth Carr, Benjamin Chady, Emma Copley, Kevin Corrigan, Daryl Craft, Cory Czajka and Christopher Danchetz.

And, Scott Defeo, Caitlin Deily, Jeremy Deyoe, Ethan Drake, Steven Euler, Myles Falkenhainer, Philip Fibiger, Kate Fireovid, Meghan Fitzpatrick, Jennifer Flowers, Brandon Freeman, Seth Fruiterman, Jason Galea, Seamus Gallagher, Justin Gamelin, Daniel Gecewicz, Michael Geis, Amanda Genovese, Marisa Gertzberg and Jessica Giordano.

And, Leah Gisotti, Daniel Glick, Stephanie Goeldner, Benjamin Goldstein, Jennifer Gould, Mita Gupta, Hally Gutman, Lowell Harrison, Kenyon Hill, Thomas Hitter, Andrea Kachidurian, Trevor Kahlbaugh, Mark Katz, Philip Keitel, Matthew Kelly, Nicholas Kohler, Quinn Kosoc, Rian Kovarik, Joseph Lengfeller, David Levine and Katey Link.

And, Jennifer Luck, Meghann Lusty, Sean Lyman, Elizabeth Macarilla, Jennifer MacDowell, Heather Mann, Erika McDonough, Jeffrey McQuide, Lisa Morin, Julie Morrison, Emily Murphy, Melissa Nuttall, Ebony

Oliver, Jill Pappalardi, Sarah Parsons, Colin Poole, Danielle Pope, Matthias Quackenbush and Amir Rasowsky.


And, Christie Ray, Dana Reid-Vanas, Robert Reinfurt, Tara Rooney, Joelle Rosenkrantz, Sarah Rosenthal, Joseph Rossi, Marcy Ryan, Sarah Searle-Schrader, Jennifer Shapiro, Jamie Silverstein, Alyce Smith, Kevin Smith, Martyn Smith, Stephen Smith, Timothy Staniels, Jillian Stasack, Leigh Stevens, Douglas Sweet and Brian Taffe.

And, Gregory Teresi, Allison Tombras, Jeremiah Vancans, Linda VanDyke, Jessica VanWormer, Gillian Via, Hema Visweswaraiah, Krista VonRonne, Nathaniel Walker, Ryan Walker, Bryan Walsh, Erik Walsh, Elizabeth Waniewski, Alison Wilson, Deborah Wittman, Margaret Wolfert and Kathryn Zebrowski.

Correction

A sentence in a story regarding veterans' medical benefits in the March 12 edition should have read, "Veterans who have service-connected disabilities or whose annual income falls below \$21,000 may be able to receive (Veterans Administration) care and prescriptions at no cost."

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Access

(From Page 1)

increase office space for the town building department whose workload has steadily increased over the years.

When the building was converted from a school building to town hall in 1978 and 1979, a small elevator lift was installed to provide access for wheelchairs from the parking lot to the first floor.

This lift has become outmoded in recent years, and is no longer sufficient for today's modern wheelchairs.

"In this day and age, it's time that we make the building fully accessible," said Supervisor Sheila

Fuller.

The project has been under consideration for several years, Fuller said, and the town board needed to decide about putting in an elevator or finding a new town hall.

With the project finally coming to fruition, town hall will likely stay right where it is, she said.

Councilman Robert Johnson believes that while a brand new town hall might remedy the problem of handicap accessibility as well as solving some of the existing space problems, the new addition represents a "good compromise.

"A new building, like some towns have, would look beautiful, but cost a lot of money," he said. "At one time we were talking about moving into the the Dormitory Authority (across from Delaware Plaza), and I'm not sure people were comfortable with that. They like the fact that we're centrally located and easy to get to."

The two-and-a-half story masonry addition will be attached to the northeast aide of the building and increase the size of town hall by about 2,000 square feet.

The ground floor of the new addition will provide a new entry lobby and vestibule, and there will also be stairwell access to the sec-

ond floor of the building.

There will no loss of parking as a result of the project. The overhead service door to the maintenance shop, however, will be relocated.

Fuller said the town will likely fund the work through a bond.

Circle of Friends holding open house

The Circle of Friends Nursery School located on Route 9W in Ravena will hold an open house on Saturday, March 22, from 10 to 11:30 a.m.

Families are invited to bring their preschoolers ages 3 to 5 years old to explore a variety of hands-on learning activities, watch movies of the nursery school in action, and sing along.

For information, call 756-3124.

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V'ville Kiwanis to host Brooks chicken dinner

The Kiwanis will hold a Brooks chicken barbecue on Saturday, March 22, from 3 to 7 p.m. outside SuperValu Foods on Maple Avenue in Voorheesville.

The menu includes chicken, baked potatoes, coleslaw and rolls.

Meals can be picked up between 3 and 7 p.m.

The meal cost is \$7 for adults, \$5 for children and \$4.50 for a half chicken only.

All proceeds will go to support community services and youth activities.

Five Rivers plans evening nature walk

A night walk will be held on Friday, March 28, at 7 p.m. at Five Rivers Center at 56 Game Farm Road in Delmar. Participants should dress for the outdoors.

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WILD TURKEY 101' \$24.99 <small>1.75L</small>	CANADIAN LEAF Canadian Whisky \$13.29 <small>1.75L</small>	CALIFORNIA COLONY Chablis, Blush, Rhine, Proprietor's Red \$7.99 <small>5L Box</small>
BACARDI Light or Dark \$19.99 <small>1.75L</small>	DUGGAN'S DEW 86.8 Scotch \$19.99 <small>1.75L</small>	TAYLOR Extra Dry or Brut Champagne \$5.99 <small>750 ml</small>
KAHLUA \$30.99 <small>1.75L</small>		
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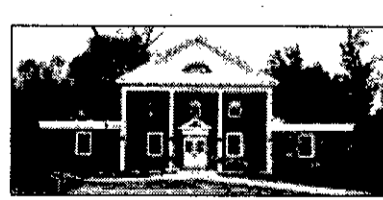
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Obituaries

Richard Huerter

Richard H. Huerter, 77, of Glenmont died Friday, March 14, at St. Peter's Hospice Inn in Albany.

Born in Albany, he was a lifelong Capital District resident.

A graduate of Siena College, he worked as an engineer for the state Department of Transportation for many years, retiring in 1982.

Mr. Huerter was a communicant of Our Lady Help of Christians Church in Albany.

He was husband of the late Beatrice Lieberman Huerter.

He is survived by a daughter, Debra Ann Huerter of Stamford, Conn.

Services were from the Applebee Funeral Home in Delmar and Our Lady Help of Christians Church.

John Caliendo

John F. Caliendo, 71, of Sutherland Court in Delmar, died Saturday, March 15, at St. Peter's Hospital in Albany.

Born in New Haven, Conn., he lived in Delmar for more than 30 years.

He was a Marine Corps veteran of World War II and the Korean War, where he was awarded the Purple Heart.

Mr. Caliendo was a tugboat captain Great Lakes for many years, and also owned and operated his own business, Calcor Inc., from which he retired in 1992.

He was a life member of the Blanchard American Legion Post in Delmar, and a member of the Onesquethau Masonic Lodge, the RC Sportsmen's Club in Hannacroix and the A&R Gun Club in Saugerties.

He was husband of the late Mary Anne Krieger Caliendo.

He is survived by a daughter, Michele Caliendo of Voorheesville, and a son, Michael Caliendo of Spring Lake, Mich.

Services were today (Wednesday) from the Applebee Funeral

Home and the Church of St. Thomas the Apostle in Delmar at 9:30 a.m.

Burial will be in St. Agnes Cemetery in Menands.

Contributions may be made to the Church of St. Thomas the Apostle Building Fund, 35 Adams Place, Delmar 12054.

Mary Theresa Dana

Mary Theresa Dana of Elm Avenue in Selkirk, died Thursday, March 13, at her home.

Born in Albany, she was a lifelong resident of the Capital District.

She was a housekeeper for Church of St. Thomas the Apostle in Delmar for 35 years.

She was a member and treasurer of the Albany Lodge of the Czechoslovak Society of America, and a member of the American Association of Retired Persons, Louise Corning Senior Citizens Center and Bethlehem Senior Citizens.

She is survived by her brother, John J. Dana of Rensselaer.

Services were from the Tebbutt Funeral Home in Delmar and the Church of St. Thomas the Apostle.

Contributions may be made to the Church of St. Thomas the Apostle Building Fund, 35 Adams Place, Delmar 12054.

Pauline C. McLuckey

Pauline C. Probst McLuckey of Delmar died Thursday, March 13.

She was the widow of Frederick J. McLuckey.

Survivors include three daughters, Joyce M. Weed of Snyder, Marilyn A. McLuckey of Delmar and Maureen E. McMillian of Brick, N.J.; seven grandchildren; and five great-grandchildren.

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

Arrangements were by the Dreis Funeral Home in Albany.

Burial was in Our Lady Help of Christians Cemetery in Glenmont.

Thomas H. McCarty

Thomas H. McCarty, 68, of Fairfield Court in Voorheesville died Friday, March 14, at St. Peter's Hospital in Albany.

Born in Great Barrington, Mass., he lived in Voorheesville for 25 years.

Mr. McCarty was the manager of a local petroleum company for 17 years, retiring in 1991.

He was a communicant of St. Matthew's Church in Voorheesville.

He was a member of the Salem Hills Park Association.

Survivors include his wife, Mary Loughran McCarty; two daughters, Mary Theresa Scitt of Westfield, Mass., and Kathleen Baumgartner of Alexandria, Va.; five sons, Thomas P. McCarty of Old Saybrook, Conn., Robert H. McCarty of East Longmeadow, Mass., Peter L. McCarty of Colchester, Conn., Joseph F. McCarty of Glenville and Michael J. McCarty of Manchester, Conn.; a sister, Rita Ganci of Great Barrington, Mass.; and 12 grandchildren.

Services were from the Reilly & Son Funeral Home and St. Matthew's Church.

Contributions may be made to Voorheesville Area Ambulance or St. Matthew's Church.

Dorothy Earl

Dorothy Gimlick Earl, a former Selkirk resident, died Wednesday, March 12, at Eden Park Nursing Home in Albany.

Born in Cedar Hill, she was educated there.

Mrs. Earl operated the Cedar Hill Restaurant for 10 years.

She was the widow of Andrew Earl.

Survivors include a sister, Edith Bonanni of Albany.

Services were from the Daniel Keenan Funeral Home in Albany.

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

Gertrude A. Soeller

Gertrude "Ginger" A. Soeller of Elm Avenue in Delmar died Thursday, March 13, at her home.

