

'Paws' for celebration

See Family Entertainment Page 21



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The weekly newspaper serving the Towns of Bethlehem and New Scotland

August 19, 1998 **50¢**

Safety's her bag



Leah Parrish, 4, had a great time at Safety Awareness Day Saturday at Elm Avenue Park.
Elaine McLain

Ice rink planners think BIG in terms of project

By Peter Hanson

A local corporation announced plans last week to build a 55,000 square foot ice skating facility on Delaware Avenue in Delmar. Called the Bethlehem Ice Center, the proposed building would house a National Hockey League-sized rink, a smaller studio rink and ancillary features including meeting rooms, a pro shop and a community activity room.

Moreover, the project's developers are only using 13 acres of the 29-acre parcel for the facility and its parking lot. If the project comes to fruition, 14 acres behind the facility could be made available to the town for construction of a commu-



Bethlehem Ice Group principals, from left, Mike Mullen, Tim Thornton, Tom Drake and William Matuzek at the site.

nity center.

The corporation, Bethlehem Ice Group (BIG), is planning to break ground next spring and have the facility operational by October 1999. The project will be submitted to the town planning board for site

BIG/page 5

Town board in compliance with open government laws

By Peter Hanson

In recent months, controversial issues such as CMI Senior Housing & Healthcare's proposed Delmar facility, teen-agers parking on Van Dyke Road and legal action against the designers of Bethlehem's troubled water system have sparked lengthy, confrontational dis-

cussions at town board meetings.

Following these meetings, residents including Anne and David Moore, who are opposed to CMI's plan, and members of Clearwater for Bethlehem, a group that feels the town has blundered repeatedly with the water system, have accused town officials of everything from practicing closed government to making illegal "spot zoning" decisions.

There isn't even a (legal) requirement that a board has to have an agenda.

Bernard Kaplowitz

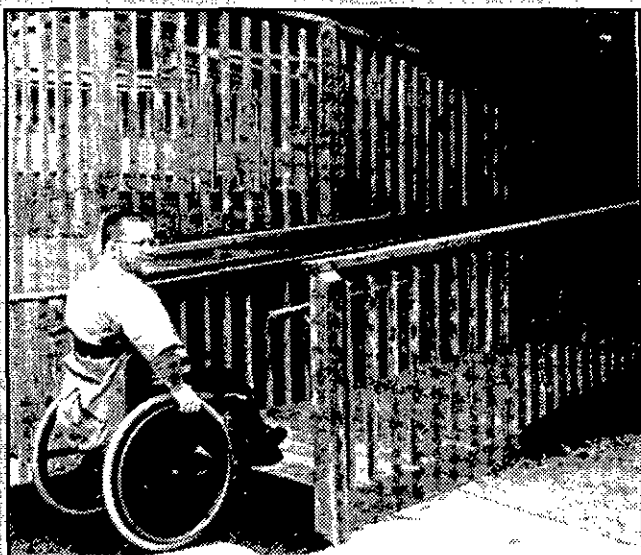
At one point, Susan Burns, the town board's only Democrat, joined the fray when she said other board members were withholding information from her.

Despite all these charges, no one has yet produced proof the Republican members of the town board, including Supervisor Sheila Fuller, are suppressing information. In fact, Fuller — as several of her predecessors did — provides more opportunities for public comment at meetings than are required by law.

Town Clerk Kathy Newkirk said that board meetings are conducted according to Roberts' Rules of Order, which provides general procedural guidelines but

OPEN/page 18

Handicapped accessibility varies in spite of ADA



Bethlehem police department dispatcher Mark Becker prepares to ascend the wheelchair ramp at Bethlehem town hall.

By Peter Hanson

The blue and white wheelchair icon that indicates handicapped accessibility on parking spaces, building entrances, ramps and bathrooms has become such a familiar part of the modern landscape that it's easy to forget how important handicapped accessibility is to people without the use of their legs.

Mark Becker, a telecommunicator with the Bethlehem Police Department, doesn't have the luxury of seeing handicapped accessibility signs as an abstraction. Becker has been in a wheelchair since his spine was snapped at the T-10 vertebrae in a 1978 motorcycle accident.

In the 20 years he's been using a wheelchair, Becker has seen attitudes toward handicapped accessibility change dramatically, but he's still not convinced the message about making public places convenient for people in wheelchairs has gotten to everyone.

Today, when Becker drives around the Capital District, he sees that great strides have been made at places like the Empire State Plaza, shopping malls and other large facilities, but he gets frustrated when small businesses don't seem to take handicapped accessibility seriously.

HANDICAPPED/page 17

Police make 3 DWI arrests

Bethlehem police recently arrested three drivers for DWI.

Karl Lawrence Burkert, 31, of 808 Madison Ave. in Albany, was arrested on a felony charge of driving while intoxicated (DWI) Saturday, Aug. 15, at 2:58 a.m.

According to his report, Officer Brian Hughes observed Burkert driving slowly on Delaware Avenue in the vicinity of Bethlehem town hall with his high beams on. Hughes said Burkert failed to respond to several signals to turn down his high beams. Hughes stopped Burkert and administered several field sobriety tests, which Burkert failed.

Burkert's offense was upgraded to a felony because of a prior conviction for DWI that stemmed from a 1989 arrest in Rome, Oneida County.

Burkert is scheduled to appear in town court Tuesday, Sept. 1, at 4 p.m.

Daniel Patrick Frazier, 24, of 4 Eton Drive in Slingerlands, was arrested for DWI Wednesday, Aug. 12, at 10:32 p.m.

According to the police report, Officer Robert Markel observed Frazier driving south on Route 85 in North Bethlehem. Markel said Frazier was driving 72 mph in a 55 mph zone. Markel stopped Frazier and administered several field sobriety tests, which

Frazier failed. Frazier is scheduled to appear in town court Tuesday, Sept. 1, at 4 p.m.

Cecil Alstar Davis, 39, of Old Ravana Road in Selkirk, was arrested for DWI Tuesday, Aug. 11, at 10:19 p.m.

Officer Scott Anson said Davis was driving north on Route 9W with his high beams on. Anson said Davis failed to keep right despite oncoming traffic and continued to leave his high beams on. Anson stopped Davis and administered several field sobriety tests, which Davis failed.

Davis is scheduled to appear in town court Tuesday, Sept. 1, at 4 p.m.

Board sets hearings

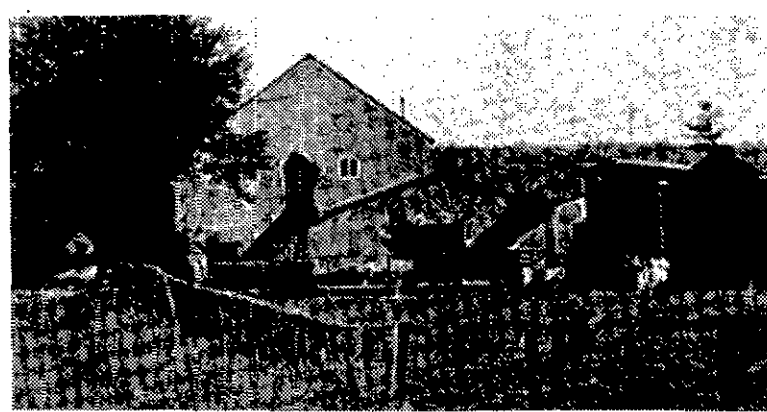
The Bethlehem zoning board of appeals will hold three public hearings at its meeting tonight, Aug. 19, in Bethlehem Town Hall, 445 Delaware Ave. in Delmar.

At 7:30 p.m., the board will hold a hearing on the application of Lina and Tina Verrelli of 6 Oneida Court in Slingerlands.

At 7:45 p.m., the board will hold a hearing on the application of David Heath and Donald Pickup Jr. of 266 Clapper Road in Selkirk.

And at 8 p.m., the board will hold a hearing on the application of Gertrude Adair of 14 Clara Ave. in Glenmont.

Horse struck by police car



A horse collided with a car near this farm on Waldenmaier Road last week.

A Bethlehem police officer driving along Waldenmaier Road in Feura Bush last week struck and killed a horse that darted across the road. The horse was owned by Karen Burrows, who trains riders at Walden Farms.

The incident occurred at about 4:12 a.m. Tuesday, Aug. 11, when Officer Christopher Hughes was driving northwest on Waldenmaier. The horse entered the road from the west side and collided with Hughes' patrol car, smashing the windshield and denting the hood.

It is currently unclear why the house was not confined, and Burrows refused to comment on the incident.

Bethlehem police Lt. Fred Holligan said darkness was a factor in the incident, which occurred before sunrise. He said loose animals violate town laws, but random incidents like this one happen from time to time.

"Animals get loose," Holligan said. "(Burrows) doesn't have a history of loose animals as far as I know. If she had a history of it, we'd probably go after her."

Walden Farms is located at a curve in Waldenmaier Road with facilities on either side of the street. A barn and a fenced-in riding area are located on the east side of the street, and a home with a U-shaped driveway, fenced-in property and heavy foliage are situated on the west side of the street.

Horse-crossing signs are clearly posted in the paths of cars approaching from the north and south, but the curve near Walden Farms, combined with the incline of a hill and thick foliage, makes visibility on the north side of the property poor.

Peter Hanson

Correction

An Aug. 5 story about three area doctors being honored by St. Peter's Hospital did not correctly identify David O'Keeffe's specialty. He is a general surgeon. Also, O'Keeffe completed his residency prior to joining the Army.

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Board hears requests for zoning changes

By Peter Hanson

A pair of proposed zoning changes and the continued cleanup of fuel contamination at the highway department's Selkirk facility were among the topics discussed at the Bethlehem town board's Aug. 12 meeting.

Delmar resident John LaForte, a former planning board member who sought to prevent the construction of the new Stewart's Shop at the corner of Elm and Delaware avenues, asked the board to change the zoning of property he owns that abuts the Stewart's site.

LaForte said he doesn't think he can sell the property because it's currently zoned residential. Now that Stewart's is open next door, the site is unattractive to

John LaForte said potential buyers walk away when they hear his site needs to be rezoned.

homeowners, LaForte said, so the only people who have expressed interest in the property want to build retail establishments there.

"I've had some inquiries since I put the parcel up for sale, but I have no prospects," LaForte said, explaining that potential buyers walk away when they hear the site needs to be rezoned before a store can be built there.

Town attorney Bernard Kaplowitz said LaForte might be better off seeking a use variance from the town's zoning board of appeals. LaForte said recent split votes by the ZBA — on topics including Stewart's and CMI's proposed health care facility — suggest the odds of getting approval from the board are slim.

LaForte said that when it became clear earlier this year that he wasn't going to prevent Stewart's from opening near his lot, he asked company representatives if they would buy the parcel.

According to LaForte, Stewart's representatives said they would be interested if LaForte's site could be used to sell gasoline. Because of contamination that occurred when a Cumberland Farms store was located at the corner lot, gas sales are permanently forbidden there.

"I said, 'Why don't you buy this property?' and they said, 'If you can get the town board to allow gas sales, we might be interested,'" LaForte recalled.

But before LaForte could act on Stewart's interest, Stewart's got the use variance it needed to open

a shop without gas sales, so discussions about purchasing LaForte's parcel ended. "I don't think they have any particular interest (in my parcel)," LaForte said. "They got everything they wanted."

Supervisor Sheila Fuller tabled the matter after nearly an hour of discussion.

Similarly, the discussion about rezoning a 25.3 acre parcel in Selkirk was tabled without a clear decision in sight.

The parcel, which used to be the home of Wicke's Lumber, is now owned by Flach Industries, a fam-

ily-owned Glenmont firm that manufactures industrial tools. Flach's representative, Ed Kleinke of Ed Kleinke Associates, an ar-

chitectural firm in Delmar, said he wants the site rezoned from "C" general commercial to light industrial so the use of the 77,000 square feet of building space there can convert from storage to manufacturing.

"Flach Industries would like to use these buildings as they currently exist," Kleinke said. "They are in the business of creating sites for other companies."

Kleinke said Flach's vision is to create a light industrial park, but said, "We don't have a project currently in mind or a tenant."

"It (wouldn't be) the sort of smokestack-filled, dirty manufacturing we're used to thinking about," Kleinke added. "It would look like an office park."

Fuller deferred the matter to the town's planning department, which will perform a cursory review of the proposal and address the board during its Sept. 9 meeting.

In the other major discussion of the meeting, highway superintendent Gregg Sagendorph updated the board on the cleanup of fuel contamination at his department's facility in Selkirk. Since he last addressed the board, a 10,000 gallon fuel tank was removed and replaced by a new tank, which failed a hull integrity test.

The replacement tank was removed and now a third tank, measuring 12,000 gallons in capacity, will be installed and tested. "We're on board with everything, however, we're going to need additional funds," Sagendorph said.

The money for the project is coming from the highway department's capital reserve funds. Originally budgeted at \$110,000, Sagendorph said the project will probably end up costing between \$140,000 and \$145,000.

Board member Robert Johnson said there wasn't much point in discussing whether or not to allocate the additional funds because the project has to be done to comply with regulations set by the state's Department of Environmental Conservation. "This is pretty much a no-brainer," Johnson said.

"The DEC doesn't bend too well," board member George Lenhardt added.

The board's next meeting will be 7:30 p.m. Wednesday, Aug. 26, at Bethlehem town hall, 445 Delaware Ave. in Delmar.

Songs of summer



Singer Rosanne Raneri laughs during her performance Saturday at Tom's Taste Treat in Slingerlands, one of the highlights of which was a bluesy version of George Gershwin's "Summertime." Peter Hanson

Chef offers in-home gourmet cooking

By Peter Hanson

Because today's hectic lifestyles often preclude finding time to prepare elaborate meals at home, many professional people have fallen into the pattern of buying take-out meals and making frequent trips to restaurants. But recently, a trend toward personal chef service has gained popularity, and a Slingerlands man's new business is one of the first to offer such service in the area.

Ed Sanchez, 34, started The Secret Ingredient in early July because he wanted to get back to cooking after working for several years in food service administration. He was aware of the personal chef trend and determined that the Delmar area, where he has lived off and on since 1970, would be a prime location for such a business.

"I'm concentrating primarily on Bethlehem, but I'm not limiting myself," he said. "I've even gotten a call from a prospective client in Clifton Park."

Sanchez, who operates the one-man business from his home on Kenwood Avenue, offers a range of service plans with rates beginning around \$275 for two weeks of service for two people. That amount includes food, delivery and labor for 10 meals.

Once he's contacted by prospective clients, Sanchez arranges an interview to determine the best possible service, plan and completes a questionnaire about food preferences and related considerations like allergies and how deliveries will be made.

After collecting this information, Sanchez visits clients either weekly or bi-weekly and prepares meals in their kitchens. "I come on a particular day and I bring all my own equipment, with the exception of a stove, water and a refrigerator," Sanchez said. "All the food that I'm going to use will have been purchased that morning."

Sanchez cooks according to personalized menus he prepares with his clients, and some of the dishes he offers include turkey cutlet with cranberry orange sauce, Thai coconut chicken and sage pesto with focaccia bread.



Ed Sanchez

"All the recipes that I use are tested to be refrigerated or frozen," Sanchez said. "The most a client should have to do is defrost and reheat the food and maybe boil some water for the suggested side dish if the entrée goes with rice or broccoli."

Sanchez said he's always interested in expanding his repertoire, so cost and availability are virtually the only concerns that limit what he can prepare. "I really enjoy trying — and introducing people to — new kinds of food," he said. "It's fun for me, and it's fun for them."

Sanchez, who has been in food service for more than 15 years, started as a dishwasher at the now-defunct Hudson River Trading Co. in Albany because working with food was his lifelong ambition.

"Ever since I was a young child, I was helping my mom in the kitchen with cookies and that sort of thing," he said, adding that he moved from washing dishes to cooking within a year of entering the food service industry.

"It was always what I knew I was going to do," Sanchez said. "I took cooking classes in high school, and then, at the age of 21, I attended the Culinary Institute in Hyde Park."

As he accrued more experience, Sanchez gravitated toward management. For the last several years, he worked for a Charlotte, N.C., based company that administers cafeterias for companies such as General Electric in Schenectady.

"About eight years ago, I was beginning to think about a way I could use my culinary skills on a more personal level," Sanchez said. "Then I found there were other people who were providing in-home personal chef services."

Sanchez contacted a trade group for information about rates and how services are provided, then quit his job and set up shop at home. He knew there was a market for personal chef services because he had led the kind of hectic life that made preparing meals at home seem grueling.

"At the time I left my job, I was probably the prime customer for my own services," he said. "I didn't have the time and energy to come home and prepare meals, because it's more than just making food. It's planning, shopping and cleaning up afterward."

Sanchez expects that his clients will include a range of people, including busy professionals, soccer moms and, as is the case with his first client, people who are incapacitated for medical reasons and can't easily cook meals.

"There are a lot of busy people who could see the benefit of the free time and good food they're going to get out of this kind of service," he said. "Also, it's good for people who don't necessarily have the skills to cook the kind of food they'd like to eat or to cook food that's as nutritious as they'd like."

Sanchez said the main advantages of personal chef service are the free time that's created by eliminating meal preparation and the guarantee that interesting, healthy food will be on the table every night.

"You may be stopping for Chinese food or you may be stopping at one of the fast food restaurants in town," Sanchez said. "This is an alternative to that kind of food."

The Secret Ingredient's phone number is 439-0625.

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Voorheesville native brings tales of Norway home

By Katheline McCarthy

With a mother who teaches Spanish and a father who just returned from teaching English in China, it's no surprise that Matt Schreiber was interested in the world beyond his hometown of Voorheesville. Schreiber graduated from Clayton A. Bouton Junior/Senior high school after three years, and has just returned from spending one year with a Norwegian family in the small town of Kongsvinger, 100 kilometers east of Oslo.

"I had some Norwegian relatives and thought it would be interesting," Schreiber said of his choice of country. Through Youth for Understanding, Schreiber lived with a family with four children, the youngest of whom was his age.

Schreiber said he was struck by the appearance of the Norwegians. "Everyone is tall and slender; very attractive and outdoorsy," he said. "People are very proper, but also very helpful and sincere. If they say something to you, like, please come over, they mean it."

The Norwegian words for things like "door" still remain stuck to furniture in the Schreiber's home, but those few words and phrases were all Schreiber knew when he went to Norway last August. "A lot of people speak English," he said, "and a lot of TV shows are American with Norwegian subtitles. But I was always trying to learn words and make some conversation in Norwegian. I did a lot of asking about what words meant at first."

By mid-September, Schreiber was able to stop speaking English, and by the end of October, he began to fully understand the language. By the end of his stay, he could recognize dialects from



Matt Schreiber

other parts of the country, which are more complex than American regional accents, and Norwegians from other parts of the country recognized that Schreiber was from the eastern part of the country.

"In retrospect, I wish I hadn't been so committed to only speaking Norwegian," Schreiber said. "It made getting to know people take a little bit longer."

Schreiber attended gymnasium in Kongsvinger, the last year of

which is equivalent to the first year of college in America. "It took me the first semester to learn the language," Schreiber said. "I took biology, which was OK, and Norwegian literature and history, which was tough for a while, and an English class, which was a break for me."

Schreiber was impressed with the Norwegian school system. "The academics are much better," he said. "There are no multiple choice tests. There was a killer essay test in my American history

class, which was like the AP history test here." Schreiber said all the students are pushed to a high level of achievement.

Schreiber said there was a lot of positive energy among the students. "The students are good organizers," he said. "For instance, there was a nursery school that needed money, and the student government organized a fundraiser. There's also a lot of respect in the school, between students, and between students and teachers. Everyone is on a first name basis, and the school is student run. The principal's job is really to present the school, and the president of the class handles discipline. The students seem much better behaved than Americans."

