

# THE SPOTLIGHT

A lot of Italy

See Family Section  
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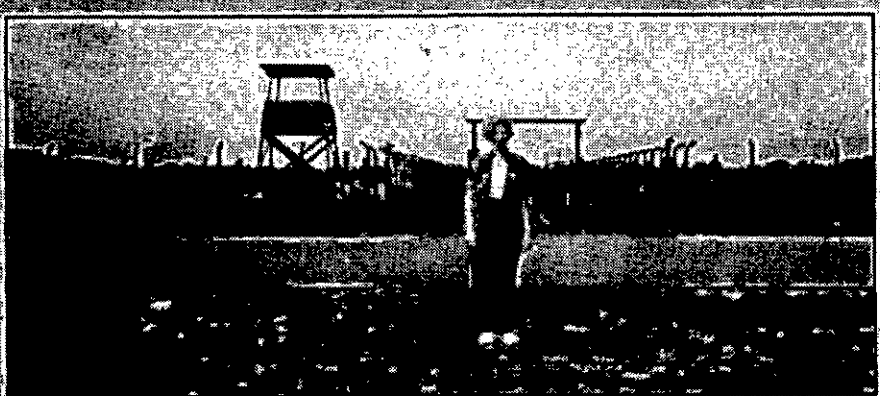


Vol. XLII No. 33

The weekly newspaper serving the Towns of Bethlehem and New Scotland

August 20, 1997

50¢



Sheila Lobel stands across from the former death camp at Auschwitz II in Poland. Jews arriving here by train were either sent to the camp or the crematorium.

## Teacher traces Holocaust in emotional summer journey

By Linda Underwood

For Voorheesville Elementary School teacher Sheila Kreditor Lobel, an emotional journey to Israel and Poland will help her teach the importance of tolerance.

Lobel, sixth-grade team leader for social studies and language arts, made the trip this summer as part of a fellowship awarded to 45 teachers from across the county.

"It was truly a cross-section from America," she said. "We were 45 strangers, and our only commonality was that we were teachers. Only 20 percent of us were Jewish. But we had a common interest in the Holocaust, and felt a personal obligation to teach children what happened."

Lobel said she had heard about the fellowship opportunity, which

HOLOCAUST/page 17



## Bethlehem officials grapple with system

By Michael Hallisey

It wasn't until 3 o'clock in the morning following O'Brien & Gere's presentation to the town board that Supervisor Sheila Fuller was able to fall asleep.

Though Fuller said the town is not preparing for a lawsuit over the faltering water well gallery of its \$13.9 million water infiltration system, the board asked New York City law firm LeBoeuf, Lamb, Greene & MacRae to hire another engineering firm to review its design.

Last week, Syracuse-based engineering firm O'Brien & Gere released a report stating siltation from the Hudson River is a major factor hindering the amount of water collected from the well gallery, but is not the only factor.

The wells were designed to produce up to six million gallons of water a day to be used mostly by industrial businesses such as Selkirk Colgen and General Electric in the southern section of Bethlehem. The wells are only producing 2.4 million gallons a day, and the town must use water from other sources to compensate for the lack of yield.

"The issue is quantity, not quality," of water, said Fuller in last week's meeting. "We can't view this project as a flop. We have saved \$1 million having our own system here in the town of Bethlehem. We (the board) are here to protect your interests."

"Someone should not walk out of here thinking we are preparing for Arma-



Davis

geddon," said LeBoeuf attorney John A. Rudy.

LeBoeuf, Lamb, Greene & MacRae has clients who have designed similar projects to the Schermerhorn Island project and is capable of hiring technical personnel, Rudy noted.

"We need to have someone take a look at the entire design and find out who is responsible," said Fuller.

O'Brien & Gere was not hired last month to look at the Fraser & Associates design of the water infiltration and water well gallery system in detail. Instead, they were hired to identify the hindrance to the

GRAPPLE/page 16

## E-mail arrives at The Spotlight

By Michael Hallisey

The three Spotlight Newspapers — *The Spotlight*, *Colony Spotlight* and *Loudonville Weekly* — are in touch with the world.

In addition to its employees being able to research subjects over the World Wide Web, readers will be able to contact the papers by electronic mail.

To reach the news department and submit letters to the editor, e-mail to spotnews@albany.net. All three sports sections can be reached by typing spotspor@albany.net. And our classified advertising department can be reached through spotads@albany.net.

"For those who have computers, it will give them quicker and easier access to the paper," said Publisher Richard Ahlstrom. "And for parents of our high school correspondents, it means they won't have to wake up at 7 a.m. to drop off copy."

"The main reason we're going to e-mail now is that our service provider, Albany Net, offers 56-kilobit service," Ahlstrom said. "At this speed, the net makes business sense. At lower speeds, it's too slow to be truly efficient."

Those who choose to contact us through e-mail should leave a name and phone number within the mail message.

## Town answers Clearwater paid ads

By Michael Hallisey

Town officials answered questions raised in a recent paid advertisement by Clearwater for Bethlehem at last week's board meeting.

The advertisement used three quotes from *The Spotlight* and the *Times Union* regarding the January 1996 flood, the ozone treatment system and the price Bethlehem is paying for water from Albany compared to the town of Guilderland.

When Delmar resident Nancy Scholes referred to the ad in last week's town board meeting, Supervisor Sheila Fuller responded, "Good. I was waiting for someone to bring that up."

Clearwater for Bethlehem members have been against the water plant since it

was first proposed six years ago. Last week's advertisement claims, "Bethlehem officials blew it when they built our \$13.9



Compared to Guilderland, we're getting our water for free.

Sheila Fuller

million Hudson River water system," and questions the validity of the town's label of the January 1996 flood as a 100-year occurrence, and whether the \$700,000

ozone water treatment system is working.

Clearwater members questioned why Bethlehem did not get an agreement as good as that negotiated by the town of Guilderland to purchase water from the City of Albany.

Guilderland recently signed a 20-year contract to pay Albany \$2.3 million upfront for the right to buy water for \$1.25 per 1,000 gallons from Albany, on a need-to-have basis.

The town of Guilderland must also, at its own expense, construct new water mains to connect to city water, as well as a building to house a flow meter, piping, pumps and chemical treatment equipment.

The water center infrastructure work

ANSWERS/page 16

## Police make DWI arrests

Bethlehem police arrested two people recently for driving while intoxicated.

Stacey J. Hunt, 28, of 212 Hampton Place in North Greenbush, was initially stopped for speeding on Elm Avenue on Saturday, Aug. 9, at 1:48 a.m., police said.

She was released and is scheduled to appear in town court Sept. 2.

Bethlehem Police arrested one person over the weekend for driving under the influence.

David S. Dawson, 40, of Selkirk, was observed by police driving south on US Route 9W and west on Feura Bush Road.

Police said Dawson was weaving and crossed the double yellow line and almost struck a Bethlehem Police patrol car, said police.

After an interview and investigation, Dawson was charged with

felonies for driving while ability impaired by drugs and aggravated unlicensed operation, and was sent to Albany County jail in lieu of \$1,000 bail.

He was scheduled to appear in town court.

## Food programs need garden produce

Gardeners are invited to donate extra fresh fruits and vegetables to community food pantries. In New York there are more than 2,400 emergency feeding programs to help the hungry. Fresh fruits and vegetable provide a welcome change from canned goods and nonperishable items.

For information about where to donate food in your area, call the Hunger Action Network at 434-7371.

## Thieves nab three bikes from local residences

Three expensive bicycles were stolen in recent burglaries, according to Bethlehem police.

A mountain bike, worth \$700, was taken out of an unlocked garage on Huntersfield Road in Delmar on Thursday, Aug. 7, at 4 p.m.

And a family on Mahican Court in Slingerlands reported two bikes stolen on Sunday, Aug. 10, at 1:30 p.m.

The bikes were a 27-inch, 16-speed racing bike, valued at \$1,300, and a men's mountain bike worth \$700.

## Court cases adjudicated

The case of a Ravena man who allegedly rammed his car into the front door of a Glenmont convenient store was transferred to Albany County Court, while other local residents appeared in town court.

Scott Chrysler, 31, of 12 Liske St. in Ravena was charged with DWI, aggravated unlicensed operation, and third-degree criminal mischief, all felonies, in an early morning July 11 incident where he allegedly drove his car into the front door of the US Route 9W Cumberland Farms.

John A. Grady, 41, of 191 Kenwood Ave. in Delmar, pleaded guilty on DWAI charges Aug. 5, and was fined \$300 with \$25 surcharge on a DWI arrest. Grady's license is suspended for 90 days, and he is to appear in driver drinking and victim impact programs.

Brian Hausler, 41, of 48 O'Connell St. in Albany, Hausler pleaded guilty July 15 on DWAI charges from a June 29 DWI arrest. Hausler was fined \$300 with a \$25 surcharge. His license is suspended for 90 days, and he is to appear in driver drinking and victim impact programs.

A 41-year-old Colonie woman Elizabeth F. Hoffman, of 167 Sand Creek Rd. pleaded guilty July 15 on DWAI charges from a June 29 DWI arrest. Hoffman was fined \$300 with a \$25 surcharge. Her license is suspended for 90 days, and she is to appear in driver drinking and victim impact programs.

A 34-year-old Watervliet man Richard Juedes, of 31 First St. pleaded guilty July 15 on DWAI charges from a June 29 DWI arrest. Juedes was fined \$300 with a \$25 surcharge. His license is suspended for 90 days, and he is to appear in driver drinking and victim impact programs.

## Delmar resident to head foundation

Edward McEwan of Delmar was recently elected president of the Community Foundation for the Capital Region. McEwan is executive vice-president of the Swyer Company.

Laurence Barnett of Delmar was elected to the board. He is a vice-president and partner of Security Group, Inc. Insurance Agency.

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HALFMOON 371-0593  
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MALTA MALL 899-1558  
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SOUTH GLENS FALLS 793-7668  
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# Quick-built kingdom hall rises over weekend

Hundreds of Jehovah's Witnesses construct new facility in Delmar

By Michael Hallisey

Rome wasn't built in a day, but put tools into the hands of 1,000 Jehovah's Witnesses and they'll build you a new kingdom hall in a long weekend.

Last Friday morning, the only structure standing on the northeast corner of Elm Avenue and Feura Bush Road was a small one-story garage-sized building.

By late Sunday afternoon, the Delmar/Glenmont congregation was able to hold its first meeting inside a new, 5,300-square-foot hall with the capacity to seat 180 people.

Throughout the year, church members from all over the Northeast devote one weekend a month to renovating or constructing up to 40 congregation halls, and all are built within a few days, said Nat Gulotta.

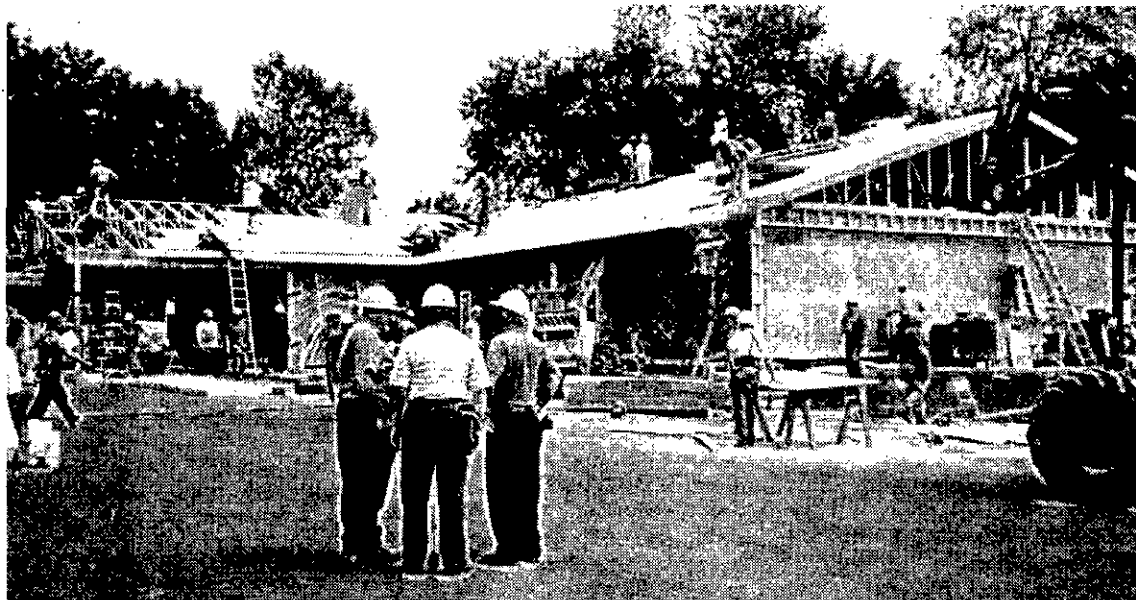
Gulotta is a church member from Mayfield, Fulton County, and has been the chairman of the committee, which oversees construction projects such as the one in Glenmont.

For the congregation of Jehovah's Witnesses, their new home could have cost close to a half a million dollars, and taken weeks to complete if a private contractor was hired.

But, in addition to cutting construction time to three days, fellow church goers also reduced their costs by more than half.

Gulotta, a retired builder, said the new hall cost approximately \$200,000.

Volunteers, ranging in age from 16- to 80-years-old, worked at a feverish pace to adhere to a construction schedule plotted out by



Volunteer construction workers swarm over the Jehovah's Witnesses kingdom hall built last weekend at Elm Avenue and Feura Bush Road.

Michael Hallisey

the hour.

The town of Bethlehem was a great help, said Gulotta. John Flanigan, town code enforcement officer, was on site at 1 p.m. Friday at the exact time plans specified that the indoor plumbing and lighting had to be checked.

"It's like a machine," said another committeeman, Jack Boshart from Utica. "Once it starts, it's hard to stop. Everyone knows what to do."

All of those on site are volunteers, said Gulotta, but all of them are working professionals.

Some are in construction for a living, and those who don't have any skills quickly learn, said Gulotta.

The new hall has suspended ceilings, air-conditioned climate control, adequate light for reading, electricity, heat, indoor plumbing, everything you would expect in a 20th-century building.

Jack Boshart

Working at such a hectic pace also creates "less of an impact on the neighbors, and it doesn't take us away from weekday meetings and door-to-door ministries," Gulotta ex-

plained.

Neighbors had little to complain about during the construction. Though construction continues throughout the night, "outside" work halts and volunteers work on the inside.

The work is intense, but not punishing, as the majority of the volunteers work four-to-six hour shifts.

However, such volunteers like masons, responsible for laying the brick exterior, must stay the weekend to place all 23,000 bricks, Gulotta noted.

Through all the work and sweat, it can still be fun, Gulotta said,

"There's a lot to look forward to, in meeting people once every month," he said.

**It's like a machine. Once it starts, it's hard to stop. Everyone knows what to do.**

## Conrail's Selkirk yard hit by work-to-rule slowdown

Dispute over contract clouds imminent takeover by CSX

By Michael Hallisey

Georges Sorel once called a labor strike a "phenomenon of war."

How one would describe the week-long phenomenon between Conrail and 350 unionized employees in the Selkirk rail yards depends on who answers the question.

Conrail spokesmen feel crew members in the rail yards are deliberately slowing down the volume of traffic in a "work to rule"

protest over hourly wages.

On the other hand, the union representing those workers, United Transportation Union (UTU), said the employees are only adhering to safety regulations the company established.

But to see no strife between the two would only be an illusion.

"You can read between the lines all you want," said Sam Nasca, state director of UTU, "but I have to say the employees are only in strict accordance with the safety regulations and operation rules the company itself designed."

Nasca said for the workers to declare a strike, slowdown or work stoppage, they would need approval from the international president of the union. Without that authorization, the employees would violate the federal Railway Labor Act.

UTU is only one of 14 unions, together representing approximately 1,000 employees in the Selkirk yards alone, but UTU represents only brake operators, yard masters, conductors and some engine mechanics.

Those employees, Nasca said, are concerned with how cutbacks to personnel in shifts may affect safety.

Allegations that Conrail is trying to cut down on safety are "erroneous," said Conrail spokesman Rudy Husband.

"That's very much not true," Husband said. "Safety is a No. 1 interest in Conrail. And we take that commitment very seriously."

**You can read between the lines all you want, but the employees are only in strict accordance with the safety regulations and operation rules the company itself designed.**

Sam Nasca

In Selkirk, Husband said injuries have declined from 47 in 1994 to seven so far this year.

Husband said problems began about two weeks ago after employees put themselves down for working more hours than they had.

When Conrail announced it was aware of the practice, and would discipline those who continued, the slowdown began.

"They were falsifying records," said Husband. "If you're going to work five hours, you're going to get paid for five hours."

Nasca disagreed.

According to their bargaining agreement, updated last year and good until 2000, Nasca said it does not matter if workers work five hours, they are to be paid the full eight-hour salary.

Conrail and UTU are currently working on resolving the issues, said Husband.

Conrail said the slowdown does not have a "major impact" on productivity now, as "only a few" trains are being re-routed away from Selkirk. But if the slowdown continues, Husband said traffic may be diverted to smaller yards in Syracuse, New Jersey or Massachusetts.

Conrail maintains yards in 12 Northeast and Midwest states, ranging as far west as St. Louis, east to Boston, and its most northern and southern points in Montreal and West Virginia.

Those yards, however, are soon to be split between CSX Corp. and Norfolk Southern Corp.

Selkirk, third largest of Conrail's yards, is expected to be taken over by CSX.

## BC board to set tax rate

By Dev Tobin

The Bethlehem Central school board will set the tax rate for the 1997-98 school year at its meeting tonight, amid indications that taxpayers will be pleasantly surprised.

Superintendent Leslie Loomis said Monday that the rate he will recommend to the board had not been calculated, but he estimated that it would be "somewhat below our projections."

The \$41 million budget approved by voters in May carried an estimated tax rate increase of 3.7 percent for district residents of the town of Bethlehem and 2.5 percent for district residents of the town of New Scotland.

Besides the budget, voters also approved spending \$140,000 to buy about 30 acres across Van Dyke Road from the high school, which will have the effect of raising the tax rate an estimated .5 percent, but only for one year.

Since the budget vote, the district has learned that it will receive more state aid than had been projected in April and that the assessed value of all properties in the district was up about \$16 million compared to last year, resulting in the prospect of a lower-than-estimated tax rate, according to Franz Zwicklbauer, BC's assistant superintendent for business.

Overall spending for the district will rise 6.2 percent next year, in large part due to the first payments on bonds for the district's ongoing facilities and technology upgrade.

The tax rate hike is lower than the rate of spending increase because the district receives a much higher percentage of state aid reimbursement for construction projects than it does for ordinary educational expenses.

Also on the agenda tonight is a decision about what kind of wide area network (WAN), to link computers in the district's seven schools, should be built.

The board will consider the pluses and minuses of using fiber-optic lines, leased through a phone company, or building the district's own microwave system.

The board will also vote on the district's second energy performance contract, which will provide more than \$8 million worth of energy conservation and other improvements at no cost to district taxpayers. The project will be paid for over 15 years by energy savings and state building aid.

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

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# DEC ditches North Road residents

By Dev Tobin

Two years after a gasoline byproducts spill polluted their wells, neighbors of the site formerly occupied by the Kleen Resources hazardous waste cleanup firm on North Road in New Scotland are facing a future of having to pay for their own water filtration in homes that have lost a substantial part of their value.

About a dozen residences on North and Upper Flat Rock roads were affected by the spill in late May 1995. Since then, the state Department of Environmental Conservation has paid for bottled water and filtration systems for affected residences, and the state has moved to recover its costs (about \$300,000) from Kleen Resources.

DEC informed the affected homeowners recently that it would

stop paying for those services because the 50 parts per billion drinking water standard for pollutants methyl tert butyl ether (MTBE) and acetone has not been exceeded for the past 18 months.

## This is the Love Canal of New Scotland.

Herb Reilly

In September and December, DEC will sample for pollutants in the 10 residential wells most affected by the spill, but will do no sampling after that "if results are consistent with previous samplings."

As the state winds down its involvement, town officials and resi-

dents say properties in the area are tainted by the stigma of chemical contamination while the party responsible for the pollution, Kleen Resources, continues to profit as a state contractor, albeit at another site.

"This is the Love Canal of New Scotland," said Supervisor Herb Reilly. "How do you put a price on the stigma?"

"I'm not satisfied at all," said Kathryn O'Rourke of Upper Flat Rock Road. "There have been instances where people have smelt things in their water for a brief period."

The residents' preferred solution was to extend the Clarksville Water District about one mile, at Kleen Resources' expense, to the affected homes. The state offered about \$200,000 for that project, but an engineer's report found that the extension would cost closer to \$500,000.

O'Rourke said the \$500,000 estimate for the water district extension was "ridiculously high and the main reason we haven't got water. DEC should have hooked people up right away" before spending hundreds of thousands on temporary measures.

Bitterness at the way DEC handled the North Road spill remains.

"If DEC were serious about cleanups, it wouldn't keep awarding business to firms that have created problems," O'Rourke said. "DEC is supposed to protect the environment, but it's done nothing but perpetuate problems in our neighborhood."

Reilly said the town is still exploring ways to fund the extension. He added that the Kleen Resources site, where another spill occurred in the late 1980s, "has got to be cleaned up."

O'Rourke said the abandoned Kleen Resources property is "an open invitation for other dumpers to come there."

Houses in the area have had their assessments reduced \$30,000 each, an approximation of the cost of extending the water district that may not fully take into account the lingering effect on property values, according to town Assessor Patricia McVee.

"From a personal viewpoint, I wouldn't buy a house up there, especially with young children," McVee said.

O'Rourke said the real damage to property values is likely greater than that, but will remain unknown until one of the affected homes is sold.

"Two houses have been on the market for about a year now, and one was just reduced in price again," O'Rourke said.

Reilly noted that a potential buyer in the area may have "great difficulty with getting financing through a bank," so the seller would have to hold the mortgage. But that would only be possible for those who own their homes free and clear.

## Mensa to hold membership exam

Entrance examinations for membership qualification in Mensa Ltd. will be offered in the Bethlehem area on Saturday, Sept. 13. Preregistration and a \$25 testing fee is required.

Mensa is an international society in which the sole requirement for membership is a score at or above the 98th percentile on any number of standardized I.Q. tests. Mensa is a nonprofit organization whose main purposes are to foster human intelligence through research and education and to serve as a means of communication and assembly for its members.

For information, call 482-1237.

## Albany Remembered offers historic tours

Albany Remembered Tours, Ltd., at 100 State Street in Albany, recently announced its new partnership with the Albany Visitors Center. Together they will promote Albany as an important historic city and celebrate its bicentennial as the capital of New York.

Albany Remembered currently offers tours of the downtown business district, center of historic colonial Albany. Tours begin at the Albany Visitors Center at Quackenbush Square on Thursdays and Fridays at 11 a.m. The cost is \$6 per person. Visitors view exhibits and an orientation film at the center and then explore Albany first-hand on a one-hour guided walking tour.

Albany Remembered also offers tours of the Capitol Hill area Monday through Friday, starting at the fountain in West Capitol Park. The cost of the tour is \$12 for adults, \$10 for seniors and \$6 for children ages 6 to 16.

Tours of Washington Park, Albany's favorite green space, are offered every Friday, until Aug. 29 from the Lakehouse at a cost of \$6 per person. For information, call 427-0401.

## Farmers to get emergency loans

Family farmers in Albany County may be eligible for Farm Service Agency disaster emergency loans for physical damages and losses caused by a tornado on July 23.

Proceeds from property insurance and any Farm Service Agency programs are taken into account when determining eligibility for physical losses. Losses must be supported with documented records.

Under the emergency loan programs, farmers may be eligible for loans of up to \$500,000. They must be unable to obtain credit from private commercial lenders. The interest rate is 3.75 percent.

Applications for emergency loans will be accepted until March 23 at Cornell Cooperative Extension's Rice Center on 24 Martin Road in Voorheesville. For information, call 765-3570.

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# New Scotland adopts life support service

**By Dev Tobin**

After more than three years of on-and-off debate, the town of New Scotland finally has a signed contract for Advanced Life Support (paramedic) services.

The 24-hour paramedic service, provided by the county sheriff's department from bases in Bethlehem and the Hilltowns, will cost the town \$37,500 for the remainder of 1997. A contract for 1998 will be negotiated later this year.

The system's two vehicles in Bethlehem and one in the Hilltowns will be able to cover New Scotland adequately, with the help of mutual aid when needed, according to sheriff's Inspector Thomas Fargione, coordinator of ALS in southern Albany County.

"With New Scotland, we will be busier, but not stretched beyond our resources," said Fargione.

About 30 percent of all ambulance calls require some ALS services, like intravenous drug administration, that cannot legally be provided by emergency medical technicians.