Born in New York City, she was a longtime resident of the Capital District.

Mrs. Soeller was an assistant librarian at Bethlehem Public Library before she retired in 1995. She was a former chapter president of the Civil Services Employees Association.

Survivors include her husband, Alois Soeller; two sons, Lawrence Soeller of Delmar and Michael Soeller of Clifton Park; a brother, Joseph Lieb of New York City; and four grandchildren.

Services were from Sacred Heart Church in Albany.

Arrangements were by the Applebee Funeral Home in Delmar.

Contributions may be made to the Multiple Sclerosis of Northeastern New York, 324 Broadway, Albany 12207, or the Regional Food Bank, 965 Albany-Shaker Road, Latham 12210.

Richard Michalski

Richard Michalski, 81, of New Scotland Road in New Salem, died Tuesday, March 11, at Charlton Memorial Hospital in Fall River, Mass.

Born in Palmer, Mass., he was a longtime resident of New Scotland.

Mr. Michalski was a mechanic at Armory Garage in Albany for 25 years before he retired.

He was a Navy veteran of World War II.

He was a member of the Bethlehem Elks Lodge.

He was husband of the late Eleanor Waldron Michalski.

Survivors include two sons, Ri-

chard Michalski of Hoosick Falls and Michael Michalski of Albany; two daughters, Margaret Wagner and Patricia Pickett, both of Portsmouth, R.I.; four sisters, Josephine Ottman of Colonie, Sophie Wend and Mary Ensign, both of Albany, and Irene Andersen of Hartford, Conn.; five grandchildren; and a great-granddaughter.

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

Burial was in Memory's Garden in Colonie.

Thomas Patrick Ryan

Thomas Patrick Ryan, 18, of Pathfinder Village in Edmeston, Otsego County, and formerly of Delmar, died Thursday, Feb. 27, at the village.

Born in Hyannis, Mass., he was known as a very determined individual whose life offered many lessons to those he touched.

He enjoyed music and outings to Glimmerglass Opera.

Survivors include his mother, Sandra Jean Ryan of Delmar; a brother, Patrick John Ryan of Buzzards Bay, Mass.; a sister, Nancy Ann Ryan of Sandwich, Mass.; and his grandmother, Helen E. Ryan of Pepperell, Mass.

Services were from the Morgan-Jackson All Faiths Chapel.

Arrangements were by the Houk-Johnston-Terry Funeral Home in Edmeston.

Contributions may be made to Pathfinder Village Scholarship Fund, Edmeston 13335.

Bethlehem library to close for Easter

The Bethlehem Public Library at 451 Delaware Ave. in Delmar will be closed on Easter Sunday, March 30. The library will reopen on Monday, March 31, at 9 a.m.

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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.

Blanchard Post honors local safety/emergency standouts

The Blanchard American Legion Post recently presented its annual awards for man- and woman-of-the-year of the various safety, emergency, and protection services in Bethlehem.

The Selkirk Fire Companies asked that their friend and comrade, Kevin Seaburg, be awarded the honor posthumously for his more than 20 years of service with Selkirk Fire Co. No. 3, most recently as first assistant chief, and for his contribution to public safety in the community where he lived and worked, and where he will be deeply missed by all.

Officers Robert J. Berben and Charles E. Rudolph were nominated by the Bethlehem Police Department for their attempt to rescue a drowning victim in September. Responding to a report of

a person threatening suicide, they arrived at Henry Hudson Park, located the victim's vehicle, and then soon spotted a body floating in the river.

Without regard for their personal safety and weighted down by their gun belt and boots, they jumped into the river, pulled a woman to shore, and started CPR immediately. Despite their heroic efforts, the woman died, however, their dedication to duty and unselfish performance exemplifies the Bethlehem Police Department.

The Delmar Fire Department chose Christopher Gould as its firefighter of the year for his dedication and commitment to excellence. Gould, now serving as assistant quartermaster, joined the department in 1993 and has be-

come involved in all facets of department operations. He is a front-runner in fire and EMS calls, and is an Emergency Medical Technician and member of the rescue squad. In addition, he devotes considerable time to ensuring that personal equipment is always in good repair and prepared for service.

Firefighter/EMT Meredith Dix was honored as woman-of-the-year by the Delmar Fire Department Rescue Squad for her dedicated service. After joining the department in 1995, she completed Emergency Medical Technician training, and in the fall of 1996, she transferred to firefighter status and completed training so she can now serve with both the fire department and rescue squad.

The Slingerlands Fire Depart-

ment selected Walter W. Eck and John H. Flanigan as its honorees. Each has given more than 40 years of dedicated service to the department, residents of the Slingerlands community, and the fire service at large. They have been extremely active in all areas of the department's operations and charitable services. Eck has served in several positions up to the level of third assistant chief, was instrumental in the formation of the organization's heavy rescue squad, and is a trustee of the Hudson Firemen's Home.

Flanigan has served in various positions up to and including chief and is currently serving as president. He is the only organization member to have served as chief, president, and chairman of the board of fire commissioners.

Bethlehem's Reserve Police unit honored Donald J. Geurtze for his more than 25 years of service. During that time, he moved

from entry level as patrolman, through lieutenant and assistant chief, to become chief of the reserve police seven years ago.

His involvement, acceptance of responsibility and leadership have continued all through his service, and he maintained an effective relationship with the police department and other agencies during this time. Meanwhile, despite personal health problems, he has continued to participate actively with other members of the service in as many activities as possible.

Elsmere Fire Co. "A" selected Richard I. Brown as fireman of the year.

Brown has served 23 years in the department, including 21 years in the elected post of secretary.

Brown devoted many hours to his work as secretary, keeping the organization's records up-to-date and members informed of its activities.

Old clothing needed for *Grease* at BCHS

The Bethlehem Theatre Support Group (BTSG) needs numerous items for the upcoming Bethlehem Central High School Stage 700 production of *Grease*, which will be presented April 10 through 13.

Shiny sharkskin suits, 1950s-style party dresses, crinolines, navy blue knee-length pleated skirts, red sweaters for cheerlead-

ers, poodle skirts, leather motorcycle or bomber-style jackets, chifon scarves and other clothes "greasers" might wear are needed.

To avoid the exorbitant cost of renting these items, BTSG's costume committee is turning to the community for help.

For information, contact Wendy Lefkovich at 439-8013 or Gayle Guzik at 439-5090.

Our Family Has A New Addition

Mereu & Pasternack is now called Delmar Pediatrics. Yet even though our name has changed, you and your child will still be seeing the same family of friendly, caring people you already know and trust.

With the recent addition of Dr. Holly Swanson as an Associate, Delmar Pediatrics has enhanced its capabilities to serve our patients even better. A graduate of the University of Vermont College of Medicine, Dr. Swanson is Board-certified in Pediatrics, with a specialty in infectious diseases. She was formerly a Pediatric Infectious Disease Fellow with Albany Medical Center Hospital and a Pediatric Resident with Maine Medical Center in Portland.

Delmar Pediatrics provides comprehensive primary care to young people from birth through college age. We also specialize in immunotherapy for allergies and asthma, and in the treatment of behavioral adjustment disorders.

To schedule an appointment, give us a call at 439-9351.

And welcome to the family.



l. to r.: Holly Swanson, MD; Jonathan B. Pasternack, MD; and Michael P. Looney, MD.

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Matthew Hanvey and Lynn Krawczyk

Krawczyk, Hanvey to wed

Lynn Krawczyk, daughter of Anthony and Margaret Krawczyk of Columbia, Conn., and Matthew Thomas Hanvey, son of Arthur Hanvey of Delmar and the late Beverly Hanvey, are engaged to be married.

The bride-to-be, a graduate of Providence College and the University of Connecticut, is employed as a sixth-grade teacher at Pitkin

Elementary School in East Hartford, Conn.

The future groom is a graduate of Christian Brothers Academy and Providence College. He is employed as a territory manager by Tenneco Automotive in Connecticut.

The couple plans a July wedding.

Births

Albany Medical Center

Girl, Taylor Marie Dominy, to Cathy Dominy of Delmar, Jan. 28.

Girl, Laura Elizabeth Hooper, to Cindy and Robert Hooper of Delmar, Feb. 1.

Girl, McKenzie Brooke Rathjens, to Janet and David Rathjens of Delmar, Feb. 3.

Girl, Kayla Michelle O'Brien, to Pamela and Thomas O'Brien of Slingerlands, Feb. 4.

Boy, Alexander Michael Wright, to Lori and Steven Wright of Delmar, Feb. 10.

Boy, Nicholas Edward Redmond, to Anne and Gary Redmond of Delmar, Feb. 20.

Out of town

Girl, Harmony Rose Fiori, to Suzanne Powell Fiori and Gregg Fiori of Lindenhurst, Nassau County, Feb. 7. Maternal grandparents are former Delmar residents Dave and Judy Powell of New Hope, Pa.

Dean's List

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

Sage Evening College — Ellen McCaughin of Delmar (high honors) and Susan Throneburg of Voorheesville.

Maple sugaring tour on tap at Five Rivers

Maple sugaring demonstrations will take place from 2 to 4 p.m. on the weekend of March 22 and 23 at Five Rivers Center at 56 Game Farm Road in Delmar.

Visitors, which may include community groups, will identify a sugar maple, observe tapped trees and taste fresh sap.

For information, call 439-0291.

Hope College group to perform in Selkirk

Robert Ritsema, professor of music at Hope College in Holland, Mich., will conduct the Hope College Symphonette tonight, March 19, at 7:30 p.m., at First Reformed Church of Bethlehem, 30 Church Road, Selkirk.



Nicole and David O'Brien

McCauslin, O'Brien marry

Nicole Elizabeth McCauslin, daughter of Steven and Elizabeth McCauslin of Delmar, and David Louis O'Brien, son of David and Linda O'Brien of Glenmont, were married Sept. 14.

Monsignor James Hart performed the ceremony in St. James Church in Albany, with the reception following at Colonie Country Club in New Scotland.

The maid of honor was Amy Shultes, and bridesmaids were Stacy O'Brien, the groom's sister, Tania McCauslin, the bride's sister-in-law, Chelsea Kenneston, the bride's cousin, Mary Breslin, Kerry Fitzpatrick, Carol Emsing and JoAnne VanDeloo. The flower girl was Rose Marie O'Brien, the groom's sister.

The best man was David

O'Brien, the groom's father, and ushers were Darren O'Brien, the groom's brother, Steven McCauslin Jr., the bride's brother, Matt Paczik, Bart Machaud, Dave Hennessy, Chris Norton and John White. The ring bearer was Nicholas Salisbury, the bride's cousin.