Schreiber said that the level of respect translates into other areas of society, where the socialist government puts everyone at about the same level.

"The difference between a CEO and a clerk is not that big," Schreiber said, financially or socially. "If you want to be a poet or an artist, you can do it. Everyone seems to be pretty well off."

This equality also made it possible for Schreiber to meet Kjell Majne Bodnevik, Norway's prime minister. "I was staying with another family for one week," Schreiber said, "and went with them to the annual meeting of their political party. The prime minister was there, so I went up to him and talked to him. Everyone seems to be on the same level there."

Although he didn't meet them, Schreiber said he saw the king and queen, whose constitutional monarchy is very popular with the Norwegians.

Schreiber also became a minor celebrity himself, appearing on TV and playing bass and guitar in a band called Katharsis.

"The music scene is very good in Norway," Schreiber said. "There's a house for music, paid for by the government, and youth are encouraged to play."

Schreiber described soccer as an "obsession" with Norwegian youth. "They play all their lives, sometimes under great pressure," he said.

Schreiber said the winter was difficult in Norway, when the sun didn't come out until 10 a.m., when

he was in school, and set again a few hours later.

"You don't feel depressed," Schreiber said, "you just feel lethargic and tired. You spend a lot of time at home, or cross-country skiing." Schreiber said the high cost of gasoline (about \$100 to fill a tank) forces people to exercise, even in the winter months. "I walked five miles to school," Schreiber said, "or went on a 'spark,' a self-propelled cross between a Flexible Flyer and a dogsled."

Schreiber said the lack of winter sunlight contributes to the well-known Scandinavian drinking culture. "There were 17,000 people in the Kongsvinger county," Schreiber said, "and about 9,000 in its center. As for night life, there was only one cafe, where, drinks cost about \$8 or \$9. Still, youth drink a lot and the big social activity was to drink every weekend."

Schreiber said he found the drinking culture annoying and would go to the movies or into Oslo on a Saturday night.

Spring and longer daylight, he said, were a welcome relief. "The big thing I noticed was that when the sun came out, it was a totally different atmosphere," he said.

During the winter, Schreiber said, he took one cross-country ski trip. "We skied the Hardanger Vidda Plateau, which is sort of a snow desert in the middle of Norway," he said. To find their way during the 5-day 140-kilometer trip, while carrying a 60-pound backpack, Schreiber followed sticks planted in the snow.

In the good weather, Schreiber took a trip up the coast of Norway, whose beauty he described as "mind-boggling."

Schreiber will enter Earlham College in Richmond, Ind., this fall, but from the happy expression on his face when his mother brings him two letters from Norway, it's clear that Schreiber will remain attached to the country.

"I'll definitely go back, if only to visit," he said. "It was exciting to live as a Norwegian, immersed in the language and culture. I think it's fascinating to go anywhere and have that experience. Travelling gives you a more worldly perspective, and I feel more optimistic and excited about doing things."

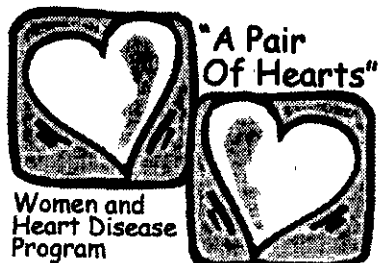
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BIG

(From Page 1)

review in the fall.

Feura Bush resident Michael Mullen, BIG's managing member, said he learned about the market for an ice rink in Bethlehem through his work with Bethlehem Ice Hockey Boosters. Mullen is president of the boosters and founder of the Bethlehem Young Skaters Program.

"There's no ice time available for kids (in the area)," Mullen said. "People that want to skate or play hockey have to travel to Clifton Park, Lansingburgh or Colonie just to get ice time, if it's available at all."

Mullen said the Bethlehem Ice Center is designed to serve amateur and professional skaters, including hockey teams, figure skaters and casual skating enthusiasts.

Town Supervisor Sheila Fuller said, "I look forward to working with (BIG) to make this a reality. This is something that many in the community have asked about for some time, and the facility, as presented, would meet community needs such as more meeting rooms."

"Above all else," Fuller added, "it will be good to have a place for youth to stay in the area to enjoy ice skating."

One of BIG's ambitions for the facility is to get the Albany River Rats hockey team as a client. Currently, the team travels to Lansingburgh to practice because the nearest rink in Colonie is an Olympic-sized area, not an NHL-sized area.

"We've had significant interest from local hockey programs, skating programs and individual skating instructors," Mullen said.

Discussions about the project began about two years ago, when Mullen, a regional director for a telecommunications company, formed BIG with Tim Thornton, Tom Drake, Bud Mosmen and Bill Matuszek.

Matuszek's firm, Keystone Architectural Services, designed the preliminary version of the facility that was presented last week.

Because they were aware local skaters had to leave the area to find ice time, Mullen and his partners saw an opportunity and sought out a secluded, flat site where a new business would not create traffic or zoning issues.

They settled on a location next to Delmar Animal Hospital on Delaware Avenue, and according to their plans, the entrance to the facility will be the only thing visible from the road. The 175-lot parking space and the 220 feet-by-270 feet building will both be screened by trees.

"We looked for commercially

zoned property, we looked for a site that would not create an impact on traffic (and) we didn't necessarily want (the facility) to be visible from the road," Mullen said.

Once the partners settled on a location, they designed a building that can support several businesses at once, such as meeting-room rentals and concession stands. Mullen said that some of the building's unique features include four locker rooms with sufficient space for about 25 hockey players and separate, private locker rooms for figure skaters.

"We've informed all the neighbors of what we're building and there seems to be quite a bit of community spirit," Mullen said.

Mullen declined to explain where the approximately \$3 million to \$3.5 million in funding for the project is coming from and was indefinite about whether his group has enough money to realize the project yet. "We're currently out to bid on the project," he said.

Mullen said the Bethlehem Ice Center is designed to be open year-round. "Most of the facilities are only open from October to March," he added. He explained that most people patronize ice rinks between 4-10 p.m., so traffic near the site shouldn't change drastically during school hours.

Mullen also said the current plans are subject to change depending on the response he and his partners get between now and when they go to the planning board in the fall. He said it's possible the second rink could be eliminated or expanded into a second NHL-sized area.

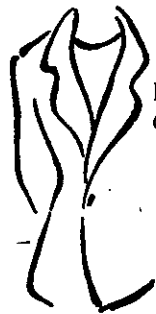
He also said he expects the facility to create between 12 and 18 jobs, both full and part-time, and he anticipates construction will take about four and a half months.

Stewart's raising money for playground

Stewart's Shops is helping Selkirk area residents raise money for the Selkirk playground.

The Selkirk Stewart's Shop is collecting donations through Monday, Aug. 24, to help augment the Selkirk Park budget. All donations will be matched by Stewart's.

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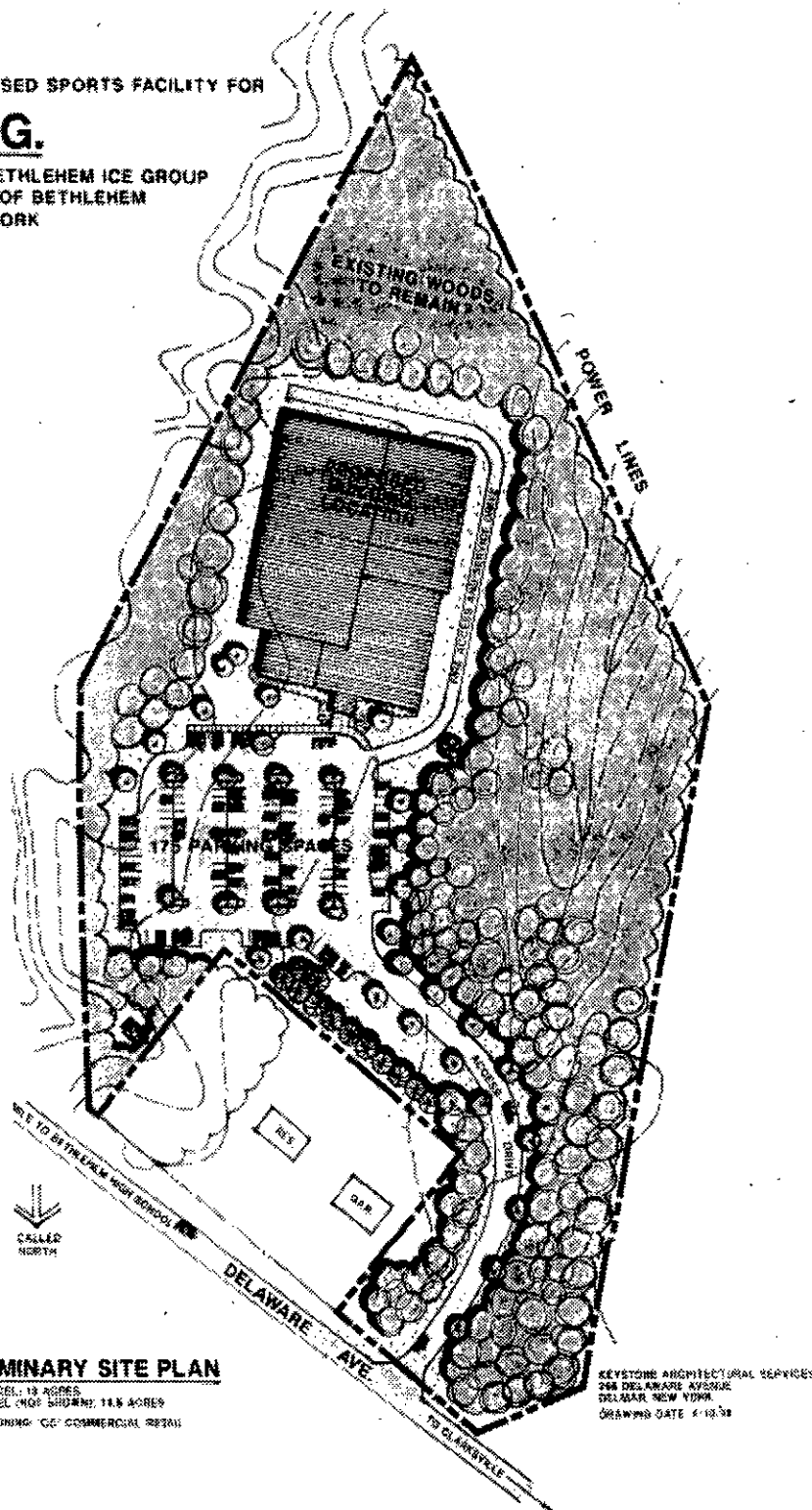
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The site plan for the new ice rink facility proposed for Delaware Avenue in Delmar.

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Matters of Opinion

Rink has pluses

If the proposed new hockey facility on Delaware Avenue is built, it will likely be a good thing for the town of Bethlehem. It certainly will make getting "ice time" a lot easier for local skaters, who now have to scramble to find open times at the Colonie or North Troy rinks.

With so many kids involved in so many athletic clubs, the new facility will probably attract many more to hockey, figure and recreational skating. But in addition to all of this, the possibility of developing a community center on the site makes the package even sweeter. For the past several years, Bethlehem Opportunities Unlimited along with a number of residents have been touting the idea for a center.

No doubt there is a need for more meeting sites and for a recreational mecca for teen-agers, seniors and others. The sticking point 10 years ago when a center proposal was put on the ballot was partly because of a sluggish economy and a too pricey plan.

And even though the economy is in relatively good shape, we suggest that community center advocates come up with a more modest proposal than 10 years ago that would be acceptable to most residents so it will fly.

Things could be better

Although there's a little bit of everything — even whimsy from our own Peter Hanson — in this week's health care supplement, there's one health-related news story of particular importance also written by Peter.

Handicapped accessibility and its importance to wheelchair bound people is deserving of everyone's attention. Although Bethlehem police dispatcher Mark Becker said that overall things have improved, they still could be better.

One way we can all make it better is to simply obey the law by not parking in handicapped accessible spots. If we're inconvenienced by having to walk a little farther in a mall, so be it. To someone in a wheelchair, it's a matter of genuine necessity and a matter of dignity.

We should never make someone like Mark Becker, who is wheelchair bound, to feel like a second-class citizen. Unfortunately, there are those who do this every time they casually pull into a handicapped designated parking spot.

Town plays by rules

Cries of foul play in recent letters to the editor in relation to Bethlehem town government procedures prompted this week's story on the way town meetings are supposed to be conducted. From what we've gleaned, it seems the supervisor and the town board are going by the book, in spite of what critics have said.

Overall, the board acts responsibly in fulfilling its duties. It also, according to town attorney Bernard Kaplowitz, goes beyond what it has to by law as far as public input at meetings is concerned. Certainly, Supervisor Sheila Fuller has had an open door policy in our dealings with her over the years. She returns all of our phone calls, and she has always been willing to furnish information to the paper including copies of documents when we have asked for them.

We, however, think town government critics have a point when it comes to more discussion on important issues. More of it could only help make better decisions. We urge all residents who feel strongly about an issue to write the supervisor and/or the board before the matter comes to the table.

The Spotlight also welcomes input from all sides on any issue. Just make sure your letters are signed and include a telephone number where you can be reached during the day.

Editorials

Costa Rica was amazing adventure

By Robyn Scherer

The writer will be entering her junior year at Bethlehem Central High School in September.

To the average American, the name Costa Rica probably conjures up an image of coffee, bananas and tropical rain forests. This tiny country, comparable in size to West Virginia, has become the hot tourist spot for American and European nature lovers in the past few years due to its abundance of rain forests, beaches and wildlife viewing opportunities. I'll admit that while I had other reasons for choosing Costa Rica, the beautiful pictures of rain forests and waterfalls are what initially drew me in.

As I stepped off the plane at Juan Santamaria National Airport in Alajuela, Costa Rica, I had no idea what lay in store for me over the next six months, but I knew I

Point of View

was willing to take some risks. I was extremely anxious to meet my host family and view the town I would be living in throughout my experience.

Since I had filled out my application for the American Field Service six-month exchange program to Costa Rica more than 12 months ago, millions of pictures had floated through my head of what life in Costa Rica might be like. While a tiny part of me was hoping I would be placed in a family who live on a thousand-acre estate with an Olympic-size swimming pool, I also knew that was not what the "AFS experience" was all about.

As I think back to that day months ago when I first set foot on Costa Rican soil, I realize that while many of my hopes and expectations have not become realities, I can honestly say that it has been an amazing adventure which I would gladly relive in an instant.

Although there is no way to fully understand the way of life in Costa Rica without coming down here and experiencing it for yourself, I'll try to explain a little about my living situation.



Robyn Scherer, seated on lowest stair and her Costa Rican classmates.

I live in a "city" called Turrialba which is set in the central valley of Costa Rica, surrounded by a picturesque ring of mountains. Within Turrialba there are about 10 "barrios" or neighborhoods, which are spread out to surround the town center. In the center you can find small clothing stores, butchers, bakeries, pharmacies, music stores, a few restaurants, ice cream shops, four banks, a theater, the post office and a discotheque.

The centerpiece of Turrialba, as well as every other town in Costa Rica, is a large Catholic church. Across the street is a small park where teens gather on Sunday night after services to socialize with their friends.

Although Turrialba itself is not much of a vacation spot, it has become famous over the past few years as a haven for whitewater rafters who come to battle the mighty Reventazon river, arguably

one of the best whitewater rivers in the world. Turrialba is also home to many sugarcane and coffee plantations and its very own volcano.

There are obviously not many opportunities for teen-agers to go out, which I was slightly concerned about when I first arrived. However, I quickly realized just how friendly "ticos," as Costa Ricans call themselves, are and that they are more than happy to invite you over to their houses or to simply sit on the front porch and engage in friendly conversation. Ticos also love to have parties, big or small, for any type of occasion imaginable, where they spend hours dancing to salsa, merengue and reggae music. They are fanatical about sports events, especially soccer, and the World Cup games were shown on every TV set available, including at the high school library and the bank.

One of the wonderful things

THE SPOTLIGHT

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Your Opinion Matters

Resident irked by zone change for CMI project

Editor, The Spotlight:

No matter how many letters *The Spotlight* prints from Floyd Brewer about the CMI project, there's no way that this will convince me about the blatant spot zoning this project represents.

CMI did not prove that this facility is needed by the town, especially when Leon Bormann from Good Samaritan spoke up to the board about how many empty assistive-living units there were in the vicinity.

I never saw this as an issue of senior housing. Although CMI and *The Spotlight* did a good job promoting it as such and stirring up the senior housing buzz words.

Now the residents of this neighborhood, who did not want this gigantic building (bigger than the old Blue Cross/Blue Shield building and much bigger than town hall) in their midst, are being called NIMBYs and other negative names.

These residents are trying to protect their neighborhood and the Delaware Avenue corridor of Old Delmar for our future. The dangerous precedent of spot zoning paints a bleak picture for our town and all residents should be wary.

From the beginning, the town should have pointed CMI in the right direction, welcoming the busi-

Letters

ness to our town in one of the many properly zoned areas. As soon as a zoning change such as this was needed, a red flag should have been gone up.

Marcia Nelson and James Blendell of the planning board and Susan Burns of the town board were the only ones able to see the big picture.

There has been a long history of past decisions involving Delaware Avenue and Verstandig's, for example, where the town protected the character and integrity of this neighborhood by denying various changes.

Now with this commercial rezoning, all the hard work and effort of the past goes right out the window. It is clearly spot zoning when it is only in the interest of the landowner and CMI's coffers, since need was never established.

The lesson I have learned here is money talks and logic walks.

M.A. Kelley

Delmar

BCUEA deserves fair contract

Editor, The Spotlight:

As we prepare to begin another school year, we as a community need to remind ourselves of the outstanding work being done for our children by the support personnel of the Bethlehem Central School District.

It is the direct contact and care given by these dedicated employees that help make the school day go a lot smoother for our students — whether they are involved in the classroom, the cafeteria, an office or on the bus.

While other unions within the school district have settled their contracts without a prolonged period of negotiations, these union members have been working without a contract for more than two years. They are well deserving of a fair settlement with decent working conditions so they can continue to perform their duties in the exceptional manner to which we are accustomed.

As a parent who truly appreciates the work that these people do, I urge the community to stand behind these employees and support their efforts to achieve a fair contract settlement.

Kay Moody
Selkirk

Coach fills in article on Little League game

Editor, The Spotlight:

As a parent and frequently a coach of youth athletics in Bethlehem, I appreciate the willingness of *The Spotlight* to print stories about our young athletes.

Several weeks ago you printed the story of Tri-Village Little League's 11-year-old all-stars and the District 13 championship. It was a good article, but the last paragraph was omitted, which was very disappointing to one of the key players who had not been named earlier in the article.

The last paragraph said: Cameron Brown was on the mound again for TVLL, but

Colonie struck first with a two-run homer in the first inning. This was it for scoring until the fourth when TVLL bats broke loose. Shane Connors led off the fourth with a solo home run. When he came to the plate for the second time in that inning, the bases were juiced and he cleared them off with a grand slam. The next batter, Brown, followed with a solo homer to top off the 10-run inning. Brown continued his excellent pitching and was relieved in the sixth by Shawn Bukowski, who earned the final three outs of the tournament.

Jim Morrill
Delmar

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Your Opinion Matters

New staffer happy at BC

Editor, The Spotlight:

This is my first week at Bethlehem Central, and I'm very appreciative of the efforts of the many fine people who are assisting in my orientation. I am excited about the wealth of knowledge and commitment to education in this district and community. These are invaluable resources which have contributed to the successes of Bethlehem students.

