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See Family Section Page 20

Vol. XLIII No. 5

The weekly newspaper serving the Towns of Bethlehem and New Scotland

February 4, 1998

50¢

Bethlehem to file suit against plant designers

By Peter Hanson

The Bethlehem town board voted last week to file a civil lawsuit against J. Kenneth Fraser & Associates because the water infiltration system Fraser designed is only pumping a third of the water the engineering firm promised it would.

Attorney Robert J. Alessi of LeBoeuf, Lamb, Greene & MacRae, the firm hired by the town to review possible litigation against the Rensselaer engineering firm, recommended the lawsuit be filed immediately.

"It is our conclusion that (Fraser) failed to follow accepted engineering practices, (and) that failure is the cause of the shortage of water the town is experiencing," Alessi said.

The infiltration system, which includes pump stations on the Hudson River and the water plant on Clapper Road, was built in 1995 to replace water the town previously tapped from Albany's supply. It went online in December of that year.

The shortage was initially blamed on a January 1996 ice melt that put silt into the water system. In March 1996, the town got a \$75,000 grant from the Federal Emergency Management Agency to

dredge approximately 1,000 feet of the Hudson River that abuts the water system's intake valves. The dredging temporarily improved the water system.

But after the dredging, it became clear the system was only able to produce about two million gallons of water daily, as opposed to the six million it was designed to produce.

LeBouf, Lamb was hired last July to see



Sheila Fuller at the water plant on Clapper Road.

if the town could sue Fraser, which built the \$13 million system. The law firm in turn hired the Pennsylvania-based engineering firm Gannett Fleming, which reviewed Fraser's plans.

At last Wednesday's town board meeting, Alessi hinted at the contents of Gannett Fleming's report, which was neither made public nor shown to board members.

"We would not recommend that that specific document be disclosed," Alessi said, explaining that revealing the report's contents outside of a courtroom would weaken the town's legal position.

Board member Doris Davis and Supervisor Sheila Fuller both asked Alessi to clarify why Gannett Fleming's report was being kept private.

"It is important that you litigate this case (the way) a corporation would litigate it," Alessi said. "Do not disclose any reports to the other side."

Alessi said showing the report to the board would make it a public document, so Fraser's lawyers would be able to see it and gain an "unfair advantage" in preparing their defense.

"This report by Gannett Fleming has gone to nobody but my law firm," Alessi said.

Fuller asked Alessi to explain whether the report includes suggestions for improving Bethlehem's water system. Alessi suggested it does not, saying Gannett Fleming was charged with reviewing Fraser's plans, not finding solutions to the town's water problem.

"There was some expectation that this report was the report," Alessi said. "Other

SUIT/page 16



Eighth-graders Kathleen Shaffer, William Nathan and Lindsey Crusan rehearse.

BCMS kids ready for show

By Lisa K. Kelly

Students can learn many lessons from the current production of *Ben Hur - The Musical* at Bethlehem Middle School.

The classic tale of courage will be performed Thursday through Friday, Feb. 5 to 7, at 7 p.m. in the school auditorium on 332 Kenwood Ave. in Delmar. The show date is Sunday, Feb. 8, at 7 p.m.

The show was conceived by Mary Ellen Hennessy and co-written with Frank Leavitt, Fran Coccozza and Muriel Welch. Leavitt directed the show with assistance from Hennessy, and Coccozza and Welch choreographed the dance numbers.

The plot centers on a group of students who are told they have to move their

SHOW/page 28

Library seeks \$250K for parking lot

By Peter Hanson

J. Kenneth Fraser and Associates, the Rensselaer-based engineering firm that designed Bethlehem's troubled water infiltration system, has designed a \$250,000 parking lot expansion for the Bethlehem Public Library.

The project's budget includes the purchase of a lot at 45 Borthwick Ave., the

Library official outlines parking lot proposal.

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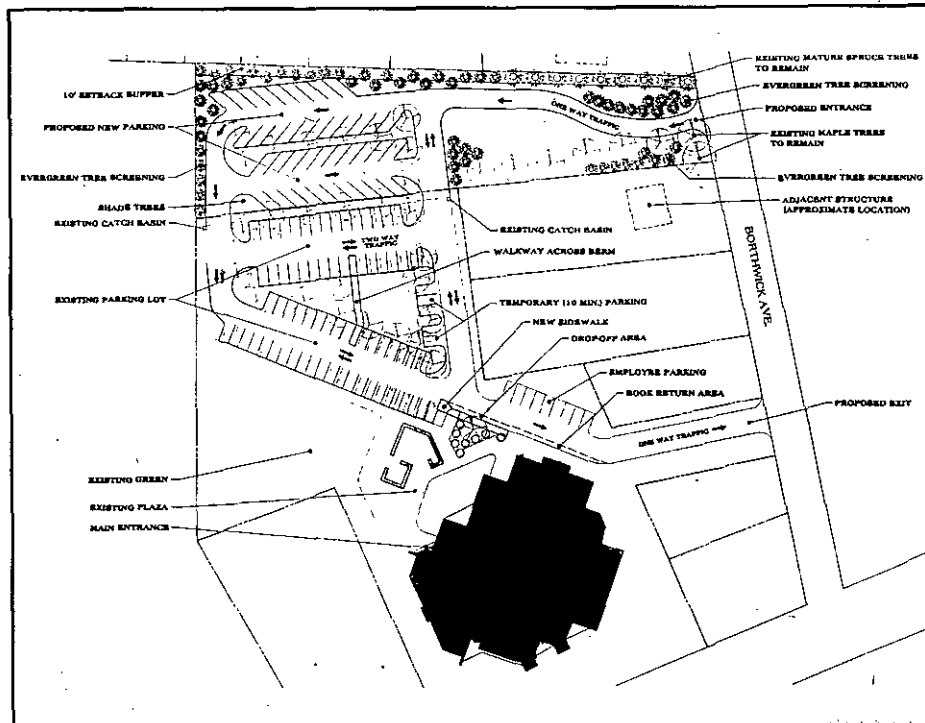
demolition of the house on that lot and the construction of a parking lot expansion that will increase the library's parking capacity from 93 to 129 vehicles.

Residents will vote on the project May 19.

The town board voted last week to sue Fraser because the water system, which went on-line in 1995, is not pumping water in the volume Fraser promised it would.

Nancy Pieri, the library's director, said

PARKING/page 16



In the Bethlehem Library's planned parking lot expansion, the current parking lot entrance will become a one-way exit and a new entrance will be built further up Borthwick Ave.

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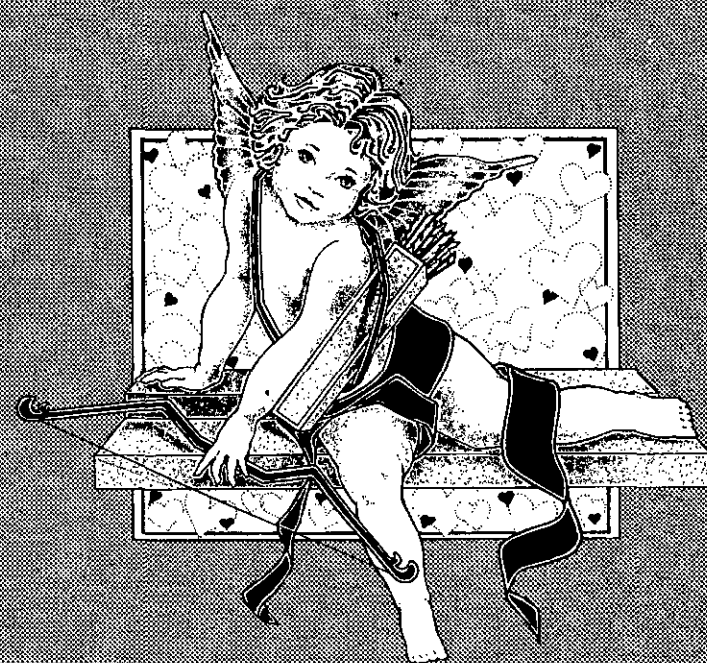
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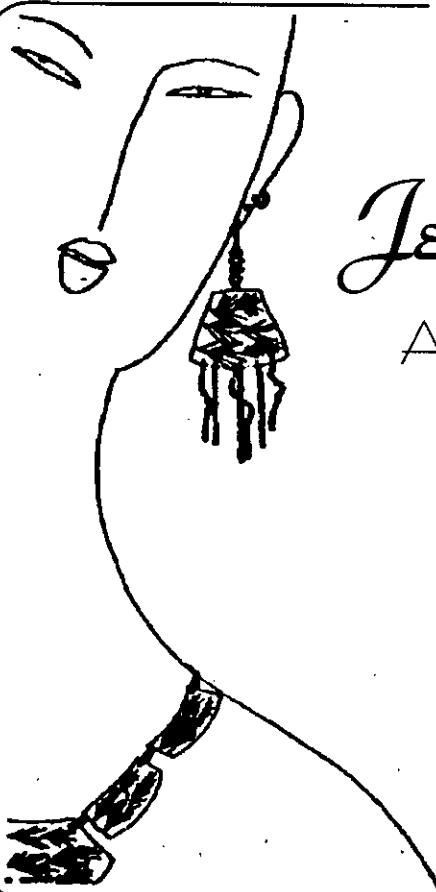
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Interim principal brings expertise to V'ville

By Katherine McCarthy

David R. McGuire has been named interim principal at Voorheesville's Clayton A. Bouton Junior-Senior High School while the district seeks a permanent replacement for Terence F. Barlow, who left the district to become the assistant superintendent for curriculum in the East Greenbush school district.

McGuire, who took the post at the beginning of the month, began his career as a social studies teacher at Hackett Middle School in Albany in 1960. He then became principal at Hackett for 16 years, and was principal at Albany High School for 10 more years. McGuire retired in 1995.

Since then, he has worked as an interim principal at Berlin Middle School, Johnstown High School and Waterford-Halfmoon Junior Senior High School.

McGuire, who turns 61 this week, said serving as interim principal serves a need in the schools and suits him as well.

"After I retired, and got a sense that it was final, I realized I wasn't really ready for it," McGuire said. "Being retired, you feel you don't have a purpose, and coming to work restores that. I liked what I did, and now I get to see other schools and what they're like. In Berlin, I got to experience a really rural school, in Johnstown, a small city, and now I'll have a suburban experience."

McGuire said he is not looking to return to full-time work. "I like this," he said. "It gives me time to myself between jobs."

Superintendent Alan McCartney said McGuire had exactly the sort of background he was looking for in an interim principal.

"He's got a good track record, having been a middle school and high school principal," McCartney said. "He has 35 years experience, and this is his fourth interim position. We'll look to him to keep things moving, (keep) projects going and maintain the building."

"I don't anticipate any major changes will be made," McGuire said. "That's not my role. I feel that Voorheesville is in the forefront as far as the Capital District is concerned."

Educationally, it's No. 1 in the *Capital District Business Review*, and I'd like to keep that No. 1 banner flying. I'm looking forward to working with the students and getting to know the community in the short time I have."

McGuire was hesitant to take sole credit for any specific accomplishments during his career.

"When I think back over the years, it's difficult to take credit for things," he said. "I never felt anything was because of me, but because people were willing to cooperate and change."

Still, McGuire is proud of an attendance policy that began when he was principal at Albany High School.

"We were having a serious problem when I arrived," he said. "We changed the homeroom time so that it wasn't at the beginning of the day, and the kids went directly to class when they arrived at school. Attitudes changed, and attendance went up. I took great pride in that."

McGuire sees the new state standards as the biggest educational challenge in New York today.

"You have to take into consideration that there are some kids who take more time to learn," McGuire said.

"They might come to school with baggage that people might not be aware of," he continued. "If those difficulties impact on their education and make it hard to meet these standards, and make it hard for them to feel they're as good as the kids they sit next to, those difficulties could be compounded."

"You have to give those kids a sense of purpose and be concerned for their self-esteem," McGuire said. "The challenge then is to be concerned with individual needs while raising the standards for all. It's not something to shy away from, but we need to be concerned about these challenges."

McCartney said the district is just starting its search for a permanent principal, and has begun receiving applications and sending out notices.

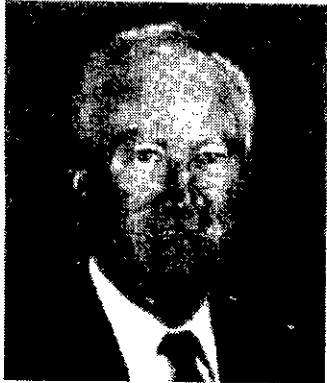
He added that the junior-senior high school's two assistant principals, William Furdon and Linda Wolkenbreit, have not yet notified McCartney about whether they will apply for the position. "Those are personal decisions for them to make," McCartney said.

He said he had a list of about "400 characteristics" to look for in an applicant, and didn't have anybody in particular in mind for the job.

"We'd like someone with strong leadership and strength of purpose," he said. "We'll keep an open mind."

In the meantime, he is confident that the junior-senior high school is in good hands.

"Mr. McGuire will do just fine," he said.



McGuire

BCHS senior wins science accolade in Westinghouse talent search

By Lisa K. Kelly

Bethlehem Central High School senior Emma Samelson-Jones was recently named a semifinalist in Westinghouse Foundation and Science Service's 57th annual Science Talent Search.

She was the only Capital District student chosen among 300 semifinalists. There were 1,581 entries in the competition.

Her project was completed at Albany Medical College this past summer under the tutelage of Susan LaFlamme.

"My work is another step in the process of understanding how the alpha6beta4 integrin works," Samelson-Jones said. "It just added another little piece."

She said the integrins were discovered recently, and have been found to play a significant part in the healing of skin wounds such as blistering.

Bethlehem high school science instructor George Seymour said Samelson-Jones, who is 16, worked near graduate level with well documented research and experiments. "She's very driven and organized," Seymour added.

Samelson-Jones' accomplishment is a direct result of the science research seminar program at Bethlehem, Seymour noted.

Students in the three-year program must complete an independent project working with a mentor from academia or industry. They can choose projects from the



Emma Samelson-Jones, right, is pictured with BCBS science teacher George Seymour. Lisa K. Kelly

natural sciences such as biology, chemistry and physics, or choose sociological or psychological topics.

"The program gives students an opportunity to do real research," Seymour said. "For those who are self-motivated, disciplined and willing to put in the time, it is a wonderful opportunity."

Samelson-Jones' selection "really says something about the support the district gives us and the quality of the kids we have," said Seymour.

One of the top students at BCBS, Samelson-Jones leads a

busy life. She is captain of the girls soccer team, president of Key Club and a member of the track team. She also performs with the Empire State Youth Orchestra.

Samelson-Jones hasn't decided which college she'll attend in the fall. She plans to study science or mathematics and hopes to be a pediatrician.

She learned last week that she hadn't been chosen a finalist, and despite her accolades, her first reaction was to complement the finalists.

"Those kids did really incredible research," she said.

Bethlehem board approves tax break for disabled seniors

By Peter Hanson

The Bethlehem town board voted Jan. 28 to include a new tax exemption for seniors with disabilities in the town code.

Residents who qualify can get as much as 50 percent off their property taxes. "It's another break we can offer our residents," town supervisor Sheila Fuller said.

The board held a public hearing about the exemption, but no residents spoke at the hearing. Fuller and assessor Melvin Leafer presented the specifics of the exemption to the board and the audience, and a sheet with a table of exemption amounts was available at the meeting.

Leafer said the exemption won't cost much to enact. "The impact on the total tax base will be miniscule," he said. "At most, we'll have a couple dozen people in town who will qualify."

Seniors with disabilities who make less than \$18,500 annually will qualify for the full 50 percent exemption. The smallest exemption is 5 percent, which is offered to seniors with disabilities who make between \$26,000 and \$26,900 annually.

Leafer compared the exemption to the STAR program which Gov. George Pataki introduced last year. The STAR program offers school property tax exemptions for seniors throughout New York State.

The governor's office recently announced an extension of the

STAR application deadline. Under the original terms of the program, seniors had to apply for their exemptions by the first week of January. Now, seniors in most parts of the state have until March 1 to apply.

To qualify for the Bethlehem exemption, applicants must have their primary residence in Bethlehem and have a certified disability. The law also states that the

homeowner must be the member of the household with the disability. There is some leeway for houses co-owned by spouses and other immediate family members.

Leafer said that residents who have applied for STAR exemptions cannot also seek exemptions through the town's new law.

For more information, call the Bethlehem assessor's office at 439-4955, ext. 104.

Parks draw record crowds in '97

Bethlehem's parks and recreation facilities drew a record 281,556 people in 1997, administrator David B. Austin said in his annual report.

Elm Avenue Park was the most-attended public facility last year, drawing 187,846, including 70,243 patrons of the park's pool. The park added five new baseball/softball fields and other amenities.

Henry Hudson Park drew 16,688 visits. The park's biggest addition this year was a boat launch.

Other facilities mentioned in the report are South Bethlehem Park, North Bethlehem Park, Bethlehem Firefighters Memorial Park.

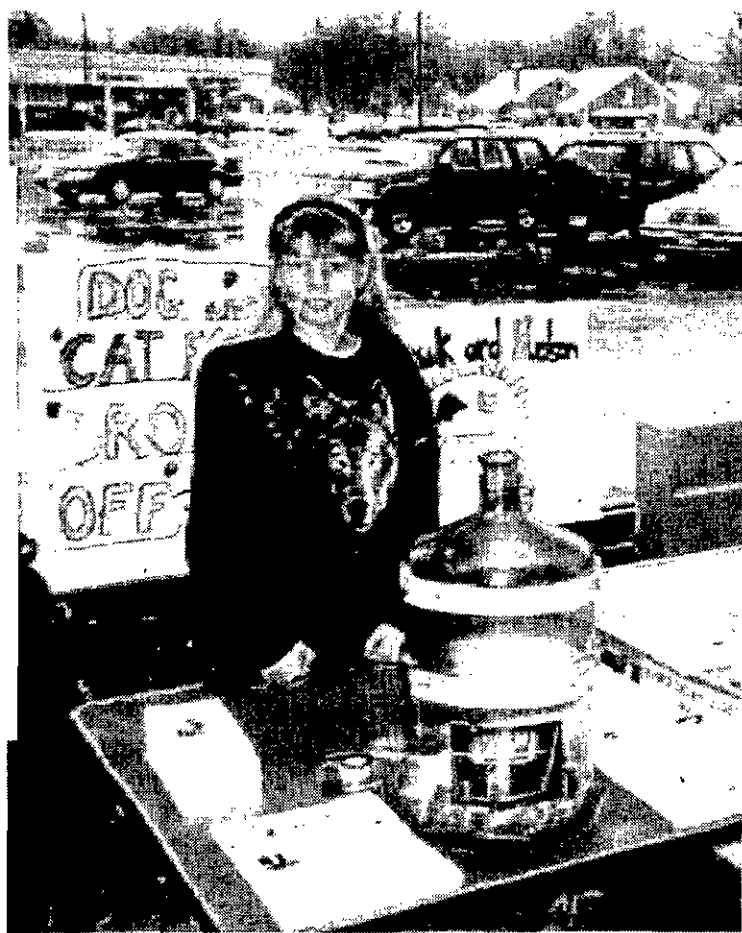
Austin's report included a list of programs and special events offered at Parks and Recreation Department facilities. The 10 most popular activities, and their attendances, were:

1. Summer school-age playground (3,956); 2. "Tiny tot swim" (3,565); 3. "Learn to swim" (3,770); 4. The "Pit program," an after-school indoor leisure facility (3,175); 5. Adult basketball (2,206); 6. "Lunchtime lap swim" (2,125); 7. Afternoon walkers (2,150); 8. Individual swim lessons (1,445); 9. "Seniors in Motion" (1,375); 10. Summer all-day playground (1,229).

Peter Hanson

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Homeless help



Stephanie Malinowski, a princess of the Crazy Dog Tribe, helped collect money and food for homeless animals at the Mohawk & Hudson Humane Society. The youth group collected \$424 at the Grand Union in Elmsere.

Partner mourns K-9's passing

By Wayne D. La Chappelle

The writer is the Bethlehem police officer who worked with K-9 Grando.

It is with great sadness that I am announcing the death of the Bethlehem Police Department's first police K-9 dog, Grando, who was put to sleep Jan. 16.

Grando's health failed him in the past few months. I looked into his eyes and saw the brightness fading, yet his spirit and heart carried him through. It would have been an injustice to let my partner of so many years suffer, so on Jan. 16, Grando took his last ride in car 753 to the New Baltimore Animal Hospital.

He died in my arms while I told him to go find the bad guy. He always liked that command.

Grando was truly Bethlehem's first community police officer. In 1988, the Bethlehem Chamber of Commerce conducted a fundraiser to start our K-9 unit, which garnered \$5,000. A search went out and a reputable trainer was located in Yates county. Sheriff Jan S. Scofield purchased Grando from a breeder in West Germany.

Grando and I teamed up on Nov. 11, 1988. I'll never forget that night when Sheriff Scofield opened up the back of his truck and let this magnificent dog out, then handed me the leash. He was a real looker, his personality was great and his willingness to work was unequalled.

So began a long and exciting journey that carried us through woods, backyards, highways, rain, wind and snow.

It would take me all day to describe the great things Grando accomplished, so I'll share some of my memorable experiences with him. These are treasured moments, moments of intense fear that Grando faced with courage.

My first call with Grando was to assist the Sheriff's Department with a man going berserk with a machete at a restaurant in New Scotland. Grando was able to subdue this suspect.

Another call was to assist the Albany Police Department with a burglary in progress in Albany. Grando started a building search and located a man hiding behind a false wall in the boiler room of a three-story building.

Another time, State Police Troop T called us to help search a brand-new 1990 BMW, valued at \$53,000. Grando located several ounces of crack cocaine and marijuana wrapped in plastic, newspaper and fabric softener, with which



Bethlehem police officer Wayne LaChappelle and Grando.

the suspect attempted to mask the smell of the drugs.

Through federal asset forfeiture laws, the Bethlehem Police Department was given \$13,000; another discovery of money and drugs netted \$73,533. Overall, Grando was responsible for the seizure of narcotics with a street value of more than half a million dollars.

One of our officers was involved in a high speed chase of three felons. After they abandoned their car in Coeymans, Grando tracked them through dense brush. Upon their discovery, one of the suspects attacked a backup officer and me with a hunting knife. Grando saved our lives by jumping out in front of me and taking this suspect down to the ground.

During the struggle, the suspect beat Grando about the head and even bit his ear. Grando never let go. He pulled the suspect from the bush, which allowed us to handcuff him.

Men with guns were caught, Alzheimer's patients were found, lost children were returned to their distraught parents and narcotics

were taken off the street, all by Grando. He did public demonstrations in front of tens of thousands of people around the country.

In 1995, Grando and I went to Germany as guests of the *Federal Polezi*. We were the only American police K-9 team invited to attend their service dog trial, and Grando placed ninth out of 33 teams.

Even today, when I drive down the street in the police truck, children still call out Grando's name. I have been stopped in malls by college students who recognize me because Grando and I did a demonstration at their grade schools when they were younger.

Grando was not a pet. He was a police officer who served this community with all his heart. I can honestly tell you that were it not for Grando, I would have been seriously injured or killed in the line of duty. Other officers owe their safety to that big black and tan German Shepherd as well.

On behalf of myself and police K-9 Grando, we thank you for allowing us to serve with you, and for you.

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Methodist council taps Matthews for award

By Katherine McCarthy

The Rev. Jeffrey A. Matthews, pastor of Community United Methodist Church of Slingerlands, received the Joyce Steinkraus Giles Pastoral Service Award from the Capital Area Council of Churches at its recent winter assembly.

The award is given annually to a pastor who has actively participated in the council's life and who exemplifies the ideals for racial, gender, and interdenominational inclusiveness for which Joyce Giles labored. Matthews has been cited by the council for not only providing spiritual leadership for his congregation, but encouraging them to be active in community ministry programs.

Matthews has been at Community United Methodist church for nine years, during which time his congregation has been involved with the inner-city outreach of a number of United Methodist churches in the area.

"We've worked on a lot of the houses that United Methodists



Jeffrey Matthews

Linkages program for 1997-98.

"In the last two years," Matthews said, "we have become a reconciling congregation. That's a congregation that makes a conscious decision to be welcoming to all people, and makes that clear in their mission statement. We wanted to reach out to gays and lesbians, since they are a group that is frequently excluded from the Christian community."

"Linkages is an effort we undertook with a number of other congregations, both Christian and Jewish, in the Tri-City area. We want to bring together a welcoming religious community with the gay and lesbian community; to share resources and create a link. It's a way to say, 'We're not in this alone, we're there for each other.' So far, the program's been very successful."

Congregation member Rowena Hewitt said the church wouldn't have become a reconciling parish without Matthews' assistance.

"In 1984, the national Methodist organization passed some conservative and restrictive religious rules. There were to be no homosexual pastors, no same sex marriages performed, and no dollars of the Methodist church were to go to support gay and lesbian issues, or permit a congregation to study the issue. Since then, there has been a national reconciling congregation movement to combat those three items. One of the highest social problems in the religious community these days is to be open and welcoming," she said. "We're very proud of the fact that we are a reconciling congregation."