The bride is a graduate of Bethlehem Central High School, Junior College of Albany and the University at Albany. She is employed as an accounting clerk by KeyBank in Albany.

The groom, a graduate of Bethlehem Central High School, is employed as a courier by the Albany County Hall of Records in Albany.

After a wedding trip to Cable Beach in the Bahamas, the couple lives in Albany.

The Spotlight remembers

This week in 1987, these stories were making headlines in The Spotlight.

- Locals chosen to be extras in the film *Ironweed* included Kathy Keenan of South Bethlehem, John MacCulloch of Delmar, and Bill Cavin and Lou Spelich, both of Elsmere

- Republican Kenneth Connolly announced that he would run for New Scotland town justice against Democrat Cynthia LaFave, who had narrowly defeated Connolly in an upset in 1983.

- Bethlehem Central Middle School teacher Jeannette Rice was planning to participate in a cross-country bike trip/fundraiser for the American Lung Association.

- The Bethlehem Central boys volleyball team won the Suburban Council championship. Key players were Pete Russo, Doug Pratt, Bill Liddle, Mark Richter, Toby Dunmore and Steve Ainsworth.

- The drama club of Clayton A. Bouton High School presented *Arsenic and Old Lace*, starring Renee Hunter, Jill Guyer, Michael Galuska, Amy Hibbert, Joe Kraemer and Justin DeFazio.

Here's to a Wonderful Wedding!



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Mail weddings, engagements

The Spotlight would like to publish your engagement, wedding or anniversary announcement and photo. There is no charge for this community service.

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

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

Community Corner

Historical group meets Thursday

The Bethlehem Historical Association will meet at 2 p.m. Thursday, March 20, at the Cedar Hill Schoolhouse on Route 144 in Selkirk.

A staff naturalist from the Five Rivers Environmental Center will talk on "Our Spring Wildflowers." The public is invited to attend.

SPOTLIGHT ON
Family Entertainment
 CALENDAR • ARTS & ENTERTAINMENT

Feestelijk to celebrate spirit of community

By Mel Hyman

Celebration, community spirit and tradition are fast disappearing from American life, unless of course if it's sports or shopping related.

To combat this trend and inspire a sense of community, the organizers of Feestelijk Bethlehem are hoping that the evening of music and art planned for Saturday, May 3, will become a tradition in town, even a rite of spring.

If you're not already familiar with what's happening, the following narrative will fill you in. But first things first.

Buttons for the event go on sale starting Saturday, March 22. Four hours of some of the best local entertainment around costs a mere \$5, a rather nifty price considering what concert tickets go for these days. But if you wait until the last minute and pay at the door, buttons will cost \$7.

And just think, for this modest sum, you'll be able to catch more than two dozen individuals and/or groups in concert at 12 centrally located venues right here in Bethlehem.

Heading the entertainment list is Hair of the Dog, a talented group which specializes in Irish music and has one CD to its credit and another on the way, produced by the band's bass guitar player, Rick Bedrosian of Delmar.

Hair of the Dog been a fixture on the local music scene for several years now. They will appear at the Elsmere Firehouse.



Other popular performers include Skip Parsons' Clarinet Marmalade, which will play Dixieland tunes at St. Stephen's Church Hall.

Joni Goldberg, the acclaimed storyteller who weaves tales for children of all ages, will appear at Bethlehem Public Library community room.

For classical music fans, the Empire State Youth Orchestra String Quartet will perform in the Church of St. Thomas the Apostle, and if dance is your thing, the Tri-Village Squares will challenge you to "do si do" to a family line dance in Bethlehem Central Middle School cafeteria.

The list of performers goes on. The powerful vocals of the Friendship Singers, a choral group, will fill Delmar Presbyterian Church. The delicate strings of harpist Lucy McCaffrey can be heard in St. Stephen's Church. And classical pianist Findlay Cockrell will perform in the Delmar Reformed Church Sanctuary.

Helping to round out the evening will be an array of talent from local youth groups such as Piping Rock (the middle school choir), the Encore "Vignettes" (the high school theater group), the Elsmere choir, the Boland School of Irish Dance and the Sound Sensation (the middle school chorus).

"With such a plethora of entertainment to choose from," said Jill Rifkin, a volunteer with the Feestelijk Bethlehem's Entertainment Committee. "We are guaran-



Ed Stander of Delmar and his glass harmonica will be one of dozens of musical acts in the Bethlehem Feestelijk celebration May 3.

teed to keep audiences captivated."

"Since Feestelijk Bethlehem is intended as a family festival," said Lorraine Smith, co-chairperson of the event, "parents are encouraged to spend the evening with their children."

Those under age 5 do not need a button.

By the way, Feestelijk is the Dutch word for festival, which is just what the event organizers have in mind — a music and arts fest designed to coincide with spring.

Woodstock, it won't be, but it should nevertheless be a lot of fun.

French farce to be unveiled regionally at Lake George Dinner Theater in June

A French farce done successfully in London will make its regional debut in June at the Lake George Dinner Theater.

The summer long run of *Don't Dress for Dinner* will be staged by Bruce Jordan, veteran director and actor at the Lake George Dinner Theater and a successful producer of *Sheer Madness*.

This latter play which made its American debut in Lake George in the 1970s was later purchased by Jordan and Marilyn Abrams one of the actors in the mystery-comedy.

Together they parlayed this mystery, *Sheer Madness*, into a world-wide hit with productions still running in Washington, D.C. and Boston with other productions opening regularly around the world.

The two producers, both actors, keep tight control on the play. They don't permit anyone else to produce it. Usually, when a production opens, such as in Montreal and Spain and even Israel, the two will stage it and appear in it for the first several weeks or months and then replace themselves.

Although both live locally, Jordan in Schenectady, and Abrams in Albany, they are ready to travel to wherever a production is appearing to keep tabs on the quality and the marketing. Jordan continues to work with Lake George producer Vicki Eastwood whose late husband, David, was the original producer of *Sheer Madness*.

As for *Don't Dress for Dinner*, Jordan caught the French farce by Mario Canoletti while it was running in London in 1991. Farce is quite popular in London and this play was quite successful.



Martin P. Kelly

SPOTLIGHT

By Martin P. Kelly

Billed as a saucy, spicy romp, the show will open June 21 and run through October 11.

Information is available for discounted patron tickets and groups at 668-2198.

Home Made Theater plans benefit at Gideon Putnam hotel April 12

The 10th anniversary dinner dance benefit for the Home Made Theater will be held April 12 at the Gideon Putnam Hotel in Saratoga Springs.

The famed hotel is only a short distance from the Little Theater at SPAC where Home Made Theater presents its productions.

The receipts from this April in Paris benefit will assist in the expenses for the spring production of *Noises Off*, a farce by Michael Frayn.

There will also be a silent auction to raise funds after the dinner, prior to dancing. A cocktail party starts the evening.

Tickets are \$45 per person. Reservations at 587-4427.

Poet appears tonight at Siena to explore sex and gender

Minnie Bruce Pratt appears tonight (Wed. Mar. 19) at Roger Bacon Hall to read her poetry as part of the Greyfriar Living Literature Series.

Focusing her writing on the life and conflict of being a lesbian, her poetry, according to critics, straddles the lines of gender.

Her book, *Crime Against Nature*, deals with her relationship to her sons as a lesbian mother. She teaches women's studies at the Union Institute in Cincinnati.

Admission is free to the 8 p.m. reading.

ACT revives *All in the Timing* to pay travel expenses

After winning the statewide short-play category with their offering *All in the Timing* at the Association of New York State's Festival in Auburn last fall, the Albany Civic Theater was faced with lack of funds to send the company to the Eastern State Theater Association competition April 10 in Olean.

As a result, the company will play three more performances of the production at the Steamer 10 theater on Madison Avenue and Lawrence Street with the funds going towards the trip.

Curtain is at 8 p.m. all three nights. Tickets are \$10 with reservations available at 438-5503.

Appearance by Gregory Peck to benefit Capital Rep

When the 81-year-old Gregory Peck takes stage in the Hart Theater at The Egg for one performance, May 5, where he will give the audience anecdotes about his life in films.

The appearance will be interactive with audience members asking questions about Peck's movie career.

Tickets will be \$60 for the general public. Subscribers will go for \$48.

Call 462-4531 for reservations.

Around Theaters!

Sherlock's Secret Life through March 26 at the New York State Theatre Institute (274-3256) ... *The Crucible* at Schenectady Civic Theater through March 30 (382-2081).

ARTS and ENTERTAINMENT

THEATER

"DEATHTRAP"
story of a playwright who will go to any lengths to recover from a string of flops, Proctor's Theater, 432 State Street, Albany, 8 p.m., April 1 and 2, \$26.50 to \$32.50. Information, 382-1083.

"SANDGLASS THEATER'S AUTUMN PORTRAITS"
Eric Boss uses puppetry to present a series of vignettes about characters in our lives, Ulman Theater, Union College, Schenectady, 8 p.m., April 11, 12, \$15. Information, 382-1083.

"THE ODD COUPLE"
tale of two close friends and why they shouldn't live together, Proctor's Theater, 432 State Street, Albany, 8 p.m., April 14, \$26.50 to \$32.50. Information, 382-1083.

"HOW TO SUCCEED IN BUSINESS WITHOUT REALLY TRYING"
Tony Award and Pulitzer Prize winning musical about window washer at a giant corporation on a comical and quick climb to the top of the corporate ladder, Proctor's Theater, 432 State Street, Schenectady, March 22, 2 and 8 p.m., March 23, 2 and 7 p.m., \$29.50 to \$42.50. Information, 382-1083.

"HAYFEVER" BY NOEL COWARD
four innocents are trapped in a country weekend with an eccentric selfish family, Church of the Covenant, Route 43, Averill Park, Friday and Saturday at 8:30 p.m., Sunday at 2:30 p.m., March 21, 22, and 23, \$8 adults, \$5 children and seniors. Information, 674-3719.

"LES LIAISONS DANGEREUSES"

Christopher Hampton's tale of boudoir war tactics set in the pre-revolutionary salons of Paris, Swyer Theatre at the Empire State Center at the Egg, Empire State Plaza, Albany, 8 p.m. on March 20, 21, and 22, \$15. Information, 473-1845.

"SHERLOCK'S SECRET LIFE"
Ed. Lange's sophisticated comedy-mystery, Schact Fine Arts Center, Russell Sage College, Troy, through March 26, \$15 adults, \$8 seniors, children and students. Information, 274-3256.