I look forward to working with the school community on behalf of the students and families we serve.

As a point of clarification, I have completed my master's degree at

Letters

the University of Illinois and doctoral study and qualifying examinations at Syracuse University. I have not completed my dissertation, as indicated in a recent *Spotlight* article.

Again, I am pleased to be joining Bethlehem Central and will strive to continue the district's tradition of educational excellence.

John W. McGuire

BC assistant superintendent for educational programs

Readers object to new library reserve policy

Editor, The Spotlight:

I have to agree with the editorial on "Hug your library" of Aug. 5.

What I am objecting to is a new policy of the Bethlehem Public Library.

We like to read the latest copies of new books, and we have in the past, reserved the new books for 25 cents and were placed on the waiting list, which is quite all right.

I have been informed by the librarians recently that because we pay taxes to Ravena-

Coeymans-Selkirk school district, we can no longer be placed on a reserve list. We have been told we will have to go to the Ravena library to reserve new books.

I believe as a citizen in the town of Bethlehem and paying town and county taxes that this practice is discriminating to residents who are "over the line" as far as school taxes are concerned.

I believe charging a higher fee could resolve this matter.

We do, however, have a great library and we should all be grateful for it.

Lawrence Gray

Glenmont

Dolphins say thanks

Editor, The Spotlight:

On behalf of the Delmar Dolphin Swim Club, I would like to express tremendous gratitude to many members of the Bethlehem community for all the cooperation in making the Dog Days Swim Meet a huge success. The community forfeited much of a perfect weather weekend for the good of the young people in the club.

The staff of Parks & Recreation could not have been more accommodating. Every swimmer and guest was treated with utmost courtesy and friendliness. The park staff worked diligently to assist with the setup and tear-down of the various pieces of equipment.

Thanks to the many businesses that supported the meet and helped it achieve financial success.

The school district added to the cooperative effort by supplying some of the necessary equipment.

Special thanks to Dave Austin, Mike Fitzpatrick, Ken Neff and Doug Gross for their continued help with the Dolphin programs.

Thank you again, one and all.

Mary Ellen Rosetti and Honor Kennedy

Delmar Dolphins Swim Meet co-chairwomen

Owners should pick up mess

Editor, The Spotlight:

This letter is a plea to dog walkers who frequent Fisher Boulevard. The Pooper Scooper Law really is a law! Dog owners, myself included, have a legal obligation to clean up after their dogs.

One morning on my run down Fisher Boulevard between Swan Place and Trumpeter Place, a distance of two-tenths of a mile, I counted at least 30 dog messes between the sidewalk and the street. Forget "legal obligation," how about "moral obligation?"

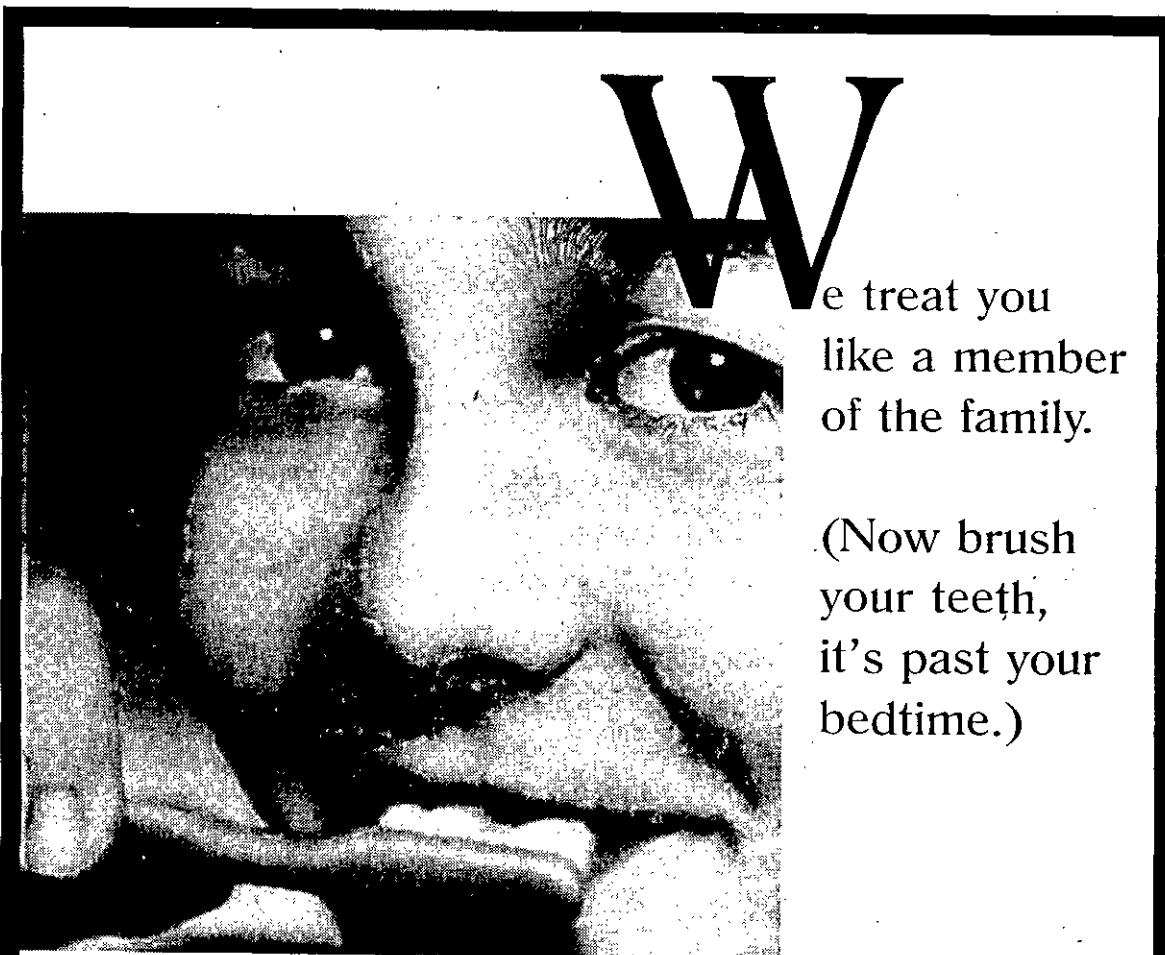
We have a lot to be proud of in this town. I did not feel very proud on my run last week.

Susie Bacon

Slingerlands

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Your Opinion Matters

Book Buddies champion says thanks for support

Editor, The Spotlight:

I wish to extend a special thank you to all those involved in the second year of our very successful Book Buddies summer reading program. Book Buddies provides one-on-one reading skills training to children in kindergarten through grade-two to help build confidence and develop reading skills during the summer.

Our success is due not only to the few dedicated people who help to administer the program, but also to the volunteers who work directly with the children.

More than 20 volunteers came forward this summer to make the commitment necessary to serve the many children who enrolled in the program. Their willingness to help change a child's life and provide caring, individual attention to the children of our community is commendable.

Of course, a program such as this requires the support of a community such as ours, and I hope this letter will also serve to remind everyone that we are lucky to live in a community so full of educated, thoughtful people who are willing to use their time for such a positive cause.

I would like to thank Beverly Provost, Elisa Futia, Kathy Bartley, Paul Mance and David and Barbara Ostroff, without whom Book Buddies could not function.

Each of these individuals provided time, energy and expertise over many months to see that the

Letters

program came to life. I also thank Les Loomis and Nancy Pieri for their willingness to support the program.

Alex Salvagno, president of AAR Environmental Services, deserves recognition and thanks for providing sponsorship money to help pay for the program. His support of children and literacy, and his friendship, are greatly appreciated.

Next year will be an important year for our program because we will be trying to introduce it to other communities in the area. I would like to extend an invitation to everyone — adults and children alike — to participate in Book Buddies next year.

We are currently looking for an attorney experienced in not-for-profit law to provide some help and guidance. If you are interested in volunteering, give us a call at 439-8513. We certainly would like to see the program grow to serve more children in and around our community.

David Young

Delmar

The writer is the founder of Book Buddies. He is a county legislator representing the 34th district in Bethlehem.

Players are grateful

Editor, The Spotlight:

We would like to thank the following groups for the financial support they gave us for our trip to the AFA Softball Nationals in Shawnee, Kan. — BCUEA, Mickey Mantle baseball, Tri-Village Little League, BCBA and the many families who helped make our dream come true.

We will have many memories of our time in Kansas from beating last year's champions to playing softball at 4 a.m., and placing 44th out of the 128 teams that competed.

Carrie Clement, Robyn Smith
and Kim Comtois

Five Rivers to train volunteers

Five Rivers Environmental Education Center at 56 Game Farm Road in Delmar will hold volunteer instructor training on Friday, Sept. 11 at 9:15 a.m.

Volunteers will be trained by center naturalists to lead groups in the fall.

Guided lessons for school classes and other youth groups, each lasting two hours, are taught

on center grounds to visiting kindergarten through eighth-grade students, with such topics as Exploring the Outdoors, Animal Signs and World of the Pond.

Programs are held during regular school hours and children are taught in groups of 15 or fewer.

To apply to become a volunteer instructor, call Craig Thompson or Anne Snyder at 475-0291.

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Elementary school orientation scheduled Aug. 25

An orientation for new students in first-through sixth-grade is slated for Tuesday, Aug. 25, at 1:30 p.m. in the elementary school cafeteria.

Students will watch a video, tour the school and make their own ice cream sundaes.

For information, call the school at 765-2382.

Tastee Treat to host K-9 demonstration

Tom's Tastee Treat on Route 85 and the Albany County Sheriff's Association will present the third

NEWS NOTES

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765-2813



annual police dog demonstration on Friday, Aug. 21, at 7 p.m.

The program showcases eight trained police dogs hard at work sniffing out bombs, drugs and criminals. The dogs and their handlers will also demonstrate how

they track and subdue criminals. The dogs are all K-9 police officers.

Everyone is also invited to hear singer Kim Buckley-Palladino on the gazebo stage from 6 to 9 p.m.

Capital District favorite Frank Jaklitsch will entertain on Saturday, Aug. 22, from 6 to 9 p.m.

Altamont Fair open this week

This year's Altamont Fair is open through Sunday, Aug. 23. The hours are 10 a.m. to 11 p.m. each day.

At the fair, stop by the Cornell Cooperative Extension questions-and-answers table.

Master gardeners will be on hand at a booth next to the vegetable building today through Saturday from 11 a.m. to 5 p.m. to answer questions, look at plant problems and provide fact sheets and advice.

Demonstrations by extension staff and members will take place throughout the week.

For information, call the agriculture office at 765-3500.

Best of luck to all local participants and competitors at the fair.

This is the 106th year Altamont has hosted the three-county fair

for Albany, Schenectady and Greene counties.

Meet the coaches slated for Aug. 26

Meet the coaches for Voorheesville's fall varsity and junior varsity teams on Wednesday, Aug. 26, at 7 p.m. at the high school.

Coaches will meet with parents and explain specific team practices and schedules and answer questions.

Parents and guardians of all fall varsity and junior varsity athletes and cheerleaders are urged to attend. For information, contact the high school at 765-3314.

District will notify students about books

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

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

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

New Scotland Museum has summer hours

The New Scotland Museum, just off Route 85 at the Wyman Osterhout Community Center on

the Old Road in New Salem, will be open Sundays until Oct. 25, from 2 to 4 p.m.

During August, the museum, which tells the history of the town of New Scotland, will also be open Thursdays from 10 a.m. to noon.

For information, call Ann Eberle at 765-2071.

Workshop to conduct open house Aug. 20

An open house for the fourth and final session at Heldeberg Workshop is set for Thursday, Aug. 20, from 6 to 8 p.m.


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

Delmar residents elected to Pahl board


Lorraine Felegy and Robert DeGroff of Delmar were recently re-elected to their posts on the board of directors of Pahl, based in Troy.

Felegy is vice president and DeGroff is secretary-treasurer.

Founded in 1983, Pahl provides treatment services to chemically dependent youth and their families to help young people get their lives back and become fully productive members of society.



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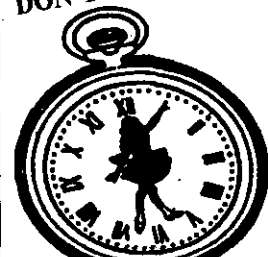
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Owner Operator

Camp Pinnacle turns 100

By Katherine McCarthy

Sitting at the very top of the Heldebergs in Voorheesville, Camp Pinnacle is aptly named. On a clear day, you can see the high peaks of the Adirondacks and even as far as the White Mountains in New Hampshire. On a warm summer morning, the blue sky brings a cool breeze, and campers wear sweaters.

Just as impressive as its beauty is its longevity: Camp Pinnacle celebrated its 100th anniversary this summer. In 1898, Indian Ladder was the site for Harriet Christie's camp for girls, the first one in America. Christie's vision was a place where girls could have a happy, wholesome vacation and learn to know Jesus.

In 1912, after trying out several sites from the Berkshires to the Catskills, Christie established her camp at its current location. In the 1950s, it became co-educational. This summer, nearly 500 campers enjoyed its 850 acres, rehearsing plays in one of the country's last original Dutch post-and-beam barns, learning sign language, and taking swimming lessons from Red Cross certified instructors.

"There's a lot of history and tradition here," Pinnacle's executive director John Barron said. "We're one of the few camps that has hit 100 years. A lot of camps are sports camps, but we have a non-competitive base, where every kid has value."

Pinnacle's one-week sessions are divided into two age groups: ages 8 to 11 and 12 to 15. There's also a horsemanship camp for ages 12 to 14, and a senior high camp for kids 15 to 18. This year a one-week session cost \$250 and horsemanship camp cost \$285.

"We have a ton of repeat campers," counselor and public relations coordinator Carrie Moorhead said. "A lot of kids also come back for more sessions during the same summer."

Kim Kavanaugh, 15, of Voorheesville came for her fifth summer at Pinnacle this year.

"It's like my second home," Kavanaugh said, citing chapel and the camp-out as her favorite activities. "I love all the people here; we're very close. It's awesome to see how many people accept God. We have a good time here."

Campers work to achieve three different levels — advanced, mastery, and doctorate — in traditional camping areas, such as canoeing, archery, and swimming. Sign language, ceramics, drama and riflery are some of the other offerings. The morning starts around 7 a.m., and lights out are at 10:30 p.m., except for the senior high session, which has a later curfew. Each day includes two hours of free time, when a lot of the kids head for the rock wall or "just hang out," Moorhead said.

Christie's religious mission remains an important part of the Pinnacle experience, with cabin devotionals every evening and chapel three times a week. "Not all the kids come from religious families," Moorhead said of the non-denominational camp. "A lot of families look to us for the moral values we offer."

Chapel, Moorhead said, is one of the campers' favorite activities. "During the first chapel service,"

Moorhead said, "some of the boys are hesitant, but by the end of the week, they're often very enthusiastic."

This is Moorhead's second summer at Camp Pinnacle, and as a staffer, she said she feels very "in community" with her co-workers and campers. Pinnacle recruits counselors, which they keep well

to see them become more contributing and responsible people," he said.

But primary to Barron is the campers' experience. "We can provide kids with a good experience, which builds them up as individuals," he said. "Our unique site adds a lot of openness within the structure we provide — 850 acres is a lot

There's a lot of history and tradition here. We're one of the few camps that has hit 100 years. A lot of camps are sports camps, but we have a non-competitive base, where every kid has value.

John Barron

below the state ratio of 10 counselors per camper, from Christian colleges or through other counselors.

Erik Hall, a student at American University in Washington, D.C., is a friend of Moorhead's, and is a counselor and canoeing instructor at Pinnacle for the first time. "It's encouraging to be with kids in a Christian setting," Hall said. "It's also a challenge and a stretch to work with kids. I feel like I have a hand in what they learn about God and the outdoors."

"It's amazing to see what kind of role models we are for the kids," Moorhead said. "It makes you feel good, but it's a real responsibility."

Barron said one of the rewards of Pinnacle is seeing the staff mature and move on from their summer in the Heldebergs. "It's great

of land, but we use it to our best advantage."

Barron came to Pinnacle five years ago, when the board of directors of Pinnacle Ministries/Camp Pinnacle, founded as part of the Albany Bible Institute, was looking for someone to take financial matters in hand. Barron's success is evidenced by the fact that the 1999 camp season will expand to five weeks to absorb the 150 campers that Pinnacle had to turn away this year.

"We'd like to expand our programs but keep the quality of both the programs and the counselors," Barron said.

Harriet Christie would surely be proud to see her legacy live on, and would likely still feel, as she did in 1914, that she had found a place so close to heaven.

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Delmar man wins merit award

Delmar artist Robert Longley was recently given an Award of Merit for his painting *From a Post-Futurist Manifesto (409)* in the 63rd annual National Juried Exhibition at the Cooperstown Art Association.

The exhibition runs through Aug. 21.

Last May, another of Longley's paintings in this series, *From a Post-Futurist Manifesto (Audobon)*, was awarded Best in Show at the Silvermine Art Guild's Art of the Northeast Exhibition in New Canaan, Conn.

Longley's studio is in Troy.

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Readers log big total

More than 2,000 hours of reading — 2,106 to be exact — was racked up by this year's summer reading club at the library. Forty two student volunteers and 238 readers participated in the program, solving a variety of myster-

Voorheesville Public Library

ies involving birds and mammals, the environment and archeology and an "art dog" theft.

The fun included music, stories and koosh ball with a wild Caribbean wrapup. This week "What's the Scoop?" a make your own ice cream party with the Scotia-Glenville Museum will reward the many volunteers who helped out.

Music lovers enjoyed The Electric City Chorus at the final Together at Twilight concert. Thanks

to the Friends of the Library for their financial support.

The summer story sessions held at Village Park with librarian Joyce Laiosa were a popular attraction. Remember that your public library is not just a building, but an integral part of community life. Visit us at our website at www.crisny.org/libraries/capreg/voorheesville/index.htm for the latest information. You can e-mail questions to our reference staff at voorefq@uhls.lib.ny.us.

Story hours will resume on Monday, Sept. 14.

Pastels and watercolors by Delmar artist Wally Diebel are in the hall gallery this month. See Ruth Mesick's oils in the community room and a display of orchid literature from Harvey Kausel in the showcase.

Barbara Vink

Ramblers to perform in gazebo

The Hilltown Ramblers will perform a free country music concert at the Coeymans Landing Gazebo on Thursday, Aug. 20, from 7 to 9 p.m. This program is suitable for all ages.

Hole-in-one contest set in Ravena

Sharpen up those golf clubs for the Ravena News-Herald's first annual Hole-in-One contest, which will be held Sunday, Aug. 30.

The contest will be run in conjunction with the Ravena Friendship Festival and will take place in Mosher Park.

Entrance fees for the contest will be \$1 for five shots at a green no more than 75 feet away from the tee-off.

Donation gives boost to skateboarders

The village of Ravena is \$250 closer to the installation of a skateboard park thanks to a donation from Blue Circle Cement.

The skateboarding park is the dream of a group known as Skateboarders United, and Mosher Park is the chosen site of the proposed facility.

Friendship Festival excitement mounts

The Ravena Friendship Festival schedule has been finalized and it promises to be larger and more exciting than ever.

Midway Rides of Utica will be in Mosher Park Friday, Aug. 28,

NEWS NOTES

Selkirk
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756-3520



through Sunday, Aug. 30.

Midway Rides will have carnival rides, food concessions and games. Hours will be 6 to 11 p.m. Friday, 10 a.m. to 11 p.m. Saturday and noon to 7 p.m. Sunday.