Hewitt also had high marks for Matthews' social action. "Reverend Matthews was president of the board of Albany United Methodist Society, which has a food kitchen, and provides clothes, day care and preschool, among other things, in Arbor Hill," she said. "He really got people to support a community that is very close to us geographically, but far away in other ways."

Another member of the congregation, Harry Howse, pointed to Matthews' involvement with campus ministry at the University of Albany. "Reverend Matthews was a member of their board, which brings together Roman Catholic, Protestant and Jewish clergy to provide religious services and functions, as well as counseling, to college students."

Howse and his wife Alice have been active in the Capital Area Council of Churches, and were pleased to see Matthews receive the award this year. "We weren't part of the nominating committee from our church," Howse said,

"but we certainly are aware of Reverend Matthews' many strengths, and we're delighted to have them recognized."

Rowena Hewitt said that in addition to his community involvement, Matthews is an excellent speaker who gives very good sermons. "On a more personal note, he always visits when people are sick," she said. "He's very quiet and calm. I had surgery recently, and he just appeared to spend the day with my husband."

Matthews grew up in the Waterford area, and attended Siena College and the Andover Newton Theological School in Newton Center, Mass. He also studied at United Theological College in Bangalore, India. The 43-year-old minister served churches in Schuylerville and Quaker Springs before coming to Slingerlands.

Joyce Steinkraus Giles was a pastor in the Albany area, and a pioneer in ecumenical relations at a time when not many women were members of the clergy. She served as executive director of the Capital Area Council of Churches from 1977 to 1986. After her death, a resolution was passed creating the annual award, which was first presented in 1989.

Teachers to present workshops at BCMS

Bethlehem teachers Mary Bigelow, Agnes Cristo and Mary Capobianco will offer two communications lab workshops for parents at Bethlehem Central Middle School's library media center.

A session for parents of middle level students is set for today, Feb. 4. A second session for parents of elementary school students is planned for Tuesday, Feb. 24. Both workshops will run from 7 to 9 p.m.

The workshops will provide parents with the information they need to communicate more effectively with their children.

Library to offer children's program

Bethlehem Public Library on 451 Delaware Ave. in Delmar will present a program of stories and illustrations by Jan Brett on Wednesday, Feb. 18, at 2 p.m.

Brett's work includes illustrations for the retelling of *The Owl and the Pussy Cat*, *The Mitten*, and *The Hat*, as well as for her own stories, *Berlioz the Bear* and *The Trouble with Trolls*.

The program is appropriate for children in kindergarten through third-grade.

To register, call 439-9314.

He's very quiet and calm. I had surgery recently, and he just appeared to spend the day with my husband.

Rowena Hewitt

have built for Habitat for Humanity in Albany," Matthews said. "Through Church World Service, we also sponsored a Bosnian refugee recently. We also work with other churches in the immediate region in various contexts of worship and outreach, like the Interfaith Shelter for the Homeless in Albany."

The work that most caught the attention of the Capital Area Council of Churches, though, has been Matthews' work with the Linkages program, which provides opportunities for dialogue between persons of faith and the gay and lesbian community. The Community United Methodist Church is the sponsoring congregation of the

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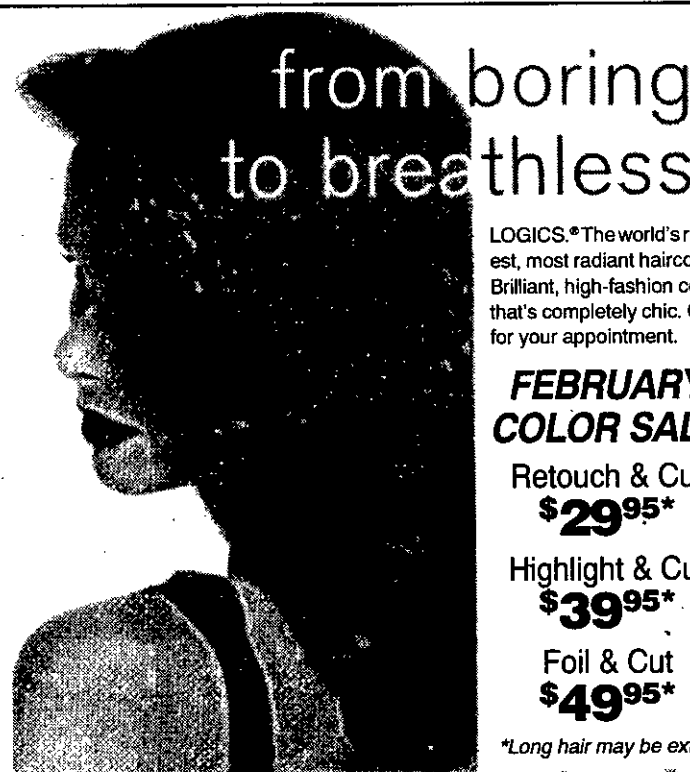
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Matters of Opinion

Get on with it

Bethlehem town board's unanimous decision to file a lawsuit against the designer of the water infiltration plant which is producing far less water than it was designed to is a step toward getting the town what it has paid for.

Editorials

Attorney Bob Alessi indicated at the meeting last week that a lawsuit was necessary to comprehensively address the problems the town has had with the plant. The town relied on Fraser & Associates' expertise to design and construct a plant that would produce an adequate water supply for the town's needs, and it should be able to get what it was promised.

Bethlehem should also be able to recover any costs incurred as a result of ongoing problems with the plant.

We hope action on the matter will not be bogged down in the courts for years so that the water plant can be fixed quickly and produce what it is supposed to.

More library parking

Bethlehem Public Library's board of trustees made the right move in moving on an option to buy property to enlarge the facility's parking lot. In addition to the safety issues, the board cited in its recent announcement, the current parking area is simply too small to accommodate patrons needs.

The board's plan would increase parking by 40 percent, allowing parking for up to 129 vehicles. In library surveys, many patrons have cited parking inadequacies as a problem.

But it will be up to the voters in May to decide on this one-time budget increase of \$250,000. Prior to the vote, you can voice your opinion on the proposal by writing or e-mailing comments to the library.

Staying healthy

The health care industry is undergoing sweeping changes, which has created some confusion for patients and industry professionals alike.

In our health care supplements, we continually try to provide the latest information on what's going on in the medical world to help our readers better understand some of the changes in the industry.

This week, we look at a number of topics, including homeopathic medicine, which has grown in popularity, along with health foods and preventive medicine.

We hope this information is helpful and welcome suggestions for future health care supplements to keep abreast of what is happening in the world of medicine.

Special officer

Although there have been no official tributes thus far, Bethlehem's first K-9 officer will be remembered by many, especially his partner Wayne LaChappelle and the hundreds of school children who enjoyed his demonstrations of K-9 police work over his years of service.

Grando, who died last month, was a special dog who performed his duties well, bringing recognition to the town. He also more than paid for his keep, through the many drug busts that brought revenue to the town.

But perhaps his most important achievement was that he became an ambassador of good will. LaChappelle says that even today, several years after his retirement, children still call out Grando's name when the K-9 vehicle passes by. Some of us here at the paper also remember Grando when he visited the office on "official" police calls.

He was one of our particular favorites, who holds a special place in our hearts.

Get the facts on Alzheimer's disease

By Marvin LeRoy Jr.

The writer is the executive director of the Northeastern New York Chapter of the Alzheimer's Association.

Memory loss and changes in mood and behavior that worsen over time may mean that you or a family member has Alzheimer's disease or some other dementia.

If you have these signs, it is important that you receive a diagnosis. Many things can cause dementia, which is a decline in intellectual ability severe enough to interfere with a person's daily routine. It is important to identify the actual cause of the dementia.

Dementia related depression, drug interaction, thyroid problems and certain vitamin deficiencies, for example, may be reversible, if detected early. Other causes of dementia include strokes and Huntington's and Parkinson's disease.

Alzheimer's disease, which affects an estimated 4 million Americans, including 40,000 in the northeastern New York area, is the most common form of dementia.

A person with Alzheimer's may maximize the quality of his or her life by receiving an early diagnosis. It also may resolve the anxiety of wondering, "What is wrong with me?"

Former President Ronald Reagan celebrates his 87th birthday on Friday, Feb. 6. Reagan announced that he had Alzheimer's disease in 1994. Although the onset of Alzheimer's disease symptoms cannot yet be stopped or reversed, an early diagnosis gives people with the disease a greater chance of benefiting from existing and experimental treatments.

There is no single diagnostic test that can determine if someone has Alzheimer's disease. The diagnosis is made by reviewing a de-



Point of View

tailed history on the person and the results of several tests, including a complete physical and neurological examination, a psychiatric assessment and laboratory tests. Once these tests are complete, a diagnosis of 'probable' Alzheimer's disease can be made.

The association's northeastern New York chapter can refer you to a local physician or diagnostic center. In addition, the association has a brochure titled, "Steps to Getting a Diagnosis: Finding Out if It's Alzheimer's Disease." To help you know what symptoms to look for, the association has a brochure titled, "Is it Alzheimer's? Warning Signs You Should Know."

The Alzheimer's Association, the largest private funder of Alzheimer's research, will award approximately \$9.5 million in research grants during fiscal year 1998. Research grant funding will focus on early detection of Alzheimer's disease.

While some people with Alzheimer's disease may initiate their own diagnosis and care, for most, it will be up to another family member to alert the physician. Here are some tips to help you get someone to the physician for an initial evaluation:

- Schedule the appointment for the person.
- Help with transportation to the appointment.
- Offer to accompany the person during the testing process if he or she is still uneasy about investigating possible Alzheimer's disease.

• Contact the Alzheimer's Association's local chapter if you have any concerns or questions.

Here are some questions to ask before diagnostic testing:

- Which test will be performed?
- Will any of the tests involve pain or discomfort?
- How long will the tests take?

• How long will it take to learn the results of the tests?

Here are some questions to ask if the diagnosis is probable Alzheimer's disease:

- What does the diagnosis mean?
- What symptoms can be anticipated next?
- What level of care will be required now and in the future?
- What medical treatments are available?
- What changes should be made in the home to make it safer?
- What resources and support services are available in our community?
- Are experimental drug trials available?

Memory loss, confusion and disorientation are not part of the normal aging process. They are symptoms of dementing illness.

To help family members, health care professionals and others recognize warning signs of Alzheimer's disease early, the association has developed a checklist of common symptoms.

- Recent memory loss that affects job skills
- Difficulty performing familiar tasks
- Problems with language
- Disorientation of time and place
- Poor or decreased judgment
- Problems with abstract thinking
- Misplacing things
- Changes in mood or behavior
- Changes in personality

If you recognize several of these symptoms in yourself or a loved one, the Alzheimer's Association recommends that the individual see a physician. Even if the diagnosis is Alzheimer's disease, help is available.

For information, call the Alzheimer's Association NENY Chapter at 438-2217 or 1-800 303-2218.

THE Spotlight

SPOTLIGHT NEWSPAPERS

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The Spotlight (USPS 396-630) is published each Wednesday by Spotlight Newspapers, Inc., 125 Adams St., Delmar, N.Y. 12054. Second class postage paid at Delmar, N.Y., and at additional mailing offices. Postmaster: send address changes to The Spotlight, P.O. Box 100, Delmar, N.Y. 12054. Subscription rates: Albany County, one year \$24, two years \$48, elsewhere, one year \$32.

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Marathon runner makes appeal

Editor, The Spotlight:

It's 1998 and that means that I'm a year older and a year wiser — OK, a year older! Well, believe it or not, marathon time is coming around again. I've started the long road of training for the Boston Marathon, which I'll be running once again as part of the Dana-Farber team. I hope that each and every one of you who has sponsored me in the past realizes how very much I appreciate your help, and I hope you will be eager to be part of my team again.

I'm hoping that all of you, both old and new sponsors, will support this incredible cause. I know that there are numerous charities out there, and I know it's hard to make ends meet sometimes, but let me remind you what this program means and why your dollars go so far.

Please realize this is not a form letter. As every year, my letter comes straight from my heart. It's so hard to find the words to let people know how very special this event is, and how very far your generosity goes. This year the challenge will be particularly special to me as I will be running in honor of my mother. Cancer is a cruel joke, especially when it attacks someone you know and love. The courage it takes to say, 'No, not me. I'm going to fight you and I'm going to beat you' has to come somewhere deep within the human soul. Today my

Letters

mother is doing great. She has won the battle not once, but twice. But there are still so many cancers to conquer.

When you donate money to Dana-Farber for the marathon challenge, 100 percent goes to the Claudia Adams Barr Program, which funds cancer research, particularly research for those types of cancers for which there are still no cures.

Your money assists directly in the fight against cancer. So, please, if you have been touched by this terrible disease, if you want to help Dana-Farber in its fight, or if you want to know that you have helped save another wonderful kid — support me in my cause.

I will be out in the cold, in the dark, making the commitment to run the miles to get me to the finish line of the Boston Marathon on April 20. Can you make the commitment to dig deep and give what you can to be a part of my challenge?

The sooner I start my fundraising, the sooner my dollars get into the bank to start earning interest for this project, and every time you write me a check, it motivates me even more to get

out there and give it my all.

Think about at least a dollar a mile if you can — if I'm out there thinking of all the extra dollars I'm earning for every mile I run, it will make the task seem easier. Of course if you can manage two, three or more dollars a mile, I will be very grateful. Checks can be made to the Dana-Farber Marathon Challenge, and sent to Mike Drumm, 28 C Alton Place, Brookline, Mass. 02146. Contributions are tax deductible.

Mike Drumm

Brookline, Mass.

Editor's note: the writer is a 1979 graduate of Bethlehem Central High School, whose mother lives in Delmar.

Your Opinion Matters

Neighbor would welcome town approval of CMI

Editor, The Spotlight:

I would like to express my support for the senior housing facility proposed for Delaware Avenue in Delmar.

A senior residence of this type is much needed in our town, and the objections in the many letters to *The Spotlight*, in my opinion, do not warrant a denial of the CMI request.

As a child, I was privileged to have an adult home-type facility (1940s style) right next door to our house on Delaware Avenue in

Albany. I spent many an hour on a fair day visiting the old folks who frequented the lovely porch which surrounded the house, hours which enriched my life and made theirs more pleasant.

Approval of this appropriately-situated facility will put very few demands on our tax base, provide for the older population and make our lives more pleasant in the process.

Mary L. LoGiudice

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Your Opinion Matters

Lions say thank you for program support

Editor, The Spotlight:

The Bethlehem Lions Club would like to thank the community for its past and continuing support of our eye glass collection and recycling program. Over the years, we have collected more than 10,000 pair of glasses.

The eyeglasses are first sorted and sent to our eyeglass recycling center, where they are cleaned and sorted by prescription and prepared for distribution to the poor in developing countries.

There are several drop sites in Bethlehem, including town hall, the library, Blanchard American Legion Post, both Key banks, Cohoes Savings Bank, Fleet Bank, Trustco and Hughes, Buenau's and DiNapoli opticians.

If you are unable to visit the collections sites, call me at 439-0074 or Dan Ryan at 439-8517.

Robert DeGroff

Bethlehem Lions Club secretary

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Problem gambling on rise

Editor, The Spotlight:

Recently, there has been a lot of coverage concerning the increase in Bankruptcy in the Capital District. As director of the Center for Problem Gambling, I am aware of one of the reasons bankruptcy has increased. Problem gamblers use their credit cards and sometimes other people's cards as a source of quick money.

For a problem gambler, money is the fuel that allows them to remain involved in gambling, and we all know how easy it is to use a credit card for quick money.

As gambling has increased, so has the number of individuals who are experiencing gambling-related problems. With the avail-

Letters

ability of easy money, problem gamblers are able to gamble longer and their problems are often not confronted until there is a crisis. For many individuals and their families, bankruptcy becomes an option.

If you or someone you know has a financial problem, it is often the result of a gambling problem. If you or someone you love needs help, call 462-6531 for a free evaluation.

James J. Maney

Center for Problem Gambling director

Kids in tribe say thanks for donations

Editor, The Spotlight:

The Y Indian guides and Princesses of the Crazy Dog Tribe in Delmar would like to thank all the individuals who so generously contributed to our fund-raiser on behalf of the Mohawk & Hudson Humane Society at Grand Union in Elmsmere on Saturday, Jan. 24.

Your concern for homeless pets resulted in contributions of \$424 and donations of several hundred dollars worth of pet food, which were presented to the society. And thank you to those who adopted a homeless pet.

We would also like to thank Grand Union for approval to conduct this event, along with assistance of store manager Art Kane, the assistant manager and staff, who helped make this a highly effective fund-raiser.

The dads and kids of the Crazy Dogs thank all of you for your support.

Lawrence Rockefeller

Crazy Dogs tribal chief

Five Rivers plans snowshoe bird walk

A combination snowshoe/bird walk will be held on Sunday, Feb. 8, at 2 p.m. at Five Rivers Environmental Education Center on Game Farm Road in Delmar.

The walk will cover fields and forests in search of winter birds. Snowshoes will be provided, or you can bring your own. If snow conditions are poor, the group will walk.

The program is free. Participants should dress for the outdoors and bring bird identification books and binoculars, if possible. Some bird books and binoculars are available for loan.

For information, call 475-0291.

Upstate NY Library Seeks Director

The Liverpool Public Library, located in Central New York and serving a population of 54,000, is accepting applications for the position of Director. Requirements include an MLS from an ALA accredited school; five years of administrative experience and eligibility for certification from NYS Div. of Library Development and NYS Civil Service. Competitive salary and benefits. Opening effective Aug. 1, 1998; send letter and resume to Dr. Thomas Wells, President of the Board; LPL, 310 Tulip Street; Liverpool, NY. 13088.

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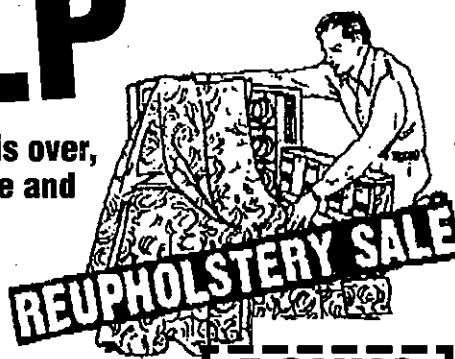
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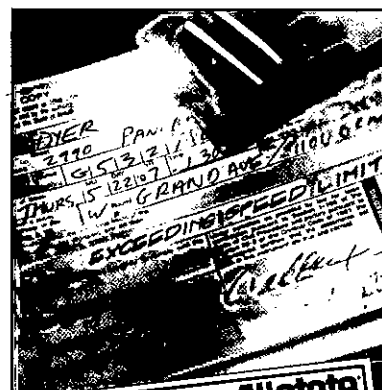
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Iris society to meet at library

The Capital Hudson Iris Society will meet Sunday, Feb. 8, from 1:30 to 4 p.m. at Bethlehem Public Library on 451 Delaware Ave. in Delmar.

David Nitka of Massachusetts will present a program entitled "Louisiana Irises, History and Growing in the North."

Area gardeners are invited to attend. Refreshments will be served.

For information, call 377-4987.

Fiver Rivers slates children's programs

Five Rivers Environmental Education Center on 56 Game Farm Road in Delmar will offer a winter program for children on Tuesday and Thursday, Feb. 17 and 19, at 10 a.m.

Preregistration is necessary and there is a \$1 fee.

Children must be accompanied by an adult. Participants should dress for the outdoors.

For information or to register for either session, call Five Rivers at 475-0291.

Forest owners' group slates lecture

Capital District Chapter of the New York Forest Owners' Association will sponsor a lecture about leasing open space on private lands on Sunday, Feb. 8, at 2 p.m. at Cornell Cooperative Extension's Rice Center on Martin Road in Voorheesville.

Roger Dziengesleski, woodland manager for Finch Pruyn Paper Company in Glens Falls, will discuss the pros and cons of leasing so others can ski, fish, hike or hunt on your property.

Everyone is invited to attend the meeting.

For information, contact Mary Binder at 797-3705.

Nurse to present program at library

Bethlehem Public Library's FYI series for seniors and other interested adults continues with "Medication Management" on Friday, Feb. 13, at 10 a.m. at the library on 451 Delaware Ave. in Delmar.

Registered nurse Norrine Allen of Linking Education Nurses and Seniors will be the featured speaker.

Complimentary coffee and tea will be served.

To register, call 439-9314.

Rev's Kitchen to offer roast beef supper

Rev's Country Kitchen will serve a roast beef supper with all the fixins' at an all-you-can-eat dinner at South Bethlehem Reformed Church on Friday, Feb. 6, from 4:30 to 7 p.m.

The cost is \$7.50 for adults and \$4 for children. Reservations are not required. For information, call 767-2281 or 767-9953.

Board schedules regular meeting

The Ravena-Coeymans-Selkirk board of education will meet on Monday, Feb. 9. The curriculum and instruction committee will meet at 4 p.m., followed by the regular meeting at 7 p.m.

The meetings will be at the board office.

Coeymans PTO slates meeting

Pieter B. Coeymans PTO will meet on Tuesday, Feb. 7, at 7 p.m.

All members of the elementary school community are welcome.

NEWS NOTES
Selkirk
South Bethlehem
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756-3520



Refreshments will be served.

Support group sets meeting date

The RCS Special Education Parent Support Group will meet on Wednesday, Feb. 11, at 7 p.m. All members of the special education community are welcome.

Think spring

Although we're in the dead of winter, it's time to start thinking about your garden.

So, mark your calendar for a talk on Starting Seeds for Spring presented by master gardener Denise Campbell on Thursday, Feb. 19, at 2 p.m. at the Bethlehem

Historical Association on River Road in Selkirk.

Seventh-grader wins statewide contest

Congratulations to RCS seventh-grader Nicole DePaula for her award-winning artwork. Nicole was recently named a winner in a statewide anti-smoking artwork contest.

Her entry was a picture of various animals smoking cigarettes. It was captioned, "So you think that looks stupid. Well, look in the mirror."

Memorial tourney set at Ravena Lanes

Area bowlers are invited to participate in a tournament at Ravena Lanes on Friday, Feb. 20, in memory of junior bowler Justin Bonafide.

Bowlers will aim for scholarships which will be determined by the amount of participation.

For information, call Barb Williams at 756-2184 or Mark and Christina Spoor at 731-9015.




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Boy Scouts to dish up 25th annual pancake supper

Boy Scout Troop 73 will serve its 25th annual pancake supper on Saturday, Feb. 7, from 4:30 to 7:30 p.m. at the American Legion post on Voorheesville Avenue.

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

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

NEWS NOTES

Voorheesville

Elizabeth
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765-2813



Firefighters to sponsor blood drive

Roll up your sleeves for the Red

Cross Bloodmobile at First United Methodist Church of Voorheesville on Saturday, Feb. 7, from 8 a.m. to 1 p.m.

Voorheesville Volunteer Fire Department is sponsoring the drive.

For information or to make an appointment, call Monica Burt at 765-3686. Walk-ins are welcome.

St. Matthew's men host sports night

TV Channel 10 sportscaster Dan Murphy will be the guest speaker at a sports night sponsored by St. Matthew's Men's Association on Tuesday, Feb. 10, at 6:30 p.m. in the parish center on Mountainview Road in Voorheesville.

There will be refreshments, games and sports videos. Admission is \$5 per person.

For reservations or information, call 765-2373, ext. 9 or Tom Walter at 765-2768 by Monday, Feb. 9.

Continuing-ed signup begins Feb. 9

In-person registration for spring continuing education classes is set for Monday and Wednesday, Feb. 9 and 11, from 7 to 9 p.m. in the high school cafeteria.

Mail registration ends Friday, Feb. 20, and classes start on Monday, Feb. 23.

Highlights include craft workshops and recreational sports programs.

grams.

A special six-week series on creating a perennial garden starts with an introduction to gardening on Thursday, Feb. 26, from 7 to 9 p.m. in room 113 at the high school.

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

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

Nursery school to hold drawing Feb. 8

Community Nursery School of First United Methodist Church of Voorheesville will hold a drawing to fill both morning and afternoon classes on Monday, Feb. 9, at 7:30 p.m. in the church social hall on Maple Avenue.

Applications will be accepted until 7 p.m. that evening. Forms are available at the church office.

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

For information, call Ivy Brockley at 765-2108 or the church office at 765-2895.

New Salem church to serve pancake breakfast

New Salem Reformed Church on Route 85 will serve an all-you-can-eat pancake breakfast on Saturday, Feb. 7, from 7:30 to 11:30 a.m.

The menu features plain and blueberry pancakes, french toast, bacon, sausage, juice, coffee and tea.

The cost is \$4 for adults and \$2.75 for children ages 6 to 10. Children under 5 eat for free.

Garden Club plans talk on houseplants

William Johnson, of Bill's Violets and Perennials on Font Grove Road in Slingerlands, will show you how to love your houseplants at a meeting of the Heldervier Garden Club on Thursday, Feb. 5, at 7 p.m. in the public library's community room.

Everyone is invited to attend this free program.

PTA book fair slated at elementary school

The PTA will sponsor a book

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• The Internet for Business People—\$20.00

This session is intended for business people who want to use the internet as a research tool and/or advertising vehicle. We'll review and discuss the origin of the internet, hardware and software requirements, the differences between direct access and "on-line" services, and how to browse the web. No prior experience is necessary.