"TO KILL A MOCKINGBIRD"
Harper Lee's classic about one man's courageous effort to stand for justice, Capital Repertory Company, North Pearl Street, Albany, Tuesday through Thursday at 7:30 p.m., Friday at 8 p.m., Saturday at 4:30 and 8:30 p.m., Sunday at 2:30 p.m., through April 20, \$18 to \$32. Information, 462-4531.

JOHN KELLY'S "FIND MY WAY HOME"
a retelling of the myth of Orpheus and Eurydice, Yulman Theatre, Union College, Schenectady, 8 p.m. on March 21 and 22, \$15 general, \$10 student with ID. Information, 382-1083.

"POCAHONTAS"
stage version of unforgettable tale of love and adventure, Empire Center at the Egg, Empire State Plaza, Albany, 1 and 4 p.m. on March 23, \$10 adult, \$8 senior and child. Information, 473-1845.

MUSIC

"ANN HAMPTON CALLAWAY AND LIZ CALLAWAY"
13-song musical piece embracing show tunes, pop duets and jazzy solos interspersed with catty needling and one-upmanship, Empire Center at the Egg, Empire State Plaza, Albany, 8 p.m., March 21, \$18. Information, 473-1845.

"GOSPEL CONNECTION NORTH"
Caffe Lena, 47 Phila Street, Saratoga Springs, 8 p.m., March 29, \$9.47. Information, 583-0022.

EMPIRE STATE YOUTH ORCHESTRA
Stravinsky's *Firebird*, Debussy's *Prelude to the Afternoon of a Faun*, Johannes Brahms' *Tragic Overture*, Troy Savings Bank Music Hall, 8 p.m., March 22, \$6 and \$9. Information, 382-7581.

"LESLIE RITTER AND SCOTT PETITO"
Caffe Lena, 47 Phila Street, Saratoga Springs, 8 p.m., March 21, \$9.47. Information, 583-0022.

STEVEN CURTIS CHAPMAN AND AUDIO ADRENALINE
Pepsi Arena, Albany, 7:30 p.m., May 1, \$18.50 and \$13.50. Information, 476-1000.

"MICHAEL JERLING"
Caffe Lena, 47 Phila Street, Saratoga Springs, 8 p.m., March 22, \$9.47. Information, 583-0022.

"MICHAEL MASSIMO"
Caffe Lena, 47 Phila Street, Saratoga Springs, 7 p.m., March 23, \$9.47. Information, 583-0022.

"ST. REGIS STRING BAND"
Caffe Lena, 47 Phila Street, Saratoga Springs, 8 p.m., March 28, \$9.47. Information, 583-0022.

CALL FOR ARTISTS

ELECTRIC CITY CHORUS
singing done in cappella, Electric City Chorus, Faith United Methodist Church, Schenectady, 7:30 p.m., March 18, 25. Information, 732-2035.

PARK PLAYHOUSE AUDITIONS
"Man of La Mancha" and "White Arrow", Park Playhouse, Washington Park, Albany, March 21, 22, 23. Information, 434-2035.

MONDAY MUSICAL CLUB WOMEN'S CHORUS
invitation for new members to join them singing 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, Inc., P.O. Box 7218, Capital Station, Albany 12224. Information, 439-2955.

CAPITAL COMMUNITY VOICES

singers needed, rehearsals at Columbia High School, 7 to 9 p.m. Tuesdays. Information, 477-8308.

CLASSES

"STAR SHOW: GALAXIES"
explores the mysteries of stars, Henry Hudson Planetarium, 25 Quackenbush Square, Albany, Saturdays in March, 11:30 a.m., \$4. Information, 434-5132.

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.

LECTURES

FEMINIST WRITER MINNIE BRUCE PRATT
essays and poetry focus on the fluidities of sexuality and gender, Roger Bacon Hall, Room 202, Siena College, Loudonville, 8 p.m., March 19. Information, 783-2546.

"GREAT HUNGER LECTURE"
lecture, slide show and video presentation, Bethlehem Public Library, 451 Delaware Ave., 7:30 p.m., March 25, free. Information, 439-9314.

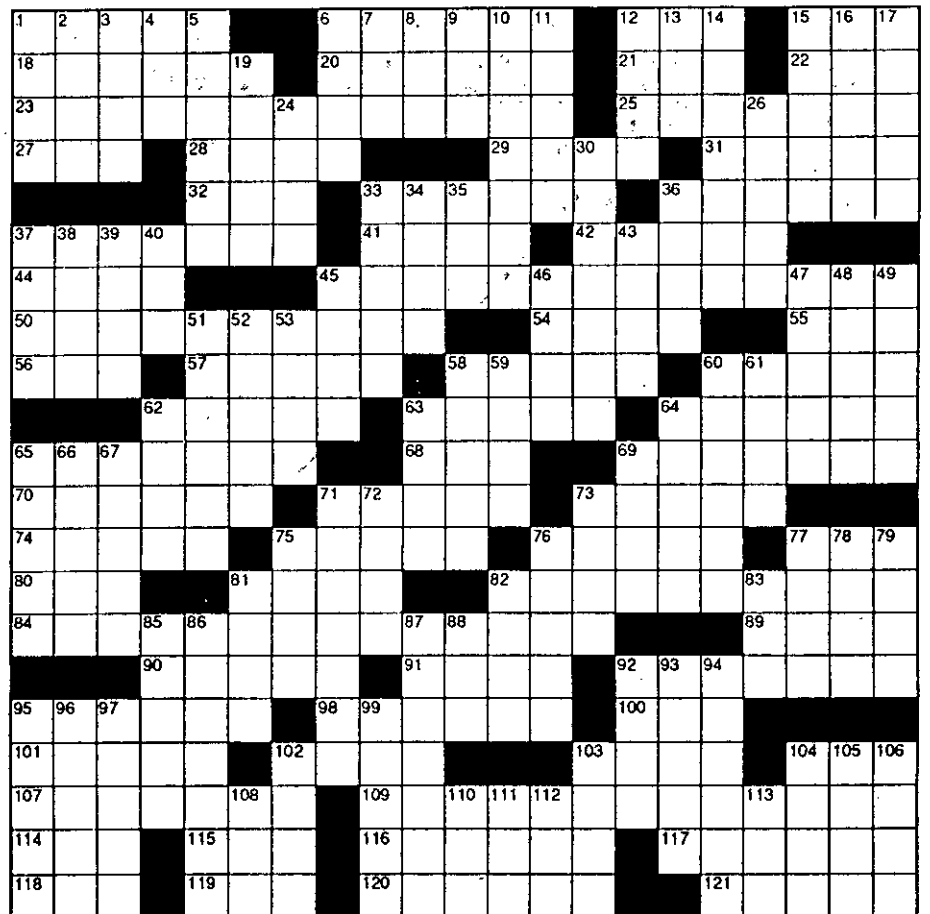
VISUAL ARTS

"THE GREAT HUNGER"
Irish American Heritage Museum's exhibit on the potato famine, Legislative Office Building, Albany, through March 31, free. Information on hours, 455-5156.

"AMERICAN PRESIDENTS OF IRISH DESCENT"
biographical portraits of 19 U.S. presidents, sponsored by the Irish American Heritage Museum in the Leo J. O'Brien Federal Building, North Pearl Street, Albany, through March 31, free. Information on hours, 431-4310.