A Children's Parade will kick off the festivities Saturday at 10 a.m. The parade will begin at P.B. Coeymans Elementary School, proceed up Main Street onto Pulver and then to Dempster.

The parade will turn onto Winnie Avenue and end at Mosher Park.

All children are invited to participate, and line-up for the parade begins at 9:15 a.m. at the school.

The parade will be followed by a "Run For Your Life," organized by Girl Scout Troop 161 member Helen Tompkins.

The run will follow the same route as the parade. Participants must be at least 14-years-old.

At noon, craft and food vendors will open for business. Food vendors will include the ever-popular Geurtze's Chicken Bar-B-Que.

All-day entertainment will include a state police display, an Air Force jet, an Albany Police Mounted Patrol, The Tryon County Militia Demo and Camp, a

petting zoo and pony rides.

Other entertainment includes face painting, balloons and Sherwood Plaster Crafts.

Calliope music will play from 1 to 2 p.m. and a canine demo will take place at 3 p.m.

From 5 to 8 p.m., Snappy the Clown will perform. In addition, there will be a Ronald McDonald Show, a performance by Dean Davis and his animals and karaoke music.

Mike Purcell will be the DJ for the event and Ravena Hose Company will offer games of chance.

The evening will conclude with fireworks presented by Empire State Fireworks at about 8:45 p.m. Sunday will conclude the festival with the Hole-in-One contest and a basketball contest, both at Mosher Park.

The Friendship Festival is an alcohol-free family event.

Historical group elects new trustees

The Bethlehem Historical Association recently elected the following trustees for the 1998-99 year.

The trustees are: Joseph Allgaier, Wendy Brandow, Sherry Putney, Cynthia Wilson, Charles Crangle, Peter McGinty and Lois Dillon.

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Library featured on phone book cover

Imagine our delighted surprise when we received a call from Bell Atlantic last year asking if they could use a rendering of our building on the cover of the 1998 Capital District South Community Directory. Sure, we said — what do we have to do?

A series of conversations among former media specialist Gregg Clapham, director Nancy Pieri and



the phone company resulted in the breezy rendering of the library on your local phone book.

At our request, Bell Atlantic public relations department also sent us two dozen unbound covers, one of which will be included in a display at the upcoming New York Library Association conference in Rochester in September. Bell Atlantic also assured us that the design was ours to use for non profit publicity purposes.

The next logical step was to ask the artist if we could purchase the original drawing. The PR folks were most accommodating and offered to contact the artist with the proposal.

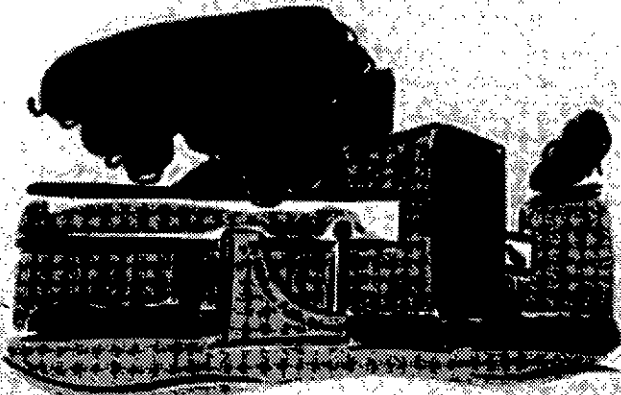
In April, we received a call from Mary Lynn Blassutta of New Paltz, who agreed to our offer for the mechanical — a color drawing roughly 8 by 10 inches — that is now part of our small but growing collection of historical artifacts. The drawing is currently displayed in the director's office along with two other renderings of our award-winning building by architect Howard W. Geyer.

Public relations is a labor intensive enterprise, so it's a real treat to receive a boost from the blue. We're not only "in the book" — we're on it. Thank you, Bell Atlantic.

Louise Grieco

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Community Directory



Capital District South Community with White Pages

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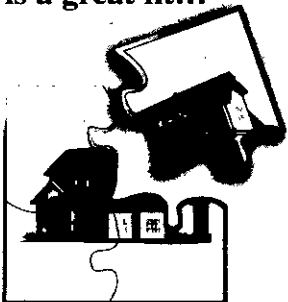
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St. Thomas students chalk up many awards

St. Thomas School students chalked up a hefty number of awards in the past school year, according to Sister Mary Frederick, St. Thomas principal.

In November, *The Evangelist* published a "Teen Issue." Eighth grade students in the 14 county diocese were invited to write on specific topics. St. Thomas School had two of the nine winners from the 230 entries. Ashlee Coye and Michael Nuttall had their essay printed in *The Evangelist*.

Sister Frederick said the school Geography Bee was won by Sean Lichorowicz, a seventh grader, and the school Spelling Bee was won by Coye.

AAA Awards were garnered by St. Thomas students in both the local and national competitions. Six St. Thomas students were among the 15 local winners from the 250 entries. Winners were: Kelly Kershaw, grade five; Jessica Murphy, grade seven; and Jacquelyn Cary, grade seven who received a Judges Award and a \$200 savings bond. Jesse Matheny, grade two; Moire Jowett, grade five, and Stephanie Morse, grade eight received a Merit Citation and a \$100 savings bond. Cary received a Merit Citation on the national level.

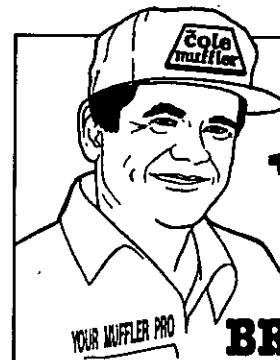
Clay was a New York state win-

ner in the Zaner-Bloser Handwriting Company competition. Her handwriting sample was selected as the best of all the sixth-grade entries from the state.

Kimberly McCall, a seventh grader, was a first place winner in the Hudson Mohawk Volunteer Firemen's Association Essay Contest. McCall received a \$50 gift certificate. On the state level we had two second place winners — Justine Moreau, a seventh grader and Nicole Comi, an eighth grader. These girls each received a plaque.

Comi captured the grand prize in the regional state lottery poster contest, "Bring the Olympics Back to New York State." Comi, an eighth grader, won \$2,500 in computer hardware for the school.

The auditorium at the Stratton Veterans Administration Medical Center Hospital was the scene of the awards ceremony during Memorial Day weekend for the Knights of Columbus Essay Contest. This contest had 70 entries from eighth graders in area schools. The topic was "One Nation Under God." Nuttall received a \$100 savings bond for his third place essay. Comi won a \$300 Savings Bond, a flag for herself and a flag for her school for her first place essay. These flags had flown over the Capitol in Washington.



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Sports

BCHS girls lacrosse players impress at tournaments

Six members of the Bethlehem Girls Lacrosse team — which finished last season ranked ninth in the state — recently participated in the NY Empire Games Scholastic Division in Baldwinsville.

Grace Tsan registered 5 goals and 4 assists and finished with a 71 percent scoring percentage while Lily Corrigan anchored the defense and displayed her offensive skills by scoring 1 goal and 3 assists.

Lindsay Piechnik and Ellen Lowrey, who made the team as juniors, contributed on both ends of the field.

Piechnik won over 60 percent of the faceoffs while adding a goal and three assists and Lowrey's tenacity on ground balls and two timely assists were instrumental in the team's success.

In the Empire Games Futures division, Suzie Breaznell and Emily Riegel's scoring proved pivotal in capturing a gold medal. Breaznell's spin moves left defenders dizzy and Riegel's poise in pressure situations helped the Bethlehem girls win the gold.

Both girls attended the Penn State Lacrosse Camp later that week and were selected to the Camp's All-Star Team.

Tsan and Corrigan traveled to Annapolis, Md. the following weekend to participate in the All-Star Express Tournament, which draws teams from all over the United States, including Baltimore, Md.; Washington, D.C.; St. Louis, Mo. and Boulder, Colo.

A team from Sydney, Australia also took part this year.

Tsan led all scorers and



Bethlehem girls lacrosse player Ellen Lowrey winds up to fire a shot as teammate Katie Riegel looks on.

Corrigan continued to raise eyebrows with her playmaking ability in front of a number of college coaches, including those from

Brown, Columbia, Dartmouth, Dennison, Duke, Georgetown, George Mason, Johns Hopkins, North Carolina, Notre Dame, Penn State, Princeton, Syracuse, Maryland and Pennsylvania.

Bethlehem Central School varsity lacrosse coach John Battaglini coached the team in the tournament for the second consecutive year.

Riegel, who will be playing collegiately at the University of New Hampshire, is just one of the Bethlehem players who participated in the All-Star Express Tournament in 1997 and will continue to play at their respective colleges.

The others are — Erica St. Lucia, Manhattan College; Melanie Thornton, Union College and Amy Venter, Duke University.

Due to the continued success of the Bethlehem Girls Lacrosse Camp this summer, additional fall seminars will be offered to girls in fourth grade and up who wish to learn the game and/or improve their skills. Dates will be announced.

For information, contact Battaglini at 475-9097.

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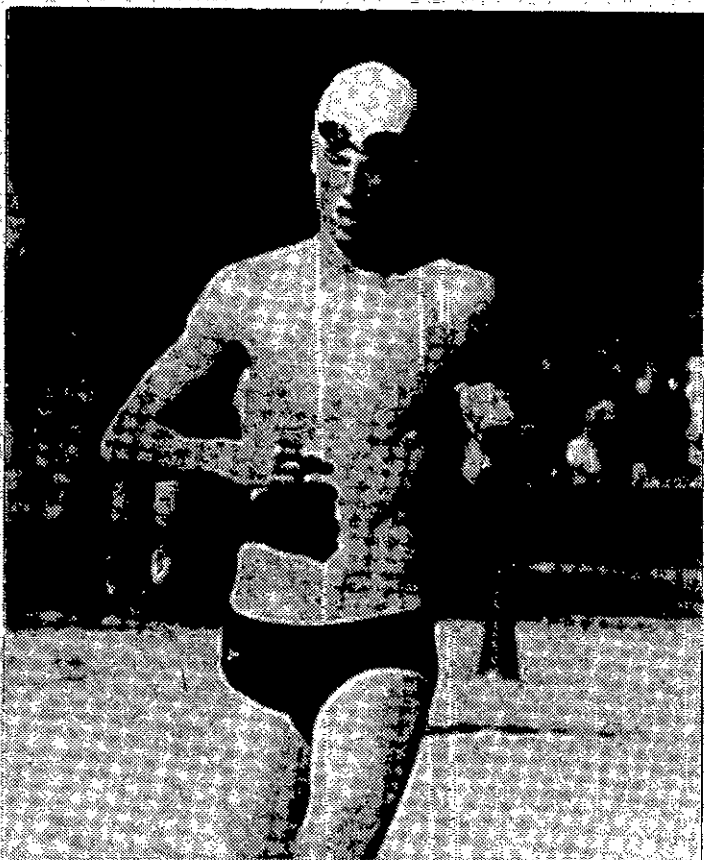
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BCHS senior is promising triathlete

Will Thomas of Delmar finished third in his age group at the Massachusetts Triathlon Aug. 9.

The competition consisted of a half-mile swim, 12-mile bike race and 4.5-mile run and was the second triathlon Thomas, 17, has completed this year.

He placed second in his age group at the Falmouth Sprint Triathlon in Falmouth, Mass., July 25.

Thomas, who will be a senior at Bethlehem Central High School in the fall, hopes to complete his season in the Hyannis Sprint II Triathlon Sept. 12.

Delmar Dolphins win swim meet

Aug. 1 and 2 were exciting days for the Delmar Dolphins swim team, as they hosted and won their annual Dog Days International Swim Meet.

More than 50 swimmers represented the Dolphins at the meet, which included competitors from all over New York State, Massachusetts and Canada.

Delmar's point total was 40 points higher than the second-place team.

Courtney Arduini took first place in the 13- and 14-year old girls category, while Chris Shaffer broke his own meet record in the 400-meter individual medley and set another in the 100-meter butterfly in the process of finishing second in the boys 15-and-over division.

Hana Segerstrom won second place in the eight-and-under girls category and Ricky Grant finished second in the 11- and 12-year-old boys division.

Dolphins who placed in the top eight in one or more events included Larissa Suparmanto, Becky Corson, Ellen Bandel, Thalys Orietas, Matt Pasquini, James Traylor, Katie Richardson, Sarah Gold, Jon Sousa, Tim Corson, Katie Parafinczuk, Teresa Rosetti (who set a new meet record in the 100-meter butterfly), David

Richardson, Kathleen Shaffer, Richard Bailey, Katie O'Donnell, Jimmy Kivlin, Larry Gloecker, Alex Szebenyi, Kristi

More than 50 swimmers represented the Dolphins at the meet.

Averill, Lauren Sullivan, Todd McCoy, Sarah Richardson, Christiana Russo, Kristen Gloeckler, Paul Caffero and Drew Golden.

Other Dolphins participating in the meet included Mackenzie Wagoner, Natuski Kubatera, Emma Walsh, Mariah Kennedy, Sean Kennedy, Laurel Heighton, Barbara Pohl, Shoko

Kubotera, Jenna Moella, Hannah Gold, Alex Parker, Tiffany Bowdish, Brad Bailey, Tim Pasquini, Emily Traylor, Lizzie Walsh, Brandon Negri and Emily Farber.

The team also had three members qualify for the Empire State Games in Rochester.

Arduini and Corson swam the 200- and 400-meter individual medleys, while Rosetti placed fourth in the 200-meter butterfly and fifth in the 100-meter butterfly.

Arduini also swam the 100-meter backstroke.

The Delmar Dolphins Swim Club is thankful for the generosity of the town of Bethlehem, merchants in the community and the citizens of the town for their support.

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Trainer class set for Sept. 15

Columbia Physical Therapy will hold its first student athletic trainer class Tuesday, Sept. 15, at 7:30 p.m. at its office on Miller Road in East Greenbush.

The class is open to high school juniors and seniors interested in health careers and aims to provide knowledge of injury and rehabilitation; college recommendations and career information.

Students will participate in classes and volunteer hours on teams, in the training room or at public events. Dinner will be provided.

People who plan to attend should call 479-7206 and leave their name and phone number for Ron Annis.

TVLL 8's and 9's shine in tourney

Tri-Village Little League's first-ever entry in the District 13 nine-year-old all-star tournament saw the team advance all the way to the semifinals.

The team beat Pine Bush National and Whitehall in the double-

Little League

elimination tournament before falling to Colonie at the host Pine Bush field in Guilderland.

Pine Bush National came back to eliminate Tri-Village in the semifinals at the Whitehall field.

Chris Manilenko, Mike Carroll and Paul Dean performed well on the mound for Tri-Village, while Adam Striar and Pat Campbell exhibited fancy glove work.

All games were attended by a large and lively crowd of enthusiastic Bethlehem fans.



The Tri-Village Little League team that reached the semifinals of the District 13 nine-year-old tournament includes, from left, (bottom) Nick Nardacci, Mike Carroll, Oren Rasowsky, Paul Dean, Mike Belizzi, Bryan Mahan, Adam Striar (middle row) Damian Privatera, Derek Wolf, Bennett Turner, Pat Campbell, Ryan McGraw, Chris Manilenko, Andrew Smith (back row) coach Mike Carroll, manager John Campbell and coach Packy McGraw.

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Celebrity golf tournament set at Normanside

A Celebrity Golf Classic and dinner will be held Monday, Aug. 31, at Normanside Country Club in Delmar. The event will benefit down syndrome/Aim High.

Sports celebrities scheduled to appear are: Adam Oates, Olaf Kolzig, Byron Dafoe, Peter Mahovich, Marcel Dionne and Gerry Cheevers.

In addition, Congressman Mike McNulty, Sen. Neil Breslin and Albany Mayor Jerry Jennings will be featured.

For information, call 476-4726.

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Softball team seeks players

The Albany Avalanche, which won the 1998 New York State girls fast-pitch softball championship, is looking for all-star-caliber players for limited openings on its 1999 14-and-under roster.

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Delmar student wins silver medal

Dania Zalen of Delmar, an eighth-grader at Bethlehem Central Middle School, was on the Adirondack Open Women's Synchronized Swimming team that won a silver medal in the Empire State Games in Rochester July 26.

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Handicapped

(From Page 1)

"There's a lack of education on the part of architects and building inspectors," Becker said. "People just go by what has to be done. Accessibility could be a little better if people just go an extra step."

As an example, Becker referred to Beff's, a popular tavern at the Four Corners in Delmar. Becker said that because the base of the restaurant's front door is about two inches off the ground, he has difficulty entering. He said the problem could be rectified with a small ramp.

Similarly, Becker said that getting into Mercato's, an Italian restaurant on Delaware Avenue in Elsmere, is a hassle. The eatery's handicapped accessible door enters into a meeting room in the back of the restaurant.

"You ring a buzzer, but if there's a meeting, you're going to be completely disrupting it," Becker said. "I've gone there at five on a Friday night and they've had to move tables and chairs to clear a path for me."

"That doesn't really meet the criteria of a clear passageway with unassisted access," Becker added.

Mercato's manager Sonny Cecunjanin said he and his staff try to keep the path from the wheelchair door to the dining area clear, but occasionally one or two tables block the way during a meeting. "Sometimes it's hard to keep it clear," Cecunjanin said.

Becker said area businesses that don't offer easy access for people in wheelchairs are the exception, not the rule. He explained that most of his experiences center on the Bethlehem area, where he lives and works, but when he ventures out into other Capital District towns he's often surprised at the extent of handicapped ac-

cessibility.

"I get really impressed when I go to Saratoga," Becker said. "It seems like I see big curb cuts at every intersection." Curb cuts are the small ramps built into curbs that allow wheelchairs to roll from the street to the curb unfettered.

Despite encountering comfortable access throughout Saratoga, not all of Becker's trips out of Bethlehem have been so rewarding.

When Becker had to attend a work-related conference in Orangeburg, Rochester County, in April, he made a reservation at that town's Holiday Inn about a month before the conference. He reserved a handicapped accessible room.

"But when I got there, the room was no longer available," Becker said. "I had just driven two hours and 20 minutes and they had given my room away. They upgraded me to their presidential suite, but it still wasn't what I would call an accessible room."

Incidents like these infuriate Becker because he feels he's being treated like a "second-class citizen" who should accept whatever he's given instead of being treated with respect.

He said that when he arrives at a restaurant that doesn't have accessibility, "I turn around and leave," rather than deal with aggravation and inconvenience. And sometimes when Becker decides to go into a restaurant because he's with company or has traveled a long distance, insult is added to injury when the only handicapped accessible tables are in the smoking section.

"At a lot of places, you've either got to get out of the wheelchair to sit at a table or be sticking out in

the aisle," Becker said.

Many of the most egregious obstacles to wheelchair accessibility have been mitigated since Congress passed the Americans with Disabilities Act (ADA) in 1990, but loopholes in zoning codes sometimes allow small businesses to offer a bare minimum of accessibility.

Becker also said that when new owners take over businesses, handicapped accessibility can get lost in the shuffle of renovation and reorganization.

For example, Becker referred to Seattle Sub & Pita, an eatery at Main Square in Delmar that has an elevated seating area. The site's former owners kept a table on the main level for wheelchair access, but it was moved when Seattle took over.

"I get angry with (the proprietors) and the building department for not seeing the problem from the beginning," Becker said.

Tom Rowlands, owner of Seattle Sub & Pita, said the restaurant's floor plan makes the installation of a ramp impossible, but added that he and his staff help lift wheelchairs up the six-inch step onto the seating area. "We always go out of our way to help them or move a table down," Rowlands said.