- Wednesday, February 18th, 9am to 12pm
- Wednesday, March 11th, 9am to 12pm
- Wednesday, March 25th, 9am to 12pm

• Internet for Parents & Teachers—\$20.00

This session provides an overview of the Internet, and how it can be used for home and educational applications. We will discuss the basic concepts and structure of the Internet, software & hardware requirements and how the Internet can help you and your family. No prior experience is necessary.

- Thursday, February 19th, 5:30pm to 8:30pm
- Thursday, March 19th, 5:30pm to 8:30pm

• Creating Web Pages—\$30.00

This session is intended for users that are considering creating a world wide web page for personal or business use. Learn about software requirements, basic layout factors, tips and hazards and how to select a "host server".

- Tuesday, February 24th, 9am to 11am
- Tuesday, March 17th, 9am to 11am
- Thursday, March 26th, 6pm-8pm

*No substitutions. Subject to seating availability. Both individuals must attend same seminar at same time/date. Applies to seminars held on or before 3/31/98.

Register by mail, phone (783-9405), fax (783-6354), or by email (seminars@castlecomp.com).

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fair at the elementary school library on Thursday and Friday, Feb. 5 and 6, from 5 to 8 p.m. and Saturday, Feb. 7, from 9 a.m. to 1 p.m.

Proceeds will be used to purchase new books for the library.

Family fun night slated with River Rats

Voorheesville Elementary School is planning a family fun night with the Albany River Rats on Valentine's Day, Feb. 14, at 7 p.m. at the Pepsi Arena.

Tickets are \$9.50 for adults and \$6.50 for children. Everyone who buys a ticket receives a free Friendly's ice cream sundae certificate and a buy one game, get one free coupon for Laser Trek.

The deadline for ticket orders is Thursday, Feb. 5.

For information, call Jeff Klembczyk at 765-9120.

V'ville school board to meet Feb. 9

The school board's regular meeting is scheduled for Monday, Feb. 9, at 7:30 p.m. in the large group instruction room at the high school.

The board will hold a budget workshop at the high school on Monday, Feb. 23, at 7:30 p.m.

Town changes meeting nights

The New Scotland town board has changed its regular meeting date to the second Wednesday of the month.

This month's meeting is on Wednesday, Feb. 11, at 7 p.m. at town hall on Route 85.

Kiwanis to sponsor blood pressure clinic

The Kiwanis Club blood pressure clinic is on Tuesday, Feb. 10, from 9 to 11 a.m. and 7 to 9 p.m. at First United Methodist Church on Maple Avenue.

PTA collecting soup labels and box tops

The PTA reminds parents that the last day to turn in Campbell's

Soup labels is Friday, Feb. 13.

The boxtops for education fund-raiser continues through March 27.

General Mills will double the value of each box top that is stapled to a Valentine.

Use small children's Valentines to keep postage costs down.

If you have extra Valentines, drop them off in the PTA mailbox at the elementary school.

The deadline for this promotion is Thursday, Feb. 26.

Delmar woman named college photo editor

Marianne Mylod of Delmar works as photo editor at The Defender, the student newspaper at Saint Michael's College. She is a senior journalism major.

RCS groups sponsor training sessions

The Advocacy Services Bureau of the state Commission on Quality of Care for the Mentally Disabled is sponsoring a three-part educational advocacy training session beginning on Wednesday, Feb. 11, at 7 p.m. in the large group room at RCS Middle School on Route 9W in Ravena.

Everyone will receive information packets. There is no cost for registration.

The training is sponsored by Ravena Coeymans Special Education Parents Support Group, A.W. Becker School PTA, Pieter B. Coeymans School PTO, RCS Middle School PTSO, and RCS High School PTSA.

For information, call Peggy Hart at 756-3471 or Betty Fargione at 767-347.

Delmar church offers bible school

Bethlehem Lutheran Church on 85 Elm Ave. in Delmar will conduct its 20th annual vacation Bible school Tuesday through Thursday, Feb. 17 to 19, from 1 to 3:15 p.m.

The program is open to children from age 4 to 5th-grade.

A closing program for children, parents and community guests will be held on Thursday, Feb. 19, at 7

p.m.

Vacation Bible school offers singing, crafts, games, Bible study and refreshments.

The cost is \$5 per child with a \$10 maximum per family.

Contact the church office at 439-4328 between 9 a.m. and noon for a registration form. The deadline is Thursday, Feb. 12.

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<p>Be Jeweled by Joyelles Jewelers Valentine Sale On Now! Main Square Shoppes 318 Delaware Ave., Delmar • 439-9993</p>		<p>Contemporary Shopping & Services</p>	
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Sketch club meets tonight

Art Expressions sketch club meets tonight, Feb. 4, from 6:30 to 8:30 p.m. All teenagers and adults are welcome. Call the library at 765-2791 for information.

If you haven't brought your valentine from home to the Heartline



box, you are invited to drop in between 1 and 3 p.m. on Saturday, Feb. 7, to make valentines at the library. All the cards along with decorated cookies, will be distributed to residents of local nursing homes. Share some love again this year.

The Library Club for kids in grades-four through six meets Wednesday, Feb. 11, from 3:30 to 4:30 p.m. Transportation is pro-

vided from the elementary school, but sign up and a signed permission slip are necessary to attend. Information is available at the school or library. A hands-on mini-science fair is featured this month. Why don't you join?

Voorheesville artist Bob Alft will surprise us this month with an exhibit in the community room kitchen gallery. We appreciate his filling the spot on short notice, due to a scheduling mishap. Photographer Kelly Blakeslee will exhibit her work in the hall gallery.

An engaging mob of piglets and porkers who usually reside with Mary Lou Shedd are in the display case. Also on loan is a piece of vintage sheet music from the early 1900s highlighting a display of Titanic books — thanks to music collector Al Loudis.

Barbara Vink

BC student displays art work

The work of a young artist is on view in the northwest gallery this month. Bethlehem Central High School senior Joseph Gutman III is displaying multimedia works. He has studied art at the high school and participated in sum-

of antique pond yachts and boats dating from 1830 to 1930 are in the library cases. Sailing these handmade boats on park ponds was a popular pastime of fathers and sons during the Victorian era. The larger models were built to sail in racing clubs.

Librarian Polly Hartman's South American memorabilia are on display in the youth services case.

Karen Hoogkamp, activities coordinator for the town park, has fashioned a bulletin board display that illustrates middle school activities sponsored by Bethlehem Parks and Recreation.

This week's programs offer information on a common ailment and ideas to relieve it. Delmar chiropractor Jeffrey Riker returns this evening at 7 p.m. to present a program on low back pain in adults.

On Monday, Feb. 9, at 7:30 p.m., Gloria Van Derpoel of Ports of Call Cruises will offer seafaring travel tips for seasoned cruisers

and first-timers in Considered a Cruise Lately? Call 439-9314 to register for both programs.

A reminder — free career and education advisement is available for adults at the library's career resource center. First-time career seekers, those re-entering the workforce and returning students can get help with job searches, resume preparation and educational planning. Hour-long appointments can be scheduled either day or evening. Call 439-4949 for information.

Louise Grieco

Delmar library to show short kids films

Bethlehem Public Library on 451 Delaware Ave. in Delmar will show the short children's films "Harry the Dirty Dog," "Owen," "Goggles" and "Blueberries for Sal" on Friday, Feb. 6, at 10:30 a.m.

This free, drop in program is for children ages 3 to 6.



mer programs at Hartwick College and New York City's School of Visual Arts. He was a prize winner in the library's Art on the Rise competition in 1995.

Paintings and drawings by Voorheesville resident Diane Wozniak are on display in the southwest gallery.

Pam and Jim Tobin's collection

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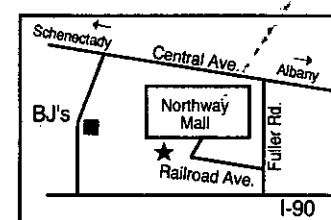
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Sports

Bethlehem Eagles triumph over CBA

By Andrew Hartman

With a win last week, and a loss this week, the Bethlehem Hockey Team (5-7-1) hopes to finish off the year in style.

The Eagles beat the Brothers of CBA in a contest on Tuesday, Jan. 20, at the Albany County Hockey Training Facility.

Greg Cooper was assisted by Mike Coker who found Ricky Long to take an early 2-0 lead.

In the second period, junior Trevor McNiven hooked up with freshman Steve Guglielmo to give BC a 3-0 lead going in the final period.

Jeff Smith dished the puck to Jim Coorigan for an early third period score. CBA countered with a goal but failed to deliver after that. McNiven found Dan Smith for the games final goal. Bethlehem prevailed, 5-1.

Bethlehem goalie, Adam DiMuria shut the Brothers down with 37 saves.

Despite a valiant effort put forth by the Eagles, they were outlasted by a deep Shenendehowa team.

Hockey

While DiMuria compiled 33 saves, the Plainsman shut BC out, and this led to a 7-0 loss.

Coach John Battaglino was very proud of his team, which played well in the first two periods. The difference, was the depth of the Plainsman.

"Offensively, we played well. We played a solid game three quarters into the second period. We just got worn down," said Battaglino. "They had four to five lines and we had three lines.

"We only have three defensemen, one of which got injured during the game. Their fresh legs got to us.

"This was the first time Bethlehem has kept them (Shenendehowa) under double figures. In that first period, we had them reeling," he said.

Bethlehem plays again Friday, Feb. 6, at South Glens Falls at the training facility.

Lady Eagles soar over Mohonasen

By Christine Potter

The Bethlehem Girls' Varsity Basketball Team crushed Mohonasen 63-28 at Mohonasen on Friday, Jan. 30.

Nicole Conway had 11 points and seven assists. Bridget Murray had nine, including one three-point basket. Both Conway and Murray had four steals each.

Lily Corrigan and Karly Decker had 10 each. Both Lauren Murray and Katie Smith had seven. (Lauren) Murray also scored one three-point basket.

Basketball

"Even though so far we're undefeated, we still have to get up for every team and can't take anyone lightly," said Decker. "We have to keep up the intensity, especially since sectionals are coming up and they are what really count."

Magan Sellnow had four and six rebounds. Megan Fish, Jen DiLillo, and Katherine Luber contributed with two each.

In an away game Wednesday, Feb. 4, the girls will face Saratoga. On Friday, Feb. 6 the girls will face their rival, Albany High, at Bethlehem's home court at 8 p.m. On Monday Feb. 9, they will face Shaker in Colonie.

"Friday is a big game for us," said coach Kim Wise. "The past two games against them have been close, and they have been good competition. I think we will see it again. It should be a great game."

Bethlehem has defeated Albany twice this season.

Bethlehem youth track club receives grant

Bethlehem Youth Track and Field Club was recently awarded the Bill Schrader Sr. Grant at the Hudson Mohawk Road Runners Club's annual awards banquet.

The \$500 grant is awarded annually to local youth organizations that promote running. The grant will be used to purchase youth-size hurdles and starting blocks.

Bethlehem Youth Track and Field Club offers track and cross-country programs for area youth between the ages of 8 and 14.

A spring program begins in April at the Bethlehem Central High School track. The fall cross-country program starts in September at the Elm Avenue town park. Registration for the 1998 season will be held at Bethlehem town hall on Tuesday, Feb. 24, and Thursday, March 12, between 7 and 9 p.m.

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BC grad swims to first

Franklin & Marshall senior **Mark Kanuk** of Delmar finished first in the 400-meter individual medley with a time of 4:41.03 to lead the Diplomats to a 104-58 win over Elizabethtown on Jan. 23.

Kanuk also swam the second leg of the winning 400-meter medley relay at 4:00.10.

He is a graduate of Bethlehem Central High School.

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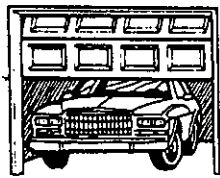
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WE'RE IN THE NYNEX YELLOW PAGES

Eagles devour prey effortlessly

By Gregg Ciprioni

The Bethlehem Wrestling team improved their Suburban Council record, now 8-2 this season with a victory over Guilderland on Thursday, Jan. 29, at BCHS.

The Eagles took first place at the Schoharie tournament on Saturday, Jan. 31.

The win on Thursday continued the Eagles' domination of Suburban Council opponents this year. In the 67-12 victory, their third in a row, Bethlehem won every match contested. Guilderland won only two victories, 189 to 275.

"We're beginning to do the

Wrestling

things we're expected to do and we're making fewer mistakes," said Bethlehem's coach **Rick Poplaski**. "We got quality efforts and leadership from our senior athletes."

The Eagles were led by seniors **Phil Demarest**, 135 pounds, **Dave Sherrin**, 160, **Mike DeLucco**, 171 and **Tim Leonard**, 125. However, it was the underclassmen that got the big points for Bethlehem against Guilderland. Sophomore **Dave**

Woodworth, 96, freshman **Chris Reddy**, 103 and sophomore **Andy Hayes**, 145 all pinned their opponents for a total of 18 points.

The Eagles also soared at a tournament at Schoharie High School on Saturday. The Eagles earned first place against some tough out-of-section opponents, including Saranac, Ausable Valley and Corinth. Bethlehem was led by the first place finishes of **Woodworth**, **Leonard**, **Matt Brookshire**, 130, **Demarest** and **Sherrin**.

Bethlehem's next match is against Niskayuna tonight at 6:30 p.m. at Niskayuna High School.

BC hoopsters dribble past Mohonasen

By Karly Decker

The Bethlehem boys basketball team won their fourth consecutive game against Mohonasen, making their record 6-5 in league and 9-6 overall last Friday.

Chuck Abba scored 17 points leading the Eagles to close 63-59

victory over Mohonasen.

"We've been playing well (over the past couple of weeks)," said sophomore **Abba**. "This week is very important, we're looking for big wins."

Mark Svare also contributed 12 and **Geoff Hunter** and **Pat Hughes** put 10 in a piece.

"The team has been looking good the past three or four weeks," said coach **Chuck Abba**. "We're hopeful to continue doing well into sectionals."

Bethlehem travels to Burnt Hills to take on the Spartans Friday, Feb. 6 at 8 p.m.

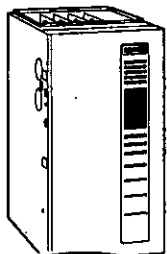
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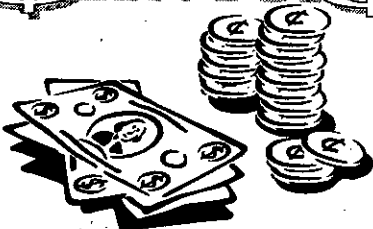
Television station WTEN sportscaster **Dan Murphy** will be the guest speaker at a sports night, sponsored by St. Matthews Men's Association on Tuesday, Feb. 10, at 6:30 p.m. in the parish center on Mountainview Road in Voorheesville.

There will be refreshments, games and sports videos. Admission is \$5 per person.

For reservations or information, call 765-2373, ext. 9 or Tom Walter at 765-2768 by Monday, Feb. 9.

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Spotlight Newspapers

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A supplement to THE SPOTLIGHT

February 4, 1998



HEALTH CARE

Spotlight Newspapers

Immediate care centers offer quick fixes for injuries, illnesses

By Ellen Gelting

You wake up feeling awful — you've got a fever and you need to see a doctor, now.

Yesterday you twisted your knee while skiing and today you need medical attention.

But emergency rooms are really for emergencies and the wait for care in an ER can be long, very long. An appointment with your own physician — if you have one — can be days away.

You need an urgent care or immediate care facility. Sometimes referred to as doc in the boxes, these free-standing

clinics offer just what need, when you need it.

Some immediate care centers are satellite facilities of hospitals and others are practices owned by a physician or a team of physicians. What sets them apart from traditional private practices are walk-in and same-day appointments, on-site X-ray and lab equipment and minor surgical capabilities.

Starting this month, First Care will be open seven days a week at 363 Delaware Ave.

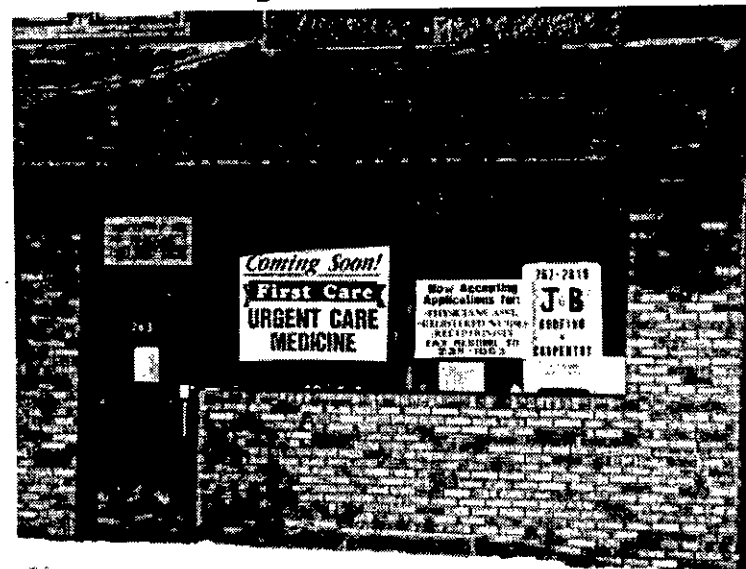
Michael Fuhrman and his partner, Robert Burton, will offer services ranging from emer-

gency care to advice about weight loss.

The practice will feature walk-in appointments, on-site X-ray and laboratory facilities, and services including pediatric and geriatric care, women's services and family medicine. Fuhrman said he and Burton will treat "the whole gamut from lacerations, strains and sprains to urgent care."

The practice will work with such insurance plans as MVP, Capital District Physicians Health Plan and Empire Blue Cross and Blue Shield.

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First Care will open this month in Delmar. The clinic will offer same-day appointments and on-site X-rays and lab services. Doug Persons

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Mohan Potluri operate urgent care facilities in both Latham and Colonie. The Newton Medical Centers, 588 New Loudon Road in Latham and 1662 Central Ave. in Colonie offer primary care for regular patients as well as a full gamut of care for walk-in patients. "We offer all our services on a walk-in basis," says Diane Marzinsky, office manager at the Latham location.

That means that you can get a physical, have a minor surgical procedure, get your wound sutured, have your child immunized, or get a throat culture, all without an appointment and at your own convenience.

Marzinsky said that the general sore throat and earache type of illnesses, along with injuries, are the clinic's most common walk-in complaints. "Some doctors will refer their patients to us for X-rays because most doctor's don't have the

equipment. This saves the patient a lot of running around and the higher cost and longer wait of an emergency room. It is much more reasonable than a bill from an ER," she explained.

Urgent care centers are set up to treat many maladies, however, Marzinsky stressed that "If someone is experiencing chest pain or thinks that they may be having a heart attack, that person should call an ambulance or go to the emergency room."

The Latham office is open weekdays, 9 a.m. to 7 p.m., and Saturdays, 9 a.m. to 5 p.m. The Colonie office is open weekdays 8 a.m. to 8 p.m. and Saturday and Sunday, 9 a.m. to 5 p.m.

Bethlehem Family Health and Urgent Care Center at 17 Languish Place in Glenmont is a satellite facility of Northeast Health (Albany Memorial Hospital, Samaritan Hospital and The Eddy) Open since 1995, the center is staffed by two physicians, one who sees primary patients and one dedicated to the needs of the sick or injured walk-in.

"We are a walk-in clinic for minor illnesses and injuries," says Stephanie Glisson, office manager. "We treat fractures, lacerations, coughs, colds and sore throats. We do physicals and X-rays and we are a blood drawing station."

Ailments and injuries that are treated at the center are largely seasonal in nature. "We are seeing lots of flu, sore throats and upper respiratory infections. We also see lots of falls on ice, fingers hurt in snowblowers and things like that," Glisson explained.

Bethlehem Family Health and Urgent Care Center is open weekdays 10:30 a.m. to 7 p.m., and weekends from 9 a.m. to 2 p.m.



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Homeopathy provides an alternate route to health

By Peter Hanson

Although it may sound preposterous that some medical practitioners try to heal their patients by giving them a dose of the disease that's ailing them, that's just what homeopathic medicine is about.

Homeopathy, which dates back to the 18th century, is based on the idea that "like cures like," said Jerome Pindell, a local homeopathic practitioner who sees clients at the Mandala Center for Creative Wellness in Albany.

Pindell explained that he interviews clients to get histories of their illnesses, including symptoms, emotional reactions and other factors — like their diets and sleep patterns — that affect their well-being.

Using this information, Pindell prescribes one of the thousands of homeopathic remedies available at health-food stores and homeopathic pharmacies.

"I prefer not to call them drugs," Pindell said of the remedies, which he explained contain "infinitesimally small doses of substances" that would cause symptoms in healthy people.

"We try to stimulate their

bodies so they can release the illness," Pindell added.

Homeopathy was named in 1800 by Samuel Hahnemann, a German medical doctor, pharmacist and chemist who introduced the "like cures like" idea. Pindell said homeopathy has been practiced in America for nearly two hundred years, but gained popularity in the early '70s.

Lately, homeopathic medicine has gotten another boost with the rise of New Age culture and the wide-ranging group of treatments and therapies that are loosely referred to as "holistic medicine."

Holistic treatments, includ-

ing psychic readings, acupuncture and reiki, are a group of health care methods that rely more heavily on faith than science. Critics say holistic medicine is a sham, but proponents say it gives people hands-on involvement in their own well-being.

As the director of the Mandala Center, which opened in 1996, Rochelle Brener connects clients with holistic practitioners. The center, located at 421 New Karner Road, features several rooms in which practitioners give workshops, teach lessons and provide treatment. The center has 65 practitioners and several out-of-town affiliates who deal

with areas like reflexology, needle-free acupuncture, hypnotherapy and homeopathy.

Brener explained that by addressing people's minds, bodies, spirits and environments, holistic practitioners treat the whole person. "We all have frequencies that other dimensions can get in touch with," she said. While she doesn't think holistic treatment is a replacement for conventional medical care, Brener thinks people like Mandala's

practitioners can help clients in ways M.D.'s can't.

"I don't think any ethical practitioner would ever tell somebody, 'stop seeing your doctor,'" she said. "We're just saying, 'here are options'."

Homeopathy is one of those options. Practitioners must be certified by a recognized school, Brener said, but they are not necessarily licensed as doctors or nurses. Pindell, for example, refers to himself as a "lay practitioner."

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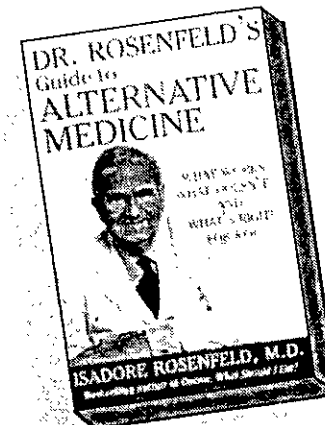


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Pindell said his initial consultations with clients usually take about 90 minutes, and each session costs \$90. At the end of the session, Pindell prescribes a homeopathic remedy. These come in vials and cost between \$3 and \$6. Pindell said that when he interviews a client, he tries to establish a pattern of what conditions affect the illness, such as diet and emotional states. "I try to determine from that a remedy that might most fully mirror that particular illness," Pindell said.

"In regards to health and healing," he continued, "they are

an ongoing process that can be supported by homeopathy and all the other [holistic] modalities."

Like Brenner, Pindell doesn't see holistic medicine as a replacement for conventional health care, but he encourages people to compare the effectiveness of holistic treatments to that of standard medical care.

"People need to pay attention to what works," Pindell said. "The more open people are, the more likely they are to find the kind of health that we all believe we deserve to have."

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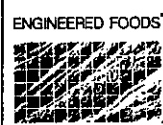


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Seven question quiz helps diagnose hearing loss

By Erin M. Walborn

More than 24 million Americans have some type of hearing problem. Hearing difficulties are often unrecognized by the person involved. Children and teenagers seldom complain about the symptoms of hearing loss and adults may lose their hearing so gradually that they do not realize it is happening. Take the following quiz:

Answer the following questions yes or no.

1. Do you find it difficult to follow a conversation in a crowded room or restaurant?
2. Do you frequently ask people to speak up or repeat themselves?
3. Do you find yourself turning one ear toward a speaker to hear better?

4. Do you often find it difficult to hear when speaking on the phone?

5. Do you find young children's voices difficult to hear?

6. Do you often feel people are mumbling or not speaking clearly?

7. Do you have ringing in your ears?

If you answered yes to any of these questions, a hearing evaluation may be necessary.

A complete hearing evaluation, performed by an audiologist, consists of a series of tests using specialized equipment to find out if hearing loss is present. Results will show if the hearing loss is permanent or if it is caused by a medical problem, which may be treated with

medication and or surgery. What you may think is permanent hearing loss may only be impacted earwax and easily corrected, so it is beneficial to be evaluated.

What is an audiologist?

An audiologist is a licensed professional who specializes in evaluating and treating people with hearing loss.

Audiologists hold masters or doctoral degree from accredited universities with special training in the prevention, identification, assessment and non-medical treatment of hearing disorders.