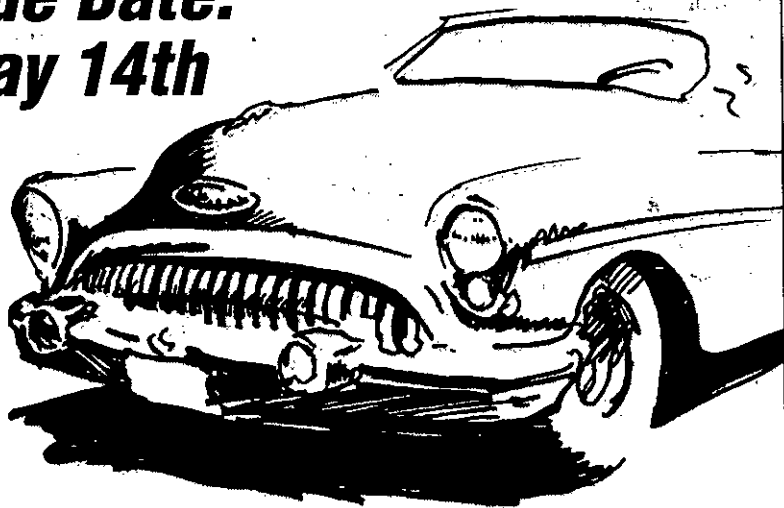
Super Crossword

- | | | | | | |
|---|-----------------------------------|--------------------------------------|---|----------------------------------|----------------------------------|
| ACROSS | 57 Mete out the minestrone | 92 Night worker? | Strokes' | 46 Completes the cake | 81 Bring to a halt |
| 1 Sharp | 58 Joy | 95 Sylvester's snooze | 7 Sts. | 47 Cheerleader's maneuver | 82 Canterbury cleaner |
| 6 "...to soothe a savage—" | 60 Heaps up | 98 Declare | 8 — Marie Saint | 48 Castle or Dunne | 83 Pea soup, e.g. |
| 12 Corn portion | 62 Used coupons | 100 High dudgeon | 9 Objective | 49 Sniffed | 85 Places for pins? |
| 15 TV-listings abbr. | 63 Lock | 101 Sign of spring? | 10 Manage to gather | 51 Tongues of fire | 86 Stretchy |
| 18 Telescope view | 64 Geological feature | 102 Correct a text | 11 Mortise's mate | 52 Carried on loudly | 87 Make the old new |
| 20 Guidance | 65 Diet and exercise, e.g. | 103 Maharashtra music | 12 "Mirabella" rival | 53 "East of —" | 88 When the French fry |
| 21 Shreveport coll. | 68 Part 3 of remark | 104 Research site | 13 Simile center | 54 Cattle crook | 89 Prejudice |
| 22 Computer acronym | 69 After the fact | 107 1962 hit for the Tornados | 14 Wedding-dress feature | 55 Musical Myra | 92 Egged on |
| 23 Start of a remark by Milton Berle | 70 Called to mind | 109 End of remark | 15 Pianist Jorge | 60 Kind of roof? | 93 Library patron |
| 25 Italian opera house | 71 "Watership Down" author | 114 Remnant | 16 Build a fortune | 61 Director Reitman | 94 Cook for a crowd? |
| 27 Stimp's pal | 73 "Shogun" setting | 115 Belief | 17 Gulf nation | 62 Indian sectarian | 95 Where the action is |
| 28 Idi — | 74 Sounds of sorrow | 116 Pious | 18 Travel with Tonto | 63 "Younger — Springtime" | 96 Diacritical mark |
| 29 After-bath wear | 75 Actress Keaton | 118 — Dawn Chong | 19 Calculating person, in brief? | 64 Shed | 97 Tim Rice musical |
| 31 Goes for it | 76 Peace's partner | 119 Void | 20 Super Bowl sound | 65 Mend | 98 "The Overcoat" author |
| 32 — Zeppelin | 77 Dracula's alter ego | 120 Bob Marley was one | 30 Steer clear of | 66 Angler's danglers | 99 Discourteous |
| 33 Tranquil | 80 Monty's milieu | 121 Ice-cream ingredient | 31 "M*A*S*H" man | 67 Numskull | 100 "Gigi" author |
| 36 Distorts | 81 Match socks, e.g. | 2 Sidewalk eatery | 32 Design | 71 See socially | 101 Border on |
| 37 Texas city | 82 Nautilus relative | 3 — Bator | 33 Pom's perch | 72 Sticks out | 102 VHS alternative |
| 41 Jacob's twin | 84 Part 4 of remark | 4 Make a doily | 34 Tend the sauce | 73 Escalator sign | 103 Nile slitherer |
| 42 Pallid | 89 Toast topper | 5 Do as the doctor orders? | 35 Put the metal to the metal | 74 Bee-product? | 104 Say please too often? |
| 44 A swan was her swain | 90 Solo | 6 Conrad of "Diff'rent | | 75 "Showboat" song | 105 JFK abbr. |
| 45 Part 2 of remark | 91 Handy bit of Latin | | | 76 Cruising | 106 Still |
| 50 Cold storage | | | | 77 Adventurous Heyerdahl | 107 Dam-building org. |
| 54 Vandyke site | | | | | |
| 55 He's paid to play | | | | | |
| 56 "One Day — Time" | | | | | |



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AROUND THE AREA

WEDNESDAY
MARCH 19

ALBANY COUNTY
WINTER FARMERS' MARKET
Grand Concourse, Empire State Plaza, Albany, 11 a.m.

"STRESS MANAGEMENT"
educational program, Bellevue Hospital, Medical Arts Building Rte. 7, Niskayuna, 7:30 p.m. Information, 346-9410.

FARMERS' MARKET
Holy Cross Church, Western Avenue and Brevator Street, Albany, 2 to 6 p.m. Information, 272-2972.

SQUARE DANCE
Single Squares of Albany, St. Michael's Community Center, Linden Street Extension, Cohoes, 7:30 p.m. Information, 459-2888.

SCHENECTADY COUNTY
WRITING WORKSHOP
for advanced fiction writers, room 210, Proctor's Arcade, Schenectady, 7 p.m. Information, 381-8927.

ALZHEIMER'S SUPPORT GROUP
for those who care for Alzheimer's patients, Royce House, 117 Nott Terrace, Schenectady, 1 p.m. Information, 438-2217.

RIVER VALLEY CHORUS MEETING
Glen Worden School, 34 Worden Road, Scotia, 7:30 p.m. Information, 355-4264.

FAST FOR THE COMMON GOOD
with The NY State Labor-Religion Coalition to stop proposed budget cuts, March 19, 20, 21. Information, 459-5400.

THURSDAY
MARCH 20

ALBANY COUNTY
CHORUS REHEARSAL
sponsored by Capital and Chorus of Sweet Adelines, New Covenant Church, 916 Western Ave., Albany, 7:30 p.m. Information, 237-4384.

MANAGERIAL MEDITATION PROGRAM
to help managers control stress in the workplace, Albany Law School Faculty Trustees Room, 80 New Scotland Ave., Albany, 8:30 a.m. to 4:30 p.m., \$125. Information, 458-9851.

ST. ROSE INFORMATION SESSION
for students who wish to transfer to the college of Saint Rose, Campus Activities Center Room 105, 420 Western Ave. Information, 454-5150.

SCOLIOSIS SUPPORT GROUP
for individuals and families, Conklin Conference Room, Albany Memorial Hospital, Northern Boulevard, Albany, 7:30 p.m. Information, 475-0859.

ALZHEIMER'S SUPPORT GROUP
University Heights Health Care Center, 235 Northern Blvd., Albany, 5 p.m. Information, 438-2217.

HUNGER AWARENESS DAY
more than 50 events are planned in communities all across New York State. Information, 434-7371.

CAPITAL DISTRICT TRANSPORTATION COMMITTEE MEETING
open to public, CDTC Staff Offices, 5 Computer Dr. West, Albany, 3 p.m. Information, 458-2161.

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.

EATING DISORDERS SUPPORT GROUP
Albany Public Library, 161 Washington Ave., Albany, 7:30 to 9 p.m. Information, 465-9550.

FRIDAY
MARCH 21

ALBANY COUNTY
NORTHEAST GREAT OUTDOORS SHOW

for people of all ages, March 21 to 23, Empire State Plaza, 10 a.m. to 8 p.m., \$6, \$4 for children. Information, 383-6183.

LAMAZE WEEKEND GETAWAY
for expectant mothers and fathers, March 21-22, Albany Mariot Hotel. Information, 452-3456.

MOTHERS' DROP IN
sponsored by the Capital District Mothers' Center, First Congregational Church, Quail Street, Albany, 9:30 a.m. to noon. Information, 475-1897.

SENIORS LUNCHESES
Albany Jewish Community Center, 340 Whitehall Road, Albany, 12:30 p.m. information, 438-6651.

SATURDAY
MARCH 22

ALBANY COUNTY
FOOD SHUTTLE ORIENTATION
for those interested in volunteering, Junior League of Albany Headquarters, 419 Madison Ave., 11 a.m. Information, 462-1111.

AFRICAN VIOLET SHOW
open to public, March 22 to 23, Knights of Columbus Hall, 375 Ontario Street, Albany, 2:30 to 6:00 p.m., \$1.50. Information, 482-2051.

SAGE COLLEGE OPEN HOUSE
for prospective students, Sage Campus, 9:30 a.m. to 2 p.m. information, 445-1730.

DOMESTIC VIOLENCE PROGRAM
open to public, Jack's Oyster House, 42 State St., reservations required, \$14 must be paid by March 17. Information, 459-5141.

SUNDAY
MARCH 23

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.

CAPITAL AREA COUNCIL OF CHURCHES WALK RALLY
for all recruiters of last years walkers, First Lutheran Church, 181 Western Ave., 5:30 to 7 p.m. Information, 462-5450.

PURIM DINNER
presented by Maimonides Hebrew Day School, Beth Abraham-Jacob, 380 Whitehall Rd, 3 p.m. Information, 436-0343.

RETIRED OFFICERS ASSOCIATION MEETING
for members and their guests, Chaucher's Restaurant, 1691 Route 9, Clifton Park, 1 p.m. Information, 664-8203.
<HEAD>SCOTTISH DANCING
Unitarian Church, Washington Ave., Albany, 7 to 10 p.m. information, 377-8792.

MONDAY
MARCH 24

ALBANY COUNTY
SENIORS LUNCHESES
Albany Jewish Community Center, 340 Whitehall Road, Albany, 4:45 p.m. Information, 438-6651.

SCHENECTADY COUNTY
SCOTTISH DANCING
Salvation Army, Smith Street, Schenectady, 8 to 10 p.m. Information, 783-6477.

TUESDAY
MARCH 25

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 LUNCHESES
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.

RECOVERY, INC.
self-help group for former mental and nervous patients, Unitarian Church, of Albany, 405 Washington Ave., Albany, 7:30 p.m. Information, 346-8595.

SCHENECTADY COUNTY
MS SELF-HELP GROUP
Multiple Sclerosis Self-Help Group of Schenectady County, Sunnyview Hospital, Belmont Avenue, Schenectady, 9:30 a.m. Information, 427-0421.

RECOVERY, INC.
self-help group for former mental and nervous patients, Unitarian House, 1248 Wendall Ave., Schenectady, 7:30 p.m. Information, 346-8595.

SECULAR SOBRIETY GROUP
group for recovering alcoholics, Temple Gates of Heaven, corner of Ashmore Avenue and Eastern Parkway, Schenectady, 7:30 p.m. Information, 346-5569.

COLUMBIA COUNTY
EATING DISORDERS SUPPORT GROUP
Christ Episcopal Church, Union Street, Hudson, 7:30 to 9:30 p.m. Information, 465-9550.

WEDNESDAY
MARCH 26

ALBANY COUNTY
WINTER FARMERS' MARKET
Grand Concourse, Empire State Plaza, Albany, 11 a.m.
VEGETARIAN LASAGNE DINNER
open to all, First Presbyterian Church, corner of State and Willett, Albany, 6 p.m., \$10. Information, 462-0891.

COLLEGE BOUND TRANSITION PROGRAM FOR PARENTS
for the parents of High School Juniors and Seniors, Guilderland High School, West Building Lecture Center, located off Depot Road, 7:30 p.m. Information, 482-8789.

FARMERS' MARKET
Holy Cross Church, Western Avenue and Brevator Street, Albany, 2 to 6 p.m. Information, 272-2972.

ENDOMETRIOSIS FREE COMMUNITY PROGRAM
informing the public on the connection of endometriosis and infertility, Bellevue Hospital, Niskayuna, 7:30 p.m. Information, 346-9410.

SQUARE DANCE
Single Squares of Albany, St. Michael's Community Center, Linden Street Extension, Cohoes, 7:30 p.m. Information, 459-2888.

SCHENECTADY COUNTY
TODDLER STORYBOOK TIME
for toddlers ages 22-35 months, Wednesday evenings, March 26 to April 16, Emma Willard's Children's School, free. Information, 274-3476.

Spotlight on Dining

元寶屋 DUMPLING HOUSE Chinese Restaurant

Specializing in Dumplings, Lunches, Dinners, Cocktails, Mandarin, Szechuan, Hunan & Cantonese. Eat in or Take Out. Open 7 days a week.
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N	Y	K	L	I	N	F	C	A	X	V	S	Q	O	L
J	H	L	E	G	E	O	R	G	I	A	C	A	X	V
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R	E	T	I	U	R	F	L	E	Y	Z	Z	U	F	Q
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Find the listed words in the diagram. They run in all directions-forward, backward, up, down and diagonally.