Even before the formal signing of the contract, the town was receiving ALS services "as long as there's an available car," according to Craig Shufelt, chief of the New Salem Fire Department.

Shufelt said a town rescue squad was refused service once in August "because all three (ALS) cars were on calls."

Supervisor Herb Reilly noted that the call which ALS refused "did not turn out to be a life-and-death" emergency.

The impact on town property taxpayers of the new ALS service (assuming a full year at \$75,000)

will be about 15 cents per thousand of assessed value, according to an analysis by Councilman Scott Houghtaling.

In other business, the board:

- Decided to hire attorney David Murphy to represent the town in all Article 7 assessment challenges in state Supreme Court.
- Authorized spending \$3,925 for a fence surrounding the wells of the Northeast Water District. The money will be paid out of the district's construction contingency fund.
- Approved a new solid waste hauling contract with Mark Pollard of Altamont, at an annual savings of about \$15,000.
- Tabled consideration of whether to improve the cul-de-sac at the end of Countryman Lane.

## Delmar man named manager

Delmar businessman, Scott Griffin, has been appointed manager of investment consulting, a division of Sunpoint Securities, Inc. of Longview, Texas. Griffin, sole proprietor of Griffin Financial Services on Normanskill Blvd, specializes in retirement planning. He will be responsible for the national management and growth of Sunpoint's fee-based money management program which is an alternative to commission-based sales.

The financial service profession is moving away from product-driven brokers to specialists, who are oriented more toward client needs and services. This concept has the best interest of the client in mind with long term goals to be met and retirement planning needs serviced.

## Cruisin'



Susan Outman, left, Slingerlands Albanc manager congratulates Gina Keith of Slingerlands. Keith won a Royal Caribbean cruise for two to the Bahamas as part of the bank's grand opening celebration.

## Five Rivers plans a wildflower program for Sept. 7

A fall wildflower walk is planned for Sunday, Sept. 7, at 2 p.m. at Five Rivers Environmental Education Center on 56 Game Farm Road in Delmar.

Join center naturalists in a program on the last flowers of fall. Participants will learn to identify the different species of asters and goldenrod and enjoy the beauty of the purple and gold fields.

Participants should dress for the outdoors and bring field identification books if available. For information on this free program, call 475-0291.

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## Matters of Opinion

### Move on projects

At least two rundown houses on Delaware Avenue near the corner of Snowden Avenue in Elsmere shouldn't be there. We hope by now the planning board has seen fit to give the green light to chiropractor Lee Masterson, who wants to move his practice there. It shouldn't take nearly a year to get a project like this one off the ground.

A new office building would certainly enhance the current site, where the two vacant houses have been steadily deteriorating for some time, with overgrown weeds threatening to engulf the homes.

Town planners must begin to make more timely decisions, and deal with minor revisions in plans more swiftly. Prospective business people often do not have the resources to keep projects on hold for a year, and if it takes meeting more often to move the process along, the planners should do so. Local business must begin to get more support from the town or more businesses will leave town like many of their predecessors.

Town planners don't seem to realize just how critical the small business situation is in Bethlehem. They should start to become part of the solution. As it stands now, too many perceive them to be part of the problem.

### Board is on track

The Voorheesville school board is right on track with its new guidelines for behavior at school athletic events.

Proper behavior should be the rule for players, coaches and spectators, and unacceptable behavior should not be tolerated.

Athletics most often involves teamwork and the spirit of cooperation. And winning teams most often demonstrate the spirit of good sportsmanship, regardless of the score.

Coaches, by their example, should help young players learn this in every aspect of competition, and parents, too, can be teachers, by example.

The win-at-all-cost mentality only serves to bring out the worst in everyone. Unfortunately, this behavior is often illustrated as early as the Little League years and only escalates as time goes on.

Voorheesville has traditionally had outstanding teams, with many winning seasons and championships to their credit. Bad behavior, on or off the field, only serves to taint a team's performance.

The public will be able to comment on the new guidelines at the board's Monday, Sept. 22, meeting at 7:30 p.m. at the high school.

### Send care package

College students will soon be heading back to school. To keep them informed about news from home, consider getting a subscription to *The Spotlight* as part of their "care package" from home.

The price is right — \$12, half the normal subscription rate — and from what we hear, students really appreciate having the paper when they're away at school.

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### Helpful health info

This week's Health Care supplement includes information from several health care professionals.

With an industry undergoing radical changes, it's important for the layman to be as well versed as possible. Our point of view this week, for example, outlines an exciting new program for seniors administered by Jewish Family Services in Albany that offers an outlet for Alzheimer's patients along with some respite for their at-home care givers.

And the articles on physicians assistants and midwives help define these professions, that are becoming more and more integral part of the health care picture.

## Editorials

# Shalva offers hope to many

By Ansel Weiss

The writer is executive director of Jewish Family Services of Northeastern New York.

"She's worse. She fights depression every day. Sometimes she's obstinate. But the worst part is that she's fearful. Frightened when she wakes up in the morning because she doesn't know where she is."

Who is she? A 77-year-old mother and grandmother who used to serve 14 at Shabbat dinners and who would win handily at mah-jongg every week.

But now, despite a healthy body, Alzheimer's disease is stealing precious memories of her life with her family and of watching her grandchildren grow. Her name is Irene.

And, who's speaking? Her daughter, Pauline, a woman in the prime of her life who has become her mother's caretaker.

Does this sound familiar? Many people in their 40s and 50s are part of what's called the "sandwich generation" — people who care for their own children and who must also care for one or both parents.

In this case, the parent is impaired by Alzheimer's. The slow loss of memory and of the ability to take care of ordinary daily tasks brings with it a profound loss of self esteem.

Where has Pauline turned for help? She has arranged for round-the-clock aides so that Irene can still live in her own home. But being isolated and home bound only compounded Irene's sense of loss and lack of competence.

So Pauline called Jewish Family Services of Northeastern New York about its innovative adult day program, Shalva. Established with an endowment from the late Dr. Robert S. Hoffman and his wife Goldie, Shalva is designed to fit the needs of Alzheimer's sufferers, stroke victims, severely depressed seniors and elderly people living with simi-



## Point of View

larly diminished mental capacities.

"Shalva has been a wonderful experience for my mother," said Pauline. "Tuesday and Thursday are the highlights of her week. She may not remember that she goes, but when Moin gets there, some of the old spark comes back. It's the only time that I know my mother is happy."

Shalva helps both the caregiver and the aging parent. Adult children can feel a range of emotions in the context of a single day and throughout the months and years

**Many times, the caregiver feels guilty for needing a break from the strain of taking care of an impaired parent. It is hard to maintain patience when involved in direct care, and then guilt sets in when the caretaker feels a need for a break.**

of being a caretaker.

"I grieved the loss of my mother's memory and ability to care for herself," said Pauline. "I grieved not only for her, but for myself as well. This woman took care of me. She was my parent. Now, I must balance taking care of her and my own family. There are days when my guilt and frustration overwhelm me."

Many times, the caregiver feels guilty for needing a break from the strain of taking care of an impaired parent. It is hard to maintain patience when involved in direct care, and then guilt sets in when the caretaker feels a need for a break.

"These are normal emotional

responses to a very stressful situation," said Sue Sorenson, senior adult services coordinator at Jewish Family Services. "Shalva enables the caregiver get some needed respite and helps the impaired adult regain some self-confidence, if only for a short time."

Irene's perception of her own competence is increased by being in an environment with staff and fellow seniors who accept her as she is, rather than dwelling on her deficits. Shalva's structured activities — geared to individual competency, age and interest levels — help to trigger participants' memories.

"Simple games like hangman use short-term memory. Historic photographs and music of the '30s and '40s bring back early memories that are shared, sometime tearfully, but always with joy," said Sorenson. "Our attendees enjoy their time here because it is a place of success. The faces of familiar staff members bring a smile of recognition just as hearing a Gershwin tune can bring back a flood of positive, loving memories."

Shalva's programming is infused with Jewish cultural content. Staff has found this to be another bridge to conversation and memories surrounding family and tradition. Making hamentashen at Purim or singing Passover songs or even dancing the Horah, for those who can, helps to trigger memories and, thus, enhance their sense of self-worth.

"Those of us who are caretakers also need to accept that we can't provide for our impaired parents' every need. We need to accept that our parents' quality of life can improve by having them participate in an adult day program such as Shalva," said Pauline. "My mother benefits from getting out of the house and being with people her own age and who are like her. She is more social and she is happier."

The establishment of Shalva fulfills a dream of Robert and Goldie Hoffman. Dr. Hoffman, who was a member of the American

## THE SPOTLIGHT

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## Your Opinion Matters

Geriatric Society since the 1940s, was interested in the general well-being of older people — not just their physical health.

In his rheumatology and physical rehabilitation practice, he treated a large number of older people. From his experience, he realized there was a serious need for non-medical services that would provide an alternative to institutionalization or 24-hour care by family members.

To begin to correct this lack of services, he and Goldie decided to "start the ball rolling" by establishing an endowment with the United Jewish Federation of Northeastern New York. It was almost 10 years after his death that their dream became a reality when Jewish Family Services opened Shalva in December 1996.

"I am grateful to JFS for their role in making my husband's vision for the impaired older adult come true," said Goldie Hoffman.

The Hoffmans were not and still are not alone in their concern for the elderly. In its recent interviews with area rabbis, JFS' Jewish Community Outreach Committee found that concern for an aging parent and assisting caregivers were among the top issues facing the

rabbis' congregants.

"The concerns are there; the program to help is available," said Miriam Adler, JFS assistant executive director. "We need to break down the perceived stigma that comes with sending a parent to an adult day program."

As a community, we need to 'come out of the closet' on this issue and no longer be ashamed. We are an aging population. We love our parents and we love our children. Shalva and other JFS programs for the elderly give caregivers the helping hand they need."

Shalva operates on Tuesdays and Thursdays and will expand to Mondays and Wednesdays as demand increases. The full-day fee of \$40 and the half-day fee of \$25 include a hot kosher meal, snacks and program materials.

"We want to operate full-time. We also are going to open the program to the general public. However, the Jewish cultural content of the program will remain," said Adler.

"We know there are other older adults out there who could benefit from being a part of Shalva."

## Critic: Plant shows bad government

Editor, The Spotlight:

The \$5,000 O'Brien & Gere report on Bethlehem's nearly \$30 million water system confirms what many of us already knew — the plant is an example of government at its second worst.

Why second worst? Because a \$5,000 cursory review of the system confirmed what the town leaders have been publicly denying for five years. The system is scientifically incapable, as designed and constructed, of drawing more than 3.6 to 4.3 million gallons per day, when optimally running.

The reason why it is not government as its worst is that while members of Clearwater for Bethlehem were being publicly maligned by town leaders, they were obviously being privately lis-

### Letters

tened to. Without attention to the merits of our arguments, the current investigations would not have been undertaken.

In February 1995, we filed a petition with the state Department of Environmental Conservation, asking for reconsideration of the permit to construct the water system. Our petition was based largely on the town's Schermerhorn Island Report, delivered on Sept. 15, 1992. The report was never filed with the state as part of the application process.

The report concluded that to obtain six million gallons per day, the trench for drawing water into the system would have to be 1,500

feet long. The site chosen had only about 1,000 feet of usable space. The trench, in fact, is 950 feet long. The report said this configuration would draw a maximum of 4.75 million gallons per day. The report also pointed out that silt from the wooden bulkhead could block water flow into the system.

The issue is no longer about water. It is about accountability. One question must be asked of Bruce Secor, Bernie Kaplowitz, Fraser & Associates and everyone who has served on the town board since 1991.

What did they know, and when did they know it?

Joseph Glazer

Glazer was a Democratic candidate for state Assembly in 1992.

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## Matters of Opinion

# Fair prices will drive local families away

Editor, The Spotlight:

My family's trip to the Altamont Fair last year was a little pricey, but going to the fair has been an August tradition ever since I moved to the area 16 years ago.

My family looks forward to the fair — the food, the rides, the games and the animals. I was not prepared for the "investment" that I was going to have to make in order to attend the fair this year!

From the moment we pulled into the parking area (\$3 per car), I knew there was trouble. When we purchased fair entrance tickets, the only ray of hope was that we attended the fair on Tuesday, when children under age 16 were free. We entered the gate with our two children and our two \$8 adult tickets.

Without doing anything but walk into the fairgrounds, we had already spent nearly \$20.

Since realistically, no family goes to the fair just to see the free exhibits and shows, we continued to fan the wallet for food snacks (can't miss the fried dough), rides and games. There went another \$40 to \$50.

## Letters

Two kids, two rides each — \$10; two orders french fries, one milk shake, one fried dough, one small cotton candy and a soda — \$12; and the few games we played were \$2 per game per person.

I overheard a woman, leading her unhappy child to the exit gate, say "We can't stay anymore; we've already spent \$125."

I am disappointed that the Altamont Fair is pricing itself out of reach for the families who have enjoyed it for so many years. As I walked around the fair, I wanted to share my concern with someone, but couldn't figure who to go to. I hope that this letter will find the right person.

I would like the Altamont Fair to continue to be one of our family's August traditions. However, if the prices keep going up, we'll have to be content with just seeing the lights of the Ferris wheel from the top of our hill.

Nanette Bub

Voorheesville

# Samaritan says thanks for generosity

Editor, The Spotlight:

I would like to thank D.L. Movers for their generosity in allowing me the use of their trucks to deliver donated clothing, household goods, furniture and other items to people in need.

With this service, I am able to reach people quickly, and for this I am grateful.

I would also like to thank Gordon Electronics for their generosity in fixing appliances.

Most of all, I want to thank everyone who donated items to me. Please believe me when I say everything has been put to good use. Remember, I take everything but tires. Call me at 478-0407 for pickup.

Mary Keeley

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# Book Buddies program got off to great start

Editor, The Spotlight:

I'd like to give special thank you to all those involved in the very first and very successful Book Buddies summer reading program.

The purpose of the program is to provide one-on-one reading skills training to children in kindergarten through grade-two to help build confidence and develop reading skills over the summer.

Our success is due not only to the few dedicated people who helped plan the program, but also to the volunteers who worked directly with the children.

More than 20 volunteers came forward to make a three-week commitment to the program. The volunteers' willingness to help change a child's life and provide caring individual attention to the children of our community is commendable.

I would like to thank Judy Wooster, Beverly Provost, Elisa Futia and Kathy Bartley for their willingness to take the first step in creating the program.

Each of these individuals provided time, energy and expertise over many months to see that Book Buddies came to life.

I cannot thank them enough for all they have done, but I know that each of us found all the reward we needed in the faces of the children who participated.

Finally, I would like to extend an invitation to everyone, adults and children alike, to participate in Book Buddies next summer. We certainly would like to see the program grow to serve more children in and around our community.

David Young

Delmar

The writer is founder of Book Buddies and Albany County legislator representing the 34th district. He can be reached at 439-8513 or at PO Box 215, Delmar 12054.

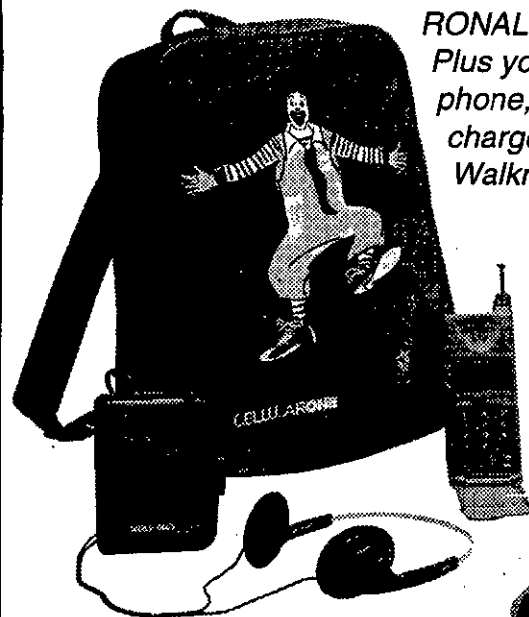
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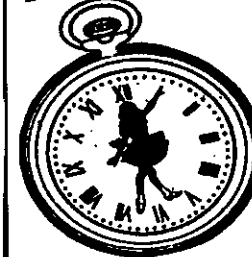
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# Skateboarders want park of their own

By Michael Hallisey

With the completion of the new baseball fields and construction of additional soccer fields at Elm Avenue Park, skateboarders are asking when they will get their own park.

Some local teen-agers who surf on the concrete of local roads on their skateboards say they feel slighted.

There are facilities in Albany County for nearly every sport imaginable, said 14-year-old Glenmont skateboarder Matthew Primomo. From baseball to curling, residents can travel a few miles to indulge in their favorite sport. High school

**Sometimes I'll just be sitting some place having a soda and I'll be asked to leave. ... "Because they don't want us to skate."**

Jon Santola

students can even participate in some of those sports at school.

"Skating is kinda the same thing, but we don't have anywhere around here," Primomo said.

"It's like the whole sport of skateboarding is not being recognized," said Jon Santola, a 15-year-old skateboarder from Delmar.

For many teen-agers too young to drive, skateboarding is a form of transportation. But, they also do it to have fun.

Primomo said he has about 10 friends he skates with around town. But, "It's kind of dumb because there is nothing to skate on," he said.

Some teen-agers have resorted to building their own wooden ramps at home, as did Primomo and his father a few months ago.

Primomo and many of his friends can be found using his ramps, accompanied by the sounds of wheels, or even bodies, making contact with wooden ramps or the concrete driveway, but Primomo said his neighbors don't seem to mind.

About two years ago, Primomo said he was introduced to skating by a friend of his. Today, he is



Matt Primomo practices his moves on his ramp at home.

Paul Deyss

entering skate competitions, and frequently has his parents or friends drive him to Saratoga County, where the closest skating park is.

Skaters make the trip north to skate off ramps and half-pipes where they can perform various aerial tricks, which initially drew many of them to the sport.

But, Primomo admits the trip is a bit far to just skate.

"That's why I want a place around here. It would be better," he said.

The lack of a park for skateboarders is what drew Santola to write a letter to the editor to *The Spotlight* two months ago.

"Most of us who skateboard aren't old enough to drive," said Santola.

One Bethlehem mother agrees.

"I think it's something the town should be looking at," said Supervisor Sheila Fuller. "We certainly provide plenty of activities for our children, and this is one aspect we appear to be neglecting."

David Austin, administrator for the town parks and recreation department, said skating is already allowed at Elm Avenue Park.

"None of the kids are asked to leave by park employees," said Austin.

Austin sees problems with a park exclusively for skating.

In deed, as one drives by the park one can see approximately a half dozen roller hockey rinks on the south east side of the park.

Austin said he had talked to area teen-agers about a possible town skating facility, telling them there would have to be safety regulations to reduce the town's liability in case of an accident.

"I proposed rules requiring helmets and padding, and they

basically said no, they wouldn't visit it," he said.

In addition to the fear of a possible lawsuit, Austin said being one of the first communities in Albany County to build a skate park could attract people from outside of Bethlehem.

"We try to deter non-residents from using the town parks," said Austin. "But it's difficult because our parks, especially Elm Avenue Park, are such attractive places to visit."

Any potential skating park must also fit in with the overall aesthetics of the park, Austin said.

He noted that some skating parks he's visited are "unsightly" with large ramps and graffiti.

"It would look out of place here," said Austin.

Also, "I'm not sure the kids want to be restricted to one area" in the park, said Austin, adding he would not want the town to invest into something the kids would not use.

Though Primomo does not use protection while skating on his own ramp, he said he would use a helmet and padding in a town park.

Dan Kohler, 14, another Glenmont skater, said, "We have to wear helmets at Saratoga anyway."

Not all parks permit users to wear protection, said Santola. But those he has used have skater sign a waiver form, so the facilities are not liable for injuries sustained by those using the park.

There is almost a prejudice against youth on skateboards, said Santola. "Sometimes I'll just be sitting some place having a soda and I'll be asked to leave," said Santola. "Because they don't want us to skate."

## Red Cross seeks blood donors

Throughout the summer, community inventory of Type O blood has hovered at a less than two-day supply. The American Red Cross needs a three-day supply to effectively meet constant patient demand.

Just before and directly after the Labor Day holiday weekend, blood supplies can dip dangerously low. This situation can be critical for patients. During the holiday weekend, hospitals experience an increase in the number of trauma patients, who usually require more blood transfusions than surgery patients.

The Red Cross urges all healthy volunteer donors to support the community blood supply by giving blood at one of these locations by calling 1-800-272-4543 for donation times at the Hackett Boulevard, Empire State Plaza or Route 7/ Watt Street, Schenectady donation centers.

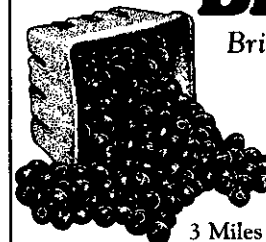
Cornell Cooperative Extension of Albany County will hold a blood drive on Thursday, Sept. 4, from 9 a.m. to 2 p.m. at the Rice Center on Martin Road in Voorheesville.

This August, blood drives have received only 75 percent of planned donors. By donating now, volunteers can help ensure that area patients receive the blood they need.

Since red blood cells can be stored for up to 42 days, the Labor Day drives will help fill the nearly 20 percent donor gap caused by the lack of school blood drives during the summer.

Any individual, who is age 17 or older, weighs at least 110 pounds and is in good health, may be eligible to give blood. To make an appointment to give blood, call the Red Cross at 1-800-272-4543.

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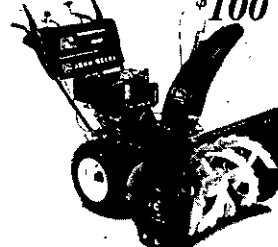
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## Zoning board sets public hearngs

The Bethlehem zoning board of appeals has scheduled three public hearings tonight, Aug. 20 at 7:30 p.m. at town hall, 445 Delaware Ave., Delmar.

First on the agenda is an application for an area variance from Bernard Ashe, to construct an addition on an existing dwelling on 7 Bedford Court in Delmar.

The second hearing concerns a request for an area variance submitted by Alan and Carol Metevia who plan to construct a dining addition and covered walkway on

131 Adams Place in Delmar.

Leo and Barbara Dorsey are seeking an area variance to screen an existing deck on 39 Peel Street in Selkirk.

The board will announce the reception of an application from Cathy and Terence McEneny for a variance to construct a driveway off the end of an existing street to allow a home to be build on an existing lot at Ellsworth Place in Delmar.

The board will consider a special exception from Omni Point Communications to install a phone communication antenna on an

existing tower off Smultz Road in Glenmont.

An application for a use variance from Lois June Lee to construct a sunroom/dining addition on 5 Roweland Ave. in Delmar is also on the agenda.

An area variance application submitted by Brian and Maria Fiset to construct an in-law apartment at 528 Elm Ave. in Selkirk will be discussed.

And a use variance application from William M. Saleh to permit the sale of cars in a residential zone at 332 Glenmont Road in Glenmont will be discussed.

## Child care providers to receive grants

The Capital District Child Care Coordinating Council has funding to assist new and existing family child care providers with health and safety equipment. The state department of social services grant, administered through the council, is available to new providers, currently in the process of applying for a registration/license, as well as existing group or family child care providers who need to upgrade health and safety materials.

If you are interested in becoming a family child care provider or for information, call the council at 426-7181.

## Bethlehem Police stop 89 in county seat belt sweep

Bethlehem Police registered 89 of the countywide 970 stops during a blanket seat belt patrol Aug. 14, according to a report from the Albany County Stop DWI Program.

From 7 a.m. to midnight, Bethlehem police found 68 seat belt violations.

Bethlehem ranked third in traffic stops out of 17 county police agencies, behind Colonie (515) and State Police Troop G (105).

Ninety-seven court summons

were issued, second in the county, and five drivers were cited for aggressive driving, second behind University at Albany campus police (seven).

Only three drivers were nabbed for driving while intoxicated, one each in Coeymans, Cohoes and Watervliet.

In the same period, Bethlehem Police responded to a personal injury accident, one of four in the county that day. The victim was wearing a seat belt.

## On the ball



Agostino Jubrey shoots hoops at Glenmont School.

Paul Deyss

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## Mothers' support group slates meeting

For Mother's Only, an informal support group that gives new

mothers an opportunity to meet and share concerns relating to their newborn infants, meets on Thursday, Aug. 28, at 7:30 p.m. at Bellevue Hospital on 2210 Troy Road in Niskayuna. For information about this free support group, call 346-9400.



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## Bethlehem Recycling Corner

By Sharon Fisher, town recycling coordinator

The most highly recycled consumer product, according to a recent survey of the Battery Council International, is lead-acid batteries. The recycling rate for batteries that start cars, lawn movers, trucks and boats is 98 percent.