Audiologists dispense and fit hearing aids, administer tests to evaluate dizziness and provide hearing rehabilitation training.

Audiologists refer patients to physicians when the hearing problem needs medical or surgical evaluation.

If you answered yes to any of the questions in the quiz, you should have your hearing evaluated.

Erin M. Walborn is an audiologist and owner of Audiologic Solutions Hearing Testing and Treatment Center in Albany.

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Healthfood stores are enjoying increased popularity

By Lisa K. Kelly

Health food stores are becoming increasingly popular.

Judi Woodin, owner of Delmar Health Hut on Delaware Avenue, feels that "More and more people are becoming aware of health foods and switching to alternative solutions to medical problems and choices in eating."

"I think people are becoming more informed through the general media of the side effects of prescription and over the counter drugs," she added.

"Health food stores carry foods and supplements that create optimum health with the least amount of processing," noted Robert Davis of Power Products, a supplement and nutrition company in Delmar.

Power Products are formulated and endorsed by Earl Mindell, author of *The Vitamin Bible*.

Both Woodin and Davis serve a wide range of individuals, including those who don't believe in orthodox medicine or are tired of drugs and want to heal themselves naturally.

They also see teenage vegetarians and elderly customers who have chosen to eat healthier foods.

Both agree that eating unprocessed foods can lead to a healthier and stronger body. They feel a healthy diet of unprocessed foods promotes a

stronger immune system which can prevent the flu or common cold and reduce the risks of heart disease and cancer. "It doesn't eliminate these problems, it just helps along the way," explained Woodin.

In her store, Woodin sees a lot of people using vitamins or herbs to treat specific ailments such as the common cold instead of getting a prescription from a doctor.

"We frequently work with customers by using books that explain vitamins and herbs, so they don't rely just on my say so," Woodin said.

Davis, who became involved in the vitamin and supplement business after suffering a heart attack, said, "I realized it was time for a life style change if I wanted to be around for a while."

He feels that minerals and vitamins needed for good health cannot be absorbed by the foods we eat because there are too many pesticides, hormones and additives which deplete food of its nutritional value.

He noted that the American Heart Association recently recognized soy products as a strong substitute for meat.

"If people substitute (meat) with soy, it will lower cholesterol and increase bone density," he explained.

Judi Woodin was raised on organic foods, but didn't get started in the business until her daughter went off to college 18 years ago.

She commented that in 10 years her business has increased "six-fold."

"We call ourselves a natural food store," she said. "Some

foods are high in sugars or fat even though they're natural."

For example, the Health Hut sells high fat snacks and chips and some products made with coconut oil, which is high in fat.

"Like any place else, people should read the label," said Woodin.

The Health Hut also sells a full line of gluten-free products including cereals, frozen foods, cookies and baking supplies.

Gluten, an element found in all grains except corn and rice, is an allergen for many people. It causes lif long symptoms such as fatigue and flatulence.

She said many people suffer allergic reactions to gluten and only recently has it been recognized as a real problem.

For information, call Judi Woodin at 439-7775 or Robert Davis at 436-0212.

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Prevention plays a major role in a healthy lifestyle

By Katherine McCarthy

Getting that ounce of prevention may seem more complicated in these days of salmonella, antibiotic-resistant strains of diseases, high cholesterol and generally hectic, stress-filled lives. To that end, one of the region's leading health care providers, Capital District Physicians Health Plan, offers a number of wellness programs.

"Our philosophy," CDPHP spokesperson Mary Bray said, "is all about prevention. We don't want to just be out there talking, but we offer over 100 wellness programs free for our members every year, ranging

from walking, to nutrition seminars, to low-impact aerobics."

Some basic components of health care are time-honored ones, like preventing colds and flu.

"The first thing I always say when I'm asked about preventing colds and flus," registered nurse Shirley McAllister said, "is wash your hands. The major way germs are passed is mouth to hand, or through hand-to-hand contact."

McAllister is the nurse at Elsmere Elementary School, and has a whole list of icky situations that call for soap and

water: "After you go the bathroom, when you touch anything that isn't clean, or something germ; before you work with food, after you work with food, when you move from one kind of food to another; after you handle bodily fluids, or sneezes or coughs," McAllister said. "Mothers especially, who are the main caretakers and work with everybody, should wash their hands."

"I also always encourage teachers to wash their hands between working with different kids, and before meals," McAllister continued. "It would be great if all the kids washed their hands before they ate their meals."

Just as this basic step prevents immediate illnesses, a few other basics can help children grow into thriving, vital adults.

"Use the age old wisdom," McAllister said. "Pay attention to good nutrition, get some exercise and enough rest."

Mostly, McAllister said, people need to find what works

So often when we try to set goals, like five fruits or vegetables a day, it can be overwhelming and we end up not doing it.

Monica Seeber

for them. "Good health is so individualized," she said, "and different people need different things. I think the best thing to do is to make good health an intention. Don't just let your life slide by, but try to intentionally go about building good habits. If

you plan some kind of physical activity, and think to yourself, 'This is important to me and my kids,' you'll be able to incorporate it into your day."

To help kids stay active, CDPHP offers "Just Jump," an American Heart Association program. "Obesity is on the rise among children," Bray said, "which can have negative long-term effects. 'Just Jump' encourages kids to get active with a jump rope. Hopefully, if we get kids active early, it will become a lifetime thing."

Nutrition is another important component of healthy living. "What you put in your mouth is important," McAllister said, "so watch what goes in there."

Registered dietician and mother of three, Monica Seeber, echoed that sentiment. "Try being aware of what you're eating. So often when we try to set goals, like five fruits or vegetables per day, it can be overwhelming and we end up not doing it."

Getting children to eat properly can be a challenge, Seeber acknowledged. She cited two books by Ellyn Satter, a registered dietician and social worker, as primers for inducing healthy eating behavior in kids.

"Satter's first book is *Child of Mine*," Seeber explained, "and deals with infant nutrition. The second is called *How to Get Your Kid to Eat...But Not Too Much*."



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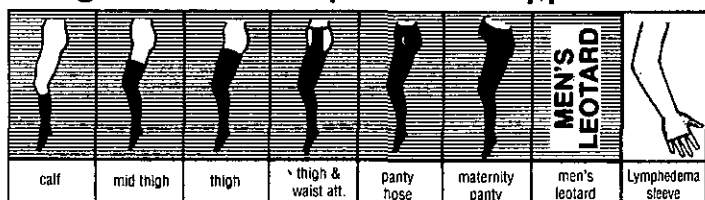
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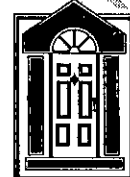
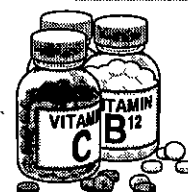
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Satter outlines a division of responsibility for a household eating philosophy, whereby the caregiver is responsible for what foods are served, when they're served and where they're served. The children determine whether they're going to eat, and how much.

"We often well-meaningly overstep and feel responsible for our children's eating," Seeber said. "It's because we want the best for our children, but sometimes that requires us keeping our mouths shut. It's like everything with child-rearing: Choose your battles."

"When we make issues out of things, that's when we turn our children against things," Seeber continued. "If we step back, and mirror healthy habits — like there's broccoli on the table and we're enjoying it — the message gets through."

Asked to outline the main components of healthful eating, Seeber countered with her own question. "What do you think I'm going to say? It's the same old thing, but still very valid. Fruits, vegetables, less meat, more water, more exercise."

"Fruits and vegetables provide us with the vitamins and minerals that will protect us from heart disease and cancer," Seeber explained. "Also, it doesn't always have to be fresh fruits and vegetables; frozen is okay and canned isn't so bad."

An important link also exists between good mental health and

good physical health, according to Harlan Juster, a licensed psychologist at Pinebush Mental Health, located at 1A Pinewest Plaza in Albany.

"Although one doesn't cause the other, one can exacerbate the other, or make it better," he said.

Juster said that although there is less of a stigma than there used to be about getting help for mental health, some people remain reluctant to see a psychologist.

"In my practice," he said, "there are a lot of people uncomfortable with the fact that they're there. It's important to try and overcome that."

Juster specializes in anxiety and phobia disorders, as well as stress reduction. One common

source of stress nowadays is a lack of time in families.

"You need to take a look at time management," Juster said, "and make choices about what you will and won't do. Working parents need to make sure that they're sharing responsibilities appropriately. It's not right if one's always at the office, and the other is shuffling the kids around."

Juster said it can be hard to prevent psychological disorders, but that most of them begin under a period of stress. "There may be other causes for the disorder," he said, "but most begin in a stressful period, when someone is feeling more vulnerable. If you are aware of this vulnerability, you can take steps to reduce the stress."

Most important, Juster said, is to get help when you need it. Local fitness guru and owner of Delmar's Fitness for Her, D.J. Taylor, said exercise is a great mental-health booster. "Feeling good and staying fit can positively affect your mental, physical and emotional health," Taylor said. "We have clients who've lost children, and their psychologist has sent them here."

Taylor said endorphins, a substance produced in the brain that makes you feel happier, get a boost from exercise. "I'm sure you've heard of runner's high," Taylor said. "The endorphin level is high enough that you feel you can run forever."

Taylor, who has a B.S. in sports medicine, said that there

are many preventive benefits to exercise. Post-menopausal women who exercise maintain their bone density while pre-menopausal women are increasing their bone density through working out.

"Exercise also helps you stay flexible," Taylor said, "and by being stronger, you are more able to prevent injury. All of this feeling better leads to looking better, but Taylor said Fitness for Her is not a "Barbie Doll gym."

"My staff and I are knowledgeable, and people put their trust in our hand," Taylor said. "We're interested in people feeling good and staying fit. You can reap the benefits of exercise at any age."

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Couch potatoes can improve health with physical exercise

According to Marion Lamar, health and recreation coordinator for Colonie Senior Service Centers, the American Heart Association says that if you aren't physically active, you are a couch potato! But you don't have to be. Why increase your risk from heart disease and other illnesses when you have the choice not to? Many of the so-called afflictions of later years are simply due to lack of use! It is estimated that as many as 250,000 deaths per year in the United States are associated with the lack of regular physical exercise. Make the choice today not to be of those 250,000.

The health and recreation

programs of Colonie Senior Services Centers can help seniors lower their risks with weekly programs specifically designed to provide physical activity for adults over 60.

You may already be fairly active in your daily routine. For example, 30 minutes of yard and housework each day count toward being active. Lamar suggests some other ways you can make short spurts of activity count: stretch for a few minutes before you get out of bed in the morning and after you get into bed at night; stand while talking on phone and stretch during TV commercials; take a quick walk while waiting for a delayed

appointment, walk around the building or up and down the stairs; use manual tools when gardening; put away the TV remote control; park your car farther and enjoy the walk; take stairs whenever possible; walk your dog (or borrow a friend's dog) a little longer and a little farther each time.

To add sparkle to your eyes, oxygen to your heart and a bounce to your step choose a Colonie Senior Service Center activity- tap dancing, line dancing, winter bocci group, osteoporosis prevention class, or the walking and exercise club.

One of the most popular

programs is the walking club. Lamar says that it's great fun, the exercise is geared to those over 60 and it is delightfully sociable.

A regular program of walking can provide many health benefits. It can increase energy levels, reduce levels of body fat, and reduce the risks of several major health conditions including heart disease, high blood pressure, obesity, diabetes, arthritis and osteoporosis.

Done properly, walking can be an aerobic exercise. That is, it can condition the heart and lungs to increase the amount of oxygen available to the body and to use oxygen more efficiently.

A regular program of brisk walking can strengthen the heart and help reduce the risk of heart disease. The risk for heart disease from inactivity is only slightly less than that for smoking, or high blood pressure, or high cholesterol. You can cut your risk of heart disease by half through regular physical activity and walking is a great way to get there!

The gains from walking go far beyond better health. Walking offers you an opportunity to socialize more than most other types of exercise.

When done correctly, you should be able to carry on a conversation with a friend.

Studies show that seniors who maintain strong social ties with their peers are healthier emotionally because they have an outlet and discuss problems. Talking through problems is often the best way to come up with solutions.

Walking costs no more than a pair of good shoes, so put your best foot forward and make walking work for you.

Call Colonie Senior Service Centers at 783-2823 and say you want to join the walking club.

And when you do, keep in mind the words of German philosopher Friedrich Nietzsche (1844-1900), who said, "All truly great thoughts are conceived while walking."

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comfortable procedure for most people.

However, ask your dentist before you buy any over the counter bleaching products or whitening toothpastes. Bleaching teeth with decay or leaking restorations is not recommended.

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Nationwide effort to help Americans battle obesity

More than half of all Americans who made a resolution this year resolved to lose weight, according to recent results from two national omnibus surveys of 1,000 respondents. Now, people whose excess weight may put their health at risk have a support service to assist them in achieving their resolution to lose weight and keep it off. The public can join a national educational effort, America's Resolution to Reduce: Renewing the Battle Against Obesity, and renew their resolution to reduce by calling 1-800-455-3310.

After calling this toll-free number, participants in the program will learn their own body mass index (BMI) — a standard measurement used in determining when physicians should intervene with overweight patients and what treatment options are appropriate and whether their weight may be putting their health in jeopardy. The program also provides a free, comprehensive information packet on diet, exercise and how to work with a doctor-essential parts of a successful weight-loss plan. America's Resolution to Reduce is an educational effort sponsored by Wyeth-Ayerst Laboratories.

America's unhealthy diet and sedentary lifestyle is leading to a rising obesity epidemic. With 300,000 deaths each year caused by unhealthy diet and inactivity,

finding better solutions for weight management has become a significant challenge.

"The more educated physicians become about treating obesity, the more effective they become at helping their patients meet their weight-loss goals," said Dr. George L. Blackburn, director, Center for the Study of Nutrition Medicine, Deaconess Hospital. "For patients who are motivated and ready to lose weight, physician involvement can be essential to their success."

According to the national surveys, 91 percent of all people

who made a resolution to lose weight did not consult their physician.

"The goal of America's Resolution to Reduce is to motivate obese Americans to renew their weight-loss resolution and stick to it by giving them the tools needed to involve their doctor in their weight-loss journey," said Dr. Marc W. Deitch, senior vice president, medical affairs, and medical director of Wyeth-Ayerst.

The America's Resolution to Reduce information packet includes:

- Individual welcome letter with participant's BMI evaluation.

- Taking Control Of Your Weight, a comprehensive guide that includes tips for developing a supportive physician-patient relationship.

- Eating On The Run, a comprehensive approach to maintaining a healthy diet

despite a busy lifestyle, developed by a coalition including Shape Up America!

- Fitting Fitness In, an inspiring booklet developed by a coalition including Shape Up America!, on how to make exercise a daily routine.

- Resolutions Reminder, a convenient wipe-off board to help participants stay on track.

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Dr. Cohen is a distinguished researcher and clinician in the fields of aging, memory impairments and long-term care. She is chair of the Department of Aging and Mental Health at the University of South Florida and author of several books, including *Loss of Self*. Dr. Cohen is also a member of the Professional Advisory Board for Alternative Living Services, proprietor of Clare Bridge.



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- Know the warning signs. They include dry mouth and marked thirst, as well as infrequent urination or dark-yellow urine.

- Avoid caffeine. Caffeine acts as a diuretic, draining valuable fluids from the body.

- Limit alcohol consumption. If you're already hot, alcohol will only worsen the condition.

- Avoid iced beverages after strenuous activity. Ice causes blood vessels to shrink, limiting how quickly fluids can be absorbed into the body. Drink beverages that are closer to room temperature.

- Drink plenty of fluids. Water is the preferred beverage for keeping your body humming because it contains no fat or caffeine.

Medical professionals recommend drinking eight glasses of water on an average day. However, many Americans don't drink as much water

as they should. And the reason most often cited — poor-tasting tap water. For improved taste, as well as peace of mind, many consumers are turning to in-home drinking water systems which can provide consistently good-tasting, good-quality water at your fingertips — without the cost or inconvenience of bottled water.

Reverse osmosis (RO) systems are recognized by the EPA as the most effective at reducing lead that may be in the water, and the Centers for Disease Control recommends them for reducing cryptosporidium. However, even RO systems can fail to provide high-quality water if they are not maintained properly.

Rotator cuff tears become commonplace sports injury

While experts emphasize the benefits of weight training to accelerate fat loss and build bone mass, such exercises might not be for everyone.

When Trina Brinkley Streeter, 32, decided to increase her workout by adding upper-body weight-training, she never thought that she might be doing herself more harm than good. In less than five months, she began to experience severe shoulder pain and eventually had to undergo surgery. Her injury? A rotator cuff tear.

Rotator cuff injuries have long been associated with professional athletes. They are also common among adults who are active in sports requiring

overhead motion, such as swimming, softball or racket sports. This same injury is now occurring among people who participate in weight-training programs involving overhead movements.

"The problem," says Dr. Jacob Rozbruch, a sports medicine specialist and chief of orthopedic surgery at New York's Beth Israel Medical Center, "can be especially acute in beginners with excessive joint laxity (looseness) or in people with an underlying abnormal shoulder bone anatomy."

The rotator cuff is a group of four muscle-tendon units that control the rotation of the shoulder and provide stability to the shoulder joint. Overhead weight training requires numerous repetitions, putting continuous stress on the shoulder joint. This may cause impingement of the tendons. Over time, such continuous overhead motion may lead to bursitis, tendonitis and the worst condition, a torn rotator cuff. "Don't give up on these exercises yet," advises Rozbruch. "Rotator cuff problems can be avoided if you follow a few simple precautions."

- Moderate your exercise program and refrain from excessive overhead motions.

- Heed initial warnings: fairly constant shoulder pain, weakness and/or limited range of motion.

- Seek treatment early. If the shoulder is rested and treated early, a damaged rotator cuff can be avoided.



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Poorly fitting shoes can cause deformities and disfigurements

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According to "Attitudes Toward Foot Care," a survey conducted for the American Podiatric Medical Association, women suffer from such disfiguring ailments as ingrown toenails, bunions and hammer-toes. The shoes they choose contribute to the problems.

The APMA found that two-fifths of female respondents nationwide wear high heels despite knowing that they could potentially harm their feet. Fifty-one percent of the female respondents in the western United States sported pumps, while only 32 percent of Mid-western women did so when they were informed of the possible effects on the lower extremity.

How harmful are high heels? Podiatrists believe high heels may contribute to back and knee problems, disabling injuries in falls, shortened calf muscles and an awkward gait. In time, high heels may cause enough changes in the feet to impair their proper function.

Ailments like bunions, ham-

mer toes and neuromas, which are benign growths of nerves between toes, can require surgery to correct—a price far higher than the cost of proper-fitting shoes.

For information on foot ailments and selection of proper footwear, call the APMA at 1-800-FOOTCARE.

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VIEWS ON DENTAL HEALTH

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Why do many dentists today use composite resin (plastic) fillings instead of amalgam, the common metal or silver fillings?

There are many advantages to the composite filling. Composite fillings are glued or bonded to the tooth structure, thereby preventing leakage at the edge of the filling. Amalgam fillings are not bonded to the tooth. Amalgam fillings actually leak and then a seal is created by the corrosion that occurs between the filling and the tooth.

Bonding composite fillings helps support and hold the tooth together making it less likely to fracture. Thereby the tooth is stronger than it would be if filled

with an amalgam filling.

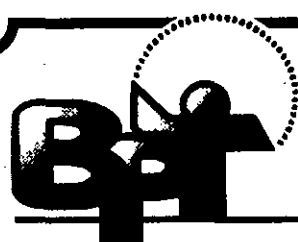
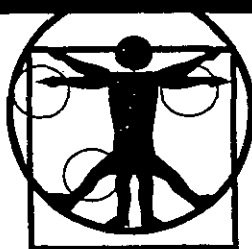
Also, composite fillings are cosmetically superior because their color can be matched to the color of the tooth, making the filling almost invisible. An amalgam filling may discolor a tooth because the corrosion that occurs may stain the tooth, producing a dark or gray color.

Look for an upcoming article which will continue the discussion of composite restorations vs. amalgam restorations.

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New surgeries offer permanent solutions to vision disorders

By Kathryn Caggianelli

Eyeglasses and traditional contact lenses may soon be worn only as a fashion statement.

Technological advances in the field of ophthalmology have paved the way for a myriad of laser and non-laser procedures that are making the thought of eye surgery less unsavory these days.

People who suffer from near-sightedness (seeing close objects better than distant ones), far-sightedness (seeing distant objects better than close ones), astigmatism (a focusing disorder), cataracts, glaucoma and diabetes have more treatment options than ever before, according to two area ophthalmologists.

Today's cataract removal procedures take an average of 20 minutes, and can be performed using either local sedation (by injection) or topical sedation (eye drops).

Surprisingly, cataracts are not removed by laser. They're usually extracted with the use of a high frequency ultra-sound wave, said Mark Hite of Glens Falls Eye Associates, who practices locally at LCA Vision Laser Center at 12 Corporate Woods Boulevard in Colonie.

"The newer forms (of cataract surgery) involve clear cornea cataract extraction. The entry (incision) is directly into the cornea. It's about three to three-and-a-half millimeters in length,"

he said.

The natural lens is then replaced by a synthetic implant, made of silicon or acrylic. "A majority of cataracts are removed with what's called a 'phacoemulsification machine,' (which) uses high frequency ultra-sound," Hite said.

Advances in refractive surgery (procedures that correct focusing disorders) have made it possible to virtually re-shape the corneal surface. In its infancy, the procedure involved making incisions into the peripheral cornea, and flattening down the dome of the eye to prevent light from being focused as it had been previously, Hite said.

But a new technique called photo refractive keratectomy (P.R.K.) employs an excimer laser to achieve better vision, Hite said. "It's used to re-shape the corneal surface, rather than weaken it peripherally, as the older procedure did," he said. Another new corrective technique in this field is laser in situ keratomileusis (L.A.S.I.K.). "This is a procedure where a cut

is made to remove a very superficial cap of the cornea to expose the inner aspect of the central cornea," said Hite. The technique allows a "cap" to remain hinged to the cornea while a laser repairs the disorder in the central portion. The cap is then replaced when the procedure is finished.

Laser surgery has been around for at least 10 years and has been deemed safe and effective by the Food And Drug Administration (F.D.A.), said Allen Zieker, of the Albany Cataract And Laser Associates, located at 960 Western Avenue in Albany.

"A new cataract procedure that replaces the natural corneal lens with what's called a "multi-focal A.M.O. Array lens" will prove to be very beneficial, Zieker said.

"This most closely approximates the eye's natural lens and provides a functional range of vision that cannot be obtained through other intra-ocular lenses," he continued. "It's a new, innovative multi-focal intra-ocular lens which will signifi-

cantly reduce people's need for glasses after cataract surgery." This lens was developed by Allergan Medical Optics.

Photo refractive keratectomy (P.R.K.) best serves people whose vision problems range from low to moderate myopia (near-sightedness), while those who require a higher degree of correction will benefit most from L.A.S.I.K., Zieker said.

"We have the capability in the Capital District — by performing laser surgery — to decrease a person's need for glasses by 90 to 95 percent," Zieker added. Some of these procedures take as little as 60 seconds.

He added that he only uses sutures only in about five percent of his surgeries. "With fewer sutures, there's less irritation," he explained.

Financing is available for many of these procedures, and while the cost is more than the old-fashioned remedy for poor eyesight, keep in mind that most of these corrections are permanent.



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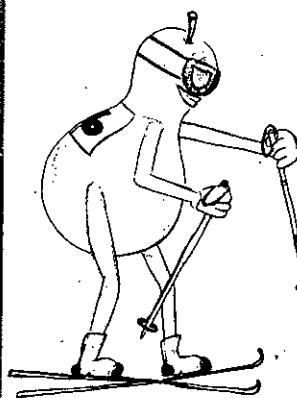
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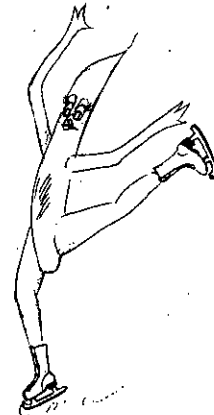
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16-0 with only 5 games to go *Bethlehem basketball club*

By Chris Bonham

The Voorheesville varsity basketball team, the Lady Blackbirds, continued to soar and remain undefeated with wins last Thursday over Schalmont 56-26 and on Friday against Lansingburgh, 59-40.

The Birds have an impressive 16-0 record with only five league games left in the season in their drive toward first place in the Colonial League and winning a state championship.

"You never know about them, they (Lansingburgh) have some good players," coach Jack Adams said. "We are playing over there, so we'll just have to keep our fingers crossed."

Defending their record in the first quarter action, the Birds hurdled themselves to a 12-4 lead.

In the second, Lansingburgh kept the game close allowing the Birds only 13 points, while scoring 10 themselves. In the third and fourth quarters the Birds did not let up, scoring 17 in each quarter. Lansingburgh posted a total of 26 in the second half.

Jane Meade was the top scorer for the Birds with 14 shots and four free throws for a total of 32 accounting for over half the Bird's total score.

Caryn Adams followed-up with three buckets and four free throws for a total of 10.