Becker's main grievance is with businesses that don't appear to have made any effort to provide accessibility, but he also gets frustrated when businesses and municipalities don't comply with regulations promptly.

At Becker's place of employment, Bethlehem town hall, there's an elaborate wheelchair ramp that Becker uses to enter the building, but the ramp spills out into the town courtroom. He often has to

interrupt court proceedings just to leave work.

The town is currently completing an addition that will include a handicapped-access elevator, but Becker said he's frustrated the project is several years behind schedule. Still, he recognizes that the town is making more effort than some private businesses would be willing to make.

"It makes you feel really good when someone respects your right to come and go," Becker said, adding that he feels constrained when he encounters facilities without accessibility. "There was a while after my wife had a hip transplant when she was in a walker and I was in a wheelchair. There were places we just couldn't go."

Becker, and other people who utilized handicapped accessibility entrances, have several recourses available to them when they find a business that isn't providing access. Most municipalities have a designated ADA coordinator who fields grievances and helps organize responses to them.

In some cases, violations of ADA regulations are also violations of zoning codes and other local, state or federal ordinances and can be grieved to public officials.

But the first step people should take is contacting the proprietor of a business that doesn't provide

access. Becker said that in some instances, his complaints have prompted action, but there's still a long way to go before everyone agrees on the importance of handicapped accessibility.

"There are some people who blatantly say, 'I'm not going to do it,'" Becker said. "But there are ways to make things work out."

Seed order forms available at center

Bird feed pre-order forms for Five Rivers Limited's annual Bird Seed Sale will be available in late August at Five Rivers Environmental Education Center, 56 Game Farm Road in Delmar. Five Rivers Limited is a nonprofit that supports the center's education programs.

Orders accompanied with payment must be placed by Wednesday, Oct. 7. All orders must be picked up on Saturday, Oct. 17.

Proceeds from this sale will be used to enhance Five Rivers' school program through the purchase of educational materials and teaching supplies.

Order forms for bird seed, bird feeders and other bird feeding accessories may be picked up at the center's Interpretive Building. The hours are 9 a.m.-4:30 p.m. Monday-Saturday.

For information, call 475-0291.

Fire Company to host annual clamsteam

Selkirk Fire Co. No. 3 in South Bethlehem will host its annual clamsteam on Sunday, Aug. 23, from 1 to 9 p.m. at the pavilion on 480 Bridge St.

This fund-raiser supports the company's community-oriented functions. Admission is open to anyone who is at least 18-years-old. Tickets are available from any member of the company and cost \$29.

For information or to make a reservation, call 767-9513 or 756-8445 or 767-9141 on the weekend of the event.

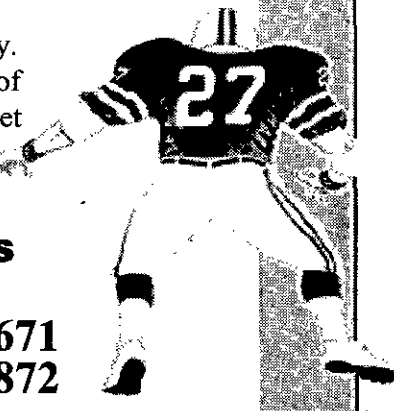
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SMITH BARNEY

Open

(From Page 1)

doesn't specifically mention issues like agendas and public comment.

Newkirk said another set of rules the town follows is that set by the New York State Association of Towns.

Town Attorney Bernard Kaplowitz said town boards are only required to let residents speak at formal public hearings.

New York state law requires that the public be notified of such hearings "no less than 10 days and no more than 20" before the hearing. These notices are mailed to persons directly affected by the subject of the hearing, such as neighbors of a lot where a project might be built. The notices are also published as legal briefs that appear in papers including *The Spotlight*.

These legal notices, which are also posted on town hall bulletin boards and submitted as news items to media outlets, are often all that is required before a town board meeting takes place.

But most local boards, including Bethlehem's, make agendas available for public review prior to meeting dates. Newkirk said she helps Fuller prepare the town board's agenda on the Friday preceding a Wednesday meeting so the agenda can be delivered to town board members.

Board members receive pack-

ets including the agenda and any supporting paperwork, which includes names and phone numbers of people to contact with questions. Additionally, Fuller's secretary Barbara Asprion faxes the agenda on Friday to Bethlehem Public Library for posting on the library bulletin board and to Bethlehem TV-31 for broadcast.

The Spotlight also receives copies of agendas for meetings of groups including the town board, planning board, zoning board of appeals and Industrial Development Agency several days before meetings.

"There isn't even a (legal) requirement that a board has to have an agenda," Kaplowitz said. "As a practical matter, it's foolish not to have one."

"Department heads that are interested in having an item on the town board agenda come either to the supervisor of myself," Newkirk said. "Sometimes, other residents bring in items to the supervisor."

As an example, Newkirk referred to Delmar resident John LaForte, who asked Fuller to add his request for rezoning of property to the agenda of the board's Aug. 12 meeting, which it was.

Once the agenda is set and legal notices are issued, board meetings are conducted in a conventional manner. The chair of the board calls the meeting to order,

then introduces each agenda item, calls for discussion among board members and, once the discussion is concluded, calls for a motion, a second and finally a vote.

Although it is not required by law, Fuller often solicits public comment either during the board's consideration of specific issues or at the conclusion of board meetings. This practice is also usually followed by planning board chair Douglas Hasbrouck, zoning board chair Michael Hodom, and, when his group's meeting has visitors, Industrial Development Agency chair F. Michael Tucker.

Kaplowitz said this practice is offered out of courtesy and tradition. "None of it's required, but the four supervisors I've worked for all set aside time for the public to comment at meetings," he said.

"They could say, 'This is a work session and no public comment is needed,' but I've never seen that done and I've been town attorney for 20 years," Kaplowitz added.

Because of the nature of their meetings, Hasbrouck and Hodom often include work sessions during which board members discuss issues without input from the public, but generally their boards' biggest decisions are preceded by public hearings during which comments are welcomed.

Newkirk said the only other major legal requirement that affects board meetings involves put-

ting laws into effect. "If the town board adopts a local law, (I'm) required to file the law with the secretary of state," she said.

Once a copy of the newly-adopted law is submitted to the state with a copy of the town seal and the town clerk's signature, it goes into effect.

Delmar man elected to alumni council

Joseph Richardson of Delmar was recently elected to the Alumni Association Executive Council at St. Lawrence University in Canton, St. Lawrence County.

Richardson graduated from St. Lawrence in 1963.

The council plans activities and events to strengthen the connection between the university and its volunteers and recognizes individuals who make extraordinary contributions to the university.

Academy graduate to study in Australia

Matthew Valentino of Delmar, a senior at Gettysburg College, will spend the fall semester studying at Flanders University in Australia.

Valentino is a graduate of Albany Academy.

To qualify for off-campus studies, students must achieve sophomore status and be in good social and academic standing.

Delmar lawyer heads state bar committee

Ruth Leistensnyder of Delmar, an attorney in the Albany office of Nixon, Hargrave, Devans & Doyle, was recently named chair of the New York State Bar Association's Committee on Law Office Economics and Management.

Leistensnyder also serves as counsel for the Bethlehem planning board. She has been co-chair of the committee since June 1997.

The committee is responsible for representing the bar in the development of systems, technology and personnel to improve the efficiency, quality and effectiveness of legal services at costs which permit reductions in legal fees.

BCHS graduate earns scholarship

Lucy Dunne, a graduate of Bethlehem Central High School, was recently awarded Price Chopper's Charles Pierce Memorial Scholarship, which provides \$8,000 over four years.

The prize is given to active Price Chopper associates or their children, and is named for Pierce, who was a pioneer in food distribution.

Dunne completed seven advanced placement courses, plays the harp professionally, is a member of the Empire State Youth Orchestra and was captain of the varsity swim team.

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- Letters to the editor — Friday at 5 p.m.
- Sports — Monday at noon
- Legal notices — Friday at noon

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Lisa and John Henahan

Hatfield, Henahan marry

Lisa Michele Hatfield, daughter of Lucian Hatfield of Waynesville, Ohio, and Mary Sue Hatfield of Middletown, Ohio, and John Lynch Henahan, son of Arthur and Ruth Henahan of Delmar, were married May 16.

The Rev. Suzette London performed the ceremony at the couple's home in New Orleans, where the reception followed.

The maid of honor was Leslie Teplick and bridesmaids were Jill Baechle and Amy Hatfield, sisters of the bride.

The best man was Dean Meinert

and ushers were Jay Henahan, brother of the groom, and Jonathan Calkwood.

The bride is a graduate of Loyola University in New Orleans.

The groom is a graduate of Bethlehem Central High School, Siena College and SUNY College of Optometry. He is employed as an optometrist by Louisiana State University Medical School in New Orleans.

After a wedding trip to Nantucket, the couple lives in New Orleans.

Births

St. Peter's Hospital

Boy, M. Jeffrey Zarcone, to Margaret Ellen and Michael Zarcone of Delmar, July 22.

Boy, Andrew Michael Zibell, to Eileen and George Zibell of Glenmont, July 26.

Boy, Jacob David Bonney, to Tina Marie and David Francis Bonney of Delmar, July 29.

Boy, Christopher Matthew Abbey, to Cathryn and Mark Abbey of Selkirk, July 29.

Girl, Rebecca Alicia Reohr, to Jennifer and Christopher Reohr of Voorheesville, July 31.

Out of town

Girl, Kerstin Elizabeth Engleman, to Nancy and Robert Engleman of Richmond, Va., June 15. Paternal grandparents are James and Lorraine Engleman of Glenmont.

Class of '98

Bowdoin College — Joshua Hayes Muhlfelder of Slingerlands (bachelor of arts, cum laude).

The College of Saint Rose — Susan Batchelder of Clarksville (bachelor of arts), Amy Winters of Delmar (bachelor of arts), Michael Parker, Rebecca Sievert and Laurie Welch, all of Delmar (bachelor of science), and Virginia Hasselbarth, Stacey Potter, Christine Rampe and Shannon Woodley, all of Delmar (master of science in education).

And Kimberly Deragon of Feura Bush (bachelor of science), Sarah Bourguignon and Ronald Rodriguez, both of Glenmont (bachelor of science), Lester Betor of Glenmont (master of science in education), and Joanna Gadomski and Joan Wise, both of Selkirk (bachelor of arts).

And Robert Buckley of Selkirk (bachelor of science), Lisa Travis of Selkirk (master of science in education), Siobhan Sheehan of Slingerlands (bachelor of arts), William McDonald of Slingerlands (bachelor of science), and Lisa Ellenbogen, Meghan McFerran, Michael Moore and Hillary Payne, all of Slingerlands (master of science in education).

And Carole Stevens of Voorheesville (bachelor of arts), Constance Green and Janet Kerr, both of Voorheesville (master of science in education).



Kathryn and Charles Henrikson

Holmes, Henrikson marry

Dr. Kathryn Holmes, daughter of William and Leslie Holmes of Tucson, Ariz., and the late Susan Roberts Richie of Maryland, and Charles Henrikson, son of Ray and Katherine Henrikson of Delmar, were married April 18.

The Rev. Donna Eli performed the ceremony at Point Lookout Mountain Inn in Windham, where the reception followed.

Female attendants were Erica Shoemaker, Andrea Talentino, Lynn Appelbaum and Patricia Hametz.

Male attendants were Andrew Henrikson, brother of the groom,

James Walsh, Albert Yoon and Brian Harlin.

The bride is a graduate of Haverford College and Columbia University Medical School. She is a resident in pediatrics at Presbyterian Hospital in New York City.

The groom is a graduate of Bethlehem Central High School, Yale University and Columbia University Medical School. He is a resident in internal medicine at Presbyterian Hospital in New York City.

After a wedding trip to Marathon, Fla., the couple lives in Manhattan.

Extension has composting garden

The self-tour home composting demonstration garden on the grounds of Cornell Cooperative Extension on Martin Road in Voorheesville is open for the season.

Visitors can learn how to compost food and yard waste at their own convenience and pace.

The newly developed educational garden is a one-stop site that provides individuals with a self-tour guide book, educational-outs

and compost bin construction plans.

The garden is open from dawn to dusk for self-touring. Guided educational workshops are scheduled in season. Call 765-3500 for dates and times.

In Delmar

The Spotlight is sold at
Delmar Marketplace, Stewart's,
and Mobil and Getty stations.

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.

Here's to a Wonderful Wedding!



INVITATIONS

Paper Mill Delaware Plaza. 439-8123
Wedding Invitations, writing paper, Announcements. Your Custom order.

JEWELRY

Harold Finkle, "Your Jeweler" 1585
Central Ave., Colonie. 456-6800. Diamonds - Handcrafted Wedding Rings & Attendant's Gifts.

LIMOUSINE

Super Special!!!! 3 hours for only \$99.
Advantage Limousine. 433-0100
Somerset.

Community Corner



Clamsteam slated Sunday

Selkirk Fire Co. No. 3 in South Bethlehem will host its annual clamsteam on Sunday, Aug. 23, from 1 to 9 p.m. at the pavilion on 480 Bridge St.

This fund-raiser supports the company's community-oriented functions. Admission is open to anyone who is at least 18-years-old. Tickets are available from any member of the company and cost \$29.

For information or to make a reservation, call 767-9513 or 756-8445 or 767-9141 on the weekend of the event.

Obituaries

Elton C. Butler

Elton C. Butler, 91, of Guilderland Center Nursing Home and formerly of Voorheesville and Altamont, died Sunday, Aug. 9, at the nursing home.

Born in East Penfield, Monroe County, he graduated from Fairport High School.

Mr. Butler received a master's degree from Columbia University in New York.

He taught mathematics at the University at Albany for many years.

He was a member of Altamont Reformed Church and the Albany Meeting of Friends. He was a founding member of FACT, an organization that addressed social issues. He was a volunteer at the Social Justice Center in Albany and a volunteer patient representative at Albany Medical Center.

He was husband of the late Sara Barkley Butler.

Survivors include three sons, Barkley Butler of Indiana, Pa., Bradford Butler of Honeybrook, Pa., and Bryce Butler of New Salem; four grandchildren; and two great-grandchildren.

There will be a memorial service at Altamont Reformed Church at a time to be announced.

Mr. Butler donated his body to Albany Medical College. His ashes will be buried in Prospect Hill Cemetery in Guilderland.

Contributions may be made to the American Cancer Society, 1450 Western Ave., Albany 12203.

James A. Cooney Jr.

James A. Cooney Jr., 63, of Delmar died Tuesday, Aug. 11, at his home.

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

He was a graduate of Christian Brothers Academy and Siena College.

Mr. Cooney was deputy director of central administration of CSEA for 20 years. He was an adjunct faculty member at The College of Saint Rose and a former Democratic committeeman in the city of Albany. He was also a labor negotiator for the National Education Association.

Survivors include his wife, Sally Cooney, his mother, Janet Cooney of Albany; three daughters, Kathleen McCaffrey of Albany, Kim Primo of Manlius, Onondaga County, and Kelly Crewell of Berne; and eight grandchildren.

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

Contributions may be made to Community Hospice of Albany County, 315 S. Manning Blvd., Albany 12208.

Helen G. Tiger

Helen G. Tiger, 92, of Voorheesville died Friday, Aug. 7, at Community Hospice of Albany County at St. Peter's Hospital.

Born in Liberty Corner, N.J., she was a longtime resident of Voorheesville.

Mrs. Tiger was a teacher and a cafeteria manager for Bethlehem Central School District. She was a member of First United Methodist Church in Voorheesville and Knox Reformed Church.

She was the widow of Henry Tiger.

Survivors include a daughter, Janice Van Etten of Knox; a son, Clark H. Tiger of Indianapolis, Ind.; nine grandchildren; and 14 great-grandchildren.

Services were from Knox Reformed Church.

Arrangements were by the Reilly & Son Funeral Home.

Contributions may be made to First United Methodist Church in Voorheesville or Knox Reformed Church.

Anne Baxter

Anne Baxter, 79, of Elsmere died Friday, Aug. 14, at Community Hospice of Albany County at St. Peter's Hospital.

She was a buyer and manager for the former Town & Tweed in Delaware Plaza before she retired.

Mrs. Baxter was a communicant of the Church of St. Thomas the Apostle in Delmar. She was also the church's senior citizen coordinator and a member of its bereavement group.

She was the widow of Jack Baxter.

Survivors include a daughter, Kathy Mertz of Coeymans Hollow; a son, the Rev. Michael J. Baxter of South Bend, Ind.; a sister, Beatrice Twardowski; and a grandson.

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

Arrangements were by the Applebee Funeral Home in Delmar.

Contributions may be made to Community Hospice, 315 S. Manning Blvd., Albany 12208 or St. Thomas Senior Program, Adams Place, Delmar 12054.

Stella Goddard

Stella R. Goddard of Pineview Avenue in Delmar died Tuesday, Aug. 11, at St. Peter's Hospital in Albany.

Born in Staten Island, she was a longtime resident of Delmar.

Mrs. Goddard was a homemaker.

She was a member of First United Methodist Church in Delmar.

Survivors include her husband, W. Leonard Goddard; a daughter, Susan G. Roll of Medway, Mass.; a brother, James Ryan of New Jersey; a sister, Florence Tierney of Wisconsin; and a granddaughter.

Services were from First United Methodist Church.

Arrangements were by the Tebbutt Funeral Home in Albany.

Contributions may be made to

the Leukemia Society of America, 85 Watervliet Ave., Albany 12206.

Mildred Grover Beck

Mildred Grover Beck, 83, of Normanside Avenue in Elsmere died Sunday, Aug. 9, at Albany Medical Center Hospital.

Born in Albany, she was a longtime resident of Elsmere and Rockville Centre, Nassau County.

She earned master's degree in language arts from Vassar College and SUNY Albany.

Mrs. Beck was the head of the English department in the Rockville Centre school district for 30 years. She retired in 1977.

She was the widow of Eckert C. Beck.

Survivors include a daughter, Margaret B. Morrissey of Delmar; a son, Eckert C. Beck of Boca Raton, Fla.; a brother, Charles Grover of Colonie; and five grandchildren.

Services were from the Tebbutt Funeral Home in Albany.

Burial was in Afton Cemetery in Afton.

Contributions may be made to Community Hospice of Albany County, 315 S. Manning Blvd., Albany 12208.

Michael G. Fortulakis

Michael G. "Forge" Fortulakis, 46, of Feura Bush died of injuries sustained in an accident on Sunday, Aug. 9.

Born in Albany, he was a longtime resident of Feura Bush.

Mr. Fortulakis was a groundskeeper at Helderberg Bluestone in East Berne.

He was a veteran of the Marines.

He was a member of the Oldies but Goodies and the Oak League softball teams.

Survivors include his mother, Mollie Fortulakis of Feura Bush; two daughters, Michelle Gudz of Selkirk and Erica Fortulakis of Coeymans; two brothers, Chester Deleskiewicz of Feura Bush and Thomas Fortulakis of East Berne; three sisters, Marjorie MacDougal of Schenectady, Denise Margiasso of Ravena and Sandra Wright of East Berne; and two grandchildren.

Services were from the Babcock

Funeral Home in Ravena. Burial was in Thompson Lake Rural Cemetery in East Berne.

Henry Sternberg

Henry R. Sternberg of Pine Crest Drive in Slingerlands died Monday, Aug. 10, at St. Peter's Hospital in Albany.

Born in New York City, he lived in Queens before moving to the Capital District in 1967.

He was a graduate of New York University Law School.

Mr. Sternberg worked for the state attorney general's office for many years, retiring in 1995.

He was a member of Temple Israel in Albany.