By comparison, only 65 percent of aluminum cans, 59 percent of newspapers and 37 percent of all glass bottles are captured worldwide for recycling.

Vehicle batteries can be as small as a large flashlight battery or as large as a car battery. Lead-acid batteries should not be placed in boxes provided for household batteries. Take lead-acid batteries to the local Kmart or a gas station that replace batteries for their customers. These batteries have recyclable components. State law prohibits people from disposing lead-acid batteries into the trash.

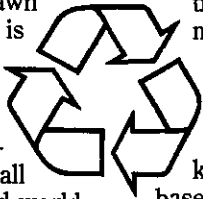
If you have an abandoned car or truck on your property, there are two organizations that accept these vehicles as a donation. They will also provide a donation slip for your records.

Your donation of a car can help

the American Kidney Foundation. For information, call 1-800-488-CARS or the American Lung Association at 1-800-577-LUNG. Recycling cars gives these organizations a revenue source. Remember that "One man's trash is another man's treasure."

Are you wondering what to do with the broken window glass in the basement or garage? You now have an opportunity to recycle that glass. BBC Aggregate Recycling in the Port of Albany accepts window glass of all types including vehicle glass, as well as brick, block, concrete, stones and asphalt. The company will recycle all these materials instead of landfilling them. The yard is in the old Becker wrecking yard just south of Gorman Brothers. They accept only clean materials. No painted or treated wood, insulation, shingles or contaminated soil will be accepted.

For information, call BBC Aggregate at 434-2747. Their affiliated company, Wm. Biers, Inc. accepts clean unpainted wood in all sizes and shapes, including old pallets.



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## Delmar Orchestra names officers

Delmar Community Orchestra recently elected officers for the 1997-98 season. They are: Richard Connolly, president; MaryLou Schulz, vice-president; David Rhodes, corresponding secretary; Shelly Sykes, recording secretary; Melissa Brown, treasurer; James Broden, librarian and member-at-large; Russell Putz, member-at-large; Ulla Sattinger, past president; and James Gregg, conductor.

The Delmar Community Orchestra rehearses Monday evenings from 7:30 to 9:30 p.m. at Bethlehem town hall on Delaware Avenue.

The first rehearsal is scheduled for Sept. 8.

There are openings in violin, viola, cello, piano/harp, French horn, tuba, bassoon, percussion and bass clarinet.

No audition is required and players from throughout the area are welcome.

For information, call Jim Gregg at 622-0375 or MaryLou Schulz at 439-1603.

## Friendship Festival this weekend

The Ravena Friendship Festival will take place Friday through Sunday, Aug. 22 to 24, at Mosher Park. The festival features carnival rides and games. Festival hours are Friday from 6 to 10 p.m., Saturday, from 10 a.m. to 11 p.m. and Sunday from noon to 7 p.m.

Ride tickets are available for advanced sales at the Ravena Village Office, 15 Mountain Road. Tickets are \$4 a sheet on advance sale and \$5 during the event.

Saturday's events will include a craft fair, pony rides, a petting zoo, musical entertainment and fireworks. Karaoke DJ Ultimate Mix will entertain during the day. Later in the day, Interplay will perform jazz.

Dean Davis and his animal friends will entertain festival goers along with magician Pete Beeble and storyteller Dick Brooks.

### Concert scheduled at Coeymans gazebo

Evenings on the Green will present a concert Thursday, Aug. 21, at 7 p.m. at Coeymans Landing riverfront gazebo.

The final program is scheduled for next week.

### RCS schools plan open houses

A.W. Becker Elementary School on Route 9W in Selkirk and Pieter B. Coeymans Elementary School on Church Street in Coeymans will host open houses for students and parents on Wednesday, Aug. 27, from 9 a.m. to 1 p.m.

### NEWS NOTES

**Selkirk South Bethlehem**  
Linda Marshall  
756-3520



### Fire company sponsoring flea market/craft fair

Selkirk Fire Co. No. 1 is sponsoring a flea market and craft fair set for Saturday, Sept. 6, from 9 a.m. to 3 p.m.

Vendor space is still available. To participate, vendors should contact the fire company and PO Box 185, 126 Maple Ave., Selkirk

12158 or call 767-9838.

### Boards to discuss skateboarding park

Several youngsters from Ravena recently requested that the board create a skateboarding park. The board will meet with members of the Coeymans board to discuss the possibility.

### Fire & EMS Service seeks volunteers

The Bethlehem Fire & EMS Service is looking for volunteers. For information or to join, call 475-2929.

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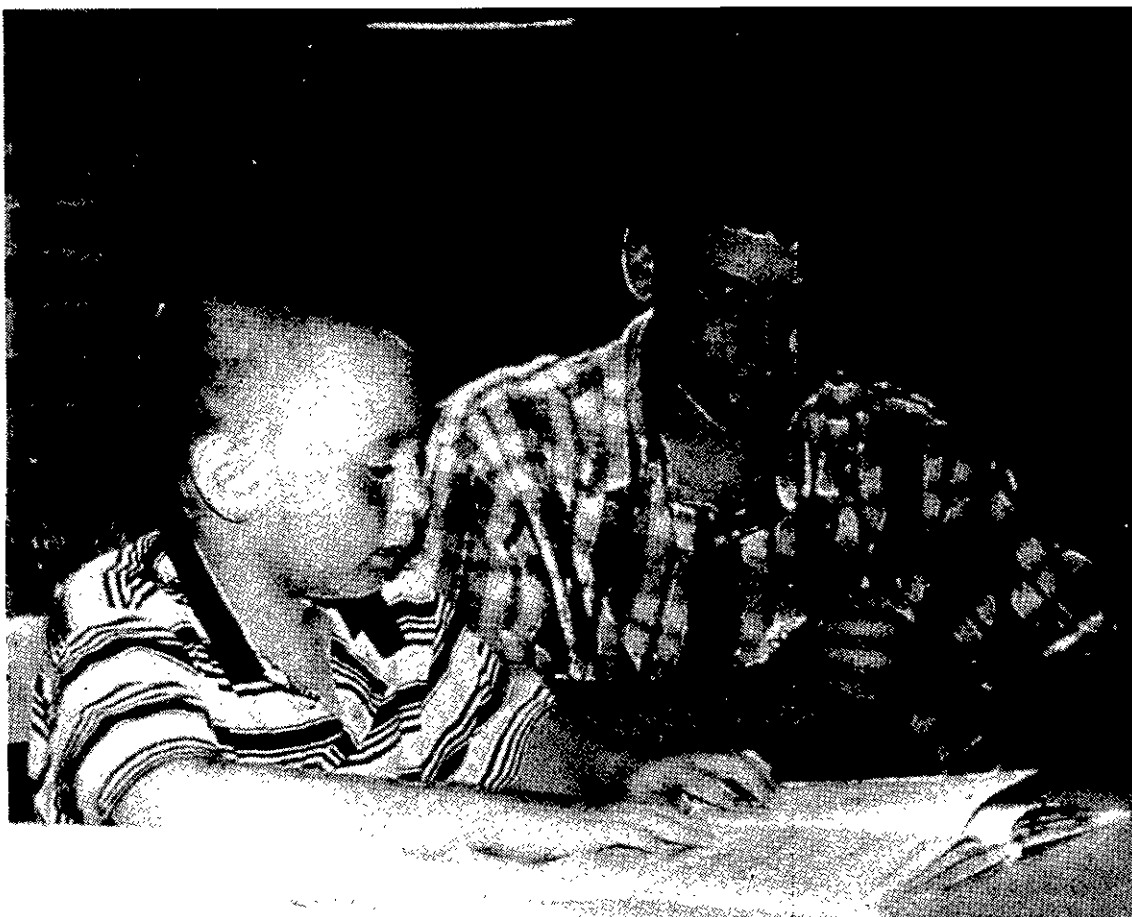
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## Best buddies



Donal Crickson participated in Book Buddies this summer along with volunteer Andrew Hartman.



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## Young writers shine in summer workshop

Polly Hartman does everything in her power to get her young charges to see themselves as writers. For the past six summers, she has run youth services annual Children's Writing Workshop for youth entering grades-three

organizing, encouraging and praising the young writers' efforts.

The sequence of the writing process — motivation, creation, revision, editing — is reinforced each week. Most participants get a chance to share at least part of their works-in-progress with the group. Criticism is not exercised.

Polly Hartman says the program's short duration makes it more important to encourage the process. "Constructive criticism needs more time to establish trust and rapport between teacher and writer. I want to foster the idea that they can be writers and that they should continue to write."

At last night's closing reception, the finished books were formally added to the library's collection, where they will be kept for a year. Parents and last year's participants were guests at the reception.

Hartman introduced each child in terms of the child's book. She believes this practice reinforces the connection for all present that each child is a writer. And for five weeks in the summer, each child is.

*Louise Grieco*

**Check It Out**  
Bethlehem Public Library

through seven.

On five consecutive Fridays, participants are taken through the steps of building a book — writing, illustrating, binding and sharing their work. Each week, they are visited by a local author who talks about the writing process from a particular perspective.

This year's guests were Alexandra Siy, Andrew Hartman, Thor Wickstrom and yours truly.

Siy, who writes children's fiction and non-fiction, talked about revision — multiple drafts, moving text around, tightening language.

Hartman, a high school senior at Bethlehem Central High School and editorial staffer at *The Spotlight*, talked about editing and the importance of accuracy.

Wickstrom, an author and illustrator, described how he illustrates a book, working from the finished text and submitting preliminary drawings to his editor, who checks them for pictorial accuracy.

A poet in my other life, I spoke about creative motivation — how to get the whole process started.

This year's enrollment of 28 is the largest so far. Eight adult volunteers facilitated the workshops,

## Chamber sets breakfast meeting

The Bethlehem Chamber of Commerce will host a breakfast meeting on Wednesday, Sept. 24, at 7:30 a.m. at the Days Inn on Rt. 9W in Glenmont. Jeff Perlee, director of the New York State Lottery, is the featured speaker.

The cost is \$6 with a reservation. Members and non-members are welcome. For information, call 439-0512.

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# Soccer clinics begin Tuesday

Two skill clinics will be held for children registered in the Kiwanis fall soccer program. The clinics will be devoted to teaching fundamental soccer skills.

The first clinic is set for Tuesday, Aug. 26, and the second Thursday, Aug. 28, at Swift Road town park.

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

The fall soccer season runs from Sept. 2 through Oct. 19.

## Orientation scheduled for new students

An orientation for new students in grades one through six is slated for Tuesday, Aug. 26, from 1 to 2:30 p.m. at Voorheesville Elementary School. Students will watch a video, tour the school and make their own ice cream sundaes.

For information, call the school at 765-2382.

## Meet the coaches slated Aug. 27

Meet the coaches for Voorheesville's fall varsity and junior varsity teams on Wednesday, Aug. 27, at 7 p.m. in the high school auditorium.

Coaches will meet with parents and explain specific team practices and schedules and answer questions. Parents and guardians of all fall varsity and junior varsity athletes and cheerleaders are urged to attend.

Modified team coaches will schedule individual team parent meetings after Sept. 1. Contact the high school at 765-3314.

## District will notify students about books

Students who reside in the district, but attend private schools will be notified by telephone when textbooks arrive.

Books will not be issued to students who have not returned books or who owe money for damaged books.

For information, call the high school at 765-3314, ext. 313.

## Village trustees set public hearings

The Voorheesville board of trustees will meet on Tuesday, Aug. 26, at 8 p.m. at village hall on Voorheesville Avenue.

Two public hearings will be conducted prior to the meeting. At 7 p.m., the board will hear from the public on revisions to the village zoning law regulating signs and banners. At 7:30 p.m., a zoning change that would allow horses

## NEWS NOTES

### Voorheesville

Elizabeth  
Conniff-Dineen  
765-2813



in some residential areas will be the subject of a public hearing.

For information, call the village office at 765-2692.

## Museum open Sundays

The New Scotland Museum will be open Sundays this month from 2 to 4 p.m. The museum is also open Thursdays from 10 a.m. to noon and by appointment.

The new museum covers local history from prehistoric times to the present. It is in the Wyman Osterhout Community Center on Old Road, just off Route 85 n New Salem. For information, call 765-2071.

## Workshop to conduct open house Aug. 21

An open house for the fourth and final session at Heldeberg Workshop is set Thursday, Aug. 21, from 6 to 8 p.m.

Special thanks to all staff and volunteers for another great summer.

## Weekend performances set at Tastee Treat

Pat Barnett-Mulligan will play a blend of blues and pop music Friday, Aug. 22, at Tom's Tastee Treat on Route 85 in New Scotland. Dave Render will perform Saturday, Aug. 23. Concerts run from 6 to 9 p.m.

Tastee Treat has great food and ice cream, plenty of parking and a playground for children. For information, call 439-3344.

## St. Matthew's announces raffle drawing Sept. 2

St. Matthew's Human Concerns will hold a raffle drawing on Tuesday, Sept. 2.

The grand prize is round trip airline tickets to anywhere in the continental United States, courtesy of Northwest Airlines. First prize is a two-day bus trip to Old Montreal on Oct. 18-19, donated by Yankee Trails. Second prize is a \$300 Wal-Mart gift certificate, donated by Wal-Mart.

Tickets are \$1 each or \$5 per book. They will be sold after all masses. Committee members will sell tickets at Tom's Tastee Treat Aug. 22, 23, 29 and 30, from 6:30 to 8:30 p.m. Tickets will also be sold at SuperValu on Saturday, Sept. 30, from 9 a.m. to 1 p.m.

Ticket sales support Human Concerns which provides food, help with fuel and electric bills and other assistance to families in need in New Scotland regardless of their faith.

The group runs the food pantry at St. Matthew's Church and sponsors a holiday giving program. For information, call 765-3806.

## Planners to conduct two public hearings

Voorheesville's planning commission has scheduled two public hearings tonight, Aug. 20, at 7:30 p.m. at village hall on Voorheesville Avenue.

An application by Fleetway Construction for four raised septic systems in Crescent Estates off Sky Terrace and an application by Giovanni and Nancy Mazzeo for a minor subdivision on the south side of Ridge View Drive will be considered.


## Selkirk man earns rank

Marine Pfc. Gary M. Zinzow, son of Gary and Ruth Zinzow of Selkirk, was recently promoted to his present rank while serving with the Marine Aviation Training Support Group at the Naval Technical Training Center in Meridian, Miss.

He was promoted based on sustained superior job performance and proficiency in his designated specialty.

Zinzow, a 1996 graduate of Ravena-Coeymans-Selkirk High School, joined the Marine Corps in January.

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# Fall programs offer many opportunities

The library will be closed on Saturday, Aug. 30, and Monday, Sept. 1, for the Labor Day holiday. Ongoing programs resume in September, as well as a number of special events.

## Voorheesville Public Library



For adults, programming this fall offers expanding opportunities for personal growth, community involvement, entertainment and an unprecedented journey into the art world. Details are upcoming in The Bookworm, which will be published next week.

The following regular programs require no sign-up, and newcomers are encouraged to attend.

- Nimblefingers needleworkers meet Tuesdays from 1 to 3 p.m., beginning Sept. 2.
- Fall story hours begin Monday, Sept. 8.
- Art Expressions, the once-a-month adult sketch club, will meet for the first fall session Wednesday, Sept. 10, from 6:30 to 8:30 p.m.
- The Every Other Thursday Night Poets meet Sept. 11 and 25 at 7 p.m.
- Lifestories memory writing workshop continues from 10 a.m. to noon on Saturdays.

The library club for children in grades four through six will not meet until Wednesday, Oct. 8. Permission slips and sign-up are necessary.

Sunday hours (1 to 5 p.m.) will begin Oct. 5.

Barbara Vink

e-mail letters to the editor to:  
[spotnews@albany.net](mailto:spotnews@albany.net)

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# Sports

## Conway bound for Boston

Nicole Conway, going into her senior year at Bethlehem Central, will continue to play basketball for school named BC after she graduates high school this May.

## Basketball

But, she'll be moving east to Boston.

Conway recently made a verbal commitment to Boston College, which offered her a scholarship to play basketball for the Division I, Big East Conference school.

Conway was recruited by over 60 colleges, and is expected to play guard or weak forward.

## Bethlehem Tomboys 16-and-under team wins Hudson Mohawk B Division championship

Christine Volpi pitched a shut-out and the Bethlehem Tomboys 16-and-under B team scored 11 runs to beat Waterford and take the Hudson Mohawk B Division championship recently.

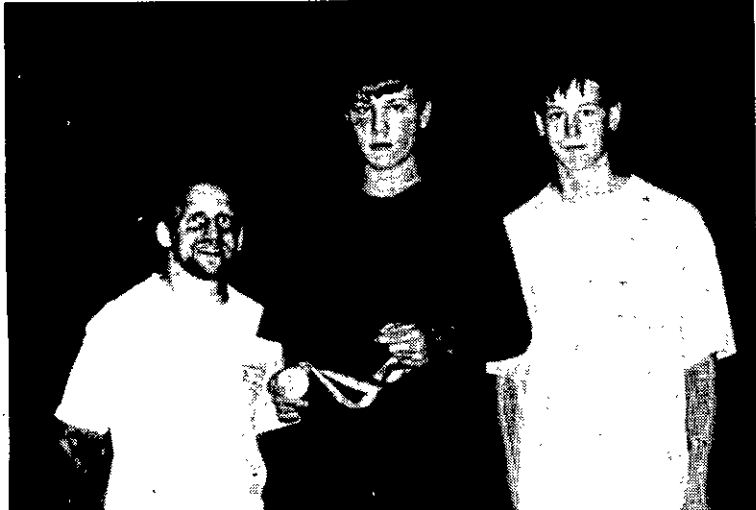
Two days before, the Tomboys beat a strong Brunswick team 11-10. Waterford tied for the league lead as a result. Bethlehem then had to face Waterford in a single elimination playoff for the championship.

The team, which finished with a 15-5 record, was made up of the following girls: Amanda Ahlemeyer, Debi Boissy, Rachel Carberry, McCaela Curran, Sara Fournier, Amanda Ghezzi, Becky Hoghe, Ellen Lowrey, Jessica Mayo-Pike, Nicole Privitera, Amanda Sickles, Emily Waniewski and Sarah Zimmer.



The Bethlehem Tomboys 16-and-under travel team recently won their division.

## Golden memories



1984 Olympic wrestling gold medalist Bobby Weaver (left) poses with Dan Cook and Jim Kurtzsis of Bethlehem at the Competitive Edge Wrestling Camp in Pomfret, Conn.

## Delmar real estate firm donates trees

The new ballfields in Bethlehem, located off the Route 32 extension, received a donation of four 3-year-old Siberian Elms from Blackman and DeStefano real estate agency.

Earlier this month, the Delmar real estate agency decided to join BankAmerica Mortgage's Greening Our Neighborhood program.

The environmental program supports nationwide reforestation.

## Spotlight sports has new Albany Net e-mail address

Spotlight Newspapers recently chose an Internet provider and with it has changed the e-mail address of the sports section. (see related story on Page 1).

Now you can send your sports press releases to [spotspor@albany.net](mailto:spotspor@albany.net).

Just by sending to the above address, you can send the sports section your information, comments or news tips.

Deadlines are Fridays, and you

should leave a name and phone number.

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# HEALTH CARE

A supplement to THE SPOTLIGHT

August 20, 1997



## ***VA Hospital adapts to changing community***

**By Martin P. Kelly**

When the Samuel S. Stratton Veterans Affairs Medical Center in Albany established a cardiac catheterization laboratory some 15 years ago, it took a giant step forward in serving the Capital District's general health, in addition to the 192,000 veterans in the area.

Opened in 1951, the Stratton VA Medical Center serves veterans in 22 counties of upstate New York,

**VA ADAPTS/page 16**

# Hospice eases the passage between life and death

By Linda Underwood

Patricia Tulloch of Delmar doesn't want other people to suffer the way her mother did when she died almost 30 years ago.

When her mother battled with lung cancer in the 1970s, she was treated aggressively, with even experimental treatments, to the bitter end. She remained hospitalized in a critical care unit until she died. As was the practice at the time, doctors didn't even want to tell her she was dying.

"My mother died at 52 in the pre-hospice time. We were advised not to tell her she was dying and we struggled with that decision before and after we decided to tell her," Tulloch recalled. "She really went through the mill, hospitalized in a critical care unit. It had a major impact on how I look at the care of people with end-stage disease, not only their physical care, but their spiritual care as well."

That experience inspires Tulloch in her new position as regional director of Community Hospice of Albany County, the recently-merged St. Peter's Hospice and Capital District Hospice, part of a network of seven hospice programs that comprise The Community Hospice.

Tulloch's responsibilities include delivery of all clinical services, quality improvement, financial management, management of human resources and community relations.

Before being offered the directorship, she was the

manager of clinical services for the former St. Peter's Hospice, and the patient care coordinator/site director for the former St. Peter's Hospice in Troy. Tulloch brings to the job many years of experience working with people, first as a math and science teacher, and the last 20 in nursing.

"My interest in hospice is multi-faceted," she said. "Even

unfinished business — write wills, say goodbye or spend quiet time with loved ones. We work as a team, meet with families and talk about what is important to them and ways they can achieve what they want to."

Tulloch said Hospice has helped people reconcile with estranged family members and provided time for families to revisit their past.

"She could leave in peace, knowing he was taken care of," Tulloch said.

Working with those who are dying is not depressing, Tulloch said. There is a strong support system in place for hospice workers, including memorial services that enable them to share stories of patients and families.

minute. When people are finished with the aggressive treatment of their illness, and their treatment is for comfort, they are ready for hospice care," she said. "It is a hard determination to make, but the sooner the better."

Tulloch said all hospice-related services, including respite care for those who care for terminally ill people at home, are covered by Medicare, Medicaid, and most private insurance companies and HMOs.

In addition to waiting too long before seeking hospice services many people make the mistake of thinking hospice care is only for the very old or those with cancer.

"Hospice is for anyone with end-stage disease — cancer, heart disease, Lou Gehrig's, cystic fibrosis — anything," she explained. "There is no age limit. We have infants and children and many young adults. We are there for everyone who needs support at this time in their lives."

Tulloch said anyone can make a referral to hospice and help is just a phone call away.

"Often advanced illness becomes overwhelming for patients and their families," she said. "When they are done with the aggressive treatment, they can call us. We are happy to give information over the phone or even visit. There are many people who need hospice support at some time."

For information on Community Hospice of Albany County, call 525-1686.

**Hospice provides pain management and physical care, but it also has other goals. It is a holistic, humanistic approach to caring for people with end-stage illness. We help people finish their unfinished business — write wills, say goodbye or spend quiet time with loved ones.**

Hospice director Patricia Tulloch

as a teacher, I was always interested in nursing and medicine. My first seven years of nursing were in critical care. But there came a point in my career when I began looking for a human approach to the treatment of people in the end-stages of illness."

While hospice programs have units in hospitals and nursing homes, such as the 10-bed unit at St. Peter's called Hospice Inn, Tulloch is quick to point out that hospice is not a place, it is a philosophy of compassionate care for people with end-stage disease.

"Hospice provides pain management and physical care, but it also has other goals," she explained. "It is a holistic, humanistic approach to caring for people with end-stage illness. We help people finish their

"We urge them to gather as a family, say 'I love you' or let a Dad tell his children 'I may not have been there when you were growing up, but I love you. These are my hopes and dreams for you,'" Tulloch said.

As Tulloch spoke about taking care of unfinished business, one young woman in particular came to mind.

"She was a single mother with very advanced breast cancer and she was very troubled because she didn't know what would become of her 12-year-old son when she died," Tulloch recalled. "It was her primary goal and we really worked with her."

The woman's son was placed with a family and she was able to meet with them prior to her death.

"Hospice is about affirming life," she said. "I receive so many hugs from people. I've received so much more than I've ever given. Some people have changed my life."

Tulloch also regains her balance through her hobbies of music, painting, canoeing and gardening.

She is also dedicated to mission work, outreach to the poor, and Habitat for Humanity. She even traveled to Africa on a hospital ship.

"My mission work is very important to me," and hospice is a great portion of her mission work, she said.

She hopes more people would reach out for hospice care earlier than they do.

"People contact hospice too late. They are waiting for the last



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## Eddy nurses sponsor AIDS walk fund-raiser

Lace up your sneakers. The AIDS Care Team at Eddy Visiting Nurse Association wants you!

Teams of walkers and sponsors are wanted for the Capital District's first AIDS Walk '97, a 5K (approximately 3.1 mile) walk set for Saturday, Sept. 28, at 1 p.m., rain or shine, at Albany's Washington Park. The event is held in partnership with the Community AIDS Partnership of the Capital Region and local AIDS service groups, including The Eddy AIDS Care Team.