The Birds took advantage of their home field against Schalmont starting with the first quarter and scoring 15 over Schalmont's eight.

The second quarter the Birds continued scoring high with 16

vaulting them to a 31-14 lead at the half.

The Birds led 42-21 at the end of the third and in the fourth the Birds scored another 12 keeping the Birds remain in first place in the Colonial League.

Meade once again was the Bird's top scorer with 21 points, Regan Burns added 10 and Jessica Linder accounted for another seven.

"Our pressure bothered Schalmont," said Adams. "We played a great defensive game, giving up no easy shots. It was a very physical game for us."

The Birds play at home for the next two games against Averill Park Tuesday, Feb. 3, and against Watervliet Friday, Feb. 6.

Bethlehem Basketball Club activity intensified Sunday, Jan. 25 in the BCMS gyms. In Big Ten action, Indiana thwarted a game Penn State effort 50-29. Evan Kozak's inspired play led the winners and Tyler Zink had six for the losers. Michigan State rolled over Purdue 36-28. Scott Solomon's clutch seven points were most decisive for the Spartans and Marcus Kaplan's athletic 14, the high point total for the Boilermakers. Iowa tripped up Ohio State 25-18 as Casey Heim led the charge with seven. Shane Gray had a number of assists and four points for the Buckeyes. Bob Gutterman had a season high eight points to lead Wisconsin past Minnesota 35-20. Mike Horgan played super to the end of the game for Minnesota. In a key mid season contest, Northwestern surged past Michigan 40-28 with

Samantha Weyant at the helm. Alex Semenoff mustered up four to help the losers cause.

Bob Gombel had three big baskets to pace Syracuse to a 36-29 victory over St. John's in the Big East opener. Peter Laird had four for the losers. Providence, behind Casey Carroll's four decisive points trimmed Connecticut 21-18. Liam Bunk kept the high scoring Friars at bay in the loss. Every player for Pitt hit the scoring column in a 47-13 victory over Notre Dame. Emily Petraglia had six for Pitt and Ryan Quinn eight for N.D. Brian Turner's 10 brought Boston College past Georgetown 48-36. Evan Siegel had four in defeat. Tom Wilsey had a strong game under the boards and had 12 as Miami beat West Virginia 43-20. James Tougher had four for the losers.

Kiwanis Little League extends registration

The New Scotland Kiwanis Little League baseball and softball has extended its registration deadline to Friday, Feb. 13.

Applications are available at Voorheesville Elementary School.

For information, contact Kyle Schlappi at 765-9337.

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☐ Parking

(From Page 1)

she is unfamiliar with the lawsuit and the water system issues. She added that the parking lot project is a separate issue.

"We've been working with Fraser for a year and a half," Pieri said. "We don't have any doubt about their ability to do this (job) in a professional manner."

Michael Roland, the Fraser engineer with whom Pieri is working on the project, declined to comment. James Fraser, the president of the company, did not return calls from *The Spotlight*.

The library's project arrives during an ongoing zoning conflict about CMI's proposed senior housing project. CMI wants to build on a vacant lot adjacent to the library, and is seeking to have the lot rezoned as a "planned commercial district."

Pieri said the library is exempt from zoning restrictions because it is part of the Bethlehem school district. "The school district is not regulated by local zoning," added building inspector John Flanigan. "They can do pretty much what they want (on their property)."

Flanigan said the same exemption that applies to libraries and school districts also covers police and fire stations as well as government buildings.



This house on Borthwick Avenue in Delmar would be torn down if voters OK the library parking plan in May.

Peter Hanson

The house currently located on the 45 Borthwick lot, for which the library will pay \$150,000, is owned by Dominick Mattarrese and Doris Morris.

Pieri said she doesn't know exactly when ground will be broken on the expansion if the budget is approved, but said "It's my understanding it won't be a long-range project." She explained the expansion would be open for public use within two or three months of the project's commencement.

ken on the expansion if the budget is approved, but said "It's my understanding it won't be a long-range project." She explained the expansion would be open for public use within two or three months of the project's commencement.

RCS offers Pre-K program

A.W. Becker Elementary School on route 9W in Selkirk will hold a prekindergarten open house and information night on Tuesday, Feb. 10 at 6 p.m.

Children who will be 4-years-old by Dec. 1 are eligible for the half-day program.

Breakfast or lunch is provided, along with a nutritious snack.

Applications for the RCS prekindergarten program are available at A.W. Becker and Pieter B. Coeymans elementary schools.

For information, call Jan Lincoln at 767-2511.

Library expansion plan would ease congestion

By Louise Grieco

The writer is public relations specialist for Bethlehem Public Library.

Since opening its doors in 1972, the Bethlehem Public Library's facility at 451 Delaware Avenue has steadily expanded its services to keep pace with the rapidly changing world of information organization and retrieval.

In the intervening years, interior library space has been maneuvered to house an increasing number of diverse materials and hardware, the phone system has been updated to help streamline calls and the meeting rooms have been opened to an increasing number and variety of community groups and speakers in accordance with the library's mission to provide space and time for cultural, educational and civic enrichment.

One amenity, however, has not kept up with all this growth. The parking lot's 93 spaces are just not enough to handle the demands of our clientele.

Exit counts indicate that 30,438 patrons passed through our doors in the last six months. Daily totals run from an average of 600 on Sundays (when the library is only open four hours) to about 1,300 on Mondays and Tuesdays.

Only July 5, 1997, our counter recorded over 2,000 people.

A parking lot study conducted in 1993 logged average weekday traffic of 1,924 "ins and outs" daily. This number has probably not decreased in the four years since. And on days when the library is host to large public events, problems are compounded. Illegally parked vehicles sometimes block fire lanes and other cars.

The narrow driveway contributes to congestion and bottlenecks. This situation prompted last year's closing of the bookdrop during library hours because of the very real danger posed to pedestrians and bicycle riders using that entrance.

Although the 1997 patron survey recorded many objections to the bookdrop limits, far more of those responding (56 percent) listed parking inadequacies as a problem.

A solution, however, has ap-

peared on the horizon. The board of trustees has secured an option to purchase the property at 45 Borthwick Ave., pending voter approval.

This acquisition would make it possible to reconfigure the parking lot to accommodate 129 vehicles — a 40 percent increase — with attendant landscaping.

J. Kenneth Fraser & Associates, consulting engineers and landscape architects, have drawn up the blueprint for the project, which includes one-way access and exit roads, a passenger drop off and pick up area and a few 10-minute parking spaces for quick trips such as book returns, reserve pickups and photocopying. The improvements should allow for a safe 24-hour bookdrop.

These changes would also afford a more attractive first impression of the library upon entering. The entrance would lead up to the front courtyard with its benches, trees and sculpture, rather than past the nondescript employee's entrance and garage door.

In order to accomplish this goal, the trustees will be asking the voters for a one-time budget increase of \$250,000 to pay for the purchase and improvements. This request will be part of the budget proposal up for a vote on May 19.

Needless to say, this is a project with far-reaching implications for the library, its immediate neighbors and the town at large. The trustees expect and encourage dialogue. Patrons may write to director Nancy Pieri, or e-mail their comments to the library at bpl@crispy.org. An artist's rendering of the project will be on display near the circulation desk.

In the last half of this century, libraries have become much more than the books they house. They are meeting places, cultural centers, career and parenting resources and the entryway to an increasingly sophisticated electronic reference network.

Bethlehem Public Library consistently strives to meet the challenges of the Information Age. In presenting this proposal, the trustees are doing more than responding to past and present needs. They are anticipating the needs of the future.

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Obituaries

Ronald M. Stout

Ronald MacGregor Stout, 80, of Delmar died Sunday, Feb. 1, at St. Peter's Hospital in Albany.

Born in Indiana, Pa., he earned bachelor's, master's and doctoral degrees in political science at Syracuse University.

He was an Army veteran of World War II, serving in the counter intelligence corps. He retired from the Army Reserves as a lieutenant colonel in 1979.

Mr. Stout was a professor of political science at Colgate University from 1946 to 1962. He then served as coordinator for the state public administration training program in the department of Civil Service.

Mr. Stout was one of the professors who founded the graduate school of public affairs at the University at Albany. He was chairman of the graduate school of public affairs faculty and chairman of the public administration field committee. When he retired, the department designated the premier graduate award as the Ronald M. Stout Fellowship. He was also a lecturer at the Irish Institute of Public Administration in Dublin.

He also served as a research associate to a commission to revise the social service law, the state board of Social Welfare and the Department of Social Services.

He is the author of *Administrative Law in Ireland*.

He was the husband of the late Elizabeth Snyder Stout.

Survivors include a daughter, Geraldine McCrum of Valatie; a son, Ronald M. Stout Jr. of Latham; a sister, Cynthia Gordan; a brother, Alan Stout; and two granddaughters.

A Mass of Christian Burial will be at 9:30 a.m. Thursday, Feb. 5, from the Church of St. Thomas the Apostle in Delmar.

Calling hours will be from 4 to 8 p.m. today, at the Applebee Funeral Home, 403 Kenwood Ave., Delmar.

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

Lola May Dedrick

Lola May Phillips Dedrick, 69, of Selkirk died Thursday, Jan. 29, at Albany Medical Center Hospital.

Born in Munson, Fla., she was a member of the Mid-Singles Club in Albany.

She was the widow of Frederick J. Dedrick.

Survivors include three sons, Frederick J. Dedrick of Florida, Douglas Dedrick of Ballston Spa and David Dedrick of West Virginia; three daughters, Raydeen Galloghy of Feura Bush and Phyllis M. Holliday and Mary Lou B. Dedrick, both of Schenectady; 18 grandchildren; and two great-grandchildren.

Services were from the Magin & Keegan Funeral Home in Al-

bany.

Burial was in the Most Holy Redeemer Cemetery in Schenectady.

Contributions may be made to the American Diabetes Association, Eastern Regional Office, 50 Colvin Ave., Albany 12206.

Jane Phelps Labrum

Jane Phelps Labrum of Carmel, Ind., and formerly of Slingerlands died Thursday, Jan. 29, at St. Vincent's Hospital in Indiana.

Mrs. Labrum was a former member of the Community United Methodist Church in Slingerlands.

She was the widow of Harold W. Labrum.

Survivors include two sons, David H. Labrum of Nassau and William H. Labrum of Jonesboro, Ga.; a daughter, Louise L. Tobin of Carmel, Ind.; six grandchildren; and three great-grandchildren.

Services were from the Tebbutt Funeral Home in Albany.

Burial was in Bethlehem Cemetery in Delmar.

Contributions may be made to Grace Evangelical Church Missions, 1643 Flat Creek Trail, Fayetteville, Ga. 30214

Peter S. Gerasia

Peter S. Gerasia, 78, of Voorheesville died Tuesday, Jan. 27, at St. Peter's Hospital in Albany.

Born in Albany, he was a life-long area resident.

Mr. Gerasia worked for BASF in Rensselaer as a pipefitter for more than 40 years. He retired in 1982.

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

Survivors include his wife, Bernice Hammond Gerasia; two sons, Rosario A. Gerasia of Colonie and Peter Gerasia of Voorheesville; three daughters, Mary Clark of Voorheesville, Rosemary Grimmer of Clifton Park and Camille LaMontain of Colonie; a sister,

Rose Testa of Albany; 10 grandchildren; and five great-grandchildren.

Services were from the Lasak & Gigliotti Funeral Home in Albany and St. Matthew's Church.

Burial was in St. Agnes Cemetery in Menands.

Contributions may be made to Voorheesville Area Ambulance, PO Box 238, Voorheesville 12186.

Edna Allaway

Edna Lark Pudene Allaway, of Delmar died Saturday, Jan. 31.

Mrs. Allaway was a teacher in the New York City school system.

She was a member of the New Covenant Presbyterian Church.

She was the widow of Norman Allaway.

Survivors include a daughter, Linda Wilson of Clay, Onondaga County; two sons, Philip Allaway of Pleasant Valley and Stuart Allaway of Liverpool; and three grandchildren.

Services are scheduled for 10 a.m. today, Feb. 4, at the Meyers Funeral Home, 741 Delaware Ave., Delmar.

Contributions may be made to the American Diabetes Association of the Capital District, 50 Colvin Ave., Albany 12206.

Arthur A. Pemberton

Arthur A. Pemberton, 80, of Selkirk died Saturday, Jan. 31, at St. Peter's Hospital in Albany.

Born in Coeymans, he lived in Selkirk for 15 years.

Mr. Pemberton worked for the family owned Pemberton Bus Lines and was a mechanic for White Motor Co. in Albany.

Survivors include his wife, Hilda Pemberton; a son, Dean A. Pemberton of South Bethlehem; a daughter, Dawn Recene of Delmar; a brother, Douglas Pemberton of Beacon Falls, Conn.; six grandchildren; and a great-grandson.

Services were from South Bethlehem Methodist Church.

Arrangements were by the Babcock Funeral Home in Ravena.

Contributions may be made to the Ravena Rescue Squad, PO Box 144, Ravena 12143.

Wilhemina Bowra

Wilhemina Ethel Clark Mann Bowra, 96, of Unionville died Wednesday, Jan. 28, in Unionville.

She worked as a stenographer for the state Education Department. She was a member of Unionville Reformed Church and its women's guild. She was also a member of the Eastern Star and New Scotland Senior Citizens.

She was the widow of Arthur Mann and Walter Bowra.

Services will be at a later date.

Arrangements were by the Meyers Funeral Home in Delmar.

Contributions may be made to Unionville Reformed Church.

Burial was in Cape Vincent Cemetery.

Delmar library sets Valentine program

"The Heart of the Matter," a Valentine program for pre-schoolers, will be held at Bethlehem Public Library on Friday, Feb. 13, at 4 p.m. and Saturday, Feb. 14, at 10:30 a.m.

Children can bring cookies to share, punch will be provided.

Register for one program only by calling 439-9314.

V'ville firefighters to hold blood drive

Voorheesville Volunteer Fire Department is sponsoring a blood drive on Saturday, Feb. 7, from 8 a.m. to 1 p.m. at First United Methodist Church of Voorheesville on 68 Maple Ave.

Call Monica Burt at 765-3686 for information and appointments.

BCHS slates winter concert

Bethlehem Central High School's winter concert on Thursday, Feb. 5, at 7:30 p.m. will feature performances by six instrumental groups.

The wind ensemble, directed by Louise Schartz, will perform *Concertino for Clarinet and Band* by Carl Maria von Weber. Senior Emily Prudente will play the clarinet solo.

The jazz ensemble, under the direction of Leonard Tobler, will perform music of Gershwin, Nestico and Count Basie.

Joseph Farrell and Michael Tebbano will conduct the symphonic band in music from *Die Meistersinger*, and a Civil War Suite by Clare Grundman, *The Blue and Gray*.

The symphony orchestra, directed by Christopher Neubert, will present Tchaikovsky's *Serenade for Strings, Mvt. 3* and *Symphony No. 4, Mvt. 4*.

The woodwind quartet and string octet will also perform.

Admission is free and open to the public.

Support groups help grandparents

Albany County Department of Aging and the Caregivers Respite Program of Catholic Charities offer free support groups for grandparents raising grandchildren.

Support groups provide guidance to grandparents and surrogate parents concerning legal rights, financial concerns and the emotional impact of caring for children.

Participants also have a chance to share their concerns with others in the same situation.

A group meets the second Thursday of the month from 6 to 7:30 p.m. at the Neighborhood Community Care Center on 340 First Street in Albany.

For information, call 478-9906.

CARD OF MEMORY

In memory of our beloved husband and father,

KEVIN SEABURG

There are no more pictures to be taken...
But there are memories to be cherished.

For that, we are thankful.

There is a missing chair at the table...
But the circle of family and friends gather close.

For that, we are thankful.

The house is so empty, our souls still ache...
But our hearts remember.

For that, we are thankful.

Having loved and having been loved by you...
Is perhaps the most wondrous reason of all
To be thankful.

We miss you and love you, Kevin.

Ann, Jessica and Sarah

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Death Notices

The Spotlight will print paid Death Notices for relatives and friends who do not or have not lived in the Towns of Bethlehem and New Scotland. The charge for a paid death notice is \$25.

We will continue to print Obituaries of residents and former residents of the Towns of Bethlehem and New Scotland at no charge.

In Memoriam, and Cards of Thanks will also be printed for \$25.

DAR antiques show Feb. 14 and 15

Tawasentha Chapter of Daughters of the American Revolution will hold its 27th annual antiques show and sale on Saturday and Sunday, Feb. 14 and 15.

Show hours are 10 a.m. to 5 p.m. on Saturday, and 11 a.m. to 4 p.m. on Sunday at Academy of the Holy Names on 1075 New Scotland Road in Albany.

A donation of \$4 per person is requested. The donation is \$3.50 with a discount coupon.

The show is an invitational, featuring selected dealers with a wide range of antiques — country and period furniture, clocks, stone-ware, woodenware, tinware, glass,

china, quilts, linens, silver, jewelry, books, prints, dolls, toys, tools and Shaker furniture.

Russell Carlson will appraise small portable items for a modest fee.

The chapter's Kalico Kitchen will offer a varied menu.

Proceeds from the show benefit schools for underprivileged children and those with learning disabilities, and schools dedicated to educating American Indians.

The local chapter supports the Tawasentha chapter award for summer enrichment projects for children in the Bethlehem Central School District and the Lt.

Henry Klein award given annually to an outstanding graduating senior.

The chapter presents students in five area schools with American history and good citizen awards.

The chapter also sponsors a citizenship award for an eighth-grade student at the Academy of the Holy Names who is entering high school.

Individuals can obtain information and assistance in genealogical research at the DAR membership table at the show.

For information, contact Marion Jewell at 439-4142.



Robert Burns and Melinda Boomhower

Boomhower, Burns to wed

Melinda H. Boomhower, daughter of Helen E. Boomhower of Colonie and Robert E. Boomhower of Coeymans Hollow, and Robert K. Burns, son of Robert G. and Karla Burns of Selkirk, are engaged to be married.

The bride-to-be is a graduate of Colonie Central High School. She

works at the Stewart's Shop in Feura Bush.

The future groom is a graduate of RCS Senior High School. He is employed by the town of Bethlehem water department.

The couple plans an April 18 wedding.

Rutkowski, Nelson marry

Nanette Rutkowski, daughter of Doris and Nicholas Rutkowski of Glenmont, and K. Douglas Nelson, son of Karl and Elizabeth Nelson of Weston, Conn., were married Aug. 10.

Rev. Frieda Malcolm performed the ceremony at the Sherwood Inn in Skaneateles, Onondaga County. A reception followed.

The matron of honor was Katharine Cartwright.

The best man was Richard Thomas.

The bride is a graduate of Bethlehem Central High School, Hudson Valley Community College and SUNY Brockport. She holds a master's degree from the New York State College of Environmental Science and Forestry and Syracuse University.

The groom is a graduate of Cornell University. He has a doctorate from the University at Albany.

The couple lives in Tully, Onondaga County.

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Secrets of the ocean realm
Wednesday, 8 p.m.

Mystery: Cadfael 3: A morbid taste for bones
Thursday, 9 p.m.

Foreign Film: Georgia
Friday, 10 p.m.

Gershwin by Bisaccia
Saturday, 4:30 p.m.

Nature: Monkey in the mirror
Sunday, 8 p.m.

The American Experience: Influenza 1918
Monday, 9 p.m.

NOVA: The brain eaters
Tuesday, 9 p.m.

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Nancy and Richard Mendick

Karins, Mendick marry

Nancy Karins, daughter of Miriam and Merle Oliver of Glenmont, and Richard Mendick, son of Stanley Mendick of Baldwin Park, Calif., and the late Lorette Mendick, were married Aug. 23.

Rev. Steve Everett performed the ceremony at Glenmont Community Church. Receptions followed at the Wagon Wheel Saloon in Ravena and Ravena Knights of Columbus hall.

The matron of honor was Tina Lewis, and junior bridesmaid was Amanda Oliver, niece of the bride. The bride was escorted by Andrew Karins, her son, and Merle Oliver, her father.

The best man was Leslie Whitehead, and the usher was Jacob Ingolls. Ringbearers were Devin and Michael Oliver, nephews of the bride.

The bride is a graduate of Hudson Valley Community College. She is receiver of taxes for the town of Bethlehem.

The groom is a graduate of California Polytechnic Institute and the University of Denver. He is controller for Protective Industrial Products in Guilderland Center.

After a wedding trip to Phoenix and Los Angeles, the couple lives in Glenmont.

Delmar woman wins art award

The Grumbacher Medallion Art Award for Outstanding Achievement was presented to Delmar resident Eleanor Bolduc for her oil and acrylic painting, "The Sand Bank."

The award was presented by the Greene County Arts & Crafts Association.

Bolduc received a commemorative Grumbacher gold medallion and a selection of Grumbacher professional art supplies.

Underpainted with acrylics, then finished with oils, "The Sand Bank" was painted on location in the Catskills.

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.

Births

Albany Medical Center

Boy, Eric James Murray, to Edith and Daniel Murray of Delmar, Dec. 13.

Boy, Colin Michael Hood, to Jean Canavan-Hood and Philip Hood of Delmar, Dec. 23.

Girl, Emilie Anne Kroeze, to Jennifer and Robert Kroeze of Delmar, Dec. 23.

Boy, Lucas Joseph Culley, to Heather and Matthew Culley of Delmar, Dec. 28.

Boy, Kevin Michael Nerses, to Carol Huber Nerses and Victor Nerses of Voorheesville, Jan. 2.

Boy, Charles Patrick Ragone, to Eileen McGlynn and Brien Ragone of Delmar, Jan. 3.

Boy, James Francis Hartunian, to Beth and Richard Hartunian of Delmar, Jan. 5.

Class of '97

SUNY Oneonta — Andrea Alotta of Glenmont (master's of education in school counseling).

University of Maryland — Sarah McLaughlin of Slingerlands (master's of public management in environmental policy).

Dean's List

St. Lawrence University — Kelley Banagan of Delmar.

SUNY Brockport — Benjamin Chady of Delmar.

University of Virginia — Margaret Thomson of Delmar.

St. Thomas students win safety awards

Students from St. Thomas the Apostle School in Delmar recently won awards and certificates in the school traffic safety poster and communication contest, sponsored by the American Automobile Association of the Hudson Valley.

Kelly Kershaw, Jessica Murphy and Jacquelyn Cary received \$200 savings bonds as judge's award winners.

Jesse Matheny, Moira Jowette, Julie Deitz and Stephanie Morse received \$100 savings bonds and merit citations.



Leslie Adam and Michael Siciliano

Adam, Siciliano to marry

Leslie A. Adam, daughter of Barbara and Gregg Hammond of Delmar, and Michael Siciliano, son of Marie and Michael Siciliano of West Springfield, Mass., are engaged to be married.

The bride-to-be is a graduate of Saratoga Springs High School, Skidmore College and Wheelock

College. She is an early childhood educator.

The future groom is a graduate of Northeastern University. He is a network engineer at Sun Microsystems in Chelmsford, Mass.

The couple plans a March wedding.

Vance, Dollar engaged

Kelly Kathleen Vance, daughter of Mary Michele Vance of Voorheesville and Ronald C. Vance of Dayton, Ohio, and Jeffrey Robert Dollar, son of Gail and Robert Dollar of Albany, are engaged to be married.

The bride-to-be is a graduate of Clayton A. Bouton Jr./Sr. High

School and Russell Sage College.

The future groom is a graduate of Christian Brothers Academy and SUNY Cortland. He is a technical recruiter at Computer Task Force in Albany.

The couple plans an Aug. 8 wedding.

Here's to a Wonderful Wedding!



INVITATIONS

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Ave., 489-2981. Banquet Room up to
300 people. P.S., do it on Sunday and
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Boy Scout Troop 73 to serve 25th pancake supper

Boy Scout Troop 73 will serve its 25th annual pancake supper on Saturday, Feb. 7, from 4:30 to 7:30 p.m. at American Legion Post 1493 on 31 Voorheesville Ave. in Voorheesville.

The cost is \$4 for adults and \$2.50 for children. Tickets are available from any Scout. They can also be purchased at the door.

Off the wall

Museum's birthday activities highlight participation

By Lisa K. Kelly

Celebrate the 207th birthday of the oldest museum in the country, the Albany Institute of History & Art with birthday cake and an afternoon full of activities for the family.

"As far as museums go we are one of the oldest museums in the world," said Jenny Sinatra, public relations associate. "We have a wonderful collection, and it's a great way to celebrate with the community what we offer and what we do."

The museum on 125 Washington Ave. in Albany, is offering several activities including silhouette making, computerized self portraits, a cartooning workshop, portrait hunting and viewing an exhibition of student artwork from the Children's School at Emma Willard School on Sunday, Feb. 8 from 2 to 4 p.m.

Some of these activities will likely be included in the Connections Gallery, part of the Institute's renovations expected to be completed in 2001 Sinatra said.

Sinatra said the focus of the birthday celebration will be on portraits, and one computerized activity will be to see what happens when something is added or subtracted from a portrait.

"You would have a landscape, and you would put person in it and look how it changed the landscape," Sinatra said.

She said participants can break down the components of a portrait and examine how each individual part adds to the whole.