Clingstone	Fruit	Juicy	Rose family
Drupe	Fuzzy	Nectarine	Seed
Flesh	Jam	Nutlet	Sweet
Freestone	Jelly	Ripe	

The Spotlight CALENDAR

WEDNESDAY
MARCH 19

THURSDAY
MARCH 20

FIRST CHURCH OF CHRIST, SCIENTIST
Sunday school and worship service, 10 a.m., child care provided, 555 Delaware Ave. Information, 439-2512.

ST. MICHAEL'S CHURCH
Latin Mass, 10 a.m. Sunday, 5:30 p.m. daily, Route 9W at Beacon Road, Glenmont. Information, 462-2016.

UNITED PENTECOSTAL CHURCH
Sunday school and worship service, 10 a.m., choir rehearsal: 5 p.m., evening service, 6:45 p.m., Route 85, New Salem. Information, 765-4410.

DELMAR COMMUNITY ORCHESTRA
rehearsal, town hall, 445 Delaware Ave., 7:30 p.m. Information, 439-4628.

BETHLEHEM
BETHLEHEM LUTHERAN CHURCH
Lenten Services, 7:30 p.m., 85 Elm Ave., Delmar. Information, 439-4328.

BETHLEHEM
RECOVERY, INC.
self-help for chronic nervous symptoms, First United Methodist Church, 428 Kenwood Ave., 10 a.m. Information, 439-9976.

BETHLEHEM COMMUNITY CHURCH
Sunday school and worship service, 10 a.m., nursery provided, 201 Elm Ave. Information, 439-3135.

SOLID ROCK CHURCH
worship service, 11 a.m., 1 Kenwood Ave. Information, 439-4314.

FIRST UNITED METHODIST CHURCH OF VOORHEESVILLE
church school, 10 a.m., worship service, 8:30 a.m., adult classes, 5:30 p.m., 68 Maple Ave. Information, 765-2895.

AA MEETING
Bethlehem Lutheran Church, 85 Elm Ave., 8:30 p.m. Information, 489-6779.

BC SCHOOL BOARD
district office, 90 Adams Place, 8 p.m. Information, 439-7098.

YOUTH EMPLOYMENT SERVICES
Parks and Recreation Office, Elm Avenue Park, 2 to 4:30 p.m. Information, 439-0503.

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.

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.

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.

NEW SCOTLAND
QUARTET REHEARSAL
United Pentecostal Church, Route 85, New Salem, 7:15 p.m. Information, 765-4410.

ZONING BOARD OF APPEALS
town hall, 445 Delaware Ave., 7:30 p.m. Information, 439-4955.

BETHLEHEM SENIOR CITIZENS
town hall, 445 Delaware Ave., 12:30 p.m. Information, 439-4955.

SELKIRK CONGREGATION OF JERIOVAH'S WITNESSES
Bible lecture, 9:30 a.m., Watchtower Bible study, 10:25 a.m., 359 Elm Ave. Information, 439-0358.

BETHLEHEM LUTHERAN CHURCH
Palm Sunday Services at 8 a.m. and 10:30 a.m., Sunday School 9:15 a.m., 85 Elm Ave., Delmar. Information, 439-4328.

CLARKSVILLE COMMUNITY CHURCH
Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by coffee hour, nursery care provided. Information, 768-2916.

TUESDAY
MARCH 25

DEFENSIVE DRIVING COURSE
Delmar Reformed Church, 386 Delaware Ave., 5:30 to 11:45 p.m. Information, 459-9048.

AMERICAN LEGION LUNCHEON
for members, guests and membership applicants, Blanchard Post, 16 Poplar Drive, noon.

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.

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.

MONDAY
MARCH 24

BETHLEHEM
INDOOR PISTOL SHOOTING
Albany County Pistol Club, Winne Place, 7 to 9 p.m. Information, 439-0057.

BINGO
Blanchard American Legion Post, 16 Poplar Drive, 7:30 p.m. Information, 439-9819.

AA MEETINGS
Slingerlands Community Church, 1499 New Scotland Road, noon, and Delmar Reformed Church, 386 Delaware Ave., 8:30 p.m. Information, 489-6779.

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.

BETHEL BAPTIST CHURCH
Sunday school, 9:15 a.m., worship service, 10:15 a.m., Auberge Suisse Restaurant, Route 85. Information, 475-9086.

BETHLEHEM
INDOOR PISTOL SHOOTING
Albany County Pistol Club, Winne Place, 7 to 9 p.m. Information, 439-0057.

TREASURE COVE THRIFT SHOP
First United Methodist Church, 428 Kenwood Ave., 11 a.m. to 6 p.m.

BOY SCOUT TROOP 58
Elsmere Elementary School, 247 Delaware Ave., 7:30 to 9 p.m. Information, 439-4205.

CLASS IN JEWISH MYSTICISM
Delmar Chabad Center, 109 Elsmere Ave., 8 p.m. Information, 439-8280.

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.

FAITH TEMPLE
Sunday school, 10 a.m., worship service, 7 p.m., New Salem. Information, 765-2870.

DELMAR KIWANIS
Days Inn, Route 9W, 6:15 p.m. Information, 439-5560.

BINGO
at the Bethlehem Elks Lodge, Route 144, 7:30 p.m.

YOUTH EMPLOYMENT SERVICES
Parks and Recreation Office, Elm Avenue Park, 2 to 4:30 p.m. Information, 439-0503.

NEW SCOTLAND
NEW SCOTLAND KIWANIS CLUB
New Scotland Presbyterian Church, Route 85, 7 p.m.

DELMAR FULL GOSPEL CHURCH
Sunday services, 8:30 and 10:30 a.m., 292 Elsmere Ave. Information, 439-4407.

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.

DELMAR ROTARY
Howard Johnson's, Route 9W. Information, 439-9988.

YOUTH EMPLOYMENT SERVICES
Parks and Recreation Office, Elm Avenue Park, 2 to 4:30 p.m. Information, 439-0503.

WELCOMEWAGON
newcomers, engaged women and new mothers, call for a Welcome Wagon visit, Monday to Saturday, 8:30 a.m. to 6 p.m. Information, 439-1531 or 439-4067.

FRIDAY
MARCH 21

BETHLEHEM LIONS CLUB
Days Inn, Route 9W, Glenmont, 7 p.m. Information, 439-4857.

BETHLEHEM
AA MEETING
First Reformed Church of Bethlehem, Route 9W, 7:30 p.m. Information, 489-6779.

DELMAR REFORMED CHURCH
worship services, 9, 11 a.m. and 5:30 p.m., nursery care provided, 386 Delaware Ave. Information, 439-9929.

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.

DELMAR ROTARY
Howard Johnson's, Route 9W. Information, 439-9988.

BETHLEHEM ELKS LODGE 2233
Route 144, Cedar Hill, 8 p.m. Information, 767-2886.

CHABAD CENTER
Friday services, discussion and kiddush at sunset, 109 Elsmere Ave. Information, 439-8280.

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.

NEW SALEM REFORMED CHURCH
adult Bible study, 9 a.m., junior choir or chime choir practice, 9 a.m., worship service, 10 a.m. recorder group practice, 11 a.m., nursery care provided, Route 85. Information, 439-6179.

ONESQUETHAW REFORMED CHURCH
worship service, 9:30 a.m., Sunday school, 10:45 a.m., Tarrytown Road, Feura Bush. Information, 768-2133.

DELMAR ROTARY
Howard Johnson's, Route 9W. Information, 439-9988.

ONESQUETHAU CHAPTER, ORDER OF THE EASTERN STAR
Masonic Temple, 421 Kenwood Ave., 8 p.m. Information, 439-2181.

NEW SCOTLAND
YOUTH GROUP MEETINGS
United Pentecostal Church, Route 85, New Salem, 7 p.m. Information, 765-4410.

GLENMONT COMMUNITY CHURCH
Sunday school and worship service, 10:30 a.m., child care available, 1 Chapel Lane. Information, 436-7710.

ONESQUETHAW REFORMED CHURCH
worship service, 9:30 a.m., Sunday school, 10:45 a.m., Tarrytown Road, Feura Bush. Information, 768-2133.

UNIONVILLE REFORMED CHURCH
Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by fellowship, Delaware Turnpike. Information, 439-5001.

DELMAR ROTARY
Howard Johnson's, Route 9W. Information, 439-9988.

TESTIMONY MEETING
First Church of Christ, Scientist, 555 Delaware Ave., 8 p.m. Information, 439-2512.

SATURDAY
MARCH 22

SOLID ROCK CHURCH
1 Kenwood Ave., evening prayer and Bible study, 7 p.m. Information, 439-4314.

BETHLEHEM
AA MEETING
Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779.

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.

PRESBYTERIAN CHURCH IN NEW SCOTLAND
worship service, 10 a.m., church school, 11:15 a.m., nursery care provided, Route 85. Information, 439-6454.

UNIONVILLE REFORMED CHURCH
Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by fellowship, Delaware Turnpike. Information, 439-5001.

DELMAR ROTARY
Howard Johnson's, Route 9W. Information, 439-9988.

NEW SCOTLAND
VOORHEESVILLE PLANNING COMMISSION
village hall, 29 Voorheesville Ave., 7:30 p.m. Information, 765-2692.

NEW SCOTLAND
KIWANIS CHICKEN BARBECUE
Super Valu Food, Maple Avenue, Voorheesville, 3 to 7 p.m.

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.

PRESBYTERIAN CHURCH IN NEW SCOTLAND
worship service, 10 a.m., church school, 11:15 a.m., nursery care provided, Route 85. Information, 439-6454.

UNIONVILLE REFORMED CHURCH
Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by fellowship, Delaware Turnpike. Information, 439-5001.

DELMAR ROTARY
Howard Johnson's, Route 9W. Information, 439-9988.

NEW SCOTLAND SENIOR CITIZENS
Wyman Osterhout Community Center, New Salem, call for time. Information, 765-2109.

SUNDAY
MARCH 23

AA MEETING
First Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 489-6779.

BETHLEHEM
UNITY OF FAITH CHRISTIAN FELLOWSHIP CHURCH
Sunday school and worship service, 10 a.m., 436 Krumkill Road. Information, 438-7740.

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.

PRESBYTERIAN CHURCH IN NEW SCOTLAND
worship service, 10 a.m., church school, 11:15 a.m., nursery care provided, Route 85. Information, 439-6454.