The walk begins at the Park Playhouse, proceeds through the park, down State Street, over Lark Street, up Madison Avenue, and then back to the park area.

In addition to increasing community awareness, The Eddy's goal is to raise \$10,000 through pledges. Half of the money raised by Eddy teams will help support the Eddy AIDS Care Team Program. The other half will go toward a local fund to help address unmet needs for AIDS prevention, medical care and support services within the Capital District.

Additionally, through a grant from the National AIDS Fund, the amount raised by each team will be matched dollar for dollar toward the local pool which funds requests annually. Last year, the local fund raised and distributed \$150,000 to 11 AIDS service organizations in the Capital District.

About 1,000 people are expected to turn out for the event. Affiliates of Northeast Health have already taken steps to mobilize teams within the system. Don't get left behind. Help the Eddy reach its goal. For more information, contact Mike Losinger, 270-1355.

## Fight arthritis with exercise

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."

For a free brochure about staying active with arthritis, call your local Arthritis Foundation chapter or call the Arthritis Foundation toll-free at 1-800-283-780

## Check out your vision at home through the World Wide Web

Vision care via the Internet? Not quite, but Prevent Blindness America is launching a site on the Internet, sponsored in part by Sears Optical, enabling people to check their vision at home for indications of problems requiring further examination.

"The Sight Site" includes a number of vision tests appropriate to various age groups. For example, there are near and distance vision tests for both children and adults. There is also a checklist to assess risk for glaucoma and an activity for older adults to check for the possible onset of macular degeneration, a disorder at the back of the eye that causes problems with central vision. To take the vision checks, visitors are instructed to print out the test pages.

"One of the reasons we established this Internet site is to educate people about proper vision care," said Kent D. Stuckey, chairman of Prevent Blindness America. "Although the vision checks offered are by no means a replacement for a professional eye examination, they are a good first step that can indicate a potential problem."

"On All American Eye Check Day in past years, we've checked the vision of about 40,000 people per year. On the Internet, we have the potential

to reach 30 million World Wide Web surfers. Our intention is to dramatically increase awareness of proper vision care," he added.

A vision check is a good first step in protecting eye health and preventing unnecessary blindness. Further visual evaluation and a comprehensive eye examination are recommended if a possible vision problem is suspected. Prevent Blindness America and Sears Optical recommend a program that includes regular eye exams, perhaps every other year or more frequently, depending on your doctor's advice, and more often with advancing age. An estimated 50 percent of all blindness could be prevented with proper care.

Because the site is being launched during the back-to-school season, it will also include information on how to detect signs of visual problems in children, information on vision protection for sports or other activities, common myths and realities about vision health and other information relevant to good vision care.

"Of course, we will be changing the information regularly to keep users abreast



Vision tests for people of all ages are available via the World Wide Web.

of new developments in vision care and to educate people on the subject throughout the year," Stuckey said.

The Sight Site address is <http://www.prevent-blindness.org>.

Prevent Blindness America is the oldest, national voluntary health agency that works to prevent blindness through community service programs, public and professional education and research.

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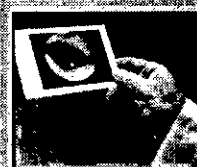
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# New contact lens, eyeglass styles are out of sight

By John Thorpe

The eyes still have it.

Yes, today more than ever, there are faster, better and easier ways to be certain the "windows to your soul" continue to look, feel and function their best.

Tom Hughes Jr. of Hughes Opticians in Delmar says many of his recent customers have fallen for the latest thing in contact lenses — those you throw away after just one day of wear.

While soft contacts have been around for decades and disposable lenses have come along in recent years, today's most popular lens — for those who can afford it — is the one-day disposable, according to Hughes.

"They're really great — no cleaning, no bottles of solution, no cases, no nothing," Hughes said. "They're especially good for people who don't wear

contacts everyday, but maybe want them for weekend ski trips or sports. We're selling quite a few now. They've become very popular."

Hughes has featured Johnson & Johnson's one-day lenses for about a year. They can be ordered in boxes of 30 (15 pair), and an order of four boxes earns consumers free shipping to their homes. Cost works out to about \$2 a day, said Hughes.

Not cheap, but many are willing to pay for "that 'fresh pair of lenses' feeling every day," he added.

Full-service vision center Sterling Optical, with two locations in Colonie, has a new approach for fall, gearing corrective lens wearers toward lifestyle packages, according to marketing coordinator Denise Ziegler. The company will try to match customers' eye wear to specific needs of today's different work places and play-

grounds.

The package designed for computer users logging heavy hours, for example, will feature lenses with anti-reflective coating to cut down on glare in operators' eyes. The kids lifestyle package, just in time for back-to-school, features scratch-free, ultraviolet protection lenses, a children's frame, a no-fault warranty, a free second pair of glasses, and lens cleaner and case for just \$199.95.

Future packages are being designed specifically for gardening, driving and sports, Ziegler said.

She also noted the recent popularity of Transitions lenses, which transform in sunlight from regular glasses to sunglass lenses. Unlike those of nearly two decades ago, today's lenses change quicker and better than ever, Ziegler said, and are a big seller.

"They're back and a lot

better," she stated. "They've mastered the tinting process. It now only takes about 30 seconds."

Like Hughes, Sterling also carries one-day disposable contact lenses, featuring Vistakon's Acuvue line, and has Freshlook contacts for those who want to change their eye color. Shades of the Freshlook lenses run from violet and aqua to brown and green.

But while a quick pop-in of a contact lens or pair of glasses can usually help those near- or far-sighted, those suffering from cataracts, a clouding of the eye's natural lens, have in the past felt their field of vision was eroding with no chance of reversal. Yet there is hope.

For those in need of cataract removal, Albany Eye Physicians & Surgeons, with locations in Albany and Latham, uses the latest technique to remove the "clouded" lens and replace it

with a man-made one. Phacoemulsification, introduced within the last year or so, can be performed by physician Orkan Stasior or his son, George, and involves just a three-millimeter incision in the eye.

"A foldable lens is placed in the incision and unfolds in the eye," said ophthalmic technician Gail Sansoucie. "Generally, there is no stitching of the eye necessary afterward. Often our patients have great vision as soon as the day after surgery. Some even get back to 20/20."

Those who don't are usually prescribed glasses after five or six weeks, Sansoucie said.

The "clear corneal" approach offers relief to those who before may have faced a life of partial or full blindness from the cataract.

Albany Eye Physicians & Surgeons also provide different types of ocular plastic surgery around the eye itself, including laser resurfacing, very popular these days among patients, said Sansoucie. Laser resurfacing can remove wrinkles surrounding the eyes as well as syngoma, or small growths on the lower lids. Lasers are also used to remove excess skin blocking the field of vision or to resurface scars, making the top layer of skin look more normal, healthy and pink.

The Stasiors also specialize in all forms of plastic surgery involving trauma to the eye area, Sansoucie said, and have worked in the past to repair eye areas damaged by dog bites, car accidents or tree branches snapping.



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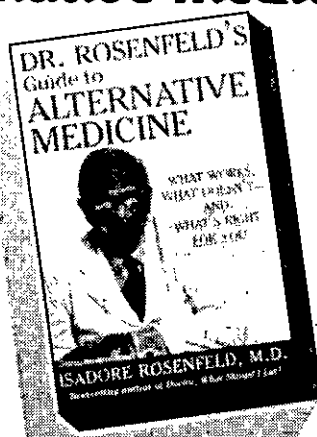
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## Physician assistants are a growing breed

By Patty Pulver

Although the physician assistant profession is a relatively new one, it has firmly established itself in the realm of medicine.

The roots of the PA profession began at Duke University in 1965. Numerous military medics were returning from Vietnam with few careers where they could apply their advanced medical skills. Dr. Eugene Stead envisioned that with additional specialized training, mid-level practitioners could provide services in underserved primary care settings. It was upon this foundation that the profession was built.

The American Academy of Physician Assistants currently defines a PA as a health care professional qualified by academic and clinical training to provide health care services with the supervision of a licensed physician.

PAs can perform diagnostic, therapeutic, preventive and health maintenance services in any setting in which a physician renders care. Some physicians have said that a PA can handle 75 percent of the problems that patients present to a practice, thereby allowing physicians to concentrate on the more complicated problems of patient care.

There are 71 accredited training programs in the United States. They vary in their entrance requirements. Prior health care experience and two years of undergraduate education are typical minimum requirements. Most programs

are 24 months, with the first year of training being classroom-oriented and the second year practice-oriented. There are several optional postgraduate residency programs available for graduate PAs.

PAs work in a variety of settings, especially as the profession has become more popular. They can be found in rural health centers, private offices, HMOs, hospitals, clinics and other health care settings such as prisons and nursing homes.

This year, there were more than 28,000 PAs practicing in the U.S., with approximately 3,500 in New York state. Recent statistics indicate approximately 240 work in the Capital District. Employment trends indicate that it should be a stable profession. Some experts predict an increasing number of positions with the trend toward managed care.

Many local PAs are graduates of the regional PA program, a consortium between Albany Medical College and Hudson Valley Community College. The program will celebrate its 25th anniversary this year and, with the current graduating class, will have close to 700 alumni.

To learn more about this profession, write to Albany-Hudson Valley Assistant Program, 47 New Scotland Ave., A4, Albany 12208-3412, or call 262-5251.

*Patty Pulver, an instructor with the Albany Medical Center-Hudson Valley program, has practiced for 12 years as a PA in primary care and emergency medicine settings.*

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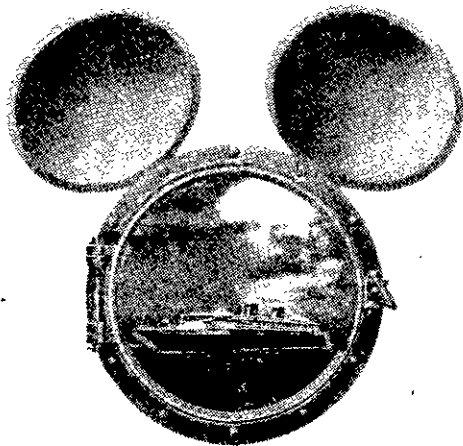
### Money talks . . .

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### Dancing anyone?

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# Chiropractors gaining new acceptance as healers

By Michael Hallisey

If you've hesitated to go to a chiropractor because it's not covered under your health insurance plan, there's good news ahead.

Gov. George Pataki recently signed a bill which permits health plans to reimburse for chiropractic services.

Chiropractors, specialists in spinal manipulation, cannot prescribe medicine to patients. And they don't want to, said William Remling, executive director of the New York State Chiropractic Council. Chiropractors have been medically licensed in New York state since 1963. Remling, one of the first chiropractors to be licensed, said the passing of the new legislation is just another victory

in a long war with health plan providers. But the spoils of this war don't go to the doctors, he said.

"For people who choose to go to a chiropractor, this is a huge step forward," he said.

As head of the council, Remling's responsibility is to look at how new laws affect the practice, as well as update colleagues on new technology and procedures.

Despite passage of an insurance equality bill more than 25 years ago, lobbyists for larger insurance companies in the state have been successful in making sure chiropractors were not recognized, said Remling.

There are some health plans which have covered visits to

chiropractors in the past, but some still resist the idea. The prejudice might stem from lack of communication, said Remling.

Local chiropractor Lee Masterson agrees. Many medical doctors may have little real knowledge of what chiropractors do, he said.

"Ignorance breeds prejudice and lack of knowledge brings fear," said Masterson, a Bethlehem chiropractor for 13 years. "I've said all along, we've been broadcasting on FM while everyone else had AM radios."

He said that chiropractics is an art of the natural sciences, similar to taking herbal medicine as opposed to man-made drugs for treating ailments.

In his office, Masterson and his partner, fellow chiropractor Jeffrey Riker, look at the patient as a "whole person" and do not just focus on the spine, said Riker.

Although they review patient history and vital signs are checked like at any medical office, the review also extends to the patient's physical habits, as well as the mental stress he or she endures, all of which have an effect on the nervous system.

The theory of weight gain in

men being harmful to the spine has been debunked to some extent, Riker said. Recent studies show that lack of exercise could play a larger role.

Masterson said he often finds first-time patients surprised they felt no pain during the visit. "They say, 'Is that it?'" he said.

After the first visit, Masterson said the patient gets a "sense of self."

"You enhance the body's ability to heal itself," he said, by

focusing on the spine, one the body's main nerve centers, as well as surrounding muscles, soft tissue and blood flow.

How often one should one visit the chiropractor depends on the patient, Masterson said. He has people come in once a month, every six months, or once a year.

"It depends on how close you want to monitor yourself. It's just like paying a visit to a dentist," he said.

But without the drill.

## Use caution with insect stings

Every year throughout the United States, bees, wasps, hornets and yellow jackets take aim at 25 million unsuspecting Americans.

To help you better cope with this late-summer hazard, the National Jewish Medical and Research Center in Denver offers the following tips:

- Elderly people, in general, have more severe reactions to insect stings because of cardiac complications. Young adults and children are stung more often because they spend more time outdoors.

- Insect stings typically cause localized pain and swelling that can last for 24 hours. If you are allergic, symptoms can be as serious as dizziness, breathing difficulty, unconsciousness and even death.

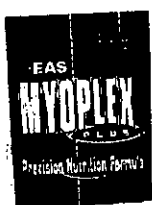
- No particular type of stinging insect is more likely to cause an allergic reaction than another.

- Allergists can treat insect allergies with a vaccination program that uses purified insect venoms. This process is 98 percent successful in protecting you from another allergic reaction.

- Allergic individuals who rely on injectable epinephrine (bee sting kits) to protect them if they are stung can be in trouble if they are far from a medical care facility. Sometimes multiple injections and other treatments are necessary as well.

- To lessen your chances of being stung this summer, keep outdoor food and trash areas covered whenever possible, avoid wearing bright-colored clothing or fragrant perfume, and don't walk barefoot in the grass or drink from open beverage cans.

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# Bicycling: Great exercise 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 m.p.h. 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," said Michael Olstad, member of Team PacificCare, 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 the "Golden Years" with little or no complications.

"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

## Sports Challenge aids cystic fibrosis

C.R. Bard and the Cystic Fibrosis Foundation of Northeastern New York have joined forces for the Bard Sports Challenge '97 to benefit the Cystic Fibrosis Foundation on Sunday, Sept. 14, at Bleeker Stadium in Albany.

The Bard Sports Challenge is in its 13th year in Albany. Company teams of 11 (four men, four women, two alternates, and one shepherd) compete against other teams in their industry for medals in their division. The Sports Challenge Trophy is awarded to the toughest team in the area. The day's events include a group jump rope, an obstacle course, relay race, softball throw and a tug of war.

Teams already signed up include C.R. Bard, Grand Union, Trustco, Marine Midland, Phoenix Home Life, CDPHP, International Paper, Quad Graphics and Keena Staffing, just to name a few.

All area companies are invited to join in for a day of fun. The \$550 entry fee for a team of 11 is tax deductible, and includes T-shirts, breakfast and lunch. For information on participating in the event or volunteering, call Jeff Simonson at the CFF office at 489-2677.

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."

Following are some 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, cyclists should have at least a white front reflector and a red back reflector.
3. Obey all traffic signs and street markings.
4. Ride on the right side of

the road along with traffic.

5. Signal when turning. Extend the arm straight out when turning left and bend the left arm at 90 degrees to turn right.
6. Yield to pedestrians.
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 bike regularly to make sure all parts are in working order.
9. Watch the road for hazards such as puddles, 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 bike.



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## The Eddy to launch center for special care of Alzheimer's patients

The Eddy's Marjorie Doyle Rockwell Center in Cohoes is gearing up for its official unveiling. Construction crews are putting the finishing touches on the \$5 million, 38,000-square-foot, first-of-its-kind Alzheimer's center to serve the greater Capital District.

A dedication ceremony is set for Monday, Aug. 25. Peter V. Rabins, MD, MPH, a nationally-known geriatric psychiatrist and co-author of *The 36 Hour Day: A Family Guide to Caring for People with Alzheimer's Disease, Dementia, and Memory Loss in Later Life*, is expected to be the keynote speaker.

The Marjorie Doyle Rockwell Center represents a unique and innovative client-centered approach to Alzheimer's care. The center is committed to compassionate, expert care to dementia clients and supportive services to their families and the community at large.

The Marjorie Doyle Rockwell Center will serve as a residence for 40 individuals in early to mid-stage Alzheimer's. Additionally, it will provide the region's only medical adult day care services for dementia clients through its DayBreak program; the region's only care-giver apartments to provide housing for care givers or spouses caring for their loved ones; and will be a regional resource center for information, education and support services for family members of those with Alzheimer's disease, care givers and health providers.

## Club cultivates better breathing

By Stephanie Pero

Breathing in fresh air. Most people take it for granted. But, in fact, one in 10 people in the United States suffer from chronic lung disease and are unable to breathe on their own, according to the American Lung Association.

The Better Breathers Club, a support group run by St. Peter's Hospital Respiratory Therapy Department, helps to educate and offer hope to people who have chronic, obstructive lung disease, such as bronchitis or emphysema.

Meeting the third Wednesday of each month from March to November at St. Peter's Hospital in Albany, Better Breathers is made up primarily of members who have graduated from St. Peter's Outpatient Pulmonary Rehabilitation Program. The meetings allow people with similar problems to come together and talk about issues that concern them. A guest speaker is invited to every meeting to provide information that members can use to improve the quality of their life.

Many topics are covered, including the importance of good nutrition for people with respiratory disease; ways to

**The Better Breathers Club, a support group run by St. Peter's Hospital Respiratory Therapy Department, helps to educate and offer hope to people who have chronic, obstructive lung disease, such as bronchitis or emphysema.**

reduce stress through therapies like the ancient Chinese exercise tai chi and acupuncture; estate planning; and the importance of exercise for people with lung disease.

Recent speakers have included John Carson, a pharmacist for St. Peter's Laboratory

Services; Dr. Jeffrey Greenhouse, a pulmonologist from Capital Pulmonary and Critical Care Services PC, who conducted question-and-answer sessions with the club; and Kevin Paulson, a pulmonary rehab physical therapist at St. Peter's Hospital, who spoke on choosing the best home exercise equipment. One of the most well-received programs was a presentation by NewsChannel 13's meteorologist Paul Caiano, who spoke on how the atmosphere can affect people with breathing problems.

Many of the members feel the club has helped them come to terms with their disease. "My husband, Edmund, suffers from emphysema and Better Breathers has benefited him greatly," said Mary Pickett, a member of the Better Breathers Club. "We've been attending for four years and try not to miss a meeting. People with respiratory problems often get depressed and groups like this offer much-needed support."

Better Breathers became affiliated with St. Peter's seven years ago and has grown over the years, said Bill Fazioli, RRT, a respiratory therapist at St. Peter's Hospital and the club's leader. "We have an average of 30 to 45 people who participate in the meetings. The members really seem to enjoy sharing their experiences with one another and they also give me feedback on the presentations by the guest speakers. Many of them have told me they have learned so much from our meetings."

Stephanie Pero works in the MercyCare Office of Communications.

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# Regular Pap tests can rule out many health problems

One of the most common reasons for women to seek health care is for a Pap smear. But many women are unsure of many issues about Pap tests: When should they have them? What do they really test for? What do they mean?

## What a Pap smear is

The Pap smear, developed by Dr. George Papanicolaou almost 50 years ago, is now considered to be a routine part of a woman's gynecologic examination. During preparation for the test, a speculum is inserted into the vagina to separate the upper and lower walls of the vagina to allow the health care provider to see the cervix, which is the bottom, or neck, of the uterus. The health practitioner then uses a small brush or wooden spatula to painlessly take a few cells of the cervix and put them onto a glass slide, where the cells are fixed for later examination under a microscope. The naked eye cannot evaluate the health or quality of the cells without the help of the microscope, although the naked eye can sometimes detect indications of infection, such as redness, or poor tissue health.

## How Pap tests are evaluated

The cells are evaluated by a specially-trained technologist using a microscope. They look at the shape, number, quality, size and integrity of the cells. They are classified as within normal limits, which is the best report back, or a variety of abnormal findings, which can indicate that further testing may be indicated. It is very important to understand that, in and of itself, a Pap smear cannot diagnose any conditions with certainty, but is regarded as a screening test for a number of problems, including infections and cancer. That means that, for any other finding than within normal limits, a second test is usually indicated.

## What a Pap test can indicate

A Pap test can tell whether a woman's cervix is showing signs of a variety of infections. It can also indicate that a woman is showing evidence of Human Papilloma Virus, or HPV. HPV is a group of 60 identified virus types, some of which are associated with cervical cancer. It is a sexually-transmitted virus which shows itself in a woman's

body as changes in the cervix, including vaginal warts. It is important to know that less than 1 percent of women with HPV infection develop cervical cancer.

Women who are 18-years-old and older or are sexually active, regardless of their age, should

have regular Pap tests.

Women who are at low risk for cervical cancer and other cervical problems should have a Pap done annually. If the test comes back within normal limits for three consecutive years, they can be scheduled every other year, although most women

continue to have them done yearly. Women at increased risk — those who smoke, have more than one partner, have a history of HPV or have HIV/AIDS — should discuss the appropriate frequency of Pap smears with their health care provider.

# Poison knowledge can prevent tragedies

Your knowledge of poison prevention could save a life. Take this quick quiz to test your poison prevention 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.

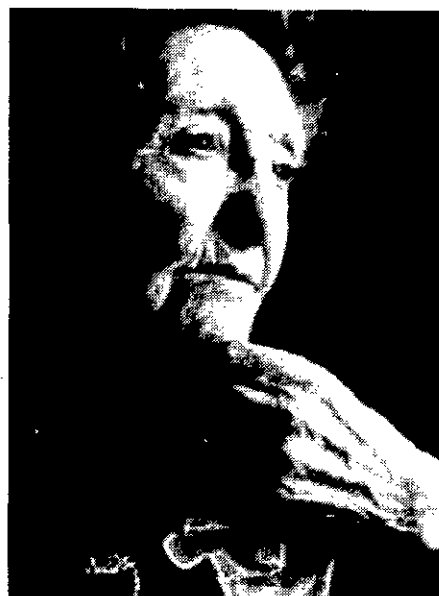
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# Training the mind to beat stress can help the body

By Cindy Perlin

Many times, when a patient with troubling physical symptoms goes to a doctor, the physician does extensive medical testing and can't find anything physically wrong.

The physician then suggests that the problem is emotional in nature. He or she might recommend an anti-depressant or anti-anxiety drug.

You might begin to doubt yourself, and wonder, "Am I crazy?" "Is it all in my head?" "Am I imagining things?"

What is really going on here? And what can you do about it?

The first possibility is that you do have a serious physical illness, and the physician has missed it.

Many illnesses are difficult to diagnose. Different physicians have different specialties, knowledge and experiences, and yours may have had little contact with your particular illness.

Sometimes, when a physician cannot pin down a diagnosis, instead of saying, "I don't know," the frustrated physician blames the illness on the patient.

One of my clients, who was eventually diagnosed with muscular dystrophy and whose

early symptoms were frequent falls, was told by one doctor, "You must like to fall down." Some studies have indicated that women are more likely than men to not have their symptoms taken seriously by a physician.

On the other hand, many studies have indicated that most visits to primary care physicians are stress-related. Stress affects every system of the body, including the cardiovascular system, the immune system, the musculoskeletal system, the digestive system, the reproductive system and the respiratory system.

Prolonged periods of stress can cause a wide variety of chronic symptoms and disorders. Some of these symptoms are the result of subtle changes in physiology that cannot be picked up by commonly-used diagnostic tests. Nutritional deficits can have similarly subtle effects.

In either case, your symptoms are real. You are not imagining them. There is something unhealthy happening in your body that your body is trying to tell you about. You need to listen and not ignore it.

Your task is to seek competent medical advice to rule out serious illness that requires aggressive medical treatment, while at the same time learning how to take better care of yourself.

Your body has remarkable healing capacity under the right conditions. Those conditions include a calm mental state, optimum nutrition, adequate rest and appropriate exercise. Whether you have a serious medical problem requiring aggressive medical intervention or stress-related symptoms, creating the right conditions for healing will enhance your chances of getting well.

Seek help from a mental health provider who understands the mind/body relationship, who can help you learn to reduce stress through relaxation

training, biofeedback, hypnosis (including self-hypnosis) and cognitive therapy. Also seek out a specialist in therapeutic nutrition and someone knowledgeable about exercise to create a healing program for yourself that complements the treatment recommendations of a physician you trust.