Survivors include his wife, Elaine Temple Sternberg; a daughter, Phyllis Sternberg Niner of Voorheesville; and a granddaughter.

Services were from Temple Israel.

Burial was in Temple Israel Cemetery in Guilderland.

Contributions may be made to the Albany Regional Cancer Center, 317 S. Manning Blvd., Albany 12208.

Mabel M. Mooney

Mabel M. Mooney, 80, of Clifton Park, a former Slingerlands resident, died Friday, Aug. 7, at Albany Medical Center Hospital.

Born in Brooklyn, she was a graduate of Richmond Hill High School and attended Pratt Institute.

Mrs. Mooney worked for JMAC Co. in Deer Park, Nassau County, as a bookkeeper before she retired. She was a former director and member of AARP Chapter 3941 and a former 4-H leader.

She was a member of Shenendehowa Senior Citizens and a communicant of St. Edward the Confessor Church in Clifton Park. She founded the Tallow Wood-Heart Wood Homeowners Association.

She was an accomplished seamstress.

Mrs. Mooney was the widow of Vincent J. Mooney.

Survivors include a son, Brian J. Mooney of Albany; three daughters, Sharon Gibbons of Sparks, Nev., Pamela Tarry of Smithtown, Suffolk County, and Janet Orsag of Morristown, N.J.; and four grandchildren.

Services were from the Gordon C. Emerick Funeral Home in Clifton Park and St. Edward the Confessor Church.

Burial was in St. John's Cemetery in Middle Village, Queens.

Contributions may be made to Kids Kottages, Washoe County Social Services, PO Box 11130, Reno, Nev. 89520 or the Pulmonary Rehabilitation Clinic at Albany Medical Center Hospital, Mail Code 119, New Scotland Avenue, Albany 12208.

□ More obituaries Page 27

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Death Notices
The Spotlight will print paid Death Notices for relatives and friends who do not or have not lived in the Towns of Bethlehem and New Scotland. The charge for a paid death notice is \$25.
 We will continue to print Obituaries of residents and former residents of the Towns of Bethlehem and New Scotland at no charge.
 In Memoriam, and Cards of Thanks will also be printed for \$25.

SPOTLIGHT ON *Family* ENTERTAINMENT
CALENDARS ♦ ARTS & ENTERTAINMENT

Saratoga's going to the dogs

Canine event raises funds for Thoroughbred Foundation

By Peter Hanson

Racing fans who haven't checked their programs will be in for a pleasant surprise when they get to Saratoga Racecourse Tuesday, Aug. 25, and discover the track has gone to the dogs. But the dozens of canines that will be padding around Saratoga next week aren't running wild; instead, they're there for a good cause.

The Thoroughbred Retirement Association's 16th annual dog show, which begins with registration at noon, a parade at 12:45 p.m. and judging at 1 p.m., is a fund-raiser as well as an entertainment event that draws about 100 dogs and thousands of spectators every year.

Initiated by Elinor Penna, the wife of famed trainer Angel Penna, the dog show is a natural fit for the TRA because the group is comprised of animal lovers whose affection isn't limited to horses.

The dog show will feature tongue-in-cheek contests for dog costumes with such categories as Leading Ladies, Animated Friends and Action-Adventure Heroes. Registration costs \$15 per dog.

Another highlight of this year's show will be the presence of Fourstar Dave, one of Saratoga's winningest thoroughbreds. Dave won a race on the course every year from 1987 to 1994. The 13-year-old gelding will parade in the paddock at 12:30 p.m., immediately before the puppy parade.

The emcees for the dog show will be Don Weeks of WGY radio and Tom Durkin, a race-caller at the track. And because no social event in Saratoga would be complete without her participation, Marylou Whitney will enter her dog into the costume contest.

The TRA, based in Shrewsbury, N.J., finds homes for former racehorses that have grown too old to compete or have been injured or abandoned. The group has two

retirement facilities, both of which are located at correctional institutions where inmates care for the animals in farm settings.

"We take in any thoroughbred that has a racing record," said Diana Pikulski of TRA. "Some of the horses were rescued, and they would be dead if we hadn't taken them. In some cases, they were just left at a track after a meet.

"In most cases, though, the animals came to us because the owners wanted to do the right thing," she added.

Pikulski said that when horses are no longer in racing condition, they stop producing enough money to pay for their upkeep, so

owners have to retire them. Only the top racing animals go out to stud, and some of the rest are not healthy enough to be sold to private stables for casual riding purposes.

"People say, 'If you guys don't take it, the horse is gonna go to the auction house,'" Pikulski said. "And if it's lame, then the horse is going to go the slaughterhouse."

The dog show is just one of several fund-raising activities TRA mounts during the course of each year, but it's one of the most popular because it's fun for families and provides an opportunity for dog owners and dog lovers to get together in a social setting.

"I'm a dog person as much as I'm a horse person, so it's fun for me," Pikulski said. "When you see this many dogs in one place, you really see what variety there is in terms of size and shape and color and temperament."

Pikulski said she plans to participate in the dog show's silliest event, Leo Lookalike, in which a prize will be awarded to the dog most closely resemble *Titanic* star Leonardo DiCaprio. "I'm going to dress my dog (a white labrador) up like he's Leo going out to a New York nightclub," she said. "Maybe, I'll rent him a limo."

Offbeat activities like dressing pooches to resemble movie stars are par for the course at the TRA dog show, which stresses fun even while raising funds and possibly finding homes for strays.

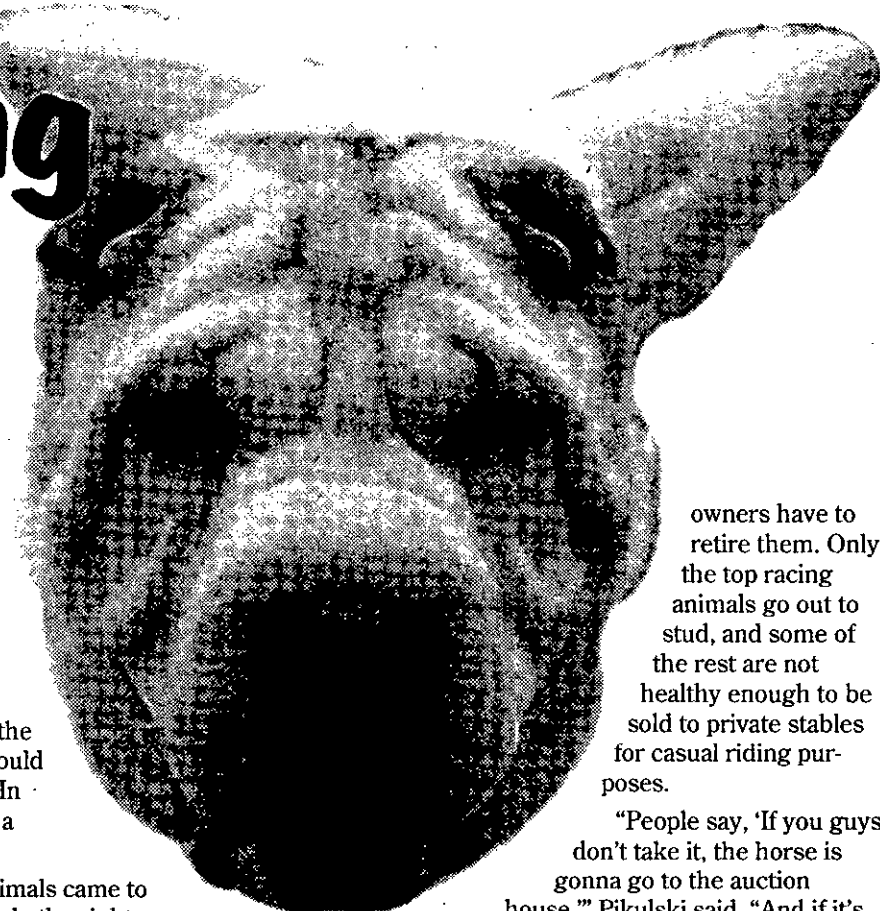
"We're going to try to get a couple of animal shelters to come out with photos of dogs that need to be adopted," Pikulski said.

Finding homes for unwanted dogs fits with TRA's mission of finding homes for unwanted horses. Pikulski said unwanted horses are an unfortunate, but unavoidable, part of the racing industry.

"It's a business and it's a livelihood for many people," she said. "While many horses enjoy racing and are well taken care of, they're not in this business by choice. Just as we take care of dogs without homes and cats without homes, we should take care of horses without homes."

Pikulski said her affection for horses is based on their behavior around people. "Horses are gentle, intelligent animals that are very affectionate with humans," she said. "They deserve the same affection from us."

Admission to the show is free.



The Thoroughbred Retirement Association's 16th annual dog show, taking place Aug. 25, is a free event, but it costs \$15 per dog to enter the costume competition.

ARTS and ENTERTAINMENT

THEATER

AND ALL THAT JAZZ

musical revue, Albany Civic Theater, 235 Second St., Albany, Aug. 21-22, \$10. Information, 462-1297.

GREASE

'50s musical, The Theater Barn, Route 20, New Lebanon, Aug. 20-23, Thursdays and Fridays at 8 p.m., Saturdays at 2 and 8:30 p.m., Sundays at 2 and 7 p.m., \$16, \$15 Sunday matinee. Information, 794-8989.

HECUBA

starring Olympia Dukakis, Main Stage of Williamstown Theater Festival, Route 2, Williamstown, Mass., Tuesday and Wednesday at 8 p.m., Thursday at 2:30 and 8 p.m., Friday at 8 p.m., Saturday at 4 and 8:30 p.m., Sunday at 2 p.m., through Aug. 30, \$17-\$35. Information, 413-597-3400.

PHANTOM OF THE COUNTRY

musical spoof, Mac-Haydn Theatre, Route 203, Chatham, through Aug. 23, \$16.90-\$18.90. Information, 392-9292.

MUSIC

VAN HALEN

Saratoga Performing Arts Center, Saratoga Springs, Aug. 23, 8:15 p.m., \$22.50-\$35. Information, 587-3330.

BLUES FESTIVAL

with B.B. King, Dr. John, the Neville Brothers, etc., Saratoga Performing Arts Center, Saratoga Springs, Aug. 29, 6 p.m., \$15-\$27.50. Information, 587-3330.

DANCE

MIAMI CITY BALLET

Aug. 21 at 8:15 p.m. and Aug. 22 at 2 p.m. -- "Who Cares?", "Company B" and "The Big Band Supremacy," Aug. 22 at 8:15 p.m. -- "Transtangos," "Funny Papers," "Nous Sommes" and "Stars and Stripes," Saratoga Performing Arts Center, Saratoga Springs, \$10-\$45. Information, 587-3330.

FAMILY FUN

ALTAMONT FAIR

entertainment, midway rides and games and agricultural exhibits, Altamont Fairgrounds, Route 146, Aug. 18-23, admission \$8 adults, \$2 children 6-12, under 5 free, \$3 parking. Information, 861-6671.

VICTORIAN PICNIC

exhibits, games and music at the Ulysses S. Grant Cottage Historic Site in Wilton, Aug. 23, beginning at 1 p.m., \$3.50 for adults, \$3 for seniors, \$2 for children ages 6 to 16, 5 and under free. Information, 587-8277.

VISUAL ARTS

NEW YORK STATE MUSEUM

Bears, through Jan. 3; Still Life: The Object in American Art, 1915-1995; Bugs of New York, through Aug. 31; Inside/Out, Outside/In, Community Views From the Collections, through Sept. 30; plus permanent collections, Empire State Plaza, Madison Avenue. Information, 474-5877.

ALBANY INSTITUTE OF HISTORY AND ART

Lewis/Miller/Slade, through Aug. 30, Three Centuries of Landscape Painting, through Sept. 27, 125 Washington Ave. Information, 463-4478.

MOHAWK HUDSON REGIONAL

annual juried art show, through Aug. 31, at Albany International Airport, Albany-Shaker Road, Colonie.

ALBANY CENTER GALLERIES

Linda Cross -- Shaping the Land, and works by Adrienne Klein, Martin Benjamin and David Brickman, through Aug. 28, 23 Monroe St. Information, 462-4775.

SCHUYLER MANSION

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

CALL FOR ARTISTS

DELMAR COMMUNITY ORCHESTRA

openings in the string, horn and percussion sections. Information, 439-1603.

ALBANY CENTER GALLERIES

submit 10-20 slides of recent work, artist statement and resume by Sept. 15. Information, 462-4775.

AUDITION

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

MONDAY MUSICAL CLUB

WOMEN'S CHORUS invitation for new members to join in singing classical and popular songs, Third Reformed Church, 20 Ten Eyck Ave., Albany, Tuesdays, 7:30 p.m. Information, 477-4454.

CAPITAL COMMUNITY VOICES

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

CLASSES/LECTURES

MUSEUM ART CLASSES

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

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.

AROUND the AREA

WEDNESDAY AUGUST 19

ALBANY COUNTY

YOGA AND RELAXATION

Women's HealthCare Plus, Guilderland, 9 to 10 a.m.

STEP, STRENGTHEN AND SHAPE UP

Women's HealthCare Plus, Guilderland, 5:45 to 6:45 p.m.

INTERNATIONAL ADOPTION ORIENTATION

Parsons Child and Family Center, 60 Academy Road, 7 p.m. Information, 426-2836.

FARMERS' MARKET

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

FARMERS' MARKET

Evangelical Protestant Church, Alexander and Clinton streets, Albany, 11 a.m. to 2 p.m.

FARMERS' MARKET

Stratton VA Medical Center Day Treatment Center, Myrtle Avenue, Albany, 9 a.m. to noon. Information, 462-3311, extension 2329.

SQUARE DANCE

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

SCHENECTADY COUNTY

ALZHEIMER'S SUPPORT GROUP

for those who care for Alzheimer's patients, Royce House, 117 Nott Terrace, Schenectady, 1 p.m. Information, 438-2217.

RIVER VALLEY CHORUS MEETING

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

RENSSELAER COUNTY

PROGRAM FOR CHRONICALLY ILL AND THEIR CAREGIVERS

Massy Center, 147 Hoosick Street, 6 p.m. Information, 268-5517.

THURSDAY AUGUST 20

ALBANY COUNTY

SAINT ROSE OPEN HOUSE FOR HIGH SCHOOL SENIORS

Saint Rose Campus Activities Center, 420 Western Ave., 10 a.m. to 2 p.m. Information, 454-5150.

GRADUATE CERTIFICATE IN APPLIED TECHNOLOGY SESSION

The College of Saint Rose Campus Activities Center, 420 Western Ave., 6 p.m. Information, 454-5143.

CHORUS REHEARSAL

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

LUNCHTIME SIDEWALK SALE

lawn sale of gift items from the Albany Institute of History & Art, 125 Washington Ave., 11:30 a.m. to 1:30 p.m. Information, 463-4478.

FARMERS' MARKET

Third Reformed Church, Kate Street and Whitehall Road, Albany, 3 to 6 p.m.

SCOLIOSIS SUPPORT GROUP

for individuals and families, Conklin Conference Room, Albany Memorial Hospital, Northern Boulevard, 7:30 p.m. Information, 475-0859.

ALZHEIMER'S SUPPORT GROUP

University Heights Health Care Center, 235 Northern Blvd., Albany, 5 p.m. Information, 438-2217.

FARMERS' MARKET

Albany YWCA, 28 Colvin Ave., 11 a.m. to 2 p.m. Information, 438-6608.

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.

EATING DISORDERS SUPPORT GROUP

Albany Public Library, 161 Washington Ave., 7:30 to 9 p.m. Information, 465-9550.

FRIDAY AUGUST 21

ALBANY COUNTY

BROOKS BARBECUE

Bethany Reformed Church, 760 New Scotland Ave., 4 to 7 p.m. Information, 482-7998.

FARMERS' MARKET

Sacred Heart Church, Walter Street, Albany, 11 a.m. to 2 p.m.

MOTHERS' DROP IN

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

SENIORS LUNCHEONS

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

SARATOGA COUNTY

NYS SUMMER SCHOOL OF THE ARTS

School of Modern Dance, final student performance, Skidmore College Dance Theater, 7 p.m. Information, 580-5733.

SATURDAY AUGUST 22

ALBANY COUNTY

HISTORICAL WALKING TOUR

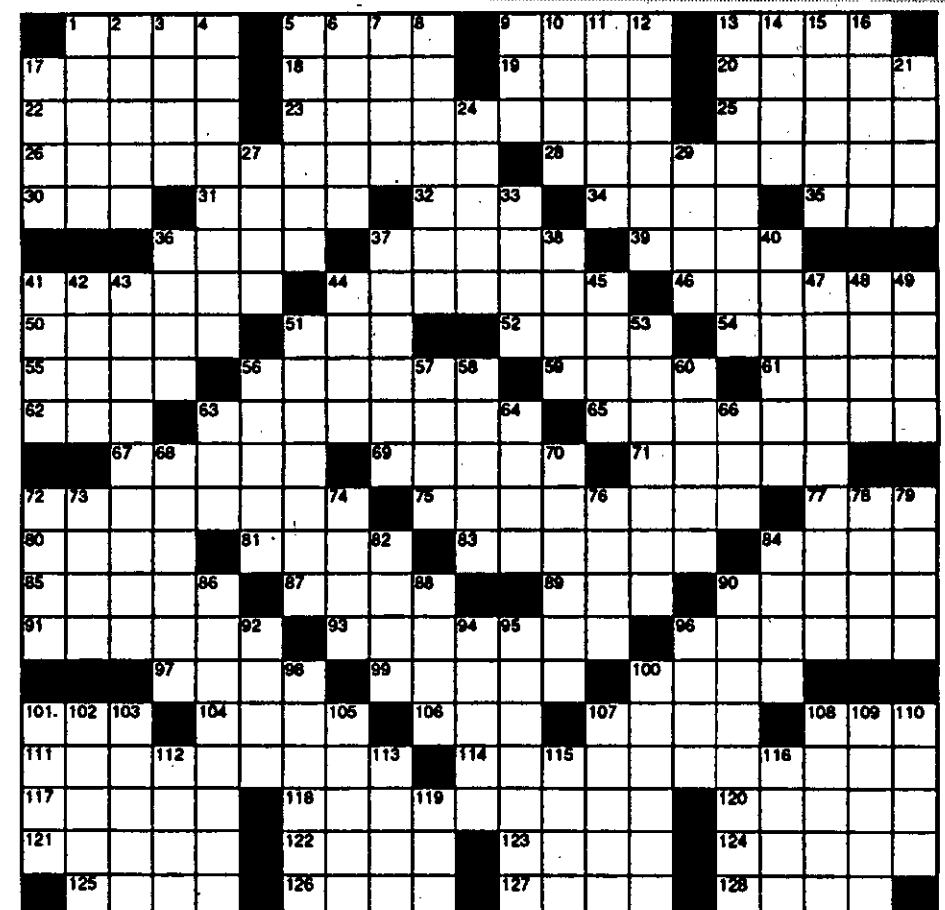
beginning at Albany Visitors Center, 25 Quackenbush Square, and continuing through downtown Albany, 11:30 a.m. to 1 p.m. Information, 434-6311.

FARMERS' MARKET

First Congregational church, 405 Quail St., Albany, 9 a.m. to noon.