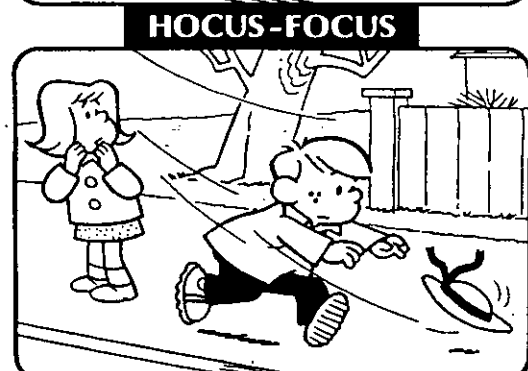
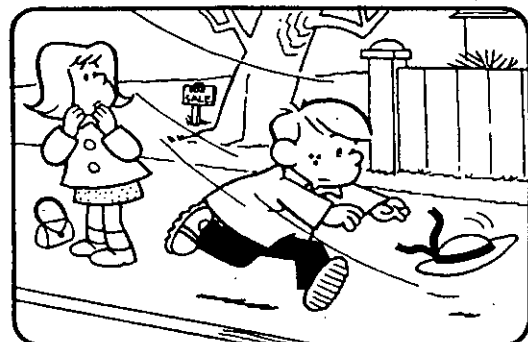
UNIONVILLE REFORMED CHURCH
Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by fellowship, Delaware Turnpike. Information, 439-5001.

DELMAR ROTARY
Howard Johnson's, Route 9W. Information, 439-9988.

AL-ANON MEETING
First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 479-6469.

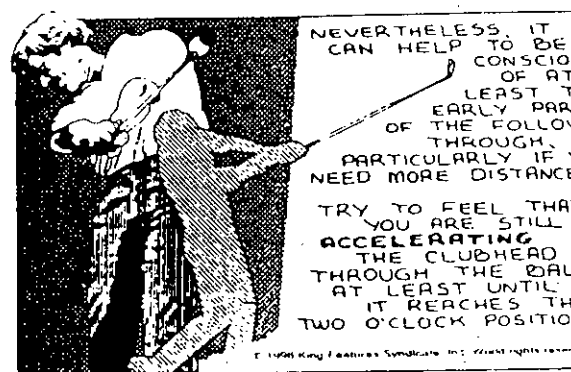
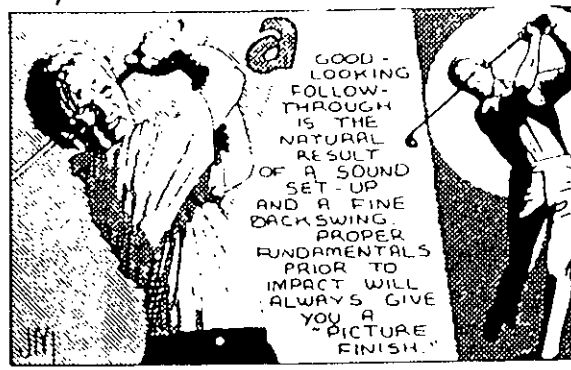
FAITH TEMPLE
Bible study, New Salem, 7:30 p.m. Information, 765-2870.

MOUNTAINVIEW EVANGELICAL FREE CHURCH
evening service, Bible study and prayer, Route 155, 7:30 p.m. Information, 765-3390.



HOCUS-FOCUS
FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.
Differences: 1. Jacket is different. 2. Pocketbook is missing. 3. Sign is missing. 4. Leg is moved. 5. Post is different. 6. Hat is moved.

Play Better Golf with JACK NICKLAUS



GOOD-LOOKING FOLLOW-THROUGH IS THE NATURAL RESULT OF A SOUND SET-UP AND A FINE BACK SWING. PROPER FUNDAMENTALS PRIOR TO IMPACT WILL ALWAYS GIVE YOU A "PICTURE FINISH."

NEVERTHELESS, IT CAN HELP TO BE CONSCIOUS OF AT LEAST THE EARLY PART OF THE FOLLOW-THROUGH, PARTICULARLY IF YOU NEED MORE DISTANCE.
TRY TO FEEL THAT YOU ARE STILL ACCELERATING THE CLUBHEAD THROUGH THE BALL AT LEAST UNTIL IT REACHES THE TWO O'CLOCK POSITION.

41st Annual Men's Communion Breakfast
7:00 A.M., March 23, 1997
New Scotland Presbyterian Church
2010 New Scotland Road, New Scotland
The Rev. Nick TeBordo, Chaplain at the Veteran's Administration Medical Center and Co-Pastor of the United Church of Cohoes, will speak on the power of prayer, drawing in part on his work at the VA.
ALL WELCOME NO RESERVATIONS NECESSARY

Easter Services
Announce your Easter Service in next week's Spotlight.
Deadline: Friday, March 21st
To place your ad, call Display Advertising at 439-4940, Fax 439-0609
The Spotlight
Colonia Spotlight
The Loudonville Weekly

Drawings by Henry Bellinoff

LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
Articles of Organization of B&D Industries, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on March 10, 1997, effective upon the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC c/o 4 Norman Drive, Albany, New York 12205. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLC.
(March 19, 1997)

PRO-ACTIVE MANAGEMENT COMPANY

NOTICE OF FORMATION of a Limited Liability Company (LLC), Articles of Organization filed with the Secretary of State of NY (SSNY) 05/24/96, effective on the date of filing. NY office location: Albany county. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail a copy of any process against the LLC served upon him/her to Pro-Active Management Company, 227 S. Pearl Street, 12202. Latest date due to dissolve: Perpetual. Purpose: formed to engage in any lawful act or activity for which limited liability companies may be organized under the LLC.
(March 19, 1997)

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is First Columbia Properties, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on February 18, 1997. 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 6 Majestic Court, Loudonville, New York 12211.
(March 19, 1997)

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is Columbia Acquisition Group, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on February 18, 1997. 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 52 Corporate Circle, Albany, New York 12203.
(March 19, 1997)

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is Columbia Drive, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on February 21, 1997. 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 5 Washington Square, Albany, New York 12205.
(March 19, 1997)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)
The name of the LLC is Columbia Binghamton Group, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on February 7, 1997. 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 52 Corporate Circle, Albany, New York 12203.
(March 19, 1997)

NOTICE FOR PUBLICATION PURSUANT TO PARTNERSHIP LAW SECTION 121-1500

The name of the registered limited liability partnership is Upstate Infectious Diseases, LLP. The date of the filing of the Certificate of Registration with the Secretary of State was December 5, 1996. The County in which the office of the RLLP is to be located is Albany. The agent of the RLLP upon whom process against it may be served is the Secretary of State and such shall mail a copy of any process to: The RLLP, 8 Thurlow Terrace, Albany, New York 12203. The business purpose of the LLP is to engage in the practice of medicine.
(March 19, 1997)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Pursuant to Section 206(c) of The New York Limited Liability Law

1. The name of the limited liability company is DUNLOP PROPERTY MANAGEMENT, LLC.
2. The Articles of Organization were filed with the Secretary of State on February 11, 1997.
3. The office of the Limited Liability Company is to be located 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 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: DUNLOP PROPERTY MANAGEMENT, LLC, 25 Slingerland Street, Slingerlands, New York 12159.
5. The name and street address within New York of the registered agent of the limited liability company upon whom and at which process against the limited liability company can be served is: Richard O. Bolland, Dunlop Property Management, LLC, 25 Slingerland Street, Slingerlands, New York 12159.
6. The latest date on which the limited liability company is to dissolve is February 1, 2032, unless dissolved before such date pursuant to the New York Limited Liability Company Law or the Operating Agreement of the Company.
7. The limited liability company is formed for any lawful business purpose of purposes.
(March 19, 1997)

LEGAL NOTICE

ARTICLES OF ORGANIZATION OF Decker and Sbuttoni Real Estate, LLC a Limited Liability Company filed with the Secretary of State on May 29, 1996. The name of this Limited Liability Company is Decker and Sbuttoni Real Estate, LLC. The principal office of the Limited Liability Company is located in Albany County. The purposes of the company are to engage in the rental real estate business, real estate development, and acquisitions and sales or real estate. The Secretary of State has been designated as agent of the

LEGAL NOTICE

Limited Liability Company upon whom process against it may be served. The post office address within or without this state to which the Department of State shall mail a copy of any process served against it is: Decker and Sbuttoni Real Estate, LLC, 1004 Western Avenue, Albany, New York 12203.
(March 19, 1997)

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Corrugated Aluminum Pipe; Corrugated Metal Pipe (Steel); Corrugated Metal Pipe-Arch (Steel); and Plastic Pipe; as per the specifications during the period 15 April 1997 to 14 April 1998, inclusive, for the use of the Town as and when required.

Bids will be received up to 2:00 p.m., 2:10 p.m. and 2:25 p.m. on the 31st day of March 1997, at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York.

Bids shall be submitted on Town of Bethlehem "Bid Sheets" and addressed to Mrs. Sheila Fuller, Supervisor of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each bid shall be submitted.

"Bid Sheets" and copies of the specifications must be obtained from the Town Clerk at the Town Hall, Delmar, New York. A copy of the specifications shall accompany the bid.

The Town Board reserves the right to waive any informalities in or to reject any or all bids.

BY ORDER OF THE BOARD OF THE TOWN OF BETHLEHEM
Kathleen A. Newkirk, CMC
Town Clerk

Dated: March 12, 1997
(March 19, 1997)

NOTICE TO BIDDERS

Notice is hereby given that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of one (1) 4 wheel drive backhoe/loader for use of the Department of Public Works, Water and Sewer Departments.

Bids will be received up to 2:00 p.m. on the 1st day of April, 1997 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in a sealed envelope which shall bear on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL and ONE COPY of each bid shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York.

The Town Board reserves the right to waive any informalities in or to reject any or all bids.

BY ORDER OF THE BOARD OF THE TOWN OF BETHLEHEM
Kathleen A. Newkirk, CMC
Town Clerk

Dated: March 12, 1997
(March 19, 1997)

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the construction of Bike Paths along Elm Avenue, Albany County Rte 52, the Delmar By Pass Extension and Van Dyke Road, in the Town of Bethlehem including the furnishing and supplying of all labor, material and equipment.

Bids will be received up to 2:00 p.m. on the 16th day of April, 1997 at which time such bids will be publicly opened and read aloud at

LEGAL NOTICE

the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL and ONE COPY of each shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. The Contract will be awarded by the Town of Bethlehem subject to the approval of New York State Department of Transportation.

The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.

BY ORDER OF THE BOARD OF THE TOWN OF BETHLEHEM
Kathleen A. Newkirk, CMC
Town Clerk

Dated: March 12, 1997
(March 19, 1997)

BETHLEHEM CENTRAL SCHOOL DISTRICT NOTICE TO BIDDERS

The Board of Education of the Bethlehem Central School District hereby invites the submission of sealed bids in accordance with Section 103 of the General Municipal Law for the following:

SCIENCE STORM - SILENCE EQUIPMENT

Bids will be received until 2 PM on April 2, 1997 at the office of the Business Administrator at Bethlehem Central School District, 90 Adams Place, Delmar, New York, at which time and place all bids will be publicly opened. Specifications and bid forms may be obtained at the same office.