*Cindy Perlin is a certified social worker, certified biofeedback practitioner and certified hypnotherapist in private practice in Delmar. She specializes in helping people reduce stress and anxiety, improve health and relieve pain.*

## New hope available for ulcer patients

There is exciting news for the 5 million Americans who experience ulcers every year. Until recently, doctors believed stress, diet or excess stomach acid caused ulcers. Today, we know that a bacteria called *H. pylori*, which lives on or in the lining of the stomach, is responsible for approximately 90 percent of ulcers. Now, for the first time, doctors have a new combination treatment regimen that kills *H. pylori*, curing the cause of the ulcer and providing patients relief from painful symptoms.

A new combination of the antisecretory drug Prilosec (omeprazole) and the antibiotic Biaxin (clarithromycin) is now available for the treatment of *H. pylori*-infected patients with active duodenal ulcer. Prilosec prevents the production of excess stomach acid in the stomach, allowing the ulcer to heal and the antibiotic Biaxin to work more effectively in eradicating the *H. pylori* bacteria. Unlike other prescription ulcer medications which may be taken for many years, the combination treatment can cure the problem after taking medication daily for only four weeks. The combination therapy has been generally well-tolerated and side effects are usually transient and mild.

What is *H. pylori*? *H. pylori* is a spiral-shaped bacterium found in the stomach. Like most germs, *H. pylori* is thought to be transmitted from person-to-person contact. Experts believe the bacteria damages and weakens the barrier that protects the stomach and the duodenum, eventually causing the ulcer. In some people, the infection lasts a lifetime. Infection with *H. pylori* has also been linked to stomach cancer.

An ulcer is a sore or lesion that forms in the lining of the stomach or duodenum where acid is present. Symptoms of ulcers include a gnawing or burning pain in the upper abdomen (often occurring between meals and early in the morning), and sometimes nausea, vomiting and loss of appetite and weight. Although ulcers can develop at any age, they are most prevalent in people over the age of 30.

If you have been taking prescription medication for an ulcer, see your doctor to learn more about this new combination therapy, which can completely eradicate the ulcer. Patients with ulcers now have a chance at a cure for this condition and no longer need to suffer from the pain and discomfort of recurring ulcers, or the cost and inconvenience associated with life-long anti-ulcer medications.

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Edith M. is a fighter—and a survivor. She was courageous in battling two bouts with cancer, but when her doctor recently diagnosed a third, unrelated cancer in her throat, her spirits flagged.

"I just didn't know where to turn," Edith said. "I didn't know how I would find the strength to go on." Then she found out about the Cancer Care Counseling Line, 1-800-813-HOPE.

Cancer is often a frightening, overwhelming experience. Friends and family members may feel they don't know what to do or say, and in many communities, professional

support for cancer patients and their families is very limited—or nonexistent. People don't know where to turn for information or guidance.

Cancer Care, Inc., a New York-based social service organization, is one of the few with a large staff of professional, accredited social workers. For more than 50 years, Cancer Care has offered information, education, counseling and financial support to patients and their families. Last year, thanks to a grant from Bristol-Myers Squibb, the agency was able to expand its services through an 800 number staffed by licensed

clinical social workers.

"Edith was very downhearted when she called," said Jane Levy, social work supervisor of the counseling line. Ms. Levy, an accredited social worker, talked with Edith about the resources she had in her life, and within herself—her family, her church, her own beliefs.

"I reminded her of her earlier courage, and helped her think about how she could use them again," Levy said.

The Cancer Care Counseling Line, 1-800-813-HOPE, is free of charge to all callers and open from 9 a.m. to 5 p.m. Monday through Friday (EST).

## Tips to avoid dry eyes when traveling

Whether flying for business or for pleasure, if you have dry eyes you could be in for a rough journey. Characterized by symptoms of burning, irritation and/or grittiness, dry eyes are common among travelers exposed to the dry, recirculated air of planes.

To alleviate dry eye discomfort during air travel, many eye specialists recommend using lubricating eye drops regularly to ensure proper eye lubrication. A preservative-free formulation in sterile, single-use droppers—which are especially convenient for travel—is also recom-

mended. Studies show that frequent use of preserved drops, such as those found in multi-use bottles, can cause preservative-induced irritation.

A guide, *Refreshing Tips For Dry & Irritated Eyes*, is available. For a free copy, call 800-999-1870.

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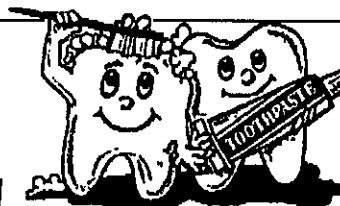
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# Organic sulfur may be key in stopping arthritis pain

As different as they may seem, rheumatoid arthritis, bronchitis, tendonitis, hip dysplasia, lower back disc problems, acute injuries and bursitis all have one thing in common: They all hurt and can be very painful to live with.

A cell is like a balloon full of water. When the membrane around that cell is leathery, the cell will expand because of fluid and toxin build-up. This creates internal pressure inside the cell, which causes it to inflate. Inflammation or swelling to soft tissue puts pressure on the nerves, and this can create intense pain.

The term "arthritis" simply

means inflammation of the joint. It is not a condition linked exclusively with aging. The most common and serious forms of arthritis are often found in young, active adults. One million new patients develop arthritis each year. In America alone, 250,000 children have arthritis, along with 40 percent of the population over age 65.

According to the *Journal of American Medical Association*, over 41 million Americans suffer from arthritis. Presently, arthritis is the most widespread crippling disability in the United States today, with more families in this country being affected by arthritis than by any other

illness.

What is the answer? Some studies point to organic sulfur. Organic sulfur is the fourth most abundant mineral in our bodies.

The human body has a natural defense system that manufactures a special sulfur compound that makes the cell permeable so the water can flow freely

through the cell wall, taking toxins out and getting nutrition in so healing can take place. Every time our body removes the invading toxin, it loses that special sulfur compound forever.

"The problem is Americans presently don't receive this essential sulfur" said Dr. Earl Mindell, Ph.D., R. Ph, a nutritionist and expert on vitamins, dietary supplements and nutrition and the author of *The Vitamin Bible*.

Methionine is the vital nutritional dietary source of sulfur that is found in our living tissues. MSM does not shut the nerve off. It makes the cell permeable so the water flows freely through the cell. This removes the build-up of fluids and toxins which, in turn, decrease the pressure inside the cell so the cell can heal and individuals can be active without pain.

Dr. Stanley Jacob, a professor

in the Department of Surgery at Oregon Health Sciences, states, "MSM is a fascinating life-enhancing agent. I've studied a number of individuals who have

One of the most effective means to get organic sulfur to the swollen and pain-ridden cells is direct application on the skin with a lotion that contains MSM. "A skin lotion with a therapeutic

quality of MSM allows the MSM to saturate the tissues directly and heal the body joints, skin and muscular skeletal system," said Mindell.

Sulfur also plays important roles in the body and

our skin, including the forming of "tie-bars" or disulfide bonds holding molecular strands of connective tissue together. MSM is actually a flexible bond between protein. Without MSM, a skin cell dies and a new cell takes its place and becomes rigid. This causes the skin to bend and not to straighten out, a condition which causes wrinkles. The healing time of cuts, scrapes and bruises also improved with MSM.

Research has also proven that MSM improves athletic performance, is an immune system strengthener, and is a tremendous energy booster. MSM has also been documented in numerous clinical studies to give substantial and long-lasting relief for health problems, including headaches, muscle pain, skin problems, constant itching, emphysema, allergies and arthritis. For information on MSM, call (800) 525-7710.

**Research has indicated that MSM improves athletic performance, is an immune system strengthener, and is a tremendous energy booster. MSM has also been documented in numerous clinical studies to give substantial and long-lasting relief for health problems, including headaches, muscle pain, skin problems, constant itching, emphysema, allergies and arthritis.**

taken MSM who have degenerate or rheumatoid arthritis, disc problems in their back, acute injuries, tendonitis, bursitis and other health problems, and it is certainly an important adjunct that gave long-lasting relief."

Clinical evidence gathered on arthritic patients using MSM show there is significant relief of pain and stiffness along with reduced swelling and inflammation. Even muscle pain associated with multiple sclerosis responded very favorably to MSM. Studies found that MSM has the ability to reduce the incidence of or entirely eliminate muscle cramps, such as leg and back cramps experienced at night and after long periods of inactivity. Leg cramps experienced by athletes were significantly reduced or abolished. Researchers also found that the recovery time in marathon runners who were given MSM dropped by 75 percent.

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# Midwives advocate for today's women in many ways

Today's certified nurse-midwife is an advance practice nurse who has been trained in the disciplines of nursing and obstetrics-gynecology.

In New York state, the appropriate title is actually licensed professional midwife, the title from the 1992 legislation which granted professional licensure. As such, the midwife is capable and has the authority to be the caregiver for women for most of their health care needs. This extends far beyond obstetrics, with which many people associate midwives.

Midwives offer women gynecology services, including ordering Pap tests, checking cholesterol levels and ordering mammograms. They frequently counsel women and couples in terms of family planning. Midwives are trained to evaluate the newborn and can provide the necessary care for the first 28 days of a newborn's life.

While many associate a midwife's care with the

childbearing years, midwives also work with menopausal women.

Today's midwives are advocates for women and babies. They view women as more than just anatomical parts, recognizing that a woman's health and well-being is influenced by many aspects of her life. They assess the stress level she may be experiencing and help her create a plan to reduce stress. They assess diet and exercise, again making concrete suggestions to help achieve optimal health. They are often familiar with not just the traditional health care providers in the community, but with alternatives such as chiropractics and herbology as well.

Midwives work with teenage mothers, with battered women, and with women with all kinds of needs. Many midwives are women's advocates in the political arena as well, working with their lobbyists, writing letters to legislators and keeping

the needs of women and families in the public eye.

Today's midwife works in many settings, including hospitals, free-standing clinics, health departments, ambulatory care centers and private offices.

All midwives have extensive education, including a rigorous certifying examination, and the requirement of continuing education. Most have a master's degree and a growing number have earned a doctorate.

Patients and midwives have both expressed satisfaction with particular aspects of the relationship that often develops with patients, specifically the intimacy, respect and friendship that many find. Many women seek out a midwife's care during pregnancy. They then continue the relationship as a gynecologic patient and often recommend the midwife to their friends and family.

Midwives in New York state must by law practice in collaboration with a physician. This

relationship ensures that a patient will have the best of all worlds — the intimate one-on-one care that midwives are known for, and access to a specialist when the need arises. Midwives in New York state can write prescriptions, and can order any variety of tests and lab work. They are guaranteed third-party reimbursement by law and most take most major health insurance plans.

There are a number of ways to locate licensed professional midwives. Some are listed in the yellow pages of the telephone

book. Since midwives deliver at local hospitals which offer obstetrical care, hospitals would have a listing of the midwives who are working in the area. Word of mouth is often the best method of discovery, as a personal recommendation can come with details and specifics which are always available. Finally, you can contact the American College of Nurse-Midwives by mail at 818 Connecticut Ave. NW, Washington, DC 20006, by phone at 202-728-9860 or at its Website at [info\(jacnm.org](http://info(jacnm.org).

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# Sorting out nurse titles is like medical alphabet soup

By Karen Smith

RNs, LPNs, MHTAs, UAPs, HHAs. To those who are not familiar with today's health-care personnel titles, this probably looks like a spilled bowl of alphabet noodle soup!

Health care professions have expanded to a point where many within the system can't decipher all of these acronyms, let alone describe the differences between them.

If you ask the individual whose name tag is emblazoned with these precious initials, you will discover that each title represents a significant difference in education and achievement.

Two women were talking in the grocery store the other day. One said, "The nurse comes in

once a day to bathe and dress my mom."

The person to whom she referred was more likely a home health aide, not a "nurse." The general public's perception of a nurse is often anyone who provides direct physical or medical care. Outside the profession, the verb "to nurse" is often confused with the legal title of nurse.

Nurses in the United States are licensed professionals who have gone through an extremely rigorous educational process, then must pass a difficult comprehensive exam to use the legal title of "nurse."

Who is a nurse? Better yet, who isn't a nurse as defined by New York state law? Though the New York state definition is

broad as to who may provide nursing-type care, it is clear that only licensed nurses may use the legal titles of licensed professional nurse, registered nurse, nurse practitioner. The actual or implied use of these titles by an unlicensed person is considered fraudulent and illegal.

## Unlicensed assistive personnel (UAPs)

There are a multitude of different programs preparing individuals to provide nursing-type care. All UAPs work under the supervision of a licensed nurse, either directly or intermittently. Traditional "nursing aide" programs teach the basic skills required to assist people with activities of daily living: bathing, dressing, eating and ambulating. Depending on the program, they are also taught basic monitoring skills for blood pressures, pulse, respiration and temperature.

The UAP's title depends

upon which type of program was attended. Here is a sampling:

**Personal care aides (PCAs)** provide in-home physical patient care support in addition to light housekeeping. These 100-hour programs are approved by the state Department of Social Services. The student receives a certificate upon completion.

**Home health aides (HHAs)** receive a certificate to provide care in home settings after completing a 100-hour training program approved by the state Department of Health's Bureau of Home Health Care Services. In addition to basic activities of daily living, HHAs may assist self-directed patients with health-related tasks in specific circumstances. For example, they could assist a patient with colostomy or tracheostomy care, but only if the patient could direct them.

**Certified nurses aide (CNA)** programs come directly under the auspices of the state

Department of Health. The CNA certification required by New York for employment in nursing homes is also a 100-hour program. To be recertified, the CNA must show evidence of employment in a nursing home for a minimum of one day within each two-year certification period. State certification is not required for employment as a UAP in a hospital setting based on the premise of the increased direct supervision available.

**Nurse assistants (NAs)** can be hired without prior experience and trained as needed by the hospital, although experience is preferred. The formal length of the orientation varies between institutions.

**Mental health therapy aides (MHTAs)**, pronounced ma-ha-tas, are trained on-site by their employers to serve as nurse assistants in mental health. At the Capital District Psychiatric Center, for example, the in-service program continues throughout the MHTA's first year of employment.

At this time, the CNA has the greatest job mobility, since the credential will allow access to home care or hospitals in addition to nursing homes. An HHA, PCA or hospital-trained nurse assistant wishing to work in a nursing home would need to complete the CNA certification.

Some hospitals are beginning to expand the use of their UAPs by training them for complex jobs traditionally done by licensed nurses. Several titles used for these personnel include: **patient care technicians (PCTs)**, **patient care associates (PCAs)**, and **multi-skilled technicians (MSTs)**. In most cases, the PCT/PCA/MST is an experienced hospital nurse assistant who is given a four- to five-week in-house course that covers the mechanics of many complex nursing skills.

Health-care professionals are currently debating if the increased use of UAPs in hospitals is safe and appropriate or if it is motivated strictly to cut costs.

The licensed nurse clearly has more at stake. Not only are licensed nurses required to adhere to professional education requirements and standards of conduct, but a licensed nurse can be held accountable for his or her actions or inactions by the professional licensing board.

## Licensed practical nurses vs. registered nurses

Most licensed practical nurses (LPNs) in New York are trained in a certificate program that could be completed in one calendar year of full-time study. They are taught all the basic and complex nursing skills except IV medications. Their studies include a basic human anatomy and physiology course, generally without the lab component.

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# Nursing

(From Page 14)

They are taught the major disease processes, though not at the depth and breadth that the registered nurse programs cover them. They are taught how to recognize important changes in patient condition and how to implement pre-established nursing care protocols. In New York state, this level of preparation is the minimal level of education for entry as a licensed nurse.

**Registered nurses (RNs)** come prepared from a variety of educational backgrounds.

**Diploma RN programs** run by hospital-based schools grant diplomas, not degrees. The three-year program has a heavy emphasis on a variety of clinical experiences in addition to the theory content. Students in the few remaining diploma programs take non-nursing courses at local colleges so they are not at a disadvantage should they decide to seek a bachelor's degree.

**Associate-degree RNs (AD nurses)** take an intensive two-year program of study including several lab sciences, psychosocial courses and all the nursing/medical content courses that diploma schools teach over three years. Clinical experiences vary from school to school, with most schools responding to the changing employment arenas for graduates by including community and geriatric experience in addition to the traditional hospital clinicals.

**Baccalaureate-degree RNs** take more science lab courses than AD nurses. They also have the luxury to expand their non-nursing, non-science coursework to become a more well-rounded professional. In addition to the content and skills taught in the AD program, an emphasis is placed on leadership and management theories and skills.

All RNs take the same licensing exam. All RNs are educated to be generalists, having been cross-trained in medical, surgical, obstetrical, pediatric and psychiatric nursing areas. All RNs can be employed in a variety of settings, although some leadership roles are limited to nurses with their bachelor's degrees.

Some states have eliminated

the diploma- and AD-level RN and have made the BS degree the entry level into "professional nursing" practice. These states have made the AD degree the minimum requirement for licensure.

## Advanced practice nurses

Nurses do not formally specialize in any one area until studying for their master's degree. The majority of these graduate-level programs are 40 to 60 credits in length. There are many options for nurses at this level, and their "titles" vary according to their selected areas of specialization.

Some nurses use their master's degree to become clinical experts in a specific area. They are called **clinical nurse specialists**. Others prepare to

become **nurse administrators** or **nurse educators**.

**Nurse practitioner** programs focus on assessment, diagnostic evaluation, and treatment in preparation to become primary care providers. **Nurse midwives** are educated to provide prenatal and postpartum support in addition to the actual delivery of babies. **Nurse anesthetists** are prepared to select and administer anesthesia and analgesia.

Doctoral study in nursing prepares nurses for health-related or nursing care research and direct policy development in the health care system. Those with doctorates in nursing may assume high-profile leadership roles in health care management, education and within the nursing profession.

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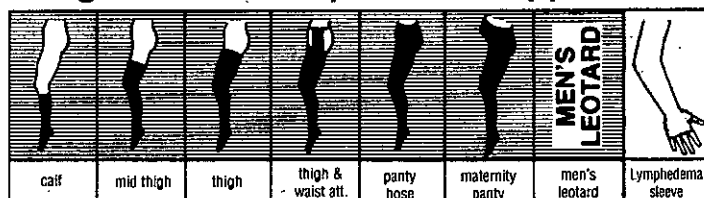
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## VA Adapts

(From Page 1)

Western Massachusetts and Vermont.

Originally built to treat World War II veterans for service-connected injuries and wounds, over the years the hospital, with Dr. Lawrence H. Flesh as current director, now serves all veterans with incomes of less than \$21,000 a year for all illnesses or injuries.

"We like to think we are the first line of medical care for veterans," said Linda Blumenstock, director of marketing and public information. "We also serve the general population when private physicians need to use our equipment for their patients."

The cardiac catheterization equipment is a prime example of this community use of VA facilities.

"Since we were the first in the area with this equipment, non-veteran patients were brought to our facilities for examination by area physicians," Blumenstock explained. "We rented the use of the equipment to them."

Now that the Albany Medical Center and St. Peter's Hospital have similar equipment, there's less use of the catheterization equipment by private patients than before.

Blumenstock said research at VA hospitals has brought new developments to general medicine.

"Our center was among the first whose researchers found the value of aspirin in combating heart disease," she said.

With 489 beds divided among medicine, surgery, psychiatry, rehabilitation, neurology and intermediate care, the Stratton VA Medical Center also treats

more than 100,000 outpatients annually.

Among the beds available in the center, 100 are in a nursing home for older veterans who need ongoing care.

A 20-bed intensive care unit serves veterans who undergo

hospital is still planning an active future in caring for veterans.

Blumenstock said that within the next few years, the hospital will have fully renovated patient care areas on four floors while also expanding its outpatient capacity.

***We like to think we are the first line of medical care for veterans.***

Linda Blumenstock

some of the most advanced surgery in modern medicine.

"Our surgeons have the ability to do some of the most intricate surgical procedures at this center," Blumenstock said. "Those which we can't handle are sent to other VA Medical Centers in New York state. If needed, the patient may be sent to one out of the state, wherever the needed surgery or treatment is available with the VA medical system. We try to do the required surgery as close to the veteran's home as possible."

Despite budget cuts, the VA

For decades, the VA hospitals mostly cared for illness and injuries among veterans, paying little or no attention to health habits or preventive care.

Comprehensive preventive care programs are now being put into place because the government believes that prevention of disease and disability among lower-income veterans and their families is vital to the veterans' good health, while also cutting the future costs for more extensive care.

Taking a leaf from other

hospitals in the area, the Stratton VA Medical Center will increase ambulatory surgery and expand adult day health care with several clinics throughout the region. One will open soon in Glens Falls to complement the already-established primary care clinic 150 miles north of Albany at Elizabethtown in Essex County. Another clinic is being considered at Sydney in Otsego County.

Meanwhile, the VA Medical Center continues to collaborate with other hospitals in the Capital District.

It has a comprehensive collaborative program with

Albany Medical College in treating and studying cancer. It also helps train residents from Albany Medical College.

As a Blue Cross/Blue Shield preferred provider, the VA hospital offers services through private physicians that include supervising exercise, diet and risk management for veterans.

Working with the city of Albany as well as the county and state, the VA hospital also provides comprehensive services to needy veterans, especially the chronically ill and the homeless.

For information on VA Medical Center services, call 462-3311.

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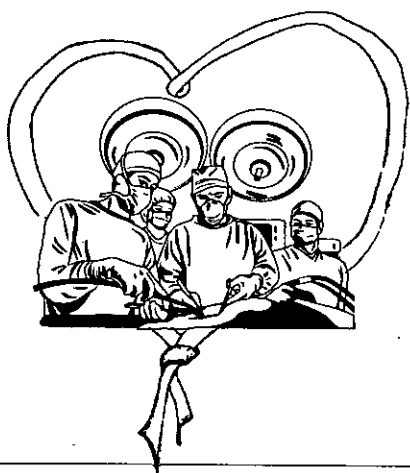
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## Bethany II wins with upset in local church softball tournament

Bethany II, which finished 11-3 in the Cooper-Varney church softball league, upset Presbyterian (12-2) to win the A Division double elimination playoffs last week.

Bethany II was seeded fourth in the tournament when they defeated fifth seed St. Thomas II 5-2 to begin the tournament.

The team followed with their first upset, serving a goose egg to first seed Delmar Fire Department, who suffered only one loss the entire regular season.

In the semi-finals, Bethany II beat Presbyterian 8-0, forcing the latter to the losers' bracket. Presbyterian beat third seed Wynantskill 7-4 for a rematch with Bethany II in the championship game.

Onesquethaw Valley won the B Division tournament the same day, handing second seed Bethany I a 4-3 loss.

Onesquethaw earned first seed — out of the bottom seven teams in the regular season — with a 7-7 record.

After receiving a bye in the first round of play, Onesquethaw Valley won two of its three games with a one run margin.

Onesquethaw's only decisive victory came with a win against United Methodist, the fifth seed in the B Division tournament.

United Methodist (3-11), the team with the highest producing offense in either of the tournaments, had previously beat Delmar Reformed (3-11) 28-17 before losing to Onesquethaw 19-9.

United Methodist averaged slightly more than 17 runs a game, winning games with run totals of 28, 15 and 21, while losing games scoring nine and 13.

### Cooper-Varney final standings

Delmar Fire Dept	13-1
Presbyterian	12-2
Wynantskill	12-2
Bethany II	11-3
St. Thomas II	9-4
Westerlo I	8-5
Clarksville	8-6
Bethlehem Comm.	7-7
Onesquethaw Valley	7-7
Bethany I	5-9
Coxsackie Gospel	3-11
Delmar Reformed	3-11
United Methodist	3-11
Westerlo II	2-12
St. Thomas I	1-13

## Dolphin tryouts today Aug. 20

The Delmar Dolphin Swim Club will hold a tryout and parent information session on Wednesday, Aug. 20 at Bethlehem Central High School pool. There is a limit to the number of openings available. Prospective Dolphins should show up in swim suits prepared to take a placement level test.

Individuals who will still be 10-years-old or younger prior to April 1998 should attend the 6 p.m. session. Those prospectives who will be 11-years-old or older prior to April should attend at 7 p.m. All participants must bring a parent to be eligible for tryouts, and all parents are required to stay for the duration. Each session should last no more than one hour.

Membership is not available to swimmers younger than 6-years-old. For information contact 439-9206 or 475-7534.

## Coaches sought for RCS sports

Ravena-Coeymans-Selkirk High School is seeking coaches for the 1997-98 school year.

Positions are open for boys freshmen and modified basketball, and boys varsity and junior varsity soccer.

Girls modified soccer, varsity track and modified volleyball have coaching vacancies as well.

All resumes should be sent to Howard Engel, athletics director; RCS Senior High School; 2025 Route 9W; Ravena, N.Y., 12143.

Call 756-2155, ext. 319, for information.