Super CROSSWORD

- | | | | | | |
|-----------------------------------|--------------------------------------|-------------------------------------|---------------------------------|-----------------------------|--------------------------|
| ACROSS | 44 Most obese | holding office | starter | 38 River in | ones |
| 1 Cutting remark | 46 Did a journalist's job | 90 Artificial waterway | DOWN | 40 Green fodder | 82 British noble |
| 5 Theater souvenir? | 50 Loaded | 91 British prime minister | 1 Pack animal | 41 Garment trimmer | 84 Wash |
| 9 Ironwood | 51 Mortarboard | 93 Relies | 2 French farewell | 42 Brainstorm | 86 Rubber-yielding trees |
| 13 Colorful Cincinnati team | 52 Dry and withered | 96 Judith Krantz output | 3 Judge's garb | 43 Expert's award in judo | 88 Practice for the bout |
| 17 Style of architecture | 54 Drudge | 97 City on the Oka | 4 Having a streaked, tawny coat | 44 Gambling game | 90 Canning process |
| 18 Yugoslav VIP | 55 Type of ball or loaf | 99 Rajah's wife | 5 "— Weather" (1933 song) | 45 Very, in France | 92 Architect Saarinen |
| 19 Baby carriage | 56 Cherry-red | 100 Porter who carried a tune? | 6 Novices | 47 Kind of mandarin orange | 94 "— Arden" (Tennyson) |
| 20 Typewriter type | 59 Frad Mertz's due | 101 DDE's opponent | 7 Brain, in the Philippines | 48 Anagram of vile | 95 Town in Pennsylvania |
| 22 Pygmy antelope | 61 Dye indigo | 104 Dies — | 8 Plant used in folk medicine | 49 Take out | 96 Words to Nanette |
| 23 Colorful beverage | 62 D.C. lobbying org. | 106 Petty quarrel | 9 Prime | 51 Joins firmly | 98 Enjoys a comedy |
| 25 Enjoyed the blue-plate special | 63 Believer in evil spirits | 107 Hourglass fill | 10 Sour-tempered one | 52 Necessitates | 100 New Jersey city |
| 26 Colorful retailer | 65 Wander from the group | 111 U.S. sculptor | 11 Soup server | 56 Equatorial constellation | 101 Turkish officials |
| 28 Colorful murderer | 67 Rockne, of Notre Dame fame | 114 Yellowish-reddish plastid: Bot. | 12 Popular uprising, in France | 57 Emulate Michael Bolton | 102 Potential energy |
| 30 Old French coin | 69 Toward the center | 117 Gerontologist's topic | 13 Scarlet tanagers | 58 Prevent, in law | 103 Paris flower? |
| 31 Loses brightness | 71 Evangelist McPherson | 118 Graceful racer | 14 Nobelist Wiesel | 60 Threshold | 105 Heronlike bird |
| 32 Rachel Carson subject | 72 Rosy | 120 Main trunk artery | 15 Monetary unit of Kuwait | 63 Dijon | 107 Braga of films |
| 34 Small reticule | 75 Certain | 121 Christmas visitor | 16 Cubic meter | 64 Social prohibition | 108 Cut up the turkey |
| 35 Classic car | 77 "Norma —" | 122 Queen of the gods | 17 Clothes | 66 Arts degrees | 109 One of the Launders |
| 36 Actress Shedy | 80 Arrow poison | 123 Movement in ballet | 21 Root of the taro | 68 Silver/sulfur alloy | 110 State, in France |
| 37 Available at once | 81 Ladder or mother starter | 124 Envy another's possessions | 24 Bear, Dane or Lakes starter | 70 Ridicule | 112 Grafted, in heraldry |
| 39 Makes a blunder | 83 Prince's "— Rain" | 125 Trevino and Iacocca | 27 Overlaid with gold leaf | 72 Capital of Latvia | 113 Roll call reply |
| 41 Expose to public scorn | 84 Spend them in Venice | 126 Dam up, or check | 29 River to the Seine | 73 Distinct part | 115 Trundle, as ore |
| | 85 Lobsters' "lungs" | 127 Verve | 33 Summer refreshers | 74 Legal document | 116 Diving bird |
| | 87 "You care not who — your back..." | 128 Cap or pad | 36 Incite | 76 They assist RNs | 119 Sweet potato |
| | 89 Those | | 37 Pillage or plunder | 78 Inland sea of Asia | |
| | | | | 79 Slippery | |



The Spotlight CALENDAR

**WEDNESDAY
AUGUST 12**
BETHLEHEM

LENTEN COMMUNION SERVICE
Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m.

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.

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.

RED MEN
St. Stephen's Church, Elsmere, 7:30 p.m. Information, 439-3265.

DELMAR FIRE DISTRICT COMMISSIONERS
firehouse, Adams Place, 7:30 p.m. Information, 439-3851.

TESTIMONY MEETING
First Church of Christ, Scientist, 555 Delaware Ave., 8 p.m. Information, 439-2512.

SOLID ROCK CHURCH
evening prayer and Bible study, 7 p.m., 1 Kenwood Ave. 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.

MOUNTAINVIEW EVANGELICAL FREE CHURCH
evening service, Bible study and prayer, Route 155, 7:30 p.m. Information, 765-3390.

FAITH TEMPLE
Bible study, New Salem, 7:30 p.m. Information, 765-2870.

RAVENA

SOUNDS OF SUMMER READING CLUB
7 p.m., RCS Community Library, Mountain Road, Ravena. Information, 756-2053.

**THURSDAY
AUGUST 13**
BETHLEHEM

BIRD SCAVENGER HUNT
10 A.M., Five Rivers, 56 Game Farm Road, Delmar. Information, 475-0291.

BETHLEHEM LIBRARY-READING CLUB
Solve it at the library, 2 and 7 p.m., 451 Delaware Ave., Delmar. Information, 439-9314.

VOORHEESVILLE

MYSTERY BOOK DISCUSSION
"The Westing Game," Voorheesville Public Library, 7 p.m. Information, 765-2791.

RAVENA

DIXIELAND JAZZ BAND
Ravena Coeymans Gazebo (on the riverfront), 7:30 to 9 p.m. Information, 768-2310.

**FRIDAY
AUGUST 14**
BETHLEHEM

CHICKEN AND BISCUITS SUPPER
South Bethlehem United Methodist Church, 4:30 to 7 p.m. Information, 767-2281.

AA MEETING
First Reformed Church of Bethlehem, Route 9W, 7:30 p.m. Information, 489-6779.

CHABAD CENTER
Friday services, discussion and kiddush at sunset, 109 Elsmere Ave. Information, 439-8280.

NEW SCOTLAND

YOUTH GROUP
United Pentecostal Church, Route 85, New Salem, 7 p.m. Information, 765-4410.

**SATURDAY
AUGUST 15**
BETHLEHEM

ROAST BEEF DINNER
Thompson Lake Reformed Church, junction of Routes 157 and 157A at East Berne, 4 to 8 p.m. Information, 872-1353.

BIRD WALK
Thacher Park, 7:30 to 9:30 a.m. Information, 872-1237.

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.

ALTAMONT

HERB SALE
Indian Ladder Farms, 342 Altamont Road, Altamont, 9 a.m. to 5 p.m. Information, 765-2956.

**SUNDAY
AUGUST 16**
BETHLEHEM

DELMAR REFORMED CHURCH
Summer Worship schedule, 10 a.m. Traditional Worship, 5:30 p.m. Contemporary Worship. Children's Program for age 3-Grade 2 and Nursery Care provided at both times. 386 Delaware Ave., Delmar. Information, 439-9929.

UNITY OF FAITH CHRISTIAN FELLOWSHIP CHURCH
Sunday school and worship service, 10 a.m., 436 Krumkill Road. Information, 438-7740.

FIRST CHURCH OF CHRIST, SCIENTIST
Sunday school and worship service, 10 a.m., child care provided, 555 Delaware Ave. Information, 439-2512.

BETHLEHEM COMMUNITY CHURCH
Sunday school and worship service, 10 a.m., nursery provided, 201 Elm Ave. Information, 439-3135.

ST. STEPHEN'S EPISCOPAL CHURCH
Holy Eucharist, 8 and 10 a.m., coffee and fellowship, nursery care provided, church school, 9:30 a.m., Poplar Drive and Elsmere Avenue. Information, 439-3265.

BETHLEHEM CONGREGATION OF JEHOVAH'S WITNESSES
Bible lecture, 10 a.m., Watchtower Bible study, 10:55 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 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
free continental breakfast, 8:30 a.m., worship service with infant and preschool nursery care, assistive listening devices, handicap accessible, 9:30 a.m., coffee and fellowship, 10:30 a.m., 85 Elm Ave. Information, 439-4328.

MOUNT MORIAH MINISTRIES
Sunday school, 9:45 a.m., morning worship, 11 a.m., youth group, 6 p.m., evening service, 7 p.m., Route 9W, Glenmont. Information, 426-4510.

NEW SCOTLAND

BETHEL BAPTIST CHURCH
Sunday school, 9:15 a.m., worship service, 10:15 a.m., Auberge Suisse Restaurant, Route 85. Information, 475-9086.

FAITH TEMPLE
Sunday school, 10 a.m., worship service, 7 p.m., New Salem. Information, 765-2870.

ST. MATTHEW'S ROMAN CATHOLIC CHURCH
Masses Saturday at 5 p.m. and Sunday at 8:30 and 10:30 a.m., 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., Sunday School, 9 a.m., nursery care provided, Route 85. Information, 439-6454.

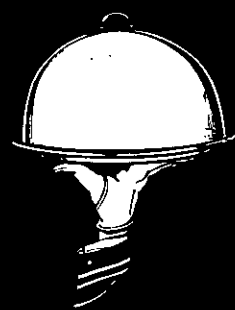
UNITED PENTECOSTAL CHURCH
Sunday school and worship service, 10 a.m., choir rehearsal, 5 p.m., evening service, 6:45 p.m., Route 85, New Salem. Information, 765-4410.

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.

Spotlight
on Dining



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

The name of the LLC is CO-LUMBIATITLETOWN, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 29, 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 30 Corporate Circle, Albany, New York 12203. (August 19, 1998)

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

The name of the LLC is XALD, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on June 29, 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 30 Corporate Circle, Albany, New York 12203. (August 19, 1998)

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

The name of the LLC is 110 State St., L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on June 29, 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 30 Corporate Circle, Albany, New York 12203. (August 19, 1998)

LEGAL NOTICE

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. (August 19, 1998)

NOTICE OF FORMATION OF A FOREIGN LIMITED LIABILITY PARTNERSHIP (FLP)

The name of the FLP is Woodlake Associates, L.P. The Application for Authority to do business in New York State of the FLP was filed with the NY Secretary of State on July 1, 1998. The jurisdiction of organization of the FLP is the State of Georgia. The date of organization of FLP is May 20, 1998. The principal office of the FLP is located at 2 Tower Place, Albany, New York 12203, in the County of Albany. The purpose of the LLC is to engage in any lawful act or activity. A list of the names and addresses of all general partners of the FLP are available from the Secretary of State. The name and address of the authorized officer of the FLP in the State of Georgia where a copy of its Certificate of Limited Partnership is filed is the Georgia Secretary of State, Suite 315, West Tower, 2 Martin Luther King, Jr. Drive, Atlanta, Georgia 30334-1530. (August 19, 1998)

LEGAL NOTICE

Envision Communications Consultants, LLC. Articles of Organization filed by NYS Secretary of State on 7/01/98. Principal office is located in Albany County. NYS Secretary of State designated as agent of the limited liability company upon whom process against it may be served and the Secretary of State shall mail a copy of any process against it to R.D. #1, Box 70, Lovecky Road, West Coxsackie, NY 12192. The purpose of the LLC is providing consulting services. (August 19, 1998)

LEGAL NOTICE

NOTICE OF FORMATION OF A FOREIGN LIMITED LIABILITY PARTNERSHIP (FLP)

The name of the FLP is LLSN REAL PROPERTY PARTNERSHIP, L.P. The Application for Authority to do business in New York State of the FLP was filed with the NY Secretary of State on July 9, 1998. The jurisdiction of organization of the FLP is the State of Georgia. The date of organization of FLP is June 15, 1998. The principal office of the FLP is located at 2 Tower Place, Albany, New York 12203, in the County of Albany. The purpose of the FLP is to engage in any lawful act or activity. A list of the names and addresses of all general partners of the FLP are available from the Secretary of State. The name and address of the authorized officer of the FLP in the State of Georgia where a copy of its Certificate of Limited Partnership is filed is the Georgia Secretary of State, Suite 315, West Tower, 2 Martin Luther King, Jr. Drive, Atlanta, Georgia 30334-1530. (August 19, 1998)

NOTICE OF FORMATION OF A FOREIGN LIMITED LIABILITY PARTNERSHIP (FLP)

The name of the FLP is MENANDS ASSOCIATES, L.P. The Application for Authority to do business in New York State of the FLP was filed with the NY Secretary of State on July 9, 1998. The jurisdiction of organization of the FLP is the State of Georgia. The date of organization of FLP is May 20, 1998. The principal office of the FLP is located at 2 Tower Place, Albany, New York 12203, in the County of Albany. The NY Secre-

LEGAL NOTICE

tary of State is designated as the agent of the FLP upon whom process against the FLP may be served. The address to which the Secretary of State shall mail a copy of any process against the FLP is 2 Tower Place, Albany, New York 12203. The purpose of the FLP is to engage in any lawful act or activity. A list of the names and addresses of all general partners of the FLP are available from the Secretary of State. The name and address of the authorized officer of the FLP in the State of Georgia where a copy of its Certificate of Limited Partnership is filed is the Georgia Secretary of State, Suite 315, West Tower, 2 Martin Luther King, Jr. Drive, Atlanta, Georgia 30334-1530. (August 19, 1998)

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

The name of the LLC is CO-LUMBIACLINTON GROUP, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 7, 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 30 Corporate Circle, Albany, New York 12203. (August 19, 1998)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of Strong Enterprises, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on July 14, 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 12 Newell Court, Menands, NY 12204. 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. (August 19, 1998)

NOTICE OF FORMATION OF LIMITED LIABILITY PARTNERSHIP

Name of limited liability partnership is: CAPITAL DISTRICT UROLOGIC SURGEONS, LLP. Certificate of Registration filed with Secretary of State of New York (SSNY) on 6/16/1998. Principal office located: Albany County. SSNY is designated as agent of LLP upon whom process against LLP may be served. SSNY shall mail a copy of any such process to 319 South Manning Boulevard, Suite 106, Albany, NY 12208. LLP's

LEGAL NOTICE

business: Medical Practice. (August 19, 1998)

NOTICE OF FORMATION OF DOMESTIC LIMITED LIABILITY COMPANY UNDER SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW

FIRST: The name of the limited liability company (hereinafter referred to as the "Company") is BETHLEHEM ICE GROUP, LLC.

SECOND: Articles of Organization of the Company were filed with the Secretary of State on April 22, 1998.

THIRD: The county within New York State in which the office of the Company is to be located is Albany.

FOURTH: The Company does not have a specific date of dissolution in addition to the events of dissolution set forth by law.

FIFTH: The Secretary of State is designated as agent of the Company upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company is Bethlehem Ice Group, LLC, P.O. Box 160, Slingerlands, NY 12159.

SIXTH: The purpose of the Company is to conduct any lawful business permitted under the limited liability company law.

SEVENTH: The Company's registered agent upon whom and at which process against the Company can be served is McNamee, Lochner, Titus & Williams, PC, 75 State Street, Albany, New York 12207. (August 19, 1998)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of Delmar Convenience Bakery, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on July 24, 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 shall mail a copy of any process to the LLC c/o 25 Mason Lane, Slingerlands, New York 12159.

The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLC. (August 19, 1998)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.

Articles of Organization of 879 Madison Avenue, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on July 27, 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 shall mail a copy of any process to the LLC c/o P.O. Box

LEGAL NOTICE

1341, Guilderland, New York 12084.

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. (August 19, 1998)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of Henry F. Clas Florist, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on July 27, 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 shall mail a copy of any process to the LLC c/o 404 New Scotland Avenue, Albany, New York 12208.

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. (August 19, 1998)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of Brett, Singer & Associates, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on July 23, 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 Ganz & Wolkenbreit, LLP, One Columbia Circle, Albany, New York 12203.

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. (August 19, 1998)

NOTICE OF FORMATION OF MUNI-GEN, LLC

MUNI-GEN, LLC filed its Articles of Organization with the Secretary of State on June 24, 1998.

(1) Its principal office is in Albany County. (2) The Secretary of State has been designated as its agent upon whom process against it may be served and its post office address to which the Secretary of State shall mail a copy of any process served upon him or her is: Muni-Gen, LLC c/o Sara Miller, Regulatory Watch, Inc., 35 Tenbrock Street, Albany, NY. (3) The latest date of dissolution is December 1, 2020. (4) The purpose of its business is to engage in any lawful activity for which limited liability companies may be organized under section 203 of the Limited Liability Company Act. (August 19, 1998)

NOTICE OF FORMATION OF REGISTERED LIMITED LIABILITY PARTNERSHIP OF 93 BROADWAY LLC

93 BROADWAY LLC has been formed as a limited liability company in New York. The Articles of Organization were filed on June 10, 1998 with the Secretary of State. The office is located in Albany County. The Secretary of State is designated as Agent upon whom process may be served. The Secretary of State shall mail a copy of any process served upon him/her to 37 Folmsbee Drive, Menands, NY 12204-1205 ATTN: James K. Patrick III. The purpose of the business of 93 BROADWAY LLC is limited to the ownership and operation of certain real property commonly known as 93 Broadway, Menands, NY. (August 19, 1998)

NOTICE OF FORMATION LAKE VIEW PARTNERS, LLC

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is Lake View Partners, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 21, 1998. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 30 Corporate Circle, Albany, New York 12203. (August 19, 1998)

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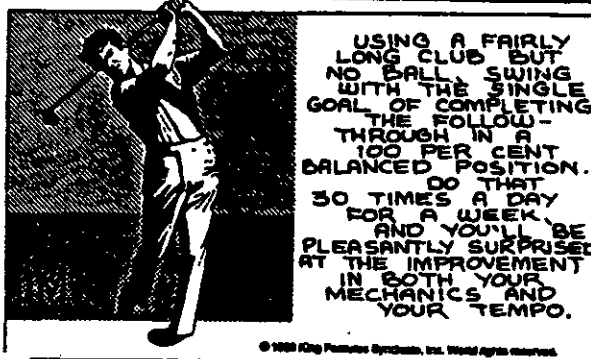
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NOTICE OF FORMATION
DNR, LLC

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is DNR, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 21, 1998. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 30 Corporate Circle, Albany, New York 12203. (August 19, 1998)

NOTICE OF FORMATION
COLUMBIA WOBURN GROUP, LLC

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is Columbia Woburn Group, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 22, 1998. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 30 Corporate Circle, Albany, New York 12203. (August 19, 1998)

NOTICE OF FORMATION
SMB, LLC

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is SMB, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 21, 1998. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is RD#2, Box 264G, Altamont, New York 12009. (August 19, 1998)

NOTICE OF FORMATION
COLUMBIA MONTICELLO GROUP, LLC

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is Columbia Monticello Group, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 22, 1998. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 30 Corporate Circle, Albany, New York 12203. (August 19, 1998)

NOTICE OF FORMATION
ADC, LLC

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is ADC, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 21, 1998. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 30 Corporate Circle, Albany, New York 12203. (August 19, 1998)

NOTICE OF FORMATION
SFR I, LLC

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is SFR I, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 22, 1998. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 30 Corporate Circle, Albany, New York 12203. (August 19, 1998)

LEGAL NOTICE

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. (August 19, 1998)

PUBLIC NOTICE
COMMUNITY DEVELOPMENT
BLOCK GRANT PERFOR-
MANCE REPORT
TOWN OF COLONIE
VILLAGE OF COLONIE
VILLAGE OF MENANDS

PLEASE TAKE NOTICE that the Performance Report on the Community Development Block Grant for the program year beginning July 1, 1997 has been completed and is filed in the Community Development Office, Memorial Town Hall, Newtonville, New York 12128 where it is available for inspection, at no charge, by any interested person any weekday, Monday through Friday, except legal Town of Colonie holidays, between the hours of 8:30 a.m. - 12:00 p.m. and 1:00 p.m. - 4:30 p.m. All citizens of the Town of Colonie and the Villages of Colonie, and Menands are encouraged to review and comment on the Performance Report and to submit such comments to the Community Development Office by noon on September 18, 1998.