"For example you could take the Mona Lisa and maybe add a vase and examine how it changes the portrait," Sinatra said.

Children will be able to manipulate their own computerized image using a program called PaintShop Pro. The portrait will then be made into a button for children to take home.

The silhouette activity in the city neighbors gallery will involve children sitting in front of a light while someone traces their silhouette onto card board and then cuts it out.

"That's really a neat activity," said Pat Harman.

The cartooning workshop is located in the Limnar Gallery which contains portraits from the 17th and 18th centuries. A cartoonist from Dark Horse Comics will draw cartoons of the people in the portraits.

Portrait hunting involves unfinished sketches of portraits in the gallery and children searching for the real portrait and finishing the sketch. The completed sketches will be hung in the gallery.

Also part of the two-hour celebration, John Howe will portray Henry Johnson, an Albany native who volunteered to serve in the 39th U.S. Infantry known as the "Harlem Hell Fighters" and "Black Rattlers." Johnson was the first American to receive France's Croix de Guerre, the highest award given by the French government for service in military combat.

A statue of Johnson is in Albany's Washington Park and the city has named a portion of Northern Boulevard in his honor.

Admission is \$3 for adults, and \$2 for seniors and students.

SPOTLIGHT ON

Family Entertainment

CALENDAR • ARTS & ENTERTAINMENT

Two producers share same thoughts about space for smaller shows

When *Always ... Patsy Cline* opened again in mid-January at the Capital Repertory Company in Albany, producing artistic director Margaret Mancinelli-Cahill found herself again with the problem of dealing with a hit that could run longer than originally planned. If only she had a smaller theater in which to move a show like *Patsy Cline* after its original run to take advantage of the popularity that could be encouraged into a much longer run.

Meanwhile, Proctor's Theater in Schenectady has taken over a building that once housed the Odd Fellows fraternal organization. In renovating the building as an arts center, it has leased the third floor to the Northeast Ballet Company, and the ground floor to the Schenectady County Community College for use as auxiliary teaching space.

What to do with the second floor? Executive producer Gloria Lamere is considering leasing it to an ongoing theater group which would produce year-round theater or to use it herself to put in productions of popular off-Broadway theater that would be too small for the 2800-seat Proctor's Theater down the street but would be sufficiently comfortable in the proposed 200-seat second floor theater. Plans are also under way to purchase the building next to the Odd Fellows Hall so an elevator can be put in to accommodate audiences entering the second floor theater.

Back in Albany, Mancinelli-Cahill is seeking only a 100 to 150-seat theater to complement the 280-seat theater that now serves as its home for the six show a year in produces.



Martin P. Kelly

SPOTLIGHT

By Martin P. Kelly

Both women are displaying a real energy in seeking these added theaters.

Chorus Line returns to Proctor's for two performances

The long-running Broadway hit, *Chorus Line*, which had the record for New York performances until *CATS* eclipsed it, will play tonight, Wednesday, Feb. 4 and Thursday, Feb. 5 for a two-performance visit to Proctor's Theater in Schenectady.

This story about the struggles of 17 Broadway dancers who are attempting to put together a show while revealing their personal lives, has been a popular show, playing all over the world since it was first introduced on Broadway in 1975.

Begun as a workshop by the late choreographer/director Michael Bennett, the actual dancers' life stories became integrated into the finished script. Eventually, the "rehearsal" taking place on stage evolves into the stunning, mirrored conclusion as all the dancers appear in top hats and tails to do the number that most exemplifies chorus work on Broadway.

The musical played 6,137 times on Broadway was seen by 6.5 million theater patrons in New York. Seven years after closing on Broadway, the show is being toured again and it plays at Proctor's for these two performances as part of the tour. Curtain is at 8 p.m.

Reservations and information available at 346-6204.

Roustabouts take chance on Moliere for their 18th season of dinner theater

Unusual for a dinner theater production, Moliere will be presented by The Roustabouts of Troy in *The Imaginary Invalid* starting Friday, Feb. 6 and running for four week-ends. The Friday and Saturday night theater performances at the First United Presbyterian Church on Fifth Avenue near the Green Island Bridge, will feature a buffet meal including chicken piquant. Following dinner, the two-act farcical examination of hypocrisy in 17th century France will be presented.

Robert Couture is the producer/director of the show. Since 1980, the retired English professor from Hudson Valley Community College, has directed every show.

The play is built around the duping of a man, who is a hypochondriac. His second wife is conniving with the family lawyer and his daughter is attempting to ease out of a planned marriage to wed her music teacher. All the while, the man's doctor is also trying to foist his son on the family.

The company of local actors began rehearsals shortly after Thanksgiving. The eight performances will be given on Friday and Saturday nights. Dinner begins at 6:15 p.m.

Reservations and information are available at 274-1707.

Around Theaters!

Mardi Gras Festival at Proctor's Theater Feb. 4 (346-6204). *Always ... Patsy Cline*, musical biography at Capital Rep through Feb. 15 (462-4531). *Agnes of God* at the Schenectady Civic Players through Feb. 8 (382-2081). *Julius Caesar* at the Empire Center, Albany, Feb. 6 (473-1845). *Dragonwings*, a new play, at NYS Theatre Institute, Feb. 10 (346-6204). *Romeo and Juliet* at Proctor's Theater Feb. 10 (345-62043).

ARTS and ENTERTAINMENT

THEATER

"THE IMAGINARY INVALID"

by Moliere, Dinner Theatre, Roustabouts Playhouse, Troy, Feb. 6, 7, 13, 14, 20, 21, 27, 28, 6:15 p.m. dinner, 7:45 p.m. play. Information, 273-4172.

"A MUNICIPAL REPORT REPORT"

written and directed by Richard Creamer, Impulse Theatre and Dance (ITAD), Doanne Stuart School, Doane Stuart Road, Albany, Thursdays through Saturdays, 8 p.m., Sundays, 3 p.m., Jan. 29 through Feb. 22. Cost, \$10, \$7 student. Information, 797-3684.

"DRAGONWINGS"

directed by Ron Nakahara, Schacht Fine Arts Center of Russell Sage College, 155 River Street, Troy, Feb. 1 through 14. Information, 274-3200.

"A CHORUS LINE"

winner of 9 Tonys, 5 Drama Desk Awards, Pulitzer Prize, Proctor's Theater, 432 State Street, Schenectady, 8 p.m., Feb. 4 and 5. Cost, \$26.50-\$36.50. Information, 382-3884.

"ROMEO AND JULIET"

Shakespeare, performed by The Acting Company, Proctor's Theater, 432 State Street, Schenectady, 8 p.m., Tuesday, Feb. 10. Cost, \$22.50-\$26.50. Information, 382-3884.

LEGAL NOTICE

ARTICLES OF ORGANIZATION OF WELLINGTON GARAGE ASSOCIATES, LLC UNDER SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW

FIRST: The name of the Limited Liability Company is: Wellington Garage Associates, LLC.

SECOND: The county within the State in which the principal office of the Limited Liability Company is to be located is Albany County.

THIRD: The latest date on which the limited liability company is to dissolve is March 1, 2048.

FOURTH: The Secretary of State is designated agent of the Limited Liability Company upon whom process against it may be served. The post office address within or without the State of New York to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him or her is: Wellington Garage Associates, LLC, 121 State Street, Albany, New York 12207.

FIFTH: The effective date of the Articles of Organization shall be the date of filing with the Secretary of State.

SIXTH: The Limited Liability Company is to be managed by 1 or more members.

IN WITNESS WHEREOF, these articles of organization have been subscribed this 14th day of January, 1998, by the undersigned who affirms that the statements made herein are true under the penalties of perjury.

(s) John J. Lynch
(February 4, 1998)

NOTICE OF FORMATION OF DOMESTIC LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is ACA Merchandising, LLC. The Articles of Organization of the LLC were filed with NY Secretary of State on December 26, 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 c/o Hamilton News Co., Inc., 41 Hamilton Lane, Glenmont, New York 12077. (February 4, 1998)

NOTICE OF FORMATION OF DOMESTIC LIMITED LIABILITY COMPANY (LLC)

"JULIUS CAESAR"

London's Aquila Theater Company, Shakespeare, The Empire Center at the Egg, Albany, 7:30 p.m., Friday, Feb. 6. Cost, \$18. Information, 473-1845.

"ROBIN HOOD"

American Family Theater adventure, The Empire Center at the Egg, Albany, 1 p.m. and 4 p.m., Sunday, Feb. 8. Cost, \$10. Information, 473-1845.

"ALWAYS...PATSY CLINE"

Ted Swindley, Capital Region's Award-Winning Professional Theatre, Capital Repertory, 111 North Pearl Street, Albany, through Feb. 15. Information, 462-4531 ext. 293.

"NELLY BLY"

Composed and written by Peter Tyger, Albany Civic Theater, 7 p.m., Saturday, Feb. 7, and 2 p.m. and 5 p.m. on Sunday Feb. 8. Information, 462-1297.

"AUTHORS THEATRE WINTERFEST"

Ted Swindley, Capital Region's Award-Winning Professional Theatre, Capital Repertory, 111 North Pearl Street, Albany, Jan. 26 through Feb. 9. Information, 462-4531 ext. 293.

MUSIC

HEARTSONG FESTIVAL

5th Annual Concert of Praise and Worship, music, drama, dance, banners, featuring diverse musical styles of gifted singers and musicians from churches in the region, The Egg, Empire State Plaza, Albany, 6 p.m. Information, 877-8432.

LEGAL NOTICE

The name of the LLC is York-shire Properties, LLC. The Articles of Organization of the LLC were filed with NY Secretary of State on January 6, 1998. 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 Segel, Goldman & Mazzotta, P.C., 5 Washington Square, Washington Avenue Extension, Albany, New York 12205, c/o Paul J. Goldman, Esq. (February 4, 1998)

NOTICE OF FORMATION OF DOMESTIC LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is First Columbia, L.L.C. The Articles of Organization of the LLC were filed with NY Secretary of State on December 9, 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.

CLASSICAL MUSIC EVENING

Berlin Symphony Orchestra, with violinist and conductor Joseph Silverstein, pianist Derek Han, Troy Chromatic Concerts, Troy Savings Bank Music Hall, Troy, 8 p.m., March 4. Information, 462-0318.

NAT PHILIPPS

piano, blues rock, The Van Dyck, 237 Union Street, Schenectady, 6 to 9 p.m., followed by George Boone Blues Band, 9:30 p.m. Information, 782-0577.

SWING MUSIC AND DANCING

Michael Benedict Big Band, toe tapping music, North Point Cultural Arts Center, 62 Chatham Street, Kinderhook, Saturday, Feb. 28, 8 to 11 p.m. Information, 758-9234.

EIGHTH STEP

open stage, 14 Willett St., Albany, 8 p.m., Wednesdays, \$7. Information, 434-1703.

ALLAN ALEXANDER

guitar and lute player, Allegro Cafe, Troy, Saturdays, 7 to 11 p.m.

CALL FOR ARTISTS

AUDITION

for Capitol Hill Choral Society for the 1997-98 season. All voice parts. Information, 465-3328 or 374-4399.

CAPITAL COMMUNITY VOICES

singers needed, rehearsals at Columbia High School, 7 to 9 p.m., Tuesdays. Information, 477-8308.

LEGAL NOTICE

The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 6 Majestic Court, Loudonville, New York 12211-0922. (February 4, 1998)

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is Columbia Carman Group, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on December 16, 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 30 Corporate Circle, Albany, New York 12203. (February 4, 1998)

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.

CLASSES/LECTURES

MUSEUM ART CLASSES

ongoing, Albany Institute of History & Art, 125 Washington Ave., \$25. Information, 463-4478.

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.

VISUAL ARTS

THE 1998 NEW YORK STATE BIENNIAL

second biennial of contemporary art, New York State Museum, Albany, Feb. 6 through April 26. Information, 474-5877.

FROEBEL GALLERY

local, regional, national and international artists, 287 Lark St., 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.

GINOFOR GALLERY

photography, painting, sculpture, 38 W. Main St., Cambridge. Information, 677-3288.

PEACE OFFERINGS

native arts and handicrafts from the Americas, 33 Central Ave., Albany. Information, 434-4037.

SCHICK GALLERY

Skidmore College, Saratoga Springs, 9 a.m. to 5 p.m., Monday through Friday, 1 to 3:30 p.m., Saturday. Information, 584-5000.

SCHUYLER MANSION

elegant 18th-century mansion, home and gallery of historical objects related to Gen. Philip Schuyler, 32 Catherine St., Albany. Information, 434-0834.

SHAKER HERITAGE SOCIETY

tour the grounds and buildings of the first Shaker settlement in America, 1848 Shaker Meeting House, Albany-Shaker Road, Colonie. Information, 456-7890.

LULU GALLERY

288 Lark St., Albany, 11 a.m. to 1 p.m. Information, 436-5660.

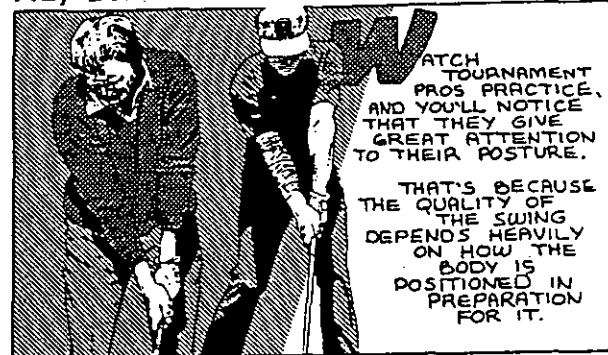
OFF BROADWAY GALLERY

featuring two new exhibits, "June Dipsa" and "Fantasy and Reality," Crossgates Mall, Western Avenue, Guildford. Information, 439-2955.

Super Crossword

ACROSS	birthstone	89 Movie mutant	landmark	41 "Fried Green Tomatoes" star	74 He had a lot of Gaul
1 Lower California	50 SODA CHASERS	91 Employ	7 "The Mikado" character	42 Sight a site	75 Hot spot?
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19 "Young Frankenstein" role	58 Social standing	97 Bandleader Prado	11 Send the money	48 Out to get	80 Chase away gray
20 Actress Massey	59 Long-lived	98 Push a product	12 "— go brag!"	49 Look like a lecher	86 Indefinite
21 Lofty nest	60 Barbara and Anthony	100 Make a buck	13 Sneeze and wheeze	51 Styx sailor	87 Funny Phyllis
22 Commanding document	61 Shred	101 Police hdqrs.	14 Singer Shannon	52 Austerity	88 Stare
23 COFFEE CHASERS	62 Teen machine?	104 TEA CHASERS	15 Took a dip	53 Extreme	89 Power or Guthrie
27 Sound like a hound	65 Charge	110 North Carolina campus	16 NASA lap	54 Ruin the Rolls	90 Poetic pots
28 Verne captain	66 Calling	111 Beside oneself	17 Novelist Cather	58 Nearly ruin the Rolls	91 Raised the stakes
29 Like Narcissus	67 Horror-flick feeling	112 "F Troop" corporal	18 That's no bull!	60 Thalia's sister	92 Panther Bobby
30 Novelist Zola	68 Teal peal?	113 London art gallery	24 Feel certain	61 Buccaneers' head-quarters	93 Flynn of films
31 — Giglio	69 Any	114 Walter — Mare	25 Completed	62 German philosopher	95 Ms. Midler
32 Aerobics accompaniment	70 Once more	115 Frustrate	26 French bean?	63 Speak one's piece	96 Vermont city
34 "Willard" extra	71 — del Este	116 Rampur royalty	31 Lecture series	64 Musical chords	98 Sicilian smoker?
36 H.M.S. sailor	72 Try a president	DOWN	32 Follow the trail	65 Make holes	99 Photocopy
37 Jungle birds	76 — carotene	1 Variety of lettuce	33 Corduroy ridge	66 It may give you pause	100 Richard of "Empire"
40 Pick up	77 MILK CHASERS	2 Taj Mahal city	34 Gambol	67 Secretaries set them	101 Capone feature
41 Cut at an angle	81 Snow goer?	3 Young kangaroo	35 Maintain	68 Bartlett bit	102 "Swan Lake" skirt
43 Court-martial candidate	82 Rock's David Lee —	4 Coach Parseghian	37 Army off.	69 Castle campaign	103 Peak
44 Feed a fire	83 Music to Shankar's ears	5 Arnold's pride	38 Blew away	71 "E.T." prop	105 Baby butter
45 Spelunker's place	84 Comrade	6 Texas	39 Mr. Dithers' wife	73 Decoration	106 Prior to, to Prior
46 Autumn	85 Radiated		40 Clear		107 Prevent
	87 Sweet, to Soft				108 Turkish title
					109 Catchall abbr.

Play Better Golf with JACK NICKLAUS



AROUND THE AREA

**WEDNESDAY
FEBRUARY**
4
ALBANY COUNTY
INFORMATIONAL SESSION

for adult students who are considering undergraduate or graduate studies. The College of Saint Rose Campus Activities Center, 420 Western Ave., Albany, 6 p.m. Information, 454-5102.

FREE IMMUNIZATIONS

The Albany County Department for Health, 175 Green Street, Albany, 4 to 6 p.m. Information, 447-4602.

COMMUNITY EDUCATION PROGRAM

"Healthy Cooking: Nutritious and Delicious", Marriott's Ashley's Restaurant, Albany, noon to 1 p.m. Information, 452-3456.

COMMUNITY EDUCATION PROGRAM

"Decelerating Aging", Woman's HealthCare Plus, 2093 Western Ave., Guilderland, 7:30 to 9 p.m. Information, 452-3456.

DEVELOPMENTAL SCREENING ON INFANTS

developmental assessment clinic, Bellevue Woman's Hospital, Troy Road, Niskayuna, 10 a.m. to 4 p.m. Information, 346-9438.

INFORMATION SESSION ADULT STUDENTS

St. Rose Campus Activities Center, 420 Western Ave., Albany, 6 p.m. Free and open to public. Information, 454-5143.

PRICE CHOPPER COOKING CLASS

Italian-American Community Center, Washington Avenue Extension, 6:30 to 9:30 p.m. To pre-register, 1-800-666-7667.

WINTER FARMERS' MARKET

Concourse, Empire State Plaza, Albany, 11 a.m.

FARMERS' MARKET

Holy Cross Church, Western Avenue and Brevator Street, Albany, 2 to 6 p.m. Information, 272-2972.

SENIORS LUNCHE

Albany Jewish Community Center, 340 Whitehall Road, 12:30 p.m. Information, 438-6651.

SQUARE DANCE

Single Squares of Albany, St. Michael's Community Center, Linden Street Extension, Cohoes, 7:30 p.m. Information, 459-2888.

APPLE COMPUTER USERS CLUB

Farnsworth Middle School, State Farm Road, Guilderland, 7 p.m. Information, 482-2609.

SCHENECTADY COUNTY
RIVER VALLEY CHORUS MEETING

Glen Worden School, 34 Worden Road, Scotia, 7:30 p.m. Information, 355-4264.

**THURSDAY
FEBRUARY**
5
ALBANY COUNTY
CHORUS REHEARSAL

Capitland Chorus of Sweet Adelines, New Covenant Church, 916 Western Ave., Albany, 7:30 p.m. Information, 237-4384.

COPING & CARING GROUP TO MEET

Senior Quarters, 345 Northern Boulevard, Albany, 7 p.m. Information, 465-4444.

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.

SENIORS LUNCHE

Albany Jewish Community Center, 340 Whitehall Road, 12:30 p.m. Information, 438-6651.

CONCERNED FRIENDS OF HOPE HOUSE

meeting, support group for families of substance abusers, Child's Nursing Home auditorium, 25 Hackett Blvd., Albany, 7:30 p.m. Information, 465-2441.

**FRIDAY
FEBRUARY**
6
ALBANY COUNTY
MOTHERS' DROP IN

sponsored by the Capital District Mothers' Center, First Congregational Church, Quail Street, Albany, 9:30 a.m. to noon. Information, 475-1897.

SENIORS LUNCHE

Albany Jewish Community Center, 340 Whitehall Road, 12:30 p.m. Information, 438-6651.

ROOFERS RECRUIT APPRENTICES

applications accepted by those at least age 18, Roofers Joint Apprenticeship Committee of the Capital District, Local 241, 890 Third St., Albany, 8 a.m. to noon. Information, 457-5519.

LEGAL NOTICE

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: Paoletti & Co., LLC.
2. The Articles of Organization of the limited liability company were filed with the Secretary of State of New York on July 25, 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 shall mail a copy of any process served against it is: 297 Murray Avenue, Delmar, NY 12054.

5. The purpose of the limited liability company is to engage in any lawful act or activity for which limited liability companies may be organized under the Limited Liability Company Law.
(February 4, 1998)

NOTICE

NOTICE OF FORMATION OF A REGISTERED LIMITED LIABILITY PARTNERSHIP (LLP). The name of the LLP is Sherrin & Glasel, LLP. The Certificate of Registration of the LLP was filed with the NY Secretary of State on December 17, 1997. The purpose of the LLP is to practice law. The office of the LLP is to be located in Albany County. The Secretary of State is designated as the agent of the LLP upon whom process against the LLP may be served. The address to which the Secretary of State shall mail a copy of any process against the LLP is 74 North Pearl Street, Albany, New York 12207.
(February 4, 1998)

**SUNDAY
FEBRUARY**
8
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.

ALBANY COUNTY POST STROKE ASSN.

Child's Nursing Home, Hackett Blvd., Albany, 2 p.m. Information, 439-2151.

SCOTTISH DANCING

Unitarian Church, Washington Avenue, Albany, 7 to 10 p.m. Information, 377-8792.

CAPITAL REGION OSTOMY ASSOCIATION TO MEET

St. Peter's Hospital, New Scotland Ave., Albany, 2 p.m.

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of Majestic Tree Farm, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on January 15, 1998, effective upon the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC c/o 185 Pictuary Road, Selkirk, New York 12158. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLC. (February 4, 1998)

NOTICE OF FORMATION OF GORDON DEVELOPMENT SERVICES, LLC (PURSUANT TO SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW)

NOTICE IS HEREBY GIVEN that the Articles of Organization of GORDON DEVELOPMENT SERVICES, LLC (the "Company") were filed with the Secretary of State of the State of New York on December 11, 1997.

The Company is being formed to engage in the ownership, leasing, purchasing, selling, development, and mortgaging of property and any activities necessary or incidental to such purpose and any other lawful act or activity for which limited liability companies may be organized under the LLC.

The office of the Company is to be located in the County of Albany, State of New York. The Secretary of State has been designated as the agent of the Company upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company is 386 Delaware Avenue, Albany, New York 12209.

**MONDAY
FEBRUARY**
9
ALBANY COUNTY
SENIORS LUNCHE

Albany Jewish Community Center, 340 Whitehall Road, 4:45 p.m. Information, 438-6651.

LECTURE

Business Administration Building, 1400 Washington Ave., Albany, 5:30 p.m. Information, 1-800-UALBANY.

SCHENECTADY COUNTY
SCOTTISH DANCING

Salvation Army, Smith Street, Schenectady, 8 to 10 p.m. Information, 783-6477.

LECTURE

Union College, 7:30 p.m. Information, 388-6131. Admission is free.

LEGAL NOTICE

served upon such Secretary of State is 50 State Street, Albany, New York 12207.
(February 4, 1998)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY ("LLC")

Name: Second Street Realty, LLC. Articles of organization filed with sec. of state of NY ("SOS") on 1/2/97. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to LLC, 1770 N.W. 64th Street, Suite 500, Fort Lauderdale, Florida 33309. Purpose: any lawful business purpose.
(February 4, 1998)

PUBLICATION NOTICE OF ORGANIZATION OF LIMITED LIABILITY COMPANY

FIRST: The name of the Limited Liability Company is Davey Jones Locker, LLC (hereinafter referred to as the "Company").
SECOND: The Articles of Organization of the Company were filed with the Secretary of State on December 30, 1997.

THIRD: The county within New York State in which the office of the Company is to be located is Albany.

FOURTH: The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail process is 386 Delaware Avenue, Albany, New York 12209.

FIFTH: The latest date on which the Company is to dissolve is December 31, 2047.

SIXTH: The purpose of the business of the Company is any lawful activity permitted under the Limited Liability Company Law.
(February 4, 1998)

ARTICLES OF ORGANIZATION OF KDP, L.L.C. UNDER SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW

FIRST: The name of the Limited Liability Company is: KDP, L.L.C.

SECOND: The county within this state in which the office of the Limited Liability Company is to be located in is: The County of Albany.

THIRD: (Optional) The latest date on which the limited liability company is to dissolve is: December 17, 2027.

FOURTH: The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The post office address within or without this state to which the Secretary of State shall mail a copy of any process against the limited liability company serve upon him or her is:

P.O. Box 211, Hermiston, Oregon 97838.

FIFTH: (Optional) The name and street address within this state of the registered agent of the limited liability company upon whom and at which process against the limited liability company can be served is:

SIXTH: The future effective date of the Articles of Organization, if not effective upon filing is:

**TUESDAY
FEBRUARY**
10
ALBANY COUNTY
SENIORS LUNCHE

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.

LIFE SAVING COURSES

Red Cross, Hudson Office, 21 Healy Boulevard, 5:30 to 10 p.m.