## Spotlight seeks Ravena and V'ville student writers

Openings for student writers and photographers are still available at *The Spotlight*.

We are still looking for photographers for Bethlehem Central, Ravena-Coeymans-Selkirk and Voorheesville school districts. And writing positions are still open for both Ravena and Voorheesville.

We are looking for high school students to cover sporting events at their high schools.

For information, call Sue Graves or Michael Hallisey at 439-4949.

## Connie Mack gearing up for fall baseball season

Bethlehem Connie Mack is scheduling baseball games for the fall.

Players (age 16-to-17-years-old) thinking about playing Connie Mack next summer will be able to showcase their talent in the fall session. However, those who chose not to play this fall will not be out of contention to play for the team

next summer.

For information, call Tom Yovine 439-2062.

## Bethlehem Chamber plans golf outing

The Bethlehem Chamber of Commerce will host a golf tournament on Monday, Oct. 6, at Normanside Country Club. The cost is \$110 per person.

Individuals or groups can sponsor a tee flag for \$75. Benita Zahn will be the celebrity guest. To volunteer, donate prizes or sponsor a flag, contact the chamber at 439-0512.

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and Tollgate*

## BCHS booster club holds car wash

Bethlehem Central Booster Club will hold a car wash and bake sale on Saturday, Aug. 23, between the 9 a.m. and 1 p.m. at the parking lot adjacent to Key Bank, 343 Delaware Ave. (across from St. Thomas Church).

The cost for a car wash is \$4.

## Synchronized swim camp opens next week

The Troy Sculpins Synchronized Swimming Team will be holding its annual synchronized swimming camp for beginning and novice swimmers at the Albany Jewish Community Center on Sunday, Aug. 24 (1 to 4 p.m.) and Aug. 25 to 27 (9 a.m. to noon). Swimmers must be comfortable in the deep end of the pool.

For information, call AJCC at 438-6651 or Carol Leith, Sculpins president, at 283-7090.

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## Grapple

(From Page 1)

system, its potential yield and to provide their own suggestions. By using blueprints of the well gallery and computer software to simulate water flow in the environment surrounding the design, the firm said the field could produce a maximum of 4.3 million gallons per day.

O'Brien & Gere suggested additions to the infiltration trench, more wells, removal of the clay barrier and timber bulkhead and/or construction of a recharge trench. It had also mentioned routine dredging. But, all of its suggestions, O'Brien & Gere said should be reviewed for cost effectiveness.

Guy Swenson, senior technical associate for O'Brien & Gere, said other factors such as the clay barrier, dry portions of the river's bottom, and a timber pile bulkhead amplify the problems caused by siltation.

Board member Doris Davis asked Swenson if he would have placed the system at Schermerhorn Island.

Swenson said he did not have enough information to make a judgment.

An earlier review by Fraser & Associates had also cited siltation as the cause of the lack of yield. The town acted on the report in

March by dredging the river's bottom. There was an immediate increase after dredging, however it has decreased since then.

"There hasn't been enough investigation done at this point to fully explain what the problem is," said James Fraser of Fraser & Associates, which has done business with Bethlehem as engineering consultants for more than 25 years.

Fraser declined to comment any further, but said, "We designed an infiltration system, in which the design specifications were determined by another geotechnical consulting firm."

The former Dunn Geoscience was hired by Fraser on the town board's request to do a review of the environment and make specifications on the water well design.

Before construction of the water system, Dunn had found no evidence of past problems with silt near Schermerhorn Island after the firm conducted boring of the river's bottom.

Since then, Rust Environmental & Infrastructure bought out Dunn Geoscience.

John Brust, vice president of Rust, declined comment, saying questions should be directed to the town or Fraser & Associates.

## Ice cream sales to benefit food bank

Sue Parry, owner of Chocolate Moose ice cream shop on Putnam Street in Saratoga, will host a fund raiser in conjunction with the Travers Festival to benefit the Regional Food Bank of Northeastern New York.

The shop will donate 25 percent of the sale price of August Treasure flavor ice cream cones sold between Aug. 17 and 24, to the food bank.

A week-long raffle will also be held with a drawing for three special Chocolate Moose items on Sunday, Aug. 24. All proceeds benefit the food bank.

The Travers Festival, from Aug. 17 to 24, is a week-long Capital District celebration which culminates with the running of the Travers Stakes at the Saratoga Race Track. The festival offers a variety of cultural activities as well as several fundraising endeavors.

## Toastmasters earn first place

Bethlehem Toastmasters has earned first place in its district, comprising of 106 clubs in Eastern New York, Western Massachusetts and Connecticut. The standing of the club is determined by the accomplishments of its members.

## Answer

(From Page 1)

is estimated to cost Guilderland approximately \$450,000, which the town has already set aside, said Aylward. But Guilderland does not know how much money will be needed for new mains.

The Guilderland water price of \$1.25 per 1,000 gallons does not take effect until the town's new connection to the Albany system is made.

Overtime, the town would have to pay approximately \$208,000 a year to pay off the \$2.3 million initial payment, said Aylward.

Guilderland now pays Albany approximately \$400,000 for water. At their current rate of \$1.81 per 1,000 gallons, Guilderland uses an estimated 221 million gallons of water a year.

After Guilderland is to pay the \$2.3 million to Albany, the town will have to pay the \$208,000 a year for the bulk rate, plus \$276,243 if the town continues to use 221 million gallons a year.

With an estimated total of \$484,243, Guilderland will pay \$84,243, or 21 percent more, for Albany water usage, but then has the opportunity to purchase water at the lower rate of \$1.25 per 1,000 gallons.

In May, Bethlehem signed a 10-year contract to buy Albany water as a supplemental supply for \$1.81 per 1,000 gallons, said Fuller.

"Compared to Guilderland, we're getting our water for free," she said.

According to figures provided by town Commissioner of Public Works Bruce Secor, Guilderland residents appear to spend 70 percent more for water than Bethlehem residents.

The water tax rate for Guilderland residents is \$1.15 per \$1,000 of assessed value, or \$172.50 for a house assessed at \$150,000.

Guilderland Supervisor William Aylward confirmed the numbers.

The owner of a \$150,000 house in Bethlehem, with a tax rate of 69 cents per \$1,000, would pay \$103.50.

Besides the pro rata charge, the minimum water charge for each community would amount to \$33.60 in Bethlehem and \$60 in Guilderland.

So, in Secor's example, a typical Bethlehem homeowner would pay \$137.10 a year, while the average Guilderland resident pays \$232.50 a year.

Clearwater member Sherwood Davies asked last week if the ozone water treatment system was "just another white elephant."

Last year, the ozone aeration system, installed at the behest of the state Department of Health, malfunctioned because of a faulty induction pump. Secor said the pump has since been replaced and the ozone system is working.

Flooding in January 1996 had also caused problems with the water system's well gallery. Flood-related siltation has been cited by two engineering firms, Fraser & Associates (the well's designer) and O'Brien & Gere of Syracuse, as the leading reason why the wells are not producing as much water as they were designed to.

Town officials claimed the water levels reached last January were equivalent to a 100-year flood, while Clearwater members have said it was only a 40-year flood.

But, according to the U.S. Geological Survey, the flood was a 70-year occurrence.

## Seaman returns to home port

Coast Guard Seaman Apprentice Aaron M. Tannatta, son of Linda M. Romano of Selkirk, recently returned to his home port of Port Canaveral, Fla., after a 32-day patrol in the Caribbean aboard the United States Coast Guard cutter Vigilant.

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# Obituaries

# Holocaust

(From Page 1)

## Rev. John McWilliam Ann Reardon

The Rev. John R. McWilliam, 82, a former Delmar resident, died Friday, Aug. 15, at Community Hospice of Albany.

Born in Canaan, Conn., he graduated from Lawrence University. He was a graduate of General Theological Seminary. He was ordained in 1943. He also received a master's of divinity degree.

That year, he was acting chaplain of St. Paul's Boys School in Garden City. In 1944 he became the pastor in charge of Holy Trinity Episcopal Church in Hicksville. In 1952, he became rector of Emmanuel Episcopal Church in Springdale, Conn. From 1952 to 1963, he was rector of Epiphany Episcopal Church in Walpole, Mass., and acting chaplain at Walpole State Prison. In 1963, he became rector of St. Paul's Episcopal Church in Albany. He retired in 1979.

After he retired, Rev. McWilliam was acting chaplain of Nelson House until 1980. He then served as an assistant priest in many local churches, including St. George's Episcopal Church in Clifton Park.

He was husband of the late Rosalind Secar McWilliam.

Survivors include two daughters, Deborah H. Thomas of Colonie and Meighan A. McWilliam of Half Moon Bay, Calif.; two sons, Stephen T. McWilliam of Groton, Conn., and John H. McWilliam of Huntington Beach, Calif.; and two sisters, Susan Stephens and Hope Ford, both of Orleans, Mass.

Services will be at 11 a.m. today, Aug. 20, at the Cathedral of All Saints in Albany.

Arrangements are by the Applebee Funeral Home in Delmar.

Contributions may be made to the American Diabetes Association, 50 Colvin Ave., Albany.

## Alex W. Snow

Alex W. Snow of West Dover, Vt., and formerly of Delmar, died Saturday, Aug. 16, at St. Peter's Hospital in Albany.

Born in Norfolk, Va., he was a longtime resident of the Capital District.

Mr. Snow was an insurance agent and broker in Delmar for 30 years, retiring in 1980.

He was an Army veteran of World War II.

Survivors include his wife, Corinne McLoughlin Snow; two daughters, Nanci Snow Bockellie of Utah and Merit Snow of Wyoming; and five grandchildren.

Calling hours are from 5 to 8 p.m. today, Aug. 20, at the Tebbutt Funeral Home, 633 Central Ave., Albany.

Services will be in Vermont.

Contributions may be made to the Nature Conservancy, 91 Broadway, Menands 12204.

Ann Foley Reardon formerly of Delmar died Saturday, Aug. 16 in Dansville, Livingston County, at her daughter's home.

Born in Newport, R.I., she was a graduate of Rhode Island State Teachers College. She received a master's degree from Columbia University and attended graduate school at Harvard University.

She was a visiting professor at Vassar College.

Mrs. Reardon was a teacher in the Bethlehem Central School District for 25 years, retiring in 1976.

She was active in the Delta Kappa Gamma Honorary Professional Teaching Society, the Delmar Progress Club and Bethlehem Senior Citizens. She was a communicant of the Church of St. Thomas the Apostle in Delmar.

She was the widow of John P. Reardon.

Survivors include a son, John P. Reardon Jr. of Sand Lake; two daughters, Virginia Reardon Pioggia of Albany and Nancy Reardon Case of Dansville; a sister, Veronica Barber of Philadelphia; six grandchildren; and six great-grandchildren.

Arrangements are by the Tebbutt Funeral Home in Delmar.

A memorial service will be today, Aug. 20, from the Church of St. Thomas the Apostle, 35 Adams Place.

Contributions may be made to Teresa House, 21 Highland Road, Geneseo, N.Y. 14454.

## Helen Theresa Junco

Helen Theresa Junco, 73, of New Scotland Avenue in Feura Bush, died Tuesday, Aug. 12, at Albany Memorial Hospital.

Born in Brooklyn, she lived in Unionville for 45 years before moving to Feura Bush last year.

Mrs. Junco was a nurse's aide at Good Samaritan Home in Delmar for many years. She also worked at Pixie's Restaurant in Feura Bush until it closed.

She was the widow of Louis Junco.

Survivors include a daughter, Laura Junco of Delmar; two sons, Thomas Junco of Voorheesville and Barry Junco of Feura Bush; and two grandchildren.

Services were from the Applebee Funeral Home in Delmar.

Burial was in Calvary Cemetery in Glenmont.

Contributions may be made to the Mohawk & Hudson River Humane Society, Oakland Avenue, Menands 12204.

In Elsmere

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was sponsored by the Jewish Labor Committee, American Federation of Teachers and the American Gathering of Holocaust Survivors, a few years ago.

She said she didn't apply at first because it was geared toward high school teachers. As a middle school teacher, she felt she had little chance of receiving it.

At the time, she also felt her children were too young to leave for almost four weeks. But with her children more grown up, "I felt this was a good year to apply, and my family assured me they would do fine without me being there," said the Delmar resident. "It was the best gift my family ever gave me, to go back to school and walk these places myself. Some people thought this was a very grim way to travel, but the opportunity to go to Israel and study was fabulous."

Lobel's journey began in Poland, where the group, under the guidance of resistance fighter Vladka Meed, walked the streets of the former Warsaw ghetto.

"We followed the path of someone who might have been in the ghetto, and saw the small streets and alleys and places where people fought back or tried to hide," she recalled.

Then, following the trail of millions of doomed Jews, the group went to the Nazi death camps whose names evoke the Holocaust — Auschwitz, Birkenau, Treblinka.

"To walk through a gate, and know so many people didn't walk out, was very emotional," she said. "I found myself holding onto the gate, not wanting to go though. Seeing the gas chambers was more horrific than I ever believed it could be."

At Birkenau, also referred to as Auschwitz II because it was built for the overflow of people from Auschwitz, Lobel saw the camp where Stephen Spielberg's *Schindler's List* was filmed.

"We went up in the crow's nest and looked out to see the very scenes he filmed," she said.

While her own family has lived in the United States for three generations and so was not directly touched by the Holocaust, she knew people who were.

"Some dear friends whose parents were survivors had spoken to me about what happened to them and I found they came back to me when I walked through the camps and the town of their birth," she said.

At one lesser-known camp that was left much as it had been when it was abandoned, Lobel saw signs of the conditions of prisoners' daily lives.

"On one wall, there were pictures of the SS, and I couldn't even look at them, I didn't want them to be humanized," she said. "On the other wall were pictures of victims, a smashed doll and Rosary beads made out of bread. One picture that caught my eye was of two young sisters. Their dark eyes seemed to fix on me and I had to think — they could have been my

sister and me — my two daughters — they could have been anybody. So many people didn't really understand what was going on. So many really believed they were going to work camps.

"We heard how one man, seeing the smoke coming from the crematoriums reassured his family 'Yes, they are bringing us to work. See the smoke? This is a factory.' I cried daily for a week," she said.

**To walk through a gate, and know so many people didn't walk out, was very emotional ... I found myself holding onto the gate, not wanting to go though. Seeing the gas chambers was more horrific than I ever believed it could be.**

Sheila Lobel

Yet even with these constant reminders within its borders, Poland continues to be a place where anti-Semitism is found, Lobel said.

"We saw swastikas painted inside Jewish stars — it was very scary," she said. "I don't think there is an acceptance there. We were very happy to leave Poland."

Lobel's group traveled to Israel for intensive study, spending a week and a half in study centers in Jerusalem and a kibbutz founded by Holocaust survivors.

"It was very prestigious to be part of the Yad Vashem study center," she said. "We took four or five classes a day and had full access to the museum. It was wonderful. One person who was studying there was a nun, learning about the role of the Catholic Church at the time."

What Lobel learned not only helped her gain a better understanding of the Holocaust, but it also gave her a greater respect for teen-agers.

"It was the teens who were the lifelines for their families," she said. "They had the strength to work and the determination to survive. When you hear their stories you ask yourself, how did they have

the strength to survive? Could I?"

At the kibbutz, the group attended workshops and learned how to present the material they learned to students.

"The head teacher guided us, asking, 'Now how do you teach this in a class?' It is an incredible lesson in tolerance, no matter what the age," she said. "It behooves us to teach the lesson to our children and our children's children. It is a lesson on humanity. There were many people who stood up, but so many more who did not."

Now that she is home, Lobel plans to use her knowledge to create a presentation materials resource and a bibliography of related literature.

"We need to get beyond Anne Frank. Until she was found, she lived a pretty good life in hiding compared to what her classmates went through," she said. "So many students don't know a thing about this, and there are people who deny it even happened. We have a packet of laws passed by the Germans; we have the survivors. Some who never spoke are speaking now because they know they have to get it out now before it is lost."

"Their stories are so moving. They survived such unspeakable horror, and yet they look like anybody's grandmother or grandfather," she said. "And as we get further and further away from people who can speak to it, we need to preserve the lessons. We need to learn from the past — repeat what is good and learn from the horrors and never, never repeat them."

## Slingerlands artist to exhibit work

The Cheldan House on Route 156 in Altamont will hold a wine and cheese reception Sunday, Aug. 24, from 2 to 4 p.m. to open an exhibit of watercolors by Slingerlands artist Charles Schade.

Schade is a retired architect whose works have been widely shown and acclaimed in the Capital District.

Everyone is invited to attend this free event. The exhibit runs through January. For information, call 872-9211.

## 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.



William Schoenborn and Deanna Greer

## Greer, Schoenborn to marry

Dr. Deanna Lynn Greer, daughter of William and Carolyn Greer of Delmar, and Dr. William C. Schoenborn, son of Robert and Carole Schoenborn of Fairfield Glade, Tenn., are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School, Cornell University and Cornell

College of Veterinary Medicine. She is a veterinarian in the Syracuse area.

The future groom, also a graduate of Cornell University and its veterinary school, is a veterinarian in the Syracuse area.

The couple plans a June 1998 wedding.

## Delmar man joins Sprint PCS

Sprint PCS, the Capital Region's only 100 percent digital, wireless phone service, has named Robert Miron of Delmar as competitive analyst.

Miron formerly worked for the Taconic Telephone Corp. as a business analyst with responsible for developing feasibility studies to assess the potential of new business ventures. He also worked for KeyCorp as an assistant product manager and for the Small Business Development Center as a business counselor.

Miron holds a bachelor's degree from SUNY Oneonta and a master's degree in business administration from SUNY Albany.

## Local man accepted to doctoral program

Michael Laiosa of Slingerlands was awarded a graduate assistantship to attend the Ph.D. program in cellular and molecular biology at SUNY Health Science Center at Syracuse.

Laiosa is a graduate of Bethlehem Central High School and SUNY Geneseo.

At SUNY Geneseo he was a resident advisor, an active member of Tri-Beta Biological National Honor Society and a lab instructor. He is the son of Joyce and David Laiosa.



Andrea and Allan Lockwood

## DeCecco, Lockwood marry

Andrea Mary DeCecco, daughter of Dominick and Patricia DeCecco of Slingerlands, and Allan R. Lockwood, son of Roland and Martha Lockwood of Plattsburgh, were married June 29.

The Rev. Dean Baxter performed the ceremony in the Appel Inn in Altamont, where the reception followed.

The maid of honor was Donna Beckley.

The best man was Brian Schaffer and ushers were Jason Lockwood, the groom's brother,

and David DeCecco and Michael DeCecco, the bride's brothers.

The bride is a graduate of Academy of the Holy Names, Lasell Junior College and Russell Sage College. She is employed as an employment specialist by Albany County Association for Retarded Citizens in Albany.

The groom, a graduate of Paul Smith's College and SUNY Potsdam, is employed as a child care supervisor by Parson's Child and Family Center in Albany.

After a wedding trip to Jamaica, the couple lives in Albany.

## Network with the Area's Leading Employers

### at the CAPITAL DISTRICT FALL JOB EXPO '97

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For Exhibitor Information call Burt Klein at

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**The Spotlight**

Serving the areas of Loudonville,  
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**Loudonville Weekly**

Serving the  
Town of Colonie  
**Colonie Spotlight**



## The Spotlight remembers

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

- The Galesi Group presented preliminary plans for a 500-unit residential development on the site of the former Tall Timbers golf course on Hilton Road in New Scotland. Nearby residences, as in the bad-water-plagued Orchard Park subdivision, would be able to hook into the development's water and sewer systems.

- Bethlehem boaters presented a petition with 150 signatures to the town board requesting that a new boat launch be built in Henry Hudson Park.

- Chris Saba of Glenmont was ranked fifth in the nation following the U.S.A. Junior Olympic Wrestling Tournament in Cedar Falls, Iowa.

## Special on WMHT CHANNEL 17

**Frank Sinatra: Concert for the Americas**  
Wednesday, 9:05 p.m.

**Bruce Springsteen and the E Street Band**  
Thursday, 9 p.m.

**Songs from the Heart of the Adirondacks**  
Friday, 8 p.m.

**Helmut Lotti Goes Classic**  
Saturday, 9:30 p.m.

**WMHT Plays Favorites**  
Sunday, all day long

**I, Claudius: Reign of Terror**  
Monday, 9 p.m.

**The World of National Geographic: Lions of the African Night**  
Tuesday, 9 p.m.

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Ben and Roberta Salvesen, above, in 1947, and, below, today



## Salvesens celebrate 50th

Ben and Roberta Salvesen of South Bethlehem celebrated their 50th wedding anniversary July 12 at a dinner party hosted by their two daughters, Bonnie and Betsy, and three grandchildren at Red's restaurant in Cocksackie.

Friends and relatives from Aus-

tralia, Canada, North Carolina, New Jersey, Vermont and New York attended.

The couple was married July 12, 1947, in South Bethlehem United Methodist Church.

They are both retired teachers.

## Births

### St. Peter's Hospital

Boy, David John LaSure, to Angelina and David LaSure of Delmar, July 31.

Boy, Connor Thomas McGinn, to Darci and Paul McGinn of Delmar, Aug. 5.

Girl, Mary-Katherine Grace Palmerino, to Debbie and Robert Palmerino of Glenmont, Aug. 5.

Girl, Halie Elizabeth Stanley, to Marianne and Doug Shanley of Slingerlands, Aug. 8.

Boy, Roland Emmett Genaway, to Carrie and Kyle Genaway of Glenmont, Aug. 10.

Boy, Garrett Carson Raynor, to Tracy and Gregory Raynor of Feura Bush, Aug. 11.

### Samaritan Hospital

Girl, Alex Ann Lamere, to Carol Weeden and Jason Lamere of Selkirk, July 8.

## Dean's List

Bowdoin College — Emily Church of Delmar, with honors.

SUNY Geneseo — Deborah Stewart of Delmar.

University at Albany — Mary Carr, Kira Deyss, Michelle Parker, Penelope Walker and Matthew Wiles, all of Delmar, and Kristy Notarangelo of Slingerlands.

Western New England College — Joseph Capobianco of Delmar.

## Class of '97

SUNY Geneseo — Michael David Laiosa of Slingerlands (bachelor's in biochemistry).

SUNY Institute of Technology at Utica/Rome — Mary Roche of Glenmont (bachelor's in nursing, *summa cum laude*) and Gregg Sagendorph of Delmar (bachelor's in civil technology).

## Bethlehem Chamber publishes directory

The Bethlehem Chamber of Commerce has published a new membership directory. Copies are available at the chamber office in Bethlehem town hall and at Elm Avenue park and the Bethlehem Public Library.



John McLaughlin and Alecia Krieger

## Krieger, McLaughlin to marry

Alecia Colleen Krieger, daughter of Robert Krieger of Delmar and Kathleen Krieger of Lancaster, Erie County, and John Robert McLaughlin, son of John McLaughlin of Bridgeport, Madison County, and the late Diane McLaughlin, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School

and SUNY Oswego. She is employed as an account representative by Enterprise Fleet Services in Conshohocken, Pa.

The future groom, also a graduate of SUNY Oswego, is employed as a quality assurance coordinator by Crawford & Co. in Allentown, Pa.

The couple plans a Sept. 6 wedding.

## 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



## Friendship Festival Aug. 22 to 24

The Ravena Friendship Festival will take place Friday through Sunday Aug. 22 to 24 at Mosher Park.

Festival hours are Friday from 6 to 10 p.m., Saturday from 10 a.m. to 11 p.m. and Sunday from noon to 7 p.m.

## Here's to a Wonderful Wedding!



### RECEPTIONS

Albany Ramada Inn, 1228 Western Ave., 489-2981. Banquet Room up to 300 people. P.S., do it on Sunday and save a lot of \$\$.

### HONEYMOONS

Enchanting Vacations... at Romantic Prices. When you're on the go... Go Global Travel Services. 482-1039.

### INVITATIONS

Paper Mill Delaware Plaza. 439-8123. Wedding Invitations, writing paper, Announcements. Your Custom order.

### MAKE-UP ARTIST

Make-Up Artist, Weddings & Special Occasions. Entire Bridal Party, Your Home. 18 Years Experience. 452-1278 leave message.

### JEWELRY

Harold Finkle, "Your Jeweler" 1585 Central Ave., Colonie. 456-6800. Diamonds - Handcrafted Wedding Rings & Attendant's Gifts.

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Super Special!!!! 3 hours for only \$99. Advantage Limousine. 433-0100 Some rest.



# Family Entertainment

CALENDAR • ARTS • ENTERTAINMENT

By Zack Beck

his weekend, anyone can get an authentic Italian experience without having to voyage halfway across the globe. The Schenectady Festa Italiana will begin on Friday at 5 p.m. in Central Park.