The Board of Education reserves the right to reject any or all bids. Any bids submitted will be binding for 90 days subsequent to the date of bid opening.

Board of Education
FRANZ K. ZWICKLBAUER
District Clerk

Date: 3/12/97
(March 19, 1997)

NOTICE OF ANNUAL ELECTION THE BETHLEHEM CENTRAL SCHOOL DISTRICT OF THE TOWNS OF

LEGAL NOTICE

BETHLEHEM AND NEW SCOTLAND COUNTY OF ALBANY, NEW YORK

NOTICE IS HEREBY GIVEN that the annual election of the inhabitants of the above named school district will be held in the upper gymnasium of the Bethlehem Central Middle School, 332 Kenwood Avenue, Delmar, New York, on Wednesday, May 7, 1997, between the hours of 7:00 a.m. and 9:00 p.m. EDT.

The Board of Education will present for consideration the school district budget for the period of July 1, 1997 to June 30, 1998. Copies of said budget may be previewed by any inhabitant of the district during the fourteen (14) days immediately preceding the annual election, except Saturdays and Sundays, between the hours of 8:30 a.m. and 4:30 p.m., EDT at the Educational Services Center, 90 Adams Place, Delmar, New York and the office of the elementary schools, the Middle School and the High School of the District.

The Trustees of the Bethlehem Public Library will present for consideration the public library budget for the period of July 1, 1997 to June 30, 1998. Copies of the budget may be obtained at the reference desk of the library.

PLEASE TAKE FURTHER NOTICE that a public hearing to discuss the proposed school budget will be held on the 16th day of April, 1997 at the Educational Services Center located at 90 Adams Place, Delmar, New York at 8:00 p.m., EDT.

Petitions nomination candidates for the Board of Education for a full term of three (3) years commencing July 1, 1997 to fill the vacancies caused by the expiration of the term of Susan Birkhead and a term of one (1) year commencing July 1, 1997, to fill the vacancy caused by the resignation of Robert O'Neil (presently filling the unexpired term is Jordan Langner) must be filed with the Clerk of the School District, 90 Adams Place, Delmar, New York, not later than 4:30 p.m., EDT, April 7, 1997.

TAKE FURTHER NOTICE THAT votes will be taken upon the following:

CLASSIFIEDS

Individual rate minimum \$10.00 for 10 words, 30 cents for each additional word, payable in advance. Commercial rate minimum \$12.50 for 10 words, 30 cents for each additional word, payable in advance. Ad deadline 4 p.m. Friday for publication in Wednesday's newspaper. Box Reply \$3.00. Submit in person or by mail with check or money order to Spotlight Newspapers, 125 Adams Street, Delmar, New York 12054. Phone in and charge to your Mastercard or Visa.

439-4949

AUTOMOTIVE CLASSIFIEDS

AUTOS/TRUCKS FOR SALE

GOVERNMENT SEIZED CARS. Pennies on the \$1. Jaguar, Corvette, BMW, Porsche, Honda, 4x4's, trucks. Local sales/directory. Fee. 1-800-669-2292ext. A-4017.

THINK SPRING - 1995 MUSTANG CONVERTIBLE 15,500 miles automatic, fully loa ded, \$18,000. 439-2025

BOOKS & PUBLICATIONS

NYS COMMUNITY NEWSPAPER DIRECTORY. A complete guide to New York State weekly newspapers, available from the New York Press Association for only \$35. Send check or money order to: NYPA, 1681 Western Avenue, Albany NY. 12203 or call 518-464-6483 for more details.

BUSINESS OPPORTUNITIES

AN AMAZING OPP. Real Coke/Pepsi equip. Rts. with 20 local & est. sites. Min. Investment \$3,500.00 1-800-321-7690.

DEALERSHIP WITH NATIONAL MAINTENANCE CORP. Assured accounts in the local area. \$600 weekly income guaranteed to start. \$4,950.00 investment required. Call 800-832-2290.

DO YOU HAVE DESIRE TO INCREASE your income, make a lot of money, learn to cut your taxes, protect your privacy and more? 1-800-322-6169 ext.1169. (Minimum capital required \$1,600).

CHILD CARE SERVICES

EXPERIENCED CHILD CARE, full-time or part-time in my Glenmont home, Monday thru Friday, all ages. 462-3379.

LOOKING FOR DAY CARE IN THE EVENINGS? If you need a loving and safe place for your child to stay in the evenings (from 5:30 on), please call Mary at 862-9200 Ext. 27 (during the day) 869-2598 (after 5:30).

PART-TIME BABYSITTING available in a loving & safe environment. 475-0258 or 439-3971.

CHILD CARE HELP WANTED

FULL-TIME NANNY: Seeking experienced babysitter with excellent references to care for 2 10-month old infants in our Glenmont home, weekdays & some evenings. Call Karen, 475-1035 evenings & weekends, 455-4371 days.

PART-TIME BABYSITTING needed. My Delmar home, 2 children. 475-1741

LEGAL NOTICE

1. Upon the appropriation of the necessary funds to meet the estimated expenditures of said Bethlehem Central School District and authorizing the levy of taxes therefor;

2. For the election of two (2) members of the Board of Education of said Bethlehem Central School District, for a full term of three (3) years; all commencing July 1, 1997, to fill vacancies caused by the expiration of the terms of William Collins and Lynne Lenhardt;

3. Upon the appropriation of the necessary funds to meet the estimated expenditures of said Bethlehem Public Library and authorizing the levy of taxes therefor;

4. For the election of two trustees to the Board of Trustees of said Bethlehem Public Library, one for one full term five years commencing July 1, 1997, to fill the vacancy caused by the expiration of the term of Susan Birkhead, and one to complete the term of one (1) year commencing July 1, 1997, to fill the vacancy caused by the resignation of Robert O'Neil (presently filling the unexpired term is Jordan Langner);

5. Upon the appropriation of \$389,440 to purchase seven (7) buses for the Bethlehem Central School District and authorizing the levy of taxes therefor;

6. Upon the purchase of 29.61± acres of vacant land located on the westerly side of Van Dyke Road (opposite the Senior High School) for the sum of \$140,000; and

NOTICE IS ALSO GIVEN that applications for absentee ballots for voting on these propositions may be applied for at the office of the School District Clerk, 90 Adams Place, Delmar, New York 12054. A list of all persons to whom absentee ballots shall have been issued will be available in the office of the School District Clerk, between the hours of 8:00 a.m. and 4:00 p.m. on each of the five days prior to the annual election on May 7, 1997, except Saturdays and Sundays, and such list will also be posted at the polling place on May 7, 1997.

FRANZ K. ZWICKLBAUER
School District Clerk

Dated: March 12, 1997
(March 19, 1997)

BUILDING MATERIALS

STEEL BUILDINGS - Factory closeouts - Pre spring blast! Up to 50% savings! 2-25'X 28', 3-32'X40', 4-35'X46', 2-41'X54', 4-47'X80', 2- 50' X98', 1-55'X170'. While inventory lasts. 1-800-211-9593

BUSINESS OPPORTUNITY

METLIFE CAREER SKILLS TRAINING Become an account representative for one of America's top companies. Start your sales career with a comprehensive, 13 week training program while earning up to \$800 a week. Learn what you need to know to succeed in a skills training program unique in our industry. Send resume to Nell Deamer, Metropolitan Life Insurance Company, 502 New Karner Road, SU 3 Albany, New York 12205.

CLEANING SERVICES

ALLKLEEN - Professional, affordable service. Over 8,000 homes cleaned. 356-9152

CLEANING - residential/small business. Free estimates. References. Call Rose, 439-0350.

J'S CLEANING: Experienced, personalized service. Fully insured, bonded. Free estimates. 872-9269.

Spotlight Real Estate Classifieds Work For You!
Phone in your classified with MasterCard or Visa
439-4940

REAL ESTATE CLASSIFIEDS

**Spotlight
Real Estate
Classifieds
Work For
You!**

REAL ESTATE FOR RENT

DELMAR 2 BEDROOM APARTMENT \$450+ utilities, stove and refrigerator. Off-street parking. Available now. 463-4400 days only.

\$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.

\$550+ MENANDS, clean, quiet, 2 bedroom, 3 large closets, parking, bus. 434-2098.

\$650 2 BEDROOMS including heat and hot water. First floor, Village Drive apartments. Available immediately. 434-9783

\$650+ DELMAR, 2-bedroom apartment, garage, air-conditioned, first floor. 448-5322.

\$660+ Utilities. Delmar Duplex, 2 bedrooms 1 1/2 baths. Lease, Security, no pets. Available immediately. 439-6724

\$700+ utilities. Glenmont 2 bedroom house, quiet, washer and dryer hookup, large yard. 463-1979

2 BEDROOM, quiet country setting, wall to wall, washer and dryer hook-up. \$500+ utilities, lease, security, Selkirk 767-3076

ALBANY \$400+ Excellent condition, 1 bedroom with den. Washer/Dryer. 482-5386.

COLONIE 2 Bedroom house \$625+. Dining room, basement, large yard. Available April 1. 482-2093

COLONIE VILLAGE: basement apartment, 1 bedroom, utilities, cable & HBO included, off-street parking. \$540/month. 862-1664.

4 BR Cape Cod - 2 Baths, near Ravena Park, Family Rm., 1 Car Garage under. Mint.....\$99,900
 4 BR Raised Ranch, 1 3/4 Bath, Ravena, near school and churches. Good location.....\$89,900
 4 BR Ranch, New Balt., Family Rm. with Fireplace. Near Marina and River.....\$99,900
 4 Unit Brick Building. Good income. Reduced.....\$94,500
 Former Church Edna Ave., can be used for income Apartment or Residence. Reduced to.....\$55,900
 Former M&J's Tavern in Selkirk with income upstairs apartment Needs work, 3,000 sq. ft. Reduced.....\$75,000
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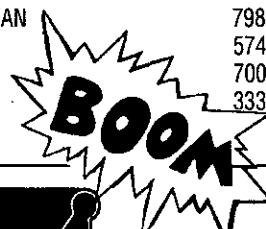
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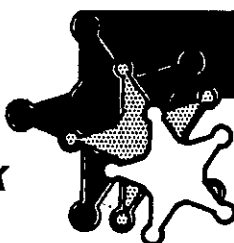
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