LEGAL NOTICE

SEVENTH: The limited liability company is to be managed by one or more members.

EIGHTH: If all or specified members are to be liable in their capacity as members for all specified debts, obligations or liabilities of the limited liability company as authorized pursuant to Section 609 of the limited liability company law, a statement that all or specified members are so liable.

All of the members are to be liable in their capacity as members of the limited liability company.

IN WITNESS THEREOF, this certificate has been subscribed on December 17, 1997 by the undersigned who affirms that the statements made herein are true under penalties of perjury.

s/Joanne P. Monagan, Esq.
Organizer and attorney representing KDP, LLC.
(February 4, 1998)

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the City of Albany, the Eastern Rensselaer County Solid Waste Management Authority (ERCSWMA), Montgoverly-Otsego-Schoharie Solid Waste Management Authority, Schenectady County, Delaware County, the Town of Colonie and the Town of Bethlehem are jointly issuing a Request for Bids for Household Hazardous Waste Collection and Disposal Services for eight (8) specific dates at a maximum of ten (10) separate sites. Copies of bid specifications are available from Nancy S. Anderson, Acting Secretary, Board of Contract and Supply, Room 202, City Hall, Albany, New York 12207. Bidders shall submit sealed bids which are returnable to the Board of Contract and Supply on or before 12:00 noon, February 20, 1998.

Dated: January 14, 1998
(February 4, 1998)

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of one (1) four-wheel drive utility hardtop vehicle as required by the Town.

Bids will be received up to 3:00 p.m. on the 4th day of February, 1998 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. Original and one copy of each shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York.

The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.

BY ORDER OF
THE TOWN BOARD
OF THE TOWN OF
BETHLEHEM
Kathleen A. Newkirk, CMC
TOWN CLERK

Dated: January 28, 1998
(February 4, 1998)

Impulse Theatre presents
the world premiere of
a (totally?) irreverent farce
(a "play-within-a-play reading-within-a-play" play)
based (sort of) on a short story by O. Henry
A MUNICIPAL REPORT REPORT
Written and directed by Richard Creamer



The Doane Stuart School Theatre
777 S. Pearl St., Albany

Admission: \$10 general/\$7 students, seniors
(Group rates available on request.)

Thursdays thru Saturdays 8:00 pm

Jan. 29, 30, 31,

Feb. 5, 6, 7, 12, 13, 14, 19, 20, 21

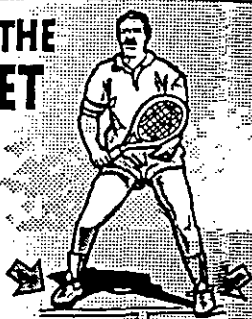
Sunday Matinees, 3:00 pm Feb. 1, 8, 15, 22

For information 518.797.3684

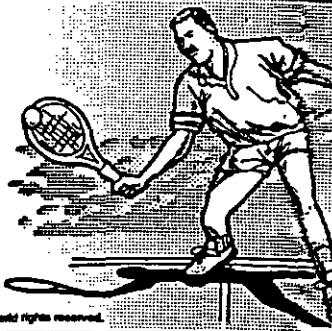
This program is made possible in part with public funds from the NY State Council on the Arts Decentralization Program. In Albany and Schenectady Counties, the program is administered by the Albany/Schenectady League of Arts, Inc. Community Arts Connection.

STAN SMITH'S TENNIS CLASS
BODY CONTROL ON THE WAY TO THE NET

When coming to the net, split-step as you near the service line — slow down and get your body momentum under control. This will make it easier to change direction to reach your first volley.



After slowing down and hitting the first volley, move forward inside the service line to prepare for the next volley. The second volley should ideally be hit as a winner.



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The Spotlight CALENDAR

WEDNESDAY
FEBRUARY 4
BETHLEHEM
TOWN BOARD

town hall, 445 Delaware Ave., 7:30 p.m. Information, 439-4955.

BETHLEHEM TOASTMASTERS

The Clubhouse, Adams Station Apts., 1 Juniper Drive, Delmar, 7:30 p.m. Information, 439-0871.

BINGO

Blanchard American Legion Post, 16 Poplar Drive, 7:30 p.m. Information, 439-9819.

BOY SCOUT TROOP 58

Elsmere Elementary School, 247 Delaware Ave., 7:30 to 9 p.m. Information, 439-4205.

YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 2 to 4:30 p.m. Information, 439-0503.

WELCOME WAGON

newcomers, engaged women and new mothers, call for a Welcome Wagon visit, Monday to Saturday, 8:30 a.m. to 6 p.m. Information, 439-1531.

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
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.

PROGRAM ON BACK PAIN

Bethlehem Public Library, 451 Delaware Ave., Delmar, 7 p.m. Information, 439-9314.

TALK AT BETHLEHEM PUBLIC LIBRARY

Bethlehem Public Library, 451 Delaware Ave., Delmar, 10 a.m. Information, 439-9314.

THURSDAY
FEBRUARY 5
BETHLEHEM
RECOVERY, INC.

self-help for chronic nervous symptoms, First United Methodist Church, 428 Kenwood Ave., 10 a.m. Information, 439-9976.

YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 2 to 4:30 p.m. Information, 439-0503.

BETHLEHEM SENIOR CITIZENS

town hall, 445 Delaware Ave., 12:30 p.m. Information, 439-4955.

AA MEETINGS

Slingerlands Community Church, 1499 New Scotland Road, noon, and Delmar Reformed Church, 386 Delaware Ave., 8:30 p.m. Information, 489-6779.

BETHLEHEM LUTHERAN CHURCH

children's choir, 6:30 p.m., senior

choir, 7:30 p.m., 85 Elm Ave.

Information, 439-4328.

BETHLEHEM COMMUNITY CHURCH

women's Bible study, 9:30 to 11:15 a.m. or 7:30 to 9:15 p.m. In a local home, children's program and nursery provided for morning session, 201 Elm Ave. Information, 439-3135.

CLASS IN JEWISH MYSTICISM

Delmar Chabad Center, 109 Elsmere Ave., 8 p.m. Information, 439-8280.

NEW SCOTLAND
FEURA BUSH FUNSTERS

4-H group for ages 8 to 19, Jerusalem Reformed Church, Feura Bush Road, 7 to 8 p.m.

FRIDAY
FEBRUARY 6
BETHLEHEM
AA MEETING

First Reformed Church of Bethlehem, Route 9W, 7:30 p.m. Information, 489-6779.

CHABAD CENTER

Friday services, discussion and kiddush at sunset, 109 Elsmere Ave. Information, 439-8280.

NEW SCOTLAND
YOUTH GROUP

United Pentecostal Church, Route 85, New Salem, 7 p.m. Information, 765-4410.

SAUNDAY
FEBRUARY 7
BETHLEHEM
AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779.

AL-ANON MEETING

The Crossroads, 4 Normanskill Blvd., 5:30 p.m. Information, 489-6779.

BLOOD DRIVE

<ITEM> Voorheesville First United Methodist Church, 68 Maple Ave., Voorheesville, 8 a.m. to 1 p.m. Information, 765-3686.

All-you-can-eat Pancake Breakfast

New Salem Reformed Church, Rte. 85, New Scotland Rd., Voorheesville. 7:30 a.m. till 11:30 a.m. no reservations required. Adults \$4, and children \$2.75. Information, 765-3468.

SUNDAY
FEBRUARY 8
BETHLEHEM
DELMAR REFORMED CHURCH

traditional worship, 9 and 11 a.m., T.G.I. Sunday contemporary worship, 5:30 p.m., nursery care and Sunday school for children during all services, 386 Delaware Ave. Information, 439-9929.

CAPITAL HUDSON IRIS SOCIETY

Bethlehem Public Library, 451 Delaware Ave., 1:30 to 4 p.m. Information, 377-4987.

UNITY OF FAITH CHRISTIAN FELLOWSHIP CHURCH

Sunday school and worship service, 10 a.m., 436 Krumkill Road. Information, 438-7740.

FIRST CHURCH OF CHRIST, SCIENTIST

Sunday school and worship service, 10 a.m., child care provided, 555 Delaware Ave. Information, 439-2512.

SNOWSHOE/BIRD WALK AT FIVE RIVERS

<ITEM> Five Rivers, 56 Game Farm Rd., Delmar. 2 p.m. Program is free. Information, 475-0291.

BETHLEHEM COMMUNITY CHURCH

Sunday school and worship service, 10 a.m., nursery provided, 201 Elm Ave. Information, 439-3135.

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., Elm Avenue and Feura Bush Road. 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, 439-1765.

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 service, 9:30 a.m., with Sunday school and nursery, home groups, women's Bible studies and youth group, 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.

SOLID ROCK CHURCH

worship service, 11 a.m., 1 Kenwood Ave. Information, 439-4314.

FIRST UNITED METHODIST CHURCH

church school, 9:45 a.m., worship service, 9:30 a.m., adult classes, 11 a.m., 428 Kenwood Ave. Information, 439-9976.

BETHLEHEM LUTHERAN CHURCH

worship services, 8 and 10:30 a.m., Sunday school and Bible classes, 9:15 a.m., nursery care, handicapped-accessible, large-print materials and assistive listening devices, coffee and fellowship following services, 85 Elm Ave. Information, 439-4328.

MOUNT MORIAH MINISTRIES

Sunday school, 9:45 a.m., morning worship, 11 a.m., youth group, 6 p.m., evening service, 7 p.m., Route 9W, Glenmont. Information, 426-4510.

NEW SCOTLAND
NEW SCOTLAND HISTORICAL ASSOCIATION MUSEUM (SEPTEMBER AND OCTOBER)

in the Wyman Osterhout Community Center, New Salem, 2 to 4 p.m. Information, 765-4446.

BETHEL BAPTIST CHURCH

Sunday school, 9:15 a.m., worship service, 10:15 a.m., Auberge Suisse Restaurant, Route 85. Information, 475-9086.

FAITH TEMPLE

Sunday school, 10 a.m., worship service, 7 p.m., New Salem. Information, 765-2870.

ST. MATTHEW'S ROMAN CATHOLIC CHURCH

Masses Saturday at 5 p.m. and Sunday at 8:30 and 10:30 a.m., Mountain View Road, Voorheesville. Information, 765-2805.

JERUSALEM REFORMED CHURCH

worship service, 10:30 a.m., followed by coffee hour, child care provided, Route 32, Feura Bush. Information, 439-0548.

NEW SALEM REFORMED CHURCH

adult Bible study, 9 a.m., junior choir or chime choir practice, 9 a.m., worship service, 10 a.m., recorder group practice, 11 a.m., nursery care provided, Route 85. Information, 439-6179.

ONESQUETHAW REFORMED CHURCH

worship service, 9:30 a.m., Sunday school, 10:45 a.m., Tarrytown Road, Feura Bush. Information, 768-2133.

UNIONVILLE REFORMED CHURCH

Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by fellowship, Delaware Turnpike. Information, 439-5001.

PRESBYTERIAN CHURCH IN NEW SCOTLAND

worship service, 10 a.m., church school, 11:15 a.m., nursery care provided, Route 85. Information, 439-6454.

UNITED PENTECOSTAL CHURCH

Sunday school and worship service, 10 a.m., choir rehearsal, 5 p.m., evening service, 6:45 p.m., Route 85, New Salem. Information, 765-4410.

FIRST UNITED METHODIST CHURCH

early worship, 8:30 a.m., worship celebration, 10 a.m., church school classes for nursery through high school, 10 a.m., choir rehearsals, 11:15 a.m., 68 Maple Ave., Voorheesville. Information, 765-2895.

MOUNTAINVIEW EVANGELICAL FREE CHURCH

worship service, 9:30 a.m., nursery care provided, Route 155, Voorheesville. Information, 765-3390.

CLARKSVILLE COMMUNITY CHURCH

Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by coffee hour, nursery care provided, Route 443. Information, 768-2916.

MONDAY
FEBRUARY 9
DELMAR REFORMED CHURCH

traditional worship, 9 and 11 a.m., T.G.I. Sunday contemporary worship, 5:30 p.m., nursery care and Sunday school for children during all services, 386 Delaware Ave. Information, 439-9929.

UNITY OF FAITH CHRISTIAN FELLOWSHIP CHURCH

Sunday school and worship service, 10 a.m., 436 Krumkill Road. Information, 438-7740.

MAGIC MAZE

PANTS

W Y V S S P S F F O T U C M J
 H E B Y V M T R Q S O L I G D
 B Y S W T S O R E P T M S K S
 S H O R T S I T S K C A L S N
 F N D N E B L Y T O C W E U I
 F L A R E S S L R O Q I N W K
 O P B E R M U D A S B M N K S
 I F D B J I S O Z R X L A K K
 W U S Q O N N L R J E H L F C
 D C A Y W E V T S T Q V F E U
 P N L K I D H F E C B Z O Y B

Find the listed words in the diagram. They run in all directions-forward, backward, up, down and diagonally.

Bell-bottoms	Denims	Knickers	Slacks
Bermudas	Flannels	Overalls	Sweats
Buckskins	Flares	Pants	Trousers
Cords	Jeans	Shorts	

Spotlight on Dining


Pizza Baron

 Fast, Friendly, Free Delivery
 Albany, Colonie, Delmar • 462-2222

Order Your HEART-SHAPED PIZZA Now

for Valentine's Day

\$11.99

unlimited toppings


Sam's Italian & American Restaurant

125 Southern Blvd., Albany • 463-3433

 Serving LUNCH Tues.-Fri. 11:30-1:30 Daily Specials
 Serving DINNER Tues.-Sat. 4:30-10:30 Closed Sun. & Mon.

\$10.00 Dinner Special

Tues., Wed., Thurs. Only

ENTREES INCLUDE:

 Chicken Cacciatore, Mussels Marinara, Broiled Salmon
 served with penne or spaghetti, and soup or salad

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)

FIRST CHURCH OF CHRIST, SCIENTIST

Sunday school and worship service, 10 a.m., child care provided, 555 Delaware Ave. Information, 439-2512.

BETHLEHEM COMMUNITY CHURCH

Sunday school and worship service, 10 a.m., nursery provided, 201 Elm Ave. Information, 439-3135.

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., Elm Avenue and Feura Bush Road. 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.

SOLID ROCK CHURCH

worship service, 11 a.m., 1 Kenwood Ave. Information, 439-4314.

FIRST UNITED METHODIST CHURCH

church school, 9:45 a.m., worship service, 9:30 a.m., adult classes, 11 a.m., 428 Kenwood Ave. Information, 439-9976.

BETHLEHEM LUTHERAN CHURCH

worship services, 8 and 10:30 a.m., Sunday school and Bible classes, 9:15 a.m., nursery care, handicapped-accessible, large-print materials and assistive listening devices, coffee and fellowship following services, 85 Elm Ave. Information, 439-4328.

MOUNT MORIAH MINISTRIES

Sunday school, 9:45 a.m., morning worship, 11 a.m., youth group, 6 p.m., evening service, 7 p.m., Route 9W, Glenmont. Information, 426-4510.

NEW SCOTLAND**BETHEL BAPTIST CHURCH**

Sunday school, 9:15 a.m., worship service, 10:15 a.m., Auberge Suisse Restaurant, Route 85. Information, 475-9086.

FAITH TEMPLE

Sunday school, 10 a.m., worship service, 7 p.m., New Salem. Information, 765-2870.

ST. MATTHEW'S ROMAN CATHOLIC CHURCH

Masses Saturday at 5 p.m. and Sunday at 8:30 and 10:30 a.m., Mountain View Road, Voorheesville. Information, 765-2805.

JERUSALEM REFORMED CHURCH

worship service, 10:30 a.m., followed by coffee hour, child care provided, Route 32, Feura Bush. Information, 439-0548.

NEW SALEM REFORMED CHURCH

adult Bible study, 9 a.m., junior choir or chime choir practice, 9 a.m., worship service, 10 a.m., recorder group practice, 11 a.m., nursery care provided, Route 85. Information, 439-6179.

ONESQUETHAW REFORMED CHURCH

worship service, 9:30 a.m., Sunday school, 10:45 a.m., Taftytown Road, Feura Bush. Information, 768-2133.

UNIONVILLE REFORMED CHURCH

Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by fellowship, Delaware Turnpike. Information, 439-5001.

PRESBYTERIAN CHURCH IN NEW SCOTLAND

worship service, 10 a.m., church school, 11:15 a.m., nursery care provided, Route 85. Information, 439-6454.

UNITED PENTECOSTAL CHURCH

Sunday school and worship service, 10 a.m., choir rehearsal, 5 p.m., evening service, 6:45 p.m., Route 85, New Salem. Information, 765-4410.

FIRST UNITED METHODIST CHURCH

early worship, 8:30 a.m., worship celebration, 10 a.m., church school classes for nursery through high school, 10 a.m., choir rehearsals, 11:15 a.m., 68 Maple Ave., Voorheesville. Information, 765-2895.

CONSIDERED A CRUISE LATELY?

Bethlehem Public Library, 451 Delaware Ave., 7:30 p.m. Call 439-9314 to register.

MOUNTAINVIEW EVANGELICAL FREE CHURCH

worship service, 9:30 a.m., nursery care provided, Route 155, Voorheesville. Information, 765-3390.

CLARKSVILLE COMMUNITY CHURCH

Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by coffee hour, nursery care provided, Route 443. Information, 768-2916.

TUESDAY
FEBRUARY 10

BETHLEHEM**INDOOR PISTOL SHOOTING**

Albany County Pistol Club, Winne Place, 7 to 9 p.m. Information, 439-0057.

TREASURE COVE THRIFT SHOP

First United Methodist Church, 428 Kenwood Ave., 9 a.m. to 6 p.m.

Dan Murphy to Speak

St. Matthew's, Mountainview Rd., Voorheesville, in new social hall, 6:30 p.m. Admission is \$5. For reservations or information, 765-2768.

LEGAL NOTICE**NOTICE OF PUBLIC HEARING TOWN OF BETHLEHEM, ALBANY COUNTY**

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem, Albany County, New York will hold a public hearing on February 11, 1998 at 7:30 p.m. at the Town Hall, 445 Delaware Avenue, Delmar, NY to consider proposed Local Law No. 3 of 1998, concerning amendment to the Code of the Town of Bethlehem, Chapter 128, Article XIV, Housing Density and Article XV, Width of Lots.

All parties in interest and citizens will have an opportunity to be heard at the said hearing.

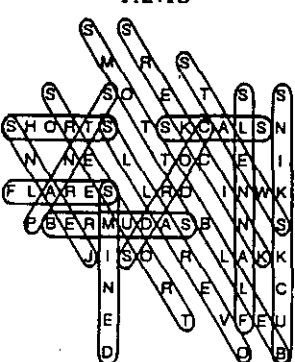
The Town of Bethlehem provides reasonable accommodations for the disabled. Disabled individuals who need assistance in order to participate should contact David Austin at 439-4131. Advanced notice is requested.

BY ORDER OF THE TOWN BOARD
TOWN OF BETHLEHEM
Kathleen A. Newkirk, CMC
TOWN CLERK

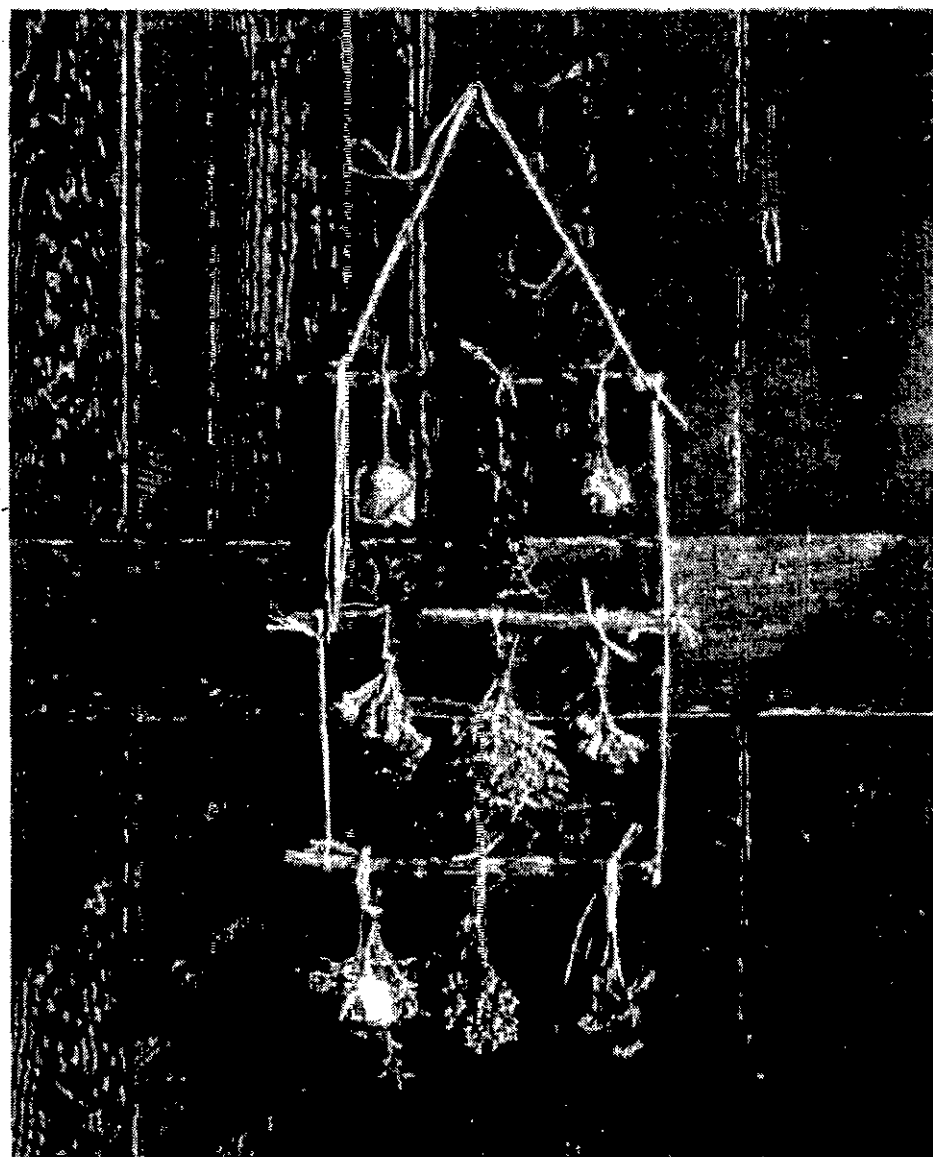
Dated: January 14, 1998
(February 4, 1998)

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids

PANTS

Drying flowers for posterity



The statement of love made with Valentine's Day roses can last longer than a week or two by drying them like other flowers as shown above. The natural life of dried flowers is two years.

LEGAL NOTICE

for:
CONTRACT #1 BUILDING
CONSTRUCTION
CONTRACT #2 MECHANICAL WORK
CONTRACT #3 ELECTRICAL WORK

For an addition and alterations to Bethlehem Town Hall in Delmar, New York.

The Owner, the Town of Bethlehem, will receive sealed bids at the Town Clerk's Office in Bethlehem Town Hall, 445 Delaware Avenue, Delmar, New York 12054 until 2:00 pm on March 4, 1998, at which time bids will be publicly opened and read aloud. Any bid received after the time and date specified will not be considered.

Bids shall be submitted in duplicate and enclosed in a sealed envelope bearing the Project title, the Bidder's name and the name and number of the contract for which the bid is being submitted. A Bid Bond or certified check in the amount of 5% five percent of the base bid amount is required.

A completed Non-Collusion Bidding Certification is required with this bid.

A 100% one hundred percent Performance Bond and a 100% Payment Bond will be required as a condition for the award of contract.

The Owner of this project is a municipal corporation; Bidders should include sales tax in their bids. Copies of the Owner's tax-exempt certificate will be available for purchasing of materials. No Bidder may withdraw their bid within 45 days after the actual date of opening thereof, except as specifically provided by the Contract Documents.

Documents may be examined after February 4, 1998 at the following locations:

ARCHITECTURE—
Lomonaco & Pitts, Architects,
P.C.
297 River Street
Troy, New York 12180

LEGAL NOTICE

F. W. Dodge Corporation
4 Airline Drive
Albany, New York 12205
Eastern Contractor's Association, Inc.

6 Airline Drive
Albany, New York 12205
Brown's Letters
855 Central Avenue
Albany, New York 12206

Copies may be obtained at the office of ARCHITECTURE+ upon payment of \$80.00 deposit for each set. Checks should be made payable to the Town of Bethlehem. Deposits are refundable to all planholders if complete sets of Contract Documents are returned in good condition within 30 (thirty) days of the bid date.

The Town of Bethlehem is an equal opportunity employer and attention of Bidders is particularly called to requirements that no person shall be discriminated against on the basis of race, religion, color, national origin, sex, age, disability, sexual preference, marital status, or Vietnam Era Veteran status.

Participation by MWBE Contractors, Subcontractors and Suppliers is encouraged.

Attention of Bidders is particularly called to the requirements of conditions of employment to be observed and wage rates be paid under the contract.

The Owner reserves the right to waive any informalities or to reject any or all bids.