The three-day festival will be a celebration of authentic Italian food, sport and entertainment, beginning at 6 p.m. with the showing of "Little Italy" at the Italian Cultural Booth. From 8 to 11 p.m., music will be provided by the TS Ensemble Bandstand.

Saturday will feature a full day of events, including a soccer tournament at the Rotterdam Soccer Field and a bocce tournament on the courts near the pavilion. Also during the day, Dominick Adamo will be playing music on the mandolin and guitar.

From 2 to 4 p.m., radio personalities Luigi and Dolores Cizza of "Ricordi Italiani" will entertain the crowds.

Also during the day, there will be a palm weaving demonstration by Meni Scalise, a homemade pasta demonstration by Lucy Sacchetti, an Italian tile painting display by Joseph Anastasio and a question-and-answer session on winemaking.

Finishing out the day on Saturday, New York State Lottery's Annette Collins will be making a special appearance and music will be performed by The Italian Trio, featuring Rocco, Augie and Donato. Saturday's events will end around 11 p.m.

"One of the highlights of the festival's events will take place on Sunday with the Best Pasta Competition," said Festa Italiana committee member Bob Mallozzi.

The competition will take place on Sunday from 12:30 to 2 p.m. and will feature local Italian restaurants duking it out for the claim of "best pasta."

According to Mallozzi, food is an important part of Italian culture.

"A lot of the people that are first- and second-generation Italians, their ancestors brought over a lot of the recipes from their own towns," Mallozzi said. "That's something that the Italian people have carried with them for a long time. It's something they take great pride in."

Also on Sunday will be a garlic braiding demonstration by Bob Yerina, an awards ceremony and pedal boat races at 1 p.m., featuring local politicians and community figures.

"This is more or less a family event," said Bob Mallozzi. "We're trying to promote Italian culture and heritage."

From 5:30 to 8:30 p.m. Sunday, music will be performed by Benny Cannavo and the Accents.

The Festa Italiana will end with a fireworks display around 9 p.m.

Proceeds from the event will benefit the Schenectady Parks and Recreation Department.

For information, contact Mallozzi at 355-1144.

## Italian-Americans celebrate old world traditions



### French farce celebrates 30th year for Lake George dinner theater

Now in its 22nd year as a dinner theater having originated across the street as a regular playhouse, the Lake George Dinner Theater is presenting a lively and funny farce, *Don't Dress for Dinner*, through Oct. 11.

The four-month run for this show is far different from the summer stock season presented by the late David Eastwood 30 years ago in the Lake George Playhouse.

When invited in 1976 to move across the street to the Holiday Inn-Turf, Eastwood cut back the schedule from six shows a summer to three, each running for a longer period of time.

When the company joined Equity (the actor's union) in 1977, the season dropped to two plays each summer. It was the smallest Equity dinner theater in the country when Eastwood went Equity. It still holds that distinction with just over 100 seats in the theater.

Eventually, Eastwood cut back to one play a season when he reasoned that most people who vacation at the resort come only for one week.

With a large turnover of potential audience each week, Eastwood wisely gambled on one show for the whole season and won.

After an almost two-year battle with cancer, Eastwood died in 1992 and his wife, Vicky, took over the producer's role and has maintained the momentum established by her husband.

This year's *Don't Dress for Dinner* has had several reincarnations from the French original. There are plenty of doors to use and the characters are involved in romantic intrigue typical of the genre.

Vicky Eastwood has put together an expert cast for the production which proceeds at a fast pace during the first act. All the



Martin P. Kelly

## SPOTLIGHT

By Martin P. Kelly

mixup over liaisons involving the husband and wife (Jim Ganser and Anne Karél) come to fruition as they set up meetings with lovers. Their plans come apart when Kirk Vichengrad as the husband's best friend and Emily Lester, the husband's mistress, arrive to complicate the proceedings.

The comedy gets an energetic jolt when Jennifer Bascom arrives as a hired maid but is taken for the husband's girlfriend (This is not supposed to make sense). Bascom has a kinetic performing style that moves the play briskly in the first act. Her playing helps keep a lagging second act from winding down completely.

Overall, *Don't Dress for Dinner* is a refreshing bit of nonsense for a summer evening.

The meal, with choices of prime rib, salmon or chicken, is well prepared and served with style. Performances are Tuesdays through Sundays with dinner at 6:30 p.m. Matinees are also scheduled.

Reservations and information are available at 668-5781.

### Schenectady Light Opera Company schedules auditions for first show

Debra Ann Draper, director and choreographer, will hold auditions Sept. 3 and 5 at 7 p.m. for *Me and My Girl*, the second production of the season presented by the Schenectady Light Opera Company.

The performances of the show will be offered Dec. 5-7 and 11-14, two weekends at the State Street Opera House.

Callbacks from these auditions will be held Sun., Sept. 7.

Actors trying out for the show are asked to bring one song from a Broadway show and clothes in which to dance. Information is available at 381-4530.

### Delmar Community Orchestra has openings for musicians

Openings in most sections of the Delmar Community Orchestra are available to area musicians as the group plans to begin its rehearsal schedules on Mondays from 7:30 p. to 9:30 p.m.

The first rehearsal for the new season is Sept. 8.

Jim Gregg at 622-0375 or Mary Lou Schulz at 439-1603 are available for information about the orchestra.

### Albany Symphony Pops program backed by Key Bank in park

Key Bank's "Pops in the Park," featuring the Albany Symphony Orchestra will present a program on the parade grounds of Albany's Washington Park Friday, Aug. 29 at 7 p.m.

The concert, conducted by David Alan Miller, is free to the public and kicks off a weekend of special events in honor of the City of Albany's Bicentenary Celebration.

The orchestra will play Gershwin's *Rhapsody in Blue* and the West Side Story Suite in addition to Sousa Marches and Tchaikovsky's *1812 Overture*.

Vocalists for the evening are mezzo-soprano Lucille Beer and baritone Gary Aldrich.

Findlay Cockrell will be piano soloist for the Gershwin piece.

Rain date is Aug. 30 at the Palace Theatre.

### AROUND THEATERS!

A Chorus Line at Theatre Barn in New Lebanon (794-8989) ... *Lovers, Strangers and Bedrooms* at the Curtain Call Dinner Theater, Albany Marriott Hotel, Colonie (458-8444) ... *How to Succeed in Business Without Really Trying* at MacHaydn Theater, Chatham through Sunday, Aug. 24 (392-9292).

# ARTS and ENTERTAINMENT

## THEATER

### LOVERS, STRANGERS AND BEDROOMS

five short romantic comedies, Curtain Call Dinner Theater production, Albany Marriott, Wolf Road, Colonie, through Sept. 4, \$42. Information, 877-7529.

### FIDDLER ON THE ROOF

Guilderland Performing Arts Center, Tawasentha Park, Route 146, Guilderland, Thursday evenings. Information, 355-0890.

### "OF MICE AND MEN"

opera by Carlisle Ford, various times through Aug. 24, Alice Busch Theater, Route 80, 8 miles north of Cooperstown. Information, 607-547-2255.

### "OKLAHOMA"

Mac-Haydn Theatre, Route 203, Chatham, Aug. 28 through Sept. 7, call for specific times and prices. Information, 392-9292.

## MUSIC

### EIGHTH STEP

open stage, 14 Willett St., Albany, 8 p.m., Wednesdays, \$7. Information, 434-1703.

## BENEFIT GALA

fundraiser to benefit Luzerne Music Center, full-length concert featuring solos by members of the Philadelphia Piano Quartet accompanied by string orchestra, Canfield Casino, Congress Park, Wednesday, Aug. 20, 7 p.m., \$100. Information, 696-2771.

## WASHINGTON PARK CONCERT SERIES

free six-part Monday evening series, bands include Rockapella, Solas, The McKrells, Blind Boys of Alabama, Rosanne Cash, The Itals and Terrance Simlen; through August, 7:30 p.m., Park Playhouse Stage, Washington Park. Information, 463-5222.

## STOCKBRIDGE SUMMER MUSIC

Monday and Thursday evenings throughout the summer, Seven Hills Country Inn, Lenox, Mass. For reservations, information or to get brochure call 413-443-1138.

## ALLAN ALEXANDER

guitar and lute player, Allegro Cafe, Troy, Saturdays, 7 to 11 p.m.

## CHAMBER MUSIC CONCERT

featuring the Arensky Piano Trio, Guilderland Performing Arts Center, Tawasentha Park, Guilderland, Thursday, Aug. 28, 7:30 p.m., free. Information, 436-5231 or 456-8604.

## DICK GAUGHN

traditional Scottish music, Old Songs Dutch Barn, Altamont Fair Grounds, Altamont, Friday, Aug. 29, 8 p.m., \$12. Information, 765-2815.

## CALL FOR ARTISTS

### HANDCRAFTERS

applicants for Third Annual Festival of Crafts, Center for the Disabled, 314 South Manning Blvd., Albany, festival takes place in October. Information, 489-8336.

### BLUES RELATED ARTWORK/ PHOTOGRAPHY

not to exceed 30" by 40", exhibited at Fleet BluesFest, all entries to Mary Francis Millet, Exhibit Director, 256 Vley Road, Scotia, NY, 12302. Information, 381-4460.

## RESIDENCIES AT VERMONT STUDIO CENTER

for visual artists and writers, 4-12 week residencies, Vermont Studio Center, Box 613, Johnson, Vt. 05656. Information, (802) 635-2727.

## SOUP MULTIMEDIA

currently looking for artists, photographers, painters, musicians, writers. Information, 869-0766.

## 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.

## CAPITAL COMMUNITY VOICES

singers needed, rehearsals at Columbia High School, 7 to 9 p.m., Tuesdays. Information, 477-8308.

## CLASSES/LECTURES

### MUSEUM ART CLASSES

ongoing, Albany Institute of History & Art, 125 Washington Ave., \$25. Information, 463-4478.

## ATELIER HOUSE SCHOOL OF PAINTING

classes in painting and drawing, Atelier House, Ghent, Columbia County, ongoing. Information, 672-7222.

## 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.

## FAMILY ENTERTAINMENT

### INTERNATIONAL FOOD FESTIVAL

featuring the music of NRBQ and Buckwheat Zydeco, Empire State Plaza, Albany, Wednesday, Aug. 20. Information, 473-0559.

## VISUAL ARTS

## SCULPTURE EXHIBIT

Mark Briscoe, Dan Devine, Kurt Holsapple and William Jackson, curated by Jed Cleary, Ten Broeck Mansion Gardens, through Sept. 14. Information, 462-4775.

## "WHERE WE STAND — CONTEMPORARY HAUDENOSAUNEE ARTISTS"

funded by the Thaw Charitable Trust, Fenimore House Museum, Cooperstown, through Dec. 21. Information, 607-547-1412.

## TRANSITIONAL SPACES

art show by Judith Greenwald, on view through Aug. 31 at Spencertown Academy, Route 203, Spencertown. Information, 392-3693.

## HEAD>FROEBEL GALLERY

local, regional, national and international artists, 287 Lark Street, Albany. Information, 449-1233.

## GALLERY OF CONTEMPORARY ART

315 Warren St., Hudson, 11 a.m. to 5 p.m., Thursdays through Fridays, noon to 5 p.m., Saturdays, noon to 4 p.m., Sundays. Information, 828-1915.

## LEGAL NOTICE

### ARTICLES OF ORGANIZATION HELDEBERG DESIGNS, LLC UNDER SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW

The undersigned, being authorized to execute and file these Articles, hereby certifies that:

FIRST: The name of the limited liability company is: HELDEBERG DESIGNS, LLC.

SECOND: The county within this state in which the office of the limited liability company is to be located is: Albany County.

THIRD: The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The post office address within or without this state to which the secretary of state shall mail a copy of any process against the limited liability company served upon him or her is: 686 Knox Cave Rd., Altamont, N.Y. 12009.

FOURTH: The limited liability company is to be managed by 1 or more members.

IN WITNESS WHEREOF, this certificate has been subscribed this 30th day of May, 1997, by the undersigned who affirms that the statements made herein are true under the penalties of perjury.

Nicholas L. Viscio, (s)  
Organizer  
(August 20, 1997)

### NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is ADVANCED procedures, LLC. The Articles of Organization were filed with the NY Secretary of State on July 22, 1997. The purpose of the LLC is to engage in any lawful act of 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 98 Brookview, Delmar, NY 12054  
(August 20, 1997)

### NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF LIMITED LIABILITY COMPANY UNDER SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW

1. The name of the limited liability company is: Spruce Development LLC.

2. The Articles of Organization of the limited liability company were filed with the Secretary of State of New York on June 27, 1997.

3. The limited liability company maintains its office in Albany County.

4. The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The post office address within this state to which the Department of State

## LEGAL NOTICE

shall mail a copy of any process served against it is: c/o Fine Properties, Inc., 1025 Central Avenue Albany, NY 12205.

The purpose of the limited liability company is to engage in any lawful act or activity for which limited liability companies may be organized under the Limited Liability Company Law.  
(August 20, 1997)

## NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is Columbia Shaker Group, L.L.C. The articles of Organization of the LLC were filed with the NY Secretary of State on July 17, 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.  
(August 20, 1997)

## LEGAL NOTICE

PLEASE TAKE NOTICE that the Village of Voorheesville is accepting bids on a 1990 Ford Ranger pickup truck, automatic transmission, 70,800 miles. Vehicle is sold "as is". For additional information contact William Hotelling, Supt. of Public Works, Village of Voorheesville (518) 765-4512 between 7 a.m. to 3:30 p.m. weekdays. Submit sealed bids to the Village Clerk, P.O. Box 367, Voorheesville, NY 12186 by August 25, 1997. Bids will be opened at 10:00 a.m. All bids must include a non-collusive bidding certificate as required by the General Municipal Law. The Village Board reserves the right to reject any and all bids.

Any successful bidder will be required to present payment in the form of certified check, bank draft or money order. Removal of the vehicle must be within two weeks of the award of the bid.

BY ORDER OF THE BOARD OF TRUSTEES

VILLAGE OF VOORHEESVILLE  
Lauren C. Hatch  
Village Clerk  
(August 20, 1997)

### VOORHEESVILLE CENTRAL SCHOOL DISTRICT SCHOOL COLLECTOR'S NOTICE

Notice is hereby given that I have received the tax list and warrant for the collection of school taxes in the Voorheesville Central School District.

I will receive all taxes for a period of 61 days beginning September 1, 1997 at the places listed below. During the 30 day period from September 1, 1997 through September 30, 1997 inclusive there will be no penalty charge for the collection of the tax.

From October 1, 1997 through October 31, 1997 in accordance

## LEGAL NOTICE

with Section 2130 of the Education Law and Section 1328 of the Real Property Tax Law, penalty will be charged at a rate of 2% for the month of October.

No collections will be made after October 31, 1997. Postmarks of October 31, 1997 will be accepted.

Paying in Person:

Voorheesville Branch of Key Bank Voorheesville Plaza Monday - Friday: 9 A.M. - 3 P.M. Friday: 4 P.M. - 6 P.M.

Paying by Mail:

Voorheesville Central School District Tax Collector Post Office Box 201 Voorheesville, New York 12186

Make Checks Payable to: Voorheesville Central School District

Marilyn B. Schaff, School Tax Collector  
Voorheesville Central School District  
Voorheesville, New York 12186  
(August 20, 1997)

### BOARD OF EDUCATION VOORHEESVILLE CENTRAL SCHOOL DISTRICT ROUTE 85A VOORHEESVILLE, NEW YORK 12186

REQUEST FOR PROPOSAL  
TRANSPORTATION CONTRACT - 1997-1998  
TO: SAINT MARYS SCHOOL,  
RENSELAER NEW YORK  
AND LASALLE INSTITUTE,  
TROY, NEW YORK

Sealed proposal will be received no later than August 22, 1997 - 10:00 a.m. by the Assistant Superintendent for Business at the above address and then publicly opened and read. Proposals must be in a sealed envelope plainly marked on the outside, with the words: "Proposal for Transportation to Saint Marys" or "Proposal for Transportation to LaSalle Institute" or "Proposals for Transportation to Saint Marys and LaSalle Institute." All proposals should be submitted on a District proposal form and must be accompanied by a non-collusion certification. Vendors may give a proposal on one or both contracts.

Dated August 12, 1997  
Dorothea Pfeiderer, Clerk  
(August 20, 1997)

### VOORHEESVILLE CENTRAL SCHOOL DISTRICT NOTICE TO THE TAXPAYERS FROM THE VOORHEESVILLE BOARD OF EDUCATION

For those taxpayers who are having their school taxes paid through an escrow account, the district recommends contacting your bank to ensure proper payment. However, if you receive the tax bill and you have an escrow account, it is your obligation to contact your bank.

Marilyn B. Schaff  
School Tax Collector  
Voorheesville Central School District  
(August 20, 1997)

## ACROSS

1 Sam or Rona

6 "Sesame Street"

10 A/C measure

13 "La —"

18 Broadcast

19 Japan's first capital

20 Hosp. areas

21 Ms. Sorkin

of TV

22 Mel Brooks

film

25 Rembrandt's

birthplace

26 People

27 Rutter/Post

sitcom

29 Winter mo.

32 Ideologue's

suffix

33 "Spartacus"

prop

35 Be important

36 Father —

Merrin's

occupation

39 — Jima

40 Soap setting?

41 RN's

specialty

44 Ill will

45 Symbol of

wisdom

47 Prima —

(self-evident)

48 Stadium

shout

49 Word-game

piece

50 Dessert

choice

54 Portend

55 Onassis'

nickname

56 Shipbuilding

need

57 "Oliver Twist"

villain

58 Fossey's

friends

59 Author

Deighton

60 Related

61 Warm and

sticky

62 First-aid

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64 Looked

longingly

66 Less limited

67 Imperturbable

68 More

abundant

70 Sells

71 Burn remedy

72 — Dhabi

75 Explosive

sound

112 Coot

113 Chicken —

king

114 Elver's

parents

115 Minneapolis

suburb

116 Ceremonial

supper

117 Mr. Hammar-

skjold

82 Out of range

83 Outlaw

84 Sheer joy

85 Subordinate

Claus?

86 Beethoven's

"Für —"

87 Cover girl

Carol

88 Geraldine

Chaplin's

mom

89 Kennel

feature

91 Teapot

disturb-

ances?

94 Gin flavoring

95 Keep an —

the ground

97 Miss Piggy's

pronoun

98 DDE's

predecessor

99 Georgia

health resort

103 Morocco's

capital

105 Form a

concept

106 Flustered

112 Coot

113 Chicken —

king

114 Elver's

parents

115 Minneapolis

suburb

116 Ceremonial

supper

117 Mr. Hammar-

skjold

30 Run out

74 Troubled

# AROUND THE AREA

**WEDNESDAY  
AUGUST 20**

## ALBANY COUNTY

### VEGETARIAN LASAGNA DINNER

First Presbyterian Church, State and Willett Sts., Albany, 6 p.m. Information, 434-1954.

### FARMERS' MARKET

Holy Cross Church, Western Avenue and Brevator Street, Albany, 2 to 6 p.m. Information, 272-2972.

### FARMERS' MARKET

Evangelical Protestant Church, Alexander and Clinton streets, Albany, 11 a.m. to 2 p.m.

### FARMERS' MARKET

Stratton V.A. Medical Center Day Treatment Center, Myrtle Avenue, Albany, 9 a.m. to noon. Information, 462-3311, extension 2329.

## SQUARE DANCE

Single Squares of Albany, St. Michael's Community Center, Linden Street Extension, Cohoes, 7:30 p.m. Information, 459-2888.

## SCHENECTADY COUNTY

### ALZHEIMER'S SUPPORT GROUP

for those who care for Alzheimer's parents, Royce House, 117 Nott Terrace, Schenectady, 1 p.m. Information, 438-2217.

### RIVER VALLEY CHORUS MEETING

Glen Worden School, 34 Worden Road, Scotia, 7:30 p.m. Information, 355-4264.

**THURSDAY  
AUGUST 21**

## ALBANY COUNTY

### CHORUS REHEARSAL

sponsored by Capitaland Chorus of Sweet Adeline, New Covenant Church, 916 Western Ave., Albany, 7:30. Information, 237-4384.

## LUNCHTIME SIDEWALK SALE

lawn sale of gift items from the Albany Institute of History & Art, 125 Washington Ave., 11:30 a.m. to 1:30 p.m. Information, 463-4478

### FARMERS MARKET

Third Reformed Church, Kate Street and Whitehall Road, Albany, 3 to 6 p.m.

### FARMERS MARKET

Albany YMCA, 28 Colvin Ave., 11 a.m. to 2 p.m. Information, 438-6651.

### 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, 1 p.m. Information, 438-6651.

**FRIDAY  
AUGUST 22**

## ALBANY COUNTY

### FARMERS' MARKET

Sacred Heart Church, Walter Street, Albany, 11 a.m. to 2 p.m.

### 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.

### BROOKS BARBECUE

Bethany Reformed Church, 760 New Scotland Ave, Albany, 4 to 7 p.m. Information, 482-7998.

### SENIORS LUNCHEAS

Albany Jewish Community Center, 340 Whitehall Road, 12:30 p.m. Information, 438-6651.

**SATURDAY  
AUGUST 23**

## ALBANY COUNTY

### OKTOBERFEST

Saratoga County Fairgrounds, Ballston Spa, 11 a.m. to 10 p.m. on Sat., and 11 a.m. to 6 p.m. on Sunday, \$4 on Saturday and \$3 on Sunday.

## HISTORICAL WALKING TOUR

beginning at Albany Visitors Center, 25 Quackenbush Square, and continuing through downtown Albany, 11:30 a.m. to 1 p.m. Information, 434-6311.

### FARMERS' MARKET

First Congregational church, 405 Quail St., Albany, 9 a.m. to noon.

**SUNDAY  
AUGUST 24**

## ALBANY COUNTY

### DANCE PROGRAM

"Polka Guys and Dolls," for children 3 and older, Cohoes Polish National Alliance, Cohoes, 6 to 7:30 p.m. Information, 237-8595.

### SCOTTISH DANCING

Unitarian Church, Washington Avenue, Albany, 7 to 10 p.m. Information, 377-8792.

**MONDAY  
AUGUST 25**

## ALBANY COUNTY

### EARLY PREGNANCY CLASS AT BELLEVUE

Bellevue Hospital, 2210 Troy Road, Niskayuna. No charge. Information, 346-9410.

### SENIORS LUNCHEAS

Albany Jewish Community Center, 340 Whitehall Road, 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  
AUGUST 26**

## ALBANY COUNTY

### FARMERS' MARKET

St. Vincent De Paul Church, 900 Madison Ave., Albany, 11 a.m. to 2 p.m.

**WEDNESDAY  
AUGUST 27**

## ALBANY COUNTY

### FARMERS' MARKET

St. Vincent De Paul Church, 900 Madison Ave., Albany, 11 a.m. to 2 p.m.

### TRUE FRIENDS

female incest survivors support group, Pineview Community Church, 251 Washington Ave. Ext., Albany, 7 to 8:30 p.m. Information, 452-7800.

### SENIORS LUNCHEAS

Albany Jewish Community Center, 340 Whitehall Road, 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., 7:30 p.m. Information, 346-8595.

## SCHENECTADY COUNTY

### MS SELF-HELP GROUP

Multiple Sclerosis Self-Help Group, Sunnyview Hospital, Belmont Avenue, Schenectady, 9:30 a.m. Information, 427-0421.

### RECOVERY, INC.

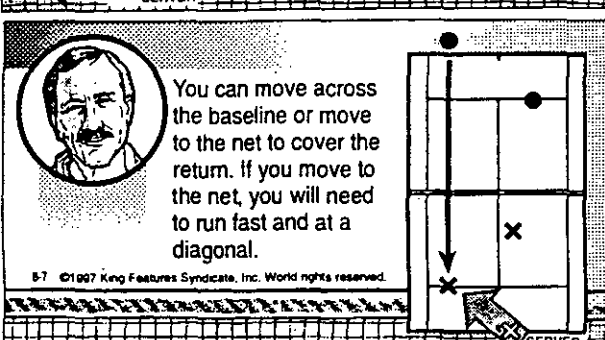
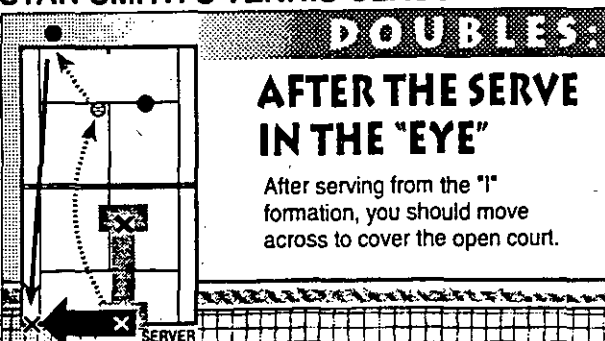
self-help group for former mental and nervous patients, Unitarian Church of Albany, 405 Washington Ave., 7:30 p.m. Information, 346-8595.