Access to the building may be arranged by contacting Mr. Dick Hummel at (518) 439-4955, Extension 154 at the Office of Public Works.

A Pre-Bid Meeting will be held at the project site at 10:00 am on February 19, 1998. It is suggested that Contractors attend this meeting.

All questions during the Bid Phase should be directed to the office of the Architect (518) 272-4481.

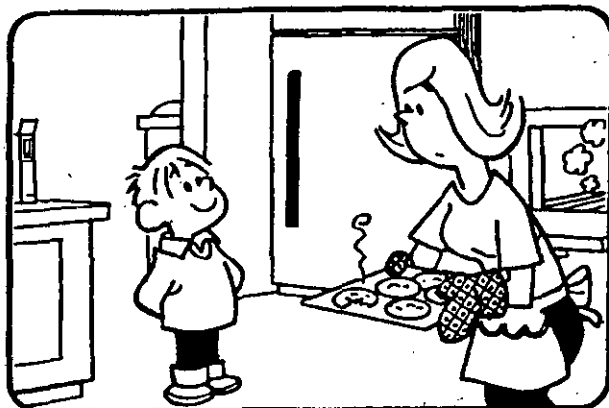
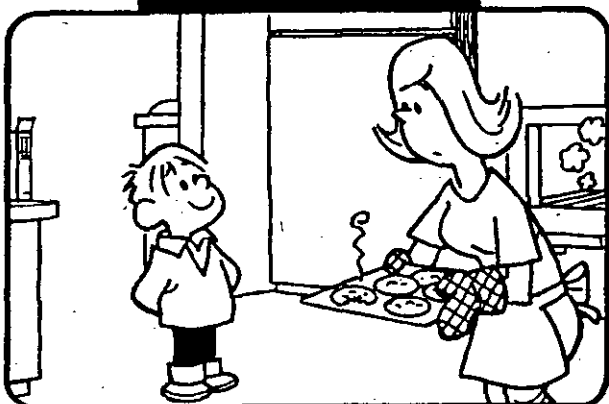
BY ORDER OF THE TOWN BOARD
TOWN OF BETHLEHEM
Kathleen A. Newkirk, CMC

LEGAL NOTICE

TOWN CLERK
Dated: January 28, 1998
(February 4, 1998)

ALBANY COUNTY AIRPORT AUTHORITY**COMPETITIVE SEALED PROPOSALS**

are hereby requested by the Albany County Airport Authority for Contract No. L-278 for AIRPORT TERMINAL UNISEX HAIR STYLIST/SHOE STAND CONCESSION. Proposal documents may be examined at the Airport Authority Office, Eastern Contractor's Association, Dodge Reports, Brown's Letters, Works in Progress, Syracuse Building Exchange, and the Capital District Minority Contractor's Association. Complete sets of Contract Documents and Bid Forms MAY BE OBTAINED AT THE ALBANY COUNTY AIRPORT AUTHORITY PURCHASING OFFICE by making a non-refundable payment, either by check or money order made payable to the Albany County Airport Authority, in the amount of \$10.00. A NON-MANDATORY PRE-PROPOSAL MEETING shall be held at 2:30 P.M. (EST) February 19, 1998 in the Albany County Airport Authority Conference Room, ARFF Building, Second Floor, Albany, New York. Each proposal must be prepared and submitted in accordance with the Instructions to Proposers. Only these proposals in the hands of the ALBANY COUNTY AIRPORT AUTHORITY, PURCHASING OFFICE, ARFF BUILDING, ROOM 204, SECOND FLOOR, ALBANY, NEW YORK 12211 available for acknowledgment at 3:30 P.M. (EST) February 26, 1998, shall be considered. Proposals shall be acknowledged as received at such time in the Albany County Airport Authority Conference Room, ARFF Building, Second Floor, Room 202, Albany, New York. All interested parties may attend. DBE RESPONSES ARE ENCOURAGED. (February 4, 1998)

**HOCUS-FOCUS**

FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Cabinet is moved. 2. Neckline differs. 3. Handle is missing. 4. Gloves are different. 5. Apron is different. 6. Pants are different.

LEGAL NOTICE

ARTICLES OF ORGANIZATION OF 10 PETRA LANE ASSOCIATES, LLC, UNDER SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW

FIRST: The name of the Limited Liability Company is: 10 Petra Lane Associates, LLC.

SECOND: The county within this State in which the principal office of the Limited Liability Company is to be located in Albany County.

THIRD: The Limited Liability Company hereby designates the Secretary of State of New York as agent of the Limited Liability Company upon whom process against the Limited Liability Company may be served. The post office address of the Limited Liability Company, to which the Secretary of State shall mail a copy of any process against the Limited Liability Com-

LEGAL NOTICE

pany served upon the Secretary of State is: 10 Petra Lane, Albany, New York 12205.

FOURTH: The Limited Liability Company is to be managed by one or more members.

FIFTH: The existing Members shall have the right to admit additional Members to the Limited Liability Company, by the unanimous vote or consent of the Members, in accordance with the terms and conditions of the Operating Agreement of the Limited Liability Company.

SIXTH: The remaining Members of the Limited Liability Company, by the unanimous vote or consent of the Members (other than the Member who caused the Withdrawal Event), may continue the Limited Liability Company upon the death, retirement, resignation, expulsion, bankruptcy or dissolution of a Member or the occurrence of any other event which terminates

LEGAL NOTICE

the continued membership of a Member in the Limited Liability Company.

SEVENTH: The names and address of the Members and Organizers of the Limited Liability Company are: Robert S. Womer, having an address at 833 County Highway #110, Broadalbin, New York 12025 ("Managing Member"), and John D. Womer, having an address at 1094 Westline Road, Amsterdam, New York 12010. Margaret A. Homer, having an address at RR 1, Box 394A, Athens, New York 12015 and C. David Newton, having an address at 717 Sacandaga Road, Schenectady, New York 12302.

EIGHTH: None of the Members of the Limited Liability Company are liable for payment of any debt, obligation or other liability of the Limited Liability Company.

IN WITNESS WHEREOF, this certificate has been subscribed this

LEGAL NOTICE

20th day of January, 1998, by the undersigned, each of whom is a Member of the Limited Liability Company, who affirm that the statements made herein are true under penalties of perjury.

s/Robert S. Womer
s/John D. Womer
s/Margaret A. Homer
s/C. David Newton

STATE OF NEW YORK,
COUNTY OF ALBANY, SS.:
On the 20th day of January, 1998, before me personally came Robert S. Womer, to me known to be the individual described in and who executed the foregoing Agreement, and acknowledged that he executed said Agreement.

s/Charles B. Dumas
Notary Public
Commission expires Nov. 30, 1999

STATE OF NEW YORK,
COUNTY OF ALBANY, SS.:
On the 20th day of January,

LEGAL NOTICE

1998, before me personally came to me known to be the individual described in and who executed the foregoing Agreement, and acknowledged that he executed said Agreement.

s/Charles B. Dumas
Notary Public
Commission expires Nov. 30, 1999

STATE OF NEW YORK,
COUNTY OF ALBANY, SS.:
On the 20th day of January, 1998, before me personally came Margaret A. Homer, to me known to be the individual described in and who executed the foregoing Agreement, and acknowledged that he executed said Agreement.

s/Charles B. Dumas
Notary Public
Commission expires Nov. 30, 1999

STATE OF NEW YORK,
COUNTY OF ALBANY, SS.:
On the 20th day of January,

LEGAL NOTICE

1998, before me personally came to me C. David Newton, to me known to be the individual described in and who executed the foregoing Agreement, and acknowledged that he executed said Agreement.

s/Charles B. Dumas
Notary Public
Commission expires Nov. 30, 1999

(February 4, 1998)

LEGAL NOTICE
EMIZACK, LLC

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization filed with Secretary of State of New York (SSNY) on November 24, 1997. Office location: Albany County. SSNY is designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC at Friedman & Manning, P.C. PO Box 69, 2 Normanskill Blvd., Delmar, New York 12054. No registered agent. Latest date to dissolve is 12/31/2026. Purpose: for all legal purposes.

(February 4, 1998)

CLASSIFIEDS

Individual rate minimum \$10.00 for 10 words, 30 cents for each additional word, payable in advance. Commercial rate minimum \$12.50 for 10 words, 30 cents for each additional word, payable in advance. Ad deadline 4 p.m. Friday for publication in Wednesday's newspaper. Box Reply \$3.00. Submit in person or by mail with check or money order to Spotlight Newspapers, 125 Adams Street, Delmar, New York 12054. Phone in and charge to your Mastercard or Visa.

439-4949

AUTOMOTIVE

MOTORCYCLE - 1975 Jawa 175 cc street bike, 1,000 miles. After 7 P.M. 783-1945.

1989 BUICK SKYHAWK - 1 owner, good condition, 4-door 57,600 miles, tape deck, air conditioning, \$3,500. 439-6157 after 5 P.M.

1991 DODGE HIGH-TOP conversion van. Runs excellent. Many options. \$7,900. 346-3775.

1994 TOWN CAR, new engine with 12,000 miles. Asking \$14,000. 783-3004.

1995 CADILLAC CONCOURS \$5,800 miles, two year warranty. \$21,500. 436-1835.

TOYOTA COROLLA WAGON 1991 - Excellent condition, new clutch, high mileage. 475-9674.

AUTO LOAN/LEASE 24hr. automated application. Small add. Big Savings. Fast turn around. 200+ cars. extended warranties. Call today. Drive tomorrow. \$1400 combined income needed. 800-775-0043.

CHILD CARE SERVICES

FOR YOUR CHILD CARE NEEDS, please consider a carefully screened au pair from EurAupair, such as Vanessa Saladrigas from Spain, who likes to ski, swim, read and play chess. She has taken care of children from ages 6 months to 11, years old, and has worked at summer camps. Candidates from a variety of countries can provide up to 45 hours/week of live-in child care. We are a U.S. government designated cultural exchange program. For more information, call EurAupair 1-800-901-2002.

NEAR RPI - safe and secure family environment. Excellent references. 273-1952.

ESTATE SALES

ESTATE/MOVING SALE - DELMAR, 34 Forest Road, February 6 and 7, 9:30 A.M.-4:00 P.M. Upholstered sofas, chairs, quality fruitwood end tables, chest, dining set, desk, lamps, rugs, glassware, silver, china, kitchen items, microwave, bric-a-brac, records, and much more.

REAL ESTATE FOR RENT

\$425+ UTILITIES, 2nd floor, 2 bedroom, laundry and storage. Off street parking. 130 Maple Avenue, Selkirk. References, security deposit. No pets. Available immediately. 434-9783-212-665-5251.

\$525 LARGE 1 BEDROOM APARTMENT. In laid-back area, ideal for single. Lots of storage. Heat, hot water, and electric included. Driftwood Building Apartments, 750 Delaware Avenue, Delmar. 439-1468.

\$600 INCLUDES HEAT AND HOT WATER, second floor, one bedroom. Village Drive Apartments, Delmar. Available February 15. Security and references. 434-9783.

\$625 INCLUDES HEAT AND HOT WATER, second floor, 1 bedroom plus den. Village Drive Apartments. Available immediately, security and references. 518-434-9783 or 212-665-5251.

\$650 INCLUDES HEAT AND HOT WATER 1st floor, 2 bedrooms. Village Drive Apartments, Delmar. Available December 15. Security and references. 434-9783 or 212-665-5251.

\$695+ 2 BEDROOM HOUSE. Colonie, newly renovated, gas heat, busline. 456-6293.

1 OR 2 BEDROOM apartment, Delmar. Heat, fireplace, porch, yard, parking, bus. 475-0617.

2 BEDROOM DUPLEX. 1 1/2 bath, garage, washer/dryer hookups. Available immediately. \$760 utilities included. Call KM Management, 439-3365.

\$650+ DELMAR DUPLEX - 2 bedrooms, 1 1/2 baths, living room, dining room, hookups, garage, deck. Available immediately. 439-9000.

LATHAM \$750, 2 bedroom house, large kitchen, living room, hardwood floors, basement, garage, yard. Immaculate. 785-0660.

REAL ESTATE CLASSIFIEDS

DELMAR - 1 BEDROOM, country setting, 1 1/2 miles from Bethlehem High School; \$350 plus utilities. Evenings - 439-9021.

DELMAR - 427 KENWOOD AVENUE, one bedroom, living, dining, kitchen, utilities, porch, upstairs \$590. 439-0981-768-8208.

ELSMERE ARMS, \$620. Spacious 2 bedroom apartment in Delmar, minutes from Albany, on a major bus line. Stop in at 5 Elsmere Avenue or call 465-4833.

OFFICE - 1,000 square feet, carpeted, includes electric and heat. Rt. 85, New Scotland Road, Slingerlands. \$595, 439-3800.

OFFICE SPACE - prime Delmar location on Delaware Avenue. Furnished. Parking. 439-7638.

SELKIRK - 1 bedroom, living room, dining room, kitchen, large backyard, washer/dryer, microwave, partially furnished. \$450+ utilities. 439-0803.

SELKIRK - Very large 2 bedroom, living room, dining room, kitchen with dishwasher, natural finished wood. \$650+ utilities. 439-0803.

SLINGERLANDS One bedroom apartment, heat, lease, security, no pets, 765-4723, evenings.

REAL ESTATE FOR SALE

12X60' 2 BEDROOM, large landscaped Selkirk Park lot. \$13,000. Leave message - 756-1850.

BARGAIN HOMES, Thousands of Government Foreclosed and repossessed properties being liquidated this month! Call for local listings! 1-800-501-1777 ext. 1099.

DELMAR - \$148,000, 3 BEDROOMS, 2 baths, living room, family room with fireplace, dining room, excellent condition. Professionally landscaped, fenced yard, Grantwood Road in Brookfield Development. 385-5138.

LATHAM - FOUR BEDROOMS, living room, dining room, full bath. Enclosed porch, rear deck, full basement, walk in attic. Detached garage, treed yard, North Colonie schools. Excellent condition. Great buy at \$105,000. 436-7966.

RESORT SALES

GOT A CAMPGROUND MEMBERSHIP OR TIMESHARE? We'll take it! America's largest resale clearing house. Call Resort Sales International 1-800-423-5967.

VACATION RENTALS

MARTHA'S VINEYARD - 4 bedroom house near Edgartown, available weekly. Summer (\$1,250), off-season (\$750). For more information call 439-5287.

ADIRONDACKS-GORE MOUNTAIN AREA. Vacation condo rentals from \$60 per night - midweek. Weekends - available. Brochure: Green Mansions, Box 740, Warrensburg, NY 12885 518-494-3721. mansion@s-nethaven.com

CAPE COD - DENNISPORT - WEST DENNIS. 1-4 Bedroom homes on and near beach. \$350 to \$2900 per week. Thinking of buying? Call for free guide. 1-800-326-2114.

COROLLA TO NAGS HEAD. Village Realty. Unparalleled luxury & amenities. Oceanfront & Golf course homes - 2 to 8 bdrms. In The Currituck Club and The Village At Nags Head. Golf, Tennis, Pools, & kids activities. Family Reunions our specialty! Call for Free 1998 Vacation Rental Brochure. 800-548-9688. Email: rentals@village-realty.net

OCEAN CITY, MARYLAND. Best selection of affordable rentals. Daily and weekly. Call now for FREE color brochure 1-800-638-2102. Holiday Real Estate.

RENTAL TO SHARE

\$300+, 3 Bedrooms, excellent. Residential Albany, walk to hospitals and colleges. 435-0985.

REALTY WANTED

I WILL BUY or lease your home! Close quickly & pay you CASH or make your payments & do all repairs. Any price, condition or area. 242-4996.

DELMAR \$121,900

3 Br, 1.5 Bth COL, Character & Charm Galore, HW Floors, formal DR, Fp, Breakfast nook, attic. 439-2888

GLENMONT \$129,900

2 Br, 2.5 Bth Sunny End Unit Townhouse in Chadwick Square, gas heat, new carpet, Fp, Fr, Patio, pool & tennis. 439-2888

BETHLEHEM \$129,900

3 Br, 1.5 Bth COL, well maintained, LR w/Built-ins, Lg Dr, Updated Kitchen. 439-2888

BETHLEHEM \$119,000

Charming 3 Br, 1.5 Bth R/R in Elm Estates, hardwood floors, FR & utility room in lower level, above ground pool, deck. 439-2888

Browse our web site at:
<http://www.albany.net/~bdrealtr/>

BLACKMAN & DESTEFANO
Real Estate

Ozimek Realty
Ltd. 439-1398

UNBELIEVABLE!

Bethlehem Schools, 2076 SF Colonial, 4 bedroom, 2.5 bath, Study, Fireplace. ONLY \$154,200???

Come see for yourself!

Woodhill Estates by Poanessa Homes, Open Sat. & Sun. 1-4. Call Diane Carrk at 438-6287 for an appointment. Rt. 787S to 9W, right Feura Bush Rd., right Murray St., watch for signs.

For information on this or any other property for sale in the Capital District, please call REALTY USA, 438-6287. Also, visit us at our web site at <http://www.realty-usa.com>



We're really SOLD on our Sales Leaders



Abbey Farbstein
Listing Leader
448-5575



Paula Rice
Sales Leader
448-5607



Judie Janco
Special Achiever
448-5586

COLDWELL BANKER
PRIME PROPERTIES, INC.

214 DELAWARE AVE.,
DELMAR
439-9600

The Capital Region's Brightest Star



Abbey Farbstein

Over 10 million in sales this year.

COLDWELL BANKER
PRIME PROPERTIES, INC.

Home buyers and sellers call Abbey at 439-9600 or 448-5575 today

Classified Advertising... It works for you!

Classified Advertising runs in the *Loudonville Weekly*, *The Spotlight* and the *Colonie Spotlight* 45,000 READERS EVERY WEEK

CLASSIFIED DEADLINE - 4:00 PM FRIDAY for next Wednesday's papers

Individual rate minimum \$10.00 for 10 words, 30¢ for each additional word, payable in advance. Commercial rate minimum \$12.50 for 10 words, 30¢ for each additional word, payable in advance. Ad deadline 4 p.m. Friday for publication in Wednesday's newspaper. Phone number counts as one word. Box Reply \$3.00.

Write your classified ad exactly as you want it to appear in the newspaper. Do not abbreviate. Telephone # is one word. Be sure to include the telephone # in your ad. It is not necessary to include the category in your ad.

1	2	3	4	5
6	7	8	9	10
\$10.30	\$10.60	\$10.90	\$11.20	\$11.50
\$11.80	\$12.10	\$12.40	\$12.70	\$13.00
\$13.30	\$13.60	\$13.90	\$14.20	\$14.50
\$14.80	\$15.10	\$15.40	\$15.70	\$16.00
\$16.30	\$16.60	\$16.90	\$17.20	\$17.50
\$17.80	\$18.10	\$18.40	\$18.70	\$19.00

Classified ads may be phoned in and charged to your MasterCard or VISA at 439-4949

or submit in person or mail with check or money order to:
Spotlight Newspapers
125 Adams Street
Delmar, NY 12054

Category _____
I enclose \$ _____ for _____ words
Name _____
Address _____
Phone _____

Please run my ad on the following Wednesday issues: 1x _____ 2x _____ 3x _____ 4x _____ ☐ 'Til I Call to Cancel

BUSINESS OPPORTUNITY

COMPREHENSIVE 24 PAGE REPORT. Home based businesses for fun and profit! Complete guide to setting up your own business. Send \$24.95 + \$3.00 shipping and handling to: KSC Enterprises, P.O. Box 230, Department 101, Voorheesville, New York 12186.

EARN \$11,000/MONTH PLUS BONUSES. Serious individuals only. 732-0132 24 hours.

OWN A COMPUTER? Then put it to work! \$850 - \$3,500/month, part-time, full-time. Free details. Log on to: www.hbn.com, use access code 5391.

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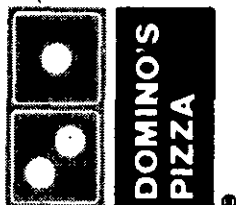
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Suit

(From Page 1)

Board member Doris Davis and Supeople are working on the fix-it part of the problem." The Syracuse engineering firm of O'Brien & Gere is investigating whether the system can be upgraded to produce more than two million gallons of water daily, and Alessi said O'Brien & Gere's work will "run parallel with the legal action."

Although board member Susan Burns said she was "uncomfortable" about approving the lawsuit the same night it was suggested, Fuller said the issue has been dominating board meetings for a year, adding, "I don't want to waste any more time."

The board voted unanimously to authorize LeBoeuf, Lamb to proceed, and Alessi said the suit will be filed by the end of the month. He did not give a dollar amount of damages the town will seek.

Jim Fraser, the president of J. Kenneth Fraser & Associates, did not return calls from *The Spotlight*.

Before the vote, Fuller and Alessi agreed that after dealing with Fraser for two years, the town has no choice but to seek satisfaction in a courtroom. "I feel that we, the taxpayers and town government, (have a) responsibility to get what the town was promised," Fuller said.

Alessi said the only alternatives

to legal action would be an engineer coming forward with a way to improve the system's output or someone offering to repay the town's investment.

Burns expressed concern that the town was acting on Alessi's advice without seeing the Gannett Fleming report. "I'm taking your word (that we should) put the town in this position," she said.

Davis asked Alessi if the town would recoup the legal fees it will incur during the action against Fraser. He said it would be unusual for legal fees to be included in a court judgment, "but it's not inappropriate to ask for them in an (out-of-court) settlement."

Alessi said it will cost the town between \$7,000 and \$15,000 to file the suit, in addition to the reported \$30,000 LeBoeuf, Lamb has billed so far.

Three representatives of the citizen's group Clearwater for Bethlehem addressed Alessi and the board after the vote. Sherwood Davies, of 13 Rowland Ave. in Delmar, asked if Alessi had established a cap on what LeBoeuf, Lamb will seek in damages; Alessi said no.

Davies then said that the lawsuit could take anywhere from several months to several years to resolve, and Alessi agreed.

Linda Burtis, of 61 Salisbury Road in Delmar, said Clearwater for Bethlehem warned the town the infiltration system might not work. "I don't want to say, 'I told you so,' but it's hard to hold back,"

she said. "We didn't have to be here tonight, and it's sad."

Burtis suggested that the lawsuit is a sign the system doesn't work, but Alessi responded that, "We have not concluded the system has failed." Instead, he said the lawsuit speaks specifically to Fraser's promise of producing six million gallons of water daily.

Bruce Secor, Bethlehem's commissioner of public works, said the system is a success even if it doesn't pump six million gallons daily. He said the system saved the town more than \$1 million annually in 1996 and 1997 by pumping water the town would have had to buy from Albany if the system wasn't in place.

When Burtis asked Alessi how much malpractice insurance Fraser has, Alessi said he hadn't researched that information yet.

She also asked Alessi if the town would have to repay the \$75,000 FEMA grant if investigations reveal silt wasn't the cause of the water shortage in early 1996. "I am not interested in what (FEMA) does," Alessi said, adding that "It was reasonable and appropriate to ask for money because an act of God was a cause of the problem, if not the cause."

Finally, Burtis asked if the town was legally vulnerable because Clearwater for Bethlehem prepared a report suggesting the infiltration system wouldn't work as Fraser promised. "To me," Alessi responded, "it is legally irrelevant

that there were warnings because, you know who else heard the warnings? The people we hired."

When Burtis insisted Clearwater's report might be a "smoking gun," Alessi urged her and other residents to "work together, not fight amongst ourselves."

Play

(From Page 1)

musical production to a small stage after planning and practicing on a larger stage.

"It's similar to a variety show such as an MGM musical," Leavitt said. "There is very little plot and character development. Lines are used to move from one number to another."

Cocozza and Hennessy think the show is great for middle school kids because it allows many students to demonstrate their talents. There are solo, duo and trio numbers. "It gets all 42 cast members involved with the performance," Leavitt added.

The production includes songs by George and Ira Gershwin and Cole Porter. It also includes the song "I Feel Pretty" from *West Side Story*. Cocozza noted that "It's really hard to find a good show to showcase the talent of the children that isn't too old for them." In an unusual twist, Leavitt plans to have "a real horse and chariot" on stage.

Sixth, seventh and eighth-graders worked together on the production. Eighth-grade students trained sixth and seventh-graders

Bill Eck, of 46 Cherry Ave. in Delmar, won a round of applause from the audience when he urged Burtis to stop being negative and let the town board pursue solutions for its water problems.

The next scheduled town board meeting is Wednesday, Feb. 11, at 7:30 p.m. in town hall.

to handle lighting, scene building, costume organization and make-up. "We want students to learn how to think through the process of planning a production," Leavitt said. "We want them to know what it takes to put on a show."

This is the first musical production for more than half the cast. Leavitt said they needed to learn such basics as how to project their voices and move around on stage. "Our eighth-graders have been wonderful positive role models for the sixth and seventh-graders," Leavitt said.

Leavitt noted that parental support was crucial. "There is no way we could do what we do without parents' help," he said.

The musical promises "many surprises, many laughs and new concepts in middle school theater," said Hennessy. "It will please young and old," added Cocozza.

Tickets, \$4, are available at the school and will also be sold at the door. Senior citizens will be admitted free on Thursday. For tickets or information, call 439-7460.

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