## COLUMBIA COUNTY

### EATING DISORDERS SUPPORT GROUP

Christ Episcopal Church, Union Street, Hudson, 7:30 to 9:30 p.m. Information, 465-9550.

## STAN SMITH'S TENNIS CLASS



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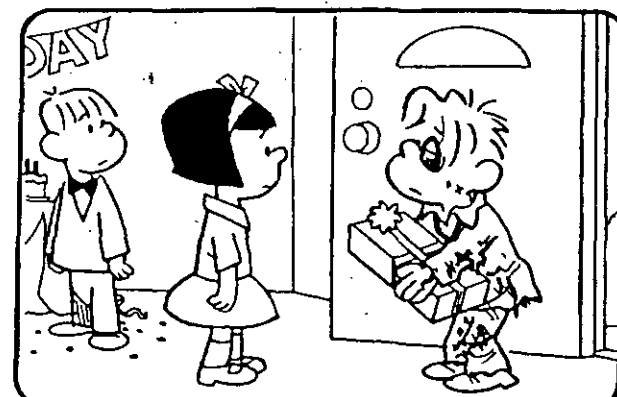
## MAGIC MAZE

### ON THE NBA'S "50 GREATEST" LIST

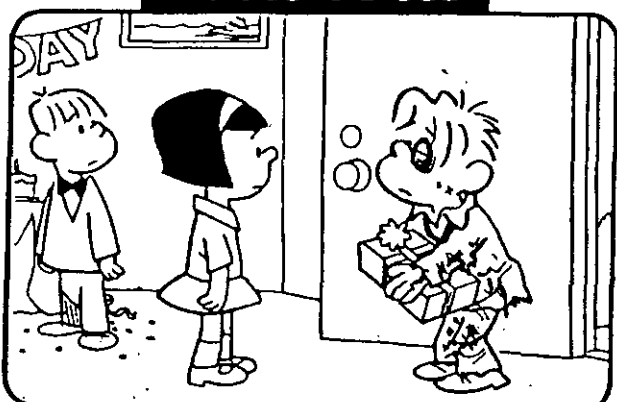
Y H E B Y W T R O L A I G E B  
 Y S W U Y R P N K B I G D B Z  
 X V U R S Q O M D K I G E T C  
 B A R O L A J U W O N Y I S W  
 U A K E C I L V A H O T N E S  
 B Q R P L J N L J H T E E W F  
 E C A K A X Y X V E K U P S Q  
 P N M B L K E J P L C H P F E  
 C B B Z Y E D R I B O X I V U  
 N A D R O J Y W D T T R P Q P  
 R E I Z A R F L L E S S U R O

Find the listed words in the diagram. They run in all directions-forward, backward, up, down and diagonally.

Abdul-Jabbar	Drexler	Olajuwon	Stockton
Barry	Frazier	Pettit	West
Bird	Havlicek	Pippen	Wilkins
Cousy	Jordan	Russell	



## HOCUS-FOCUS



**FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.**

4. Knob and lock are missing. 5. Window is missing. 6. Box is smaller. Differences: 1. Picture is missing. 2. Bow is missing. 3. Skirt is different.

## LEGAL NOTICE

**NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)**  
 INET SOLUTIONS, LLC.

**DATE OF FORMATION:**  
 The Articles of Organization were filed with the New York State Secretary of State on June 13, 1997.  
**NEW YORK OFFICE LOCATION:**  
 Clinton County  
**AGENT FOR PROCESS:**

## LEGAL NOTICE

The Secretary of State is designated as agent upon whom process against the LLC may be served. The Secretary of State shall mail a copy of any process against the LLC to P.O. Box 2947, Plattsburgh, New York 12901.  
**PURPOSE:**  
 To engage in any lawful act or activity.  
 August 20, 1997)



# The Spotlight CALENDAR

**WEDNESDAY**  
**AUGUST 20**
**BETHLEHEM**
**BC SCHOOL BOARD**  
 district office, 90 Adams Place, 8 p.m. Information, 439-7098.

**ZONING BOARD OF APPEALS**  
 town hall, 445 Delaware Ave., 7:30 p.m. Information, 439-4955.

**BETHLEHEM BOARD OF APPEALS**  
 Board Of Appeals, 445 Delaware Avenue, Bernard Ashe at 7:30, Alan and Carol Metevia at 7:45, Leo and Barbara Dorsey, 8 p.m.

**ALZHEIMER'S ASSOCIATION MEETING**  
 Delmar Presbyterian Church, 585 Delaware Ave., 7 p.m. Information, 438-2217.

**BINGO**  
 Blanchard American Legion Post, 16 Poplar Drive, 7:30 p.m. Information, 439-9819.

**YOUTH EMPLOYMENT SERVICES**  
 Parks and Recreation Office, Elm Avenue Park, 2 to 4:30 p.m. Information, 439-0503.

**BETHLEHEM ELKS LODGE 2233**  
 Route 144, Cedar Hill, 8 p.m. Information, 767-2886.

**WELCOME WAGON**

newcomers, engaged women and new mothers, call for a Welcome Wagon visit, Monday to Saturday, 8:30 a.m. to 6 p.m. Information, 439-1531.

**ONESQUETHAU CHAPTER, ORDER OF THE EASTERN STAR**  
 Masonic Temple, 421 Kenwood Ave., 8 p.m. Information, 439-2181.

**TESTIMONY MEETING**  
 First Church of Christ, Scientist, 555 Delaware Ave., 8 p.m. Information, 439-2512.

**SOLID ROCK CHURCH**  
 1 Kenwood Ave., evening prayer and Bible study, 7 p.m. Information, 439-4314.

**NEW SCOTLAND**
**VOORHEESVILLE PLANNING COMMISSION**  
 village hall, 29 Voorheesville Ave., 7:30 p.m. Information, 765-2692.

**NEW SCOTLAND SENIOR CITIZENS**  
 Wyman Osterhout Community Center, New Salem, call for time. Information, 765-2109.

**AA MEETING**  
 First Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 489-6779.

**AL-ANON MEETING**

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 489-6779.

**FAITH TEMPLE**

Bible study, New Salem, 7:30 p.m. Information, 765-2870.

**MOUNTAINVIEW EVANGELICAL FREE CHURCH**  
 evening service, Bible study and prayer, Route 155, 7:30 p.m. Information, 765-3390.

**THURSDAY**  
**AUGUST 21**
**BETHLEHEM**
**RECOVERY, INC.**

self-help for chronic nervous symptoms, First United Methodist Church, 428 Kenwood Ave., 10 a.m. Information, 439-9976.

**YOUTH EMPLOYMENT SERVICES**  
 Parks and Recreation Office, Elm Avenue Park, 2 to 4:30 p.m. Information, 439-0503.

**BETHLEHEM SENIOR CITIZENS**  
 town hall, 445 Delaware Ave., 12:30 p.m. Information, 439-4955.

**AMERICAN LEGION LUNCHEON**  
 for members, guests and membership applicants, Blanchard Post, 16 Poplar Drive, noon.

**AA MEETINGS**  
 Slingerlands Community Church, 1499 New Scotland Road, noon, and Delmar Reformed Church, 386 Delaware Ave., 8:30 p.m. Information, 489-6779.

**CLASS IN JEWISH MYSTICISM**  
 Delmar Chabad Center, 109 Elsmere Ave., 8 p.m. Information, 439-8280.

**NEW SCOTLAND**
**NEW SCOTLAND KIWANIS CLUB**  
 New Scotland Presbyterian Church, Route 85, 7 p.m.

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**NEW SCOTLAND**
**NEW SCOTLAND KIWANIS CLUB**  
 New Scotland Presbyterian Church, Route 85, 7 p.m.

**FRIDAY**  
**AUGUST 22**
**BETHLEHEM**

## SCHOOL OF THE ALBANY Berkshire Ballet

Madeline Cantarella Culpo, Director

**■ PRE BALLET (Ages 3-6)**

... a charming introduction to the grace and beauty of Classical Ballet.

**■ BALLET (Ages 7 and Older)**
**■ MODERN DANCE (Teens - Adults)**
**■ JAZZ (Ages 7 to Adult)**
**Classes Begin Sept. 6th!**

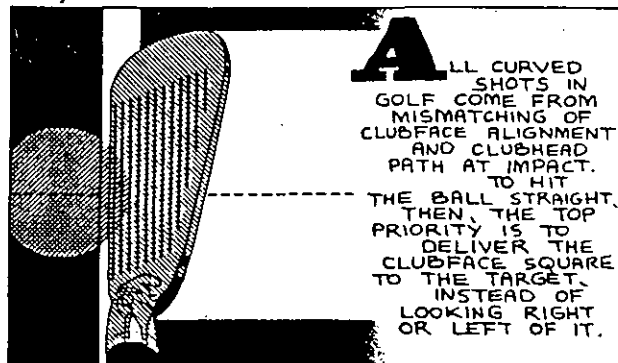
 Studio Registration  
 8/25-29 & 9/2-5 • 12 noon-4 pm

 Albany Berkshire Ballet at the Palace  
 "NUTCRACKER"

Auditions - Sun., Sept. 7th • beginning 10 am

518-426-0660 • 25 Monroe St., Albany

### Play Better Golf with JACK NICKLAUS


**ST. STEPHEN'S EPISCOPAL CHURCH**

Holy Eucharist, 8 and 10:30 a.m., coffee and fellowship, nursery care provided, church school, 9:30 a.m., Poplar Drive and Elsmere Avenue. Information, 439-3265.

**SELKIRK CONGREGATION OF JEHOVAH'S WITNESSES**  
 Bible lecture, 9:30 a.m., Watchtower Bible study, 10:25 a.m., 359 Elm Ave. Information, 439-0358.

**SLINGERLANDS COMMUNITY UNITED METHODIST CHURCH**  
 worship service and church school, 10 a.m., fellowship hour, nursery care provided, 1499 New Scotland Road. Information, 439-1766.

**SOUTH BETHLEHEM UNITED METHODIST CHURCH**

Sunday school, 9:30 a.m., worship service, 11 a.m., followed by coffee hour, Willowbrook Avenue. Information, 767-9953.

**DELMAR PRESBYTERIAN CHURCH**

worship service, church school, nursery care, 10 a.m., fellowship and coffee, 11 a.m., adult education, 11:15 a.m., family communion service, first Sunday 585 Delaware Ave. Information, 439-9252.

**DELMAR FULL GOSPEL CHURCH**  
 Sunday services, 8:30 and 10:30 a.m., 292 Elsmere Ave. Information, 439-4407.

**FIRST REFORMED CHURCH OF BETHLEHEM**

church school, 9:30 a.m., worship service, 11 a.m., child care provided, Route 9W, Selkirk. Information, 767-2243.

**GLENMONT COMMUNITY CHURCH**

Sunday school and worship service, 10:30 a.m., child care available, 1 Chapel Lane. Information, 436-7710.

**CHURCH OF ST. THOMAS THE APOSTLE**

Masses — Saturday at 5 p.m. and Sunday at 7:30, 9, 10:30 a.m. and noon, 35 Adams Place. Information, 439-4951.

## 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**
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MUST SELL! 3 undelivered Arch Steel Buildings 20x24; 25x30; 30x58. Financing available. Must sell immediately. Great for backyard shops and garages. Call today 1-800-341-7007

**BUSINESS SERVICES**

FREE HOMEPAGE Advertise your product, service or information on the Internet. Call for details on our special free offer. Toll-free 1-888-327-3676 ext. 88.

**BUSINESS OPPORTUNITY**

HOME-BASED DREAM, unlimited residual income. No risk. 436-0525.

SEEKING FINANCIAL SECURITY, no risk, part-time hours, 436-0525.

LOCAL CANDY ROUTE. 30 vending machines. Earn apx. \$800/day. All for \$9,995. Call 1-800-998-VEND.

**CHILD CARE SERVICES**

ALBANY Home, upper Delaware Avenue/787. Experienced mother with references. 436-4188.

COLONIE MOM off Central, near Rt. 155. Experienced and affordable. 452-4592.

## RIBS • MEATLOAF TOWNE BUFFET

**BANQUET ROOM**  
 SEATING UP TO 70

**COLONADE PLAZA**  
 184 Troy Schenectady Rd., Latham  
 ...across from Kmart

*"With a Touch of Cafe"*

 ...Family Owned and Operated by Tom and Gail  
 Featuring Over 100 Items of American & Italian Cuisine  
 Dessert Bar • Fruit Bar • All Homemade Salads

**Tuesday:**  
**Seniors Day**
**\$4.99** 11am-2pm

**Kid's Night**  
**\$1.99** 4 pm-close

 10 years or under  
 Limit: 2 per adult

**FULL SERVICE MENU**

 Burgers • Sandwiches • Dinner • Appetizers  
 Seafood and much more!

**DINNER** \$7.49 Senior \$6.79  
**LUNCH** \$5.79 Senior \$5.29

 Wednesday: BBQ Ribs, Chicken Beef  
 Thursday: Roast Turkey & Kielbasa  
 Friday: Shrimp - Peel & Eat • Saturday: BBQ Ribs, Chicken, Beef  
 Sunday: Roast Turkey & all the fixins

Dinner served all day

**Hours:**

 Tues. - Sun.  
 11am - 9:30 pm  
 Closed Mondays

**785-6060**
**DINNER**  
**SPECIALS**

4:00pm to closing

**\$3.00 OFF**  
**DINNER BUFFET**

 TOTAL BILL  
 MINIMUM PARTY OF 2, ONE COUPON PER PARTY  
 Not valid with other coupons. Exp. 9/1/97

**\$3.99**  
**LUNCH BUFFET**

 LIMIT 2 PER COUPON  
 Not Valid with other offers.  
 Valid with coupon thru 9/1/97

**TURKEY • FRIED CHICKEN**

## 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.

**458-7044 or 458-8366**

120 Everett Road, Albany • (Near Shaker Road)

**CHILD CARE SERVICES**

**EF AU PAIR** European Live-in Childcare - screened, trained, English-speaking, legal visas. Experience the benefits of inter-cultural child care! Average \$220 per week. For more information, call Mike D'Attilio at 489-6442. Government designated, non-profit program.

**EXPERIENCED MOM** - Monday - Friday, near Shaker Road Elementary. All ages. Call Susan 453-0852.

**CHILD CARE HELP WANTED**

**LOUDONVILLE - PART-TIME SITTER** 3:00 - 5:00 P.M. Friday and Saturday evenings occasionally. College student welcome. 458-8282.

**NANNY/HOUSE MANAGER**, part-time, as soon as possible! References. 475-9479.

**URGENTLY NEEDED:** Caring person to watch disabled child before school 7:00 A.M. - 9 A.M., your home or mine. High Rate, beginning September 2nd, 439-4246.

**CLEANING SERVICES**

**ALL WASH SALES & SERVICE**, commercial & residential cleaning, pressure washing, equipment & supplies. Fully insured. Free estimates. 765-7294.

**CLEANING** - residential/small business. Free estimates. References. Call Rose, 439-0350.

**CLEANING AVAILABLE**. Residential and commercial. Reliable, experienced, hard worker. Call 439-3971.

**J'S CLEANING:** Experienced, personalized service. Fully insured, bonded. Free estimates. 872-9269.

**M & E CLEANING SERVICE**. Dependable, reasonable. References. 465-3099. Pager 865-5541.

**NEED A HELPING HAND WITH YOUR CLEANING?** Call 427-0363. Experienced, references.

**SWEEP IT CLEAN** with "Clean Sweep." Fully insured, bonded. References. Call Dawn. 433-0417.

**YOU NEED HELP!!!** The cleaning Angel...at your service. 439-2943

**TOWNSEND HOUSEHOLD CLEANING SERVICE** - House, Windows, Basements, Garage Cleaning \*5 years experience. \*Senior Citizen Discount. Fully Insured & Bonded. Call Mark or Kim 439-4633.

**EDUCATION**

**GET COLLEGE DEGREE IN 27 DAYS:** BS/MS/MBA/Ph.D, etc. including graduation ring, transcript, diploma. Yes, it's legal, guaranteed and accredited. Free packet, call 1-800-689-8647, 24hrs.

**EQUIPMENT FOR SALE**

**SAWMILL \$3795.** Saws logs into boards, planks, beams. Large capacity. Best sawmill value anywhere. Free information. Norwood Sawmills, 90 Curtwright Drive #3, Amherst, NY 14221 1-800-578-1363.

**FINANCIAL**

**\$DEBT CONSOLIDATIONS** Cut monthly payments up to 30-50%. Reduce interest. Stop collection calls. Avoid bankruptcy. FREE confidential help. NCCS, non-profit, licensed/Bonded. 1-800-955-0412. (TPP)

**CASH NOW!** We purchase mortgages, annuities, and business notes. Since 1984, highest prices paid. Free estimates, prompt professional service. Colonial Financial 1-800-969-1200 ext.49.

**DELMAR \$109,900**

3 Br, Cape, Screened porch overlooking steep back yard, walk to stores 439-2888.

**GLENMONT \$210,000**

4+Br, 2.5 Bth Dutch COL, in Colonial Acres, 1st Flr Den, new kit, move in Cond, Fr, Fp 439-2888

**SLINGERLANDS \$89,900**

2 Br Ranch Twnhm, great Kit w/almond cabinets & CT Flr, LR/DR w/ Fp, Fenced yard 439-2888.

**DELMAR \$239,000**

4 Br CH COL, HW on 1st Flr, Fin Bsm w/FR, Office, Sewing area, wet bar, Fp 439-2888.

**BLACKMAN & DESTEFANO Real Estate**

For information on any of these properties, call Realty USA, 438-6287. Also, visit us at our Web Site at <http://www.realty-usa.com>

**\$112,000 - DELMAR** - Spacious 3BR ranch near the Bethlehem High School. Deck and walk-out basement add to the beauty and convenience of this incredible find.

**\$127,000 - DELMAR** - New Priced Beautiful shiny hardwood floors greet you at the entrance to this well cared for home with extra rooms and deep lot. Call for details.

**\$128,900 - GREENVILLE** - Sweet deal on this multi-use building on Main Street, now with 3 offices, country store, and apartment. Low taxes.

**\$154,500 - GLENMONT** - Something your family needs - SPACE! 3BR colonial is set on an acre in a warm and friendly neighborhood.

**\$170,000 - GREENVILLE** - Spacious custom home, 2.5 acres, mountain views, easy commute to Albany.

**\$175,000 - SELKIRK** - Over 2600SF of living space on 1.4 private acres, this 4BR, 2.5ba colonial is 6 restful miles from the hustle-bustle of Albany.

**\$185,000 - RENSSLAERVILLE** - Everything you could want in this romantic 3BR historic colonial. 3FP, spectacular kitchen, plus 9.5 acres.

**\$194,000 - DELMAR** - A wonderful family home conveniently located in a park-like setting. 6BR, 3.5 baths, lots of room inside and out.

**\$289,900 - THE MEADOWS** - Stunning, contemporary colonial, gourmet kitchen, vaulted ceilings, 1st floor bedroom, sumptuous master bedroom suite.

**\$299,500 - SLINGERLANDS** - Outstanding wooded private setting and grounds surround this elegant colonial. Oversized rooms, hardwood floors, 3/4 acre, and all the amenities you would expect in a quality home.

**REALTY USA**

289 New Scotland Ave. Albany 438-6287

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**GARAGE SALES**

DELMAR - 35 TAMARACK DRIVE, August 23-24; 9 A.M. - 3 P.M. Furniture, tools, toys, books, sports/electronic equipment.

CHADWICK SQUARE - 16 STANDISH DRIVE, Friday August 22, Saturday, August 23 9 A.M. to 5 P.M. Sofas, hutch cupboard, beds, cedar chests, piano, antique oak china cabinet, chairs, tables, stands, bench with rockers, clocks trunks, porch rockers, linens, coverlet, glassware, costume jewelry, kitchen items, snowblower, plus quantities more, old and new.

GARAGE/MOVING sale, Slingerlands, 98 Font Grove Road, August 2, 9 A.M. - 2 P.M. Hunting items, refrigerator, household.

**AUTOMOTIVE**

MOTORCYCLE - 1975 Jawa 175 cc street bike, 1,000 miles. After 7 P.M. 783-1945.

1978 MERCURY MONARCH, good motor, new tires, not running. \$100. 478-9865.

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1989 ESCORT LX WAGON, 5 speed, stereo, 99,000 miles, good transportation. \$650. 439-6290.

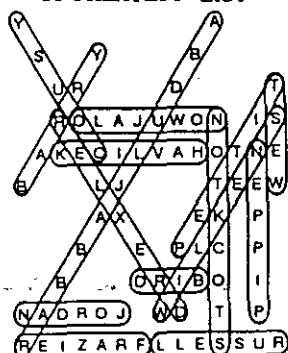
1990 FORD RANGER PICK UP TRUCK, automatic transmission, 70,800 miles. Vehicle is sold "as is". For additional information contact William Hotaling, Superintendent of Public Works, Village of Voorheesville (518) 765-4512 between 7 A.M. to 3:30 P.M. weekdays. Submit sealed bids to the Village Clerk, P.O. Box 367, Voorheesville, New York 12186 by August 25, 1997. Bids will be opened at 10:00 A.M. All bids must include a non-collusive bidding certificate as required by the General Municipal Law. The Village Board reserves the right to reject any and all bids.

DELMAR - 12 HUNTER ROAD off Hudson Avenue August 22 & 23, 8 A.M. - 4 P.M. 3 generations of accumulation including furniture, glassware, collectibles, household items, toys, etc.

DELMAR - HUGE MOVING SALE 1 Van Dyke Road across from High School, Friday, August 22, and Saturday August 23, 9 A.M. - 2 P.M. Sectional, washing machine, lawn edger, table and chairs, desks, lamps, large and small household items, sofa, crafts, etc. ALL MUST GO!

DELMAR - Village Drive Apartments Complex Sale off Delaware, 2 blocks East of Cherry Avenue. August 23 (Rain date August 24) 9 A.M. - 2 P.M. NO EARLY BIRDS! Color TV, computer and accessories, exercise equipment, furniture, books, antiques, tools, sewing machine, booster car seat, little tikes, porta-crib, Easy Lift recliner and much more!

DELMAR: 8 SPRUCE COURT (Woodgate), Saturday, August 23, 9 A.M. - 3 P.M., 20/20 benefit, miscellaneous household, clothes, perennials.

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**SPECIAL SERVICES**

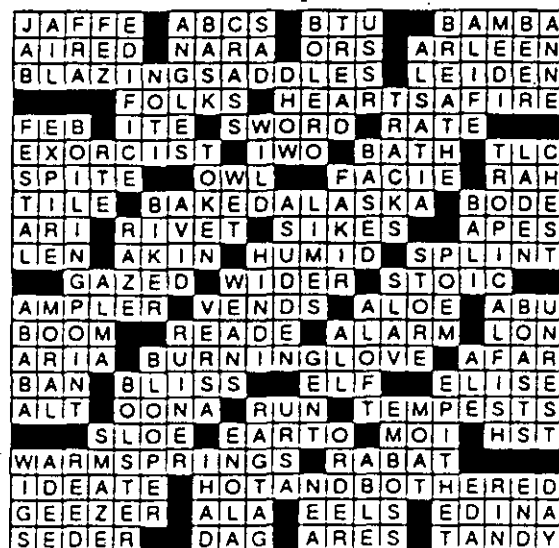
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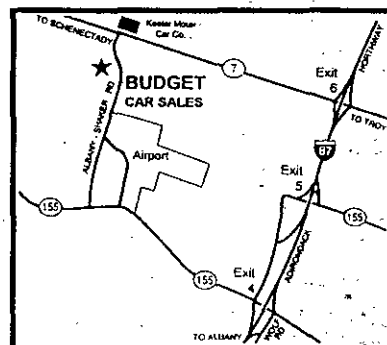
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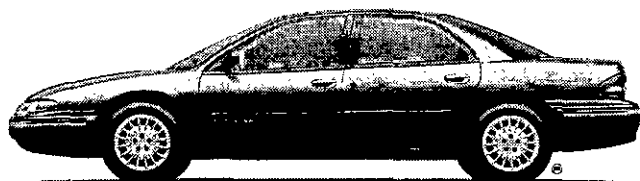
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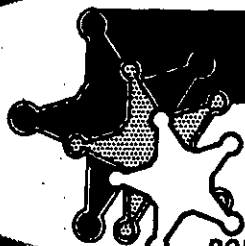
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