PLEASE TAKE FURTHER NOTICE that the Performance Report, including a summary of any citizens' comments, will be filed with the U.S. Department of Housing and Urban Development and be on file and available for inspection, at no charge, in the Colonie Town Clerk's Office, Town Library, Village of Colonie Office, and Village of Menands Office on or about September 30, 1998.

Mary E. Brizzell
Supervisor

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

The name of the LLC is LDB, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on August 5, 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 c/o John K. Sullivan, 52 Corporate Circle, P.O. Box 12753, Albany, New York 12212-2753. (August 19, 1998)

VOORHEESVILLE CENTRAL
SCHOOL DISTRICT
SCHOOL COLLECTOR'S
NOTICE

Notice is hereby given that I have received the tax list and warrant for the collection of school taxes in the Voorheesville Central School District.

I will receive all taxes for a period of 61 days beginning September 1, 1998 at the places listed below. During the 30 day period from September 1, 1998 through September 30, 1998 inclusive there will be no penalty charge for the collection of the tax.

From October 1, 1998 through October 31, 1998 in accordance with Section 2130 of the Education Law and Section 1328 of the Real Property Tax Law, penalty will be charged at a rate of 2% for the month of October.

No collections will be made after October 31, 1998. Postmarks of October 31, 1998 will be accepted.

• Paying in Person:
Voorheesville Branch of Key Bank
Voorheesville Plaza
Monday - Friday: 9 A.M. - 3 P.M.
Friday: 4 P.M. - 6 P.M.

Paying by Mail:
Voorheesville Central School District
Tax Collector
Post Office Box 201
Voorheesville, New York 12186

Make Checks Payable to:
Voorheesville Central School District
Marilyn B. Schaff, School Tax Collector Voorheesville Central

LEGAL NOTICE

School District Voorheesville, New York 12186
(August 19, 1998)

VOORHEESVILLE CENTRAL
SCHOOL DISTRICT
NOTICE TO TAXPAYERS FROM
THE VOORHEESVILLE BOARD
OF EDUCATION

For those taxpayers who are having their school taxes paid through an escrow account, the district recommends contacting your bank to ensure proper payment. However, if you receive the tax bill and you have an escrow account, it is your obligation to contact your bank.

Marilyn B. Schaff
School Tax Collector
Voorheesville Central School District

(August 19, 1998)

At an I.A.S. Term of Supreme Court of the State of New York, held in and for the County of Albany, at Albany, New York on August 5, 1998.

PRESENT: HON. HAROLD J. HUGHES, J.S.C.
STATE OF NEW YORK,
COUNTY OF ALBANY
SUPREME COURT

JUANITA B. HILL, Plaintiff
- against -
EUGENE HILL, Defendant.
AMENDED ORDER FOR
SERVICE BY PUBLICATION
Index No. 4597-96

Upon reading and filing the affidavit of the plaintiff Juanita B. Hill, and of Paul T. Devane, Esq., attorney for plaintiff, both sworn to on April 28, 1998, the summons and verified complaint in this action for divorce, and it appearing that the present whereabouts of the defendant Eugene Hill, cannot be ascertained with due diligence,

NOW, upon motion of Paul T. Devane, attorney for the plaintiff, for an order directing service of the summons and verified complaint upon the defendant Eugene Hill, by publication pursuant to CPLR §315 and §316, it is

ORDERED, that the summons and verified Complaint be served upon the defendant Eugene Hill, by publication in accordance with the requirements of CPLR §316 by setting forth a copy of the summons bearing the legend "Action for a Divorce" and the relief sought herein and that said publication shall be made in the

English language in one newspaper, namely, The Spotlight, published at Delmar, New York, once each week on the same day for three successive weeks, which newspaper is most likely to give notice to the defendant, and it is further

ORDERED that the first publication of the summons herein shall be made within twenty days after the granting of this order and that the summons, verified complaint and all of the papers in support of this order shall be filed on or before the first day of publication, and it is further

ORDERED that the requirement of mailing a copy of the summons to the defendant be dispensed with, it appearing that there is no place that can be ascertained with due diligence where the defendant probably would receive mail and that service as herein provided shall be good and sufficient.

Dated: August 5, 1998.
Albany, New York
s/Harold J. Hughes, J.S.C.
(August 19, 1998)

SUPREME COURT OF THE
STATE OF NEW YORK
COUNTY OF ALBANY
SUMMONS WITH NOTICE

Juanita B. Hill
230 Green Street
Apt. 3A
Albany, New York 12202,
Plaintiff

against

Eugene Hill
Unknown Address, Defendant
ACTION FOR A DIVORCE
To the above named Defendant(s)

You are hereby summoned to serve a notice of appearance, on the Plaintiff's Attorney within 20 days after the service of this summons, exclusive of the day of service (or within 30 days after the service is complete if this summons is not personally delivered to you within the State of New York); and in case

LEGAL NOTICE

of your failure to appear, judgment will be taken against you by default for the relief demanded in the notice set forth below.

Dated, October 8, 1997

Paul T. Devane, Esq.
Attorney For Plaintiff
Office and Post Office Address
112 State Street-Suite 1118
Albany, New York 12207

Notice: The nature of this action is to dissolve the marriage between the parties, on the grounds of the abandonment of the plaintiff, by the defendant. The relief sought is, A judgment of absolute divorce in favor of the plaintiff dissolving the marriage between the parties in this action. The nature of any ancillary relief demanded is

STATE OF NEW YORK
SUPREME COURT, COUNTY
OF ALBANY

JUANITA B. HILL, Plaintiff,
- against -
EUGENE HILL, Defendant.

VERIFIED COMPLAINT
Index No. 4597-96

Plaintiff, by her attorney, Paul T. Devane, Esq., complaining of the defendant herein, respectfully shows to this Court and alleges:

1. The plaintiff and defendant were both over the age of 18 years at the time of commencement of this action.

2. The plaintiff is now and has been a resident of the State of New York for a continuous period of more than one (1) year immediately preceding the commencement of this action.

3. The parties hereto were married on the 19th day of February, 1978, in New York City, Borough of the Bronx, and State of New York.

4. There are no issue of this marriage.

5. That heretofore and on or about March of 1980, the defendant abandoned the plaintiff herein with intent not to return, without any cause or justification and without the plaintiff's consent, and has continuously absented himself and abandoned her since the said date to the present date, a period of one (1) or more years.

6. The plaintiff can verify state that she has not taken, and does not intend to take, any steps solely within her power which would act as a barrier to the defendant's remarriage following this action for a divorce.

7. Upon information and belief, no judgment, decree or order of divorce, annulment or dissolution of marriage has been granted to the plaintiff against the defendant in any Court of this state or in any Court of any other state, territory, foreign country, or dependency, nor is there any other action presently pending for a judgment, decree or order of divorce, annulment, or dissolution of marriage in any Court of this state or in any Court of any other state, foreign country or dependency.

WHEREFORE, the plaintiff demands judgment against the defendant, dissolving the marriage between the parties to this action, and granting such other and further relief as the Court deems fitting and proper.

Dated: October 10, 1997

YOURS, ETC.,
PAUL T. DEVANE,
ESQ.
Attorney for Plaintiff
OFFICE & P.O.
ADDRESS
112 State Street-Suite
1118
Albany, New York 12207
Tel.: (518) 462-2200

VERIFICATION
STATE OF NEW YORK:

ss.:
COUNTY OF ALBANY:

Juanita B. Hill, being duly sworn, deposes and says: that deponent is the plaintiff in the within action; that deponent has duly read the forgoing Summons and Complaint and knows the contents thereof; that the same is true to deponent's own knowledge, except the matters therein stated to be alleged on the information and belief, and that as to those matters, deponent believes it to be true.

s/ Juanita B. Hill
Sworn to before me this 10 day of October, 1997

LEGAL NOTICE

s/ Paul T. Devane
Notary Public, State of New York
No. 6008050
Qualified in Albany County
Commission Expires January 21, 2000

ATTORNEY VERIFICATION

STATE OF NEW YORK:
ss.:
COUNTY OF ALBANY:

PAUL T. DEVANE, a duly licensed and practicing attorney of the State of New York, affirms as follows under penalty of perjury: that affiant is the attorney for the plaintiff in the within action; that affiant has duly read the forgoing Summons and Complaint and knows the contents thereof that the same is true to affiant's own knowledge, except the matters therein stated to be alleged on information and belief, and that as to those matters therein not stated upon knowledge, is based upon records forwarded to me by plaintiff.

I affirm the forgoing statements are true under the penalties of perjury.

Affirmed: October 10, 1997

s/ Paul T. Devane, ESQ.
(August 19, 1998)

NOTICE

Re: Charles R. Vaughn
Education Trust
c/o Jeremiah F. Manning,
Esq.
2 Normanskill Blvd.
Delmar, New York 12054
El# 14-1785189
The Charles R. Vaughn Educational Trust is a private foundation. Its annual "Return of Private Foundation" (Form 990-PF) is available for inspection at its principal office (2 Normanskill Blvd., Delmar, New York 12054) during regular business hours (9-5 Monday - Friday) by anyone who requests inspection within 180 days after the publication date.

Please contact:
Jeremiah F. Manning, Esq. 2
Normanskill Blvd.
Delmar, New York 12054
(518) 439-0375
Please note: Anyone can request to inspect the subject private foundation's copy of its application for recognition of exemption and the IRS's response.
(August 19, 1998)

VOORHEESVILLE CENTRAL
SCHOOL DISTRICT
NOTICE OF SPECIAL ELEC-
TION AND VOTE

NOTICE IS HEREBY GIVEN THAT a special election and vote of the qualified voters of Voorheesville Central School District, County of Albany, State of New York will be held in the Clayton A. Bouton Jr./Sr. High School in said district on Wednesday, October 7, 1998. The polls will be open at 2:00 p.m. Eastern Daylight Saving Time and voting will proceed until 9:30 p.m. on the following:

1. To elect a member of the Board of Education for a three (3) year term to fill the vacancy created by the resignation of Nicholas Faraone.

2. To vote on the following Resolution, dated August 3, 1998:

A RESOLUTION ESTABLISHING A RESERVE FUND FOR VOORHEESVILLE

CENTRAL SCHOOL DISTRICT, ALBANY COUNTY, NEW YORK, PURSUANT TO SECTION 3651 OF THE EDUCATION LAW. BE IT RESOLVED, by the Board of Education of Voorheesville Central School District, Albany County, New York as follows:

Section 1. Pursuant to Section 3651 of the Education Law, there is hereby established a reserve fund in and for Voorheesville Central School District, Albany County, New York which shall be designated as the "Capital Reserve Fund" of said School District.

Section 2. Such Reserve Fund is hereby established for financing, in whole or in part, the following object(s) or purpose(s) of said School District:

For the reconstruction in part of, and the construction of additions to the Clayton A. Bouton Junior Senior High School and the Voorheesville Elementary School, including land purchase, furnishings, equipment and apparatus, and necessary alterations and ancillary work.

Section 3. The ultimate amount

LEGAL NOTICE

of such Fund shall be \$525,000, plus accrued interest.

Section 4. The probable term of such Fund shall be five (5) years.

Section 5. The source from which the funds for such Reserve Fund will be obtained is as follows:

Unappropriated Fund
Balance as funds become available and unexpended funds from the 1998-1999 budget.

Section 6. This resolution shall take effect upon the approval thereof by a majority of the qualified voters of said School District voting on a proposition therefor submitted at the annual or a special district meeting of said School District, the details of which shall be specified by a further resolution of this Board of Education.

Section 7. The form of the proposition to be so submitted shall substantially be as follows:

RESERVE FUND
PROPOSITION

Shall the following resolution be adopted, to-wit:

RESOLVED, that the Board of Education of the Voorheesville Central School District, Albany County, New York, is hereby authorized to establish a reserve fund (to be known as the "Capital Reserve Fund") in an ultimate amount of \$525,000, plus accrued interest, with a probable term of five (5) years, with the purposes and source thereof being as follows:

a. For the reconstruction in part of, and the construction of additions to the Clayton A. Bouton Junior Senior High School and the Voorheesville Elementary School, including land purchase, furnishings, equipment and apparatus, and necessary alterations and ancillary work.

b. The source of the funds for such Reserve Fund shall be as follows:

Unappropriated Fund
Balance as funds become available and unexpended funds from the 1998-1999 budget.

Section 8. The above RESERVE FUND PROPOSITION may be presented to the voters in abbreviated form as this Board of Education shall direct in a further resolution to be adopted by it.

Section 9. This resolution shall take effect upon the approval of the aforesaid proposition and, upon such approval, no further action of this Board of Education will be required to perfect the establishment of such Reserve Fund.

And notice is also given that petitions nominating candidates for the office of member of the Board of Education must be filed with the Clerk of the district not later than the 30th day preceding the school meeting. Each petition must be directed to the Clerk of the district, must be signed by at least twenty-five (25) qualified voters of the district, must state the name and residence of the candidate and must describe the specific vacancy for which the candidate is nominated including at least the length of the term of office and the name of the last incumbent.

And notice is further given that letters requesting application for absentee ballots may be received by the District Clerk not earlier than the thirtieth (30th) day nor later than the seventh (7th) day before the election. Requests should be addressed to:

Clerk, Board of Education
Voorheesville Central School District
Voorheesville, New York 12186
Dated: August 19, 1998
Dorothea Pfeifferer
District Clerk

(August 19, 1998)

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Obituaries

Doreen Signorelli

Doreen A. Signorelli, 44, of Delmar died Friday, Aug. 14, at her home.

Mrs. Signorelli was a pediatric nurse. She worked at the International School in Brussels, Belgium, and Albany Medical Center Hospital. She was the co-owner of Knuffels Children's Center in Delmar.

Survivors include her husband, Anthony Signorelli; her mother, Loraine Sulzinski; two daughters, Kelly Signorelli and Lisa Signorelli, both of Delmar; a son, Salvatore Signorelli of Delmar; a brother Stephen Sulzinski from Virginia; and four sisters, Linda Tucker from Levittown, Valerie Dahlman from Massapequa, Terry LoRosso from Virginia and Diane Sulzinski from Hicksville.

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

Arrangements were by the Applebee Funeral Home in Delmar.

Contributions may be made to the Doreen Signorelli BCHS Senior Scholarship, 69 Boylston Drive, Delmar 12054.

David Solomon

David Solomon, 90, of East Mount Drive in Slingerlands died Sunday, Aug. 16, at his home.

Born in Hudson, he owned the Blue Paint Store in Hudson for 40 years. Mr. Solomon was a member of the Hudson Elks, a Little League coach and a member of the Masonic Lodge No. 7. He was a member of Congregation Anshe Emeth.

Survivors include his wife, Celia Miller Solomon; four sons, Dr. Marc Solomon of Dix Hills, Samuel Solomon of Venice, Fla., Dr. Joel Solomon of Queensbury and Jerry Solomon of Colonie; and eight grandchildren.

Services were from the Bates & Anderson Funeral.

Burial was in Cedar Park Cemetery.

W. Mason Lawrence

W. Mason Lawrence, 79, of Brooktondale, Tompkins County, a former Delmar resident, died Thursday, Aug. 6, at his home.

He was a graduate of Ithaca High School and Cornell University. He also received a doctorate in fisheries and conservation from Cornell.

He was a Navy veteran of World War II, serving as a navigator in the European, African and Pacific theaters.

He was a senior aquatic biologist for the state Conservation Department in the Adirondack region. He later served as chief of the Bureau of Fish and Game and deputy commissioner of the Environmental Conservation Department.

He retired in 1974.

Mr. Mason was a member and former president of the American Fisheries Society, International Association of Game, Fish and Conservation Commissioners, New York Academy of Sciences and the American Association for Advancement of Science.

He was a member of First United Methodist Church in Delmar from 1955 to 1980. Since

1980, he was a member of Caroline Valley Federated Church, serving as treasurer from 1980 to 1996.

Survivors include his wife, Jane Ridgway Lawrence; a son, John R. Lawrence of Brooktondale; a daughter, Janet Kearns of Rochester; two sisters, Madeline Peters and Virginia Menzies; and four grandchildren.

Services were from Caroline Valley Federated Church.

Burial was in Ridgway/Lane Cemetery.

Arrangements were by the Candor Funeral Parlor.

Contributions may be made to Caroline Valley Federated Church Memorial Fund, Valley Road, Brooktondale 14817.

Dorothy E. Albrechta

Dorothy E. Albrechta, 83, of Good Samaritan Nursing Home in Delmar died Wednesday, Aug. 12, at St. Peter's Hospital in Albany.

Born in Stephentown, she was a clerk for the state Department of Criminal Justice before she retired.

Mrs. Albrechta was a member of Madison Avenue Baptist Church.

She was the widow of John P. Albrechta.

Survivors include a sister, Esther Stricos of Albany.

Services were from the Tebbutt Funeral Home in Albany.

Burial was in Graceland Cemetery in Albany.

Contributions may be made to Madison Avenue Baptist Church, 901 Madison Ave., Albany.

Tuckered out



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Constance Pakatar

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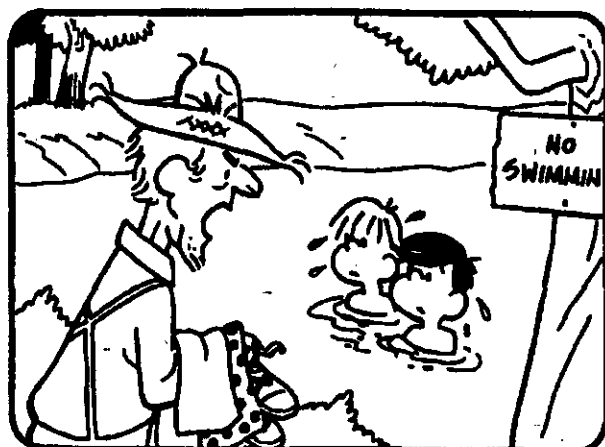
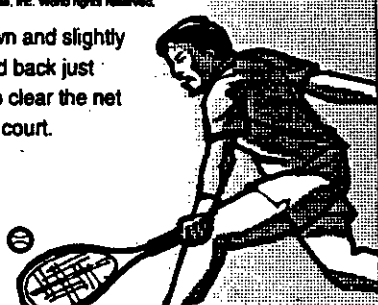
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You should bend down and slightly angle the racket head back just enough for the ball to clear the net and land deep in the court.



HOCUS-FOCUS



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Suspenders are different. 2. Shoe lace is missing. 3. Sign is wet. 4. Drop of water is missing. 5. Hand is showing. 6. Leaves are added.

MAGIC MAZE

FLATWARE

Q W S O U P S P O O N U R L P
N K A E I G T G D B Z X A V S
S Q L O V M A S N K I D G E K
C A T Y W I I S R O L U S Q R
P N S E V I N K R E T T U B O
L J P H F E L K R E V L I S F
C A O Y X V E U T S W R Q P D
N M O K J H S K N I F E E F A
E S N O O P S A E T U C K S L
B Z S L I S N E T U Y R X S A
V U T S E V I N K H S I F R S

Find the listed words in the diagram. They run in all directions—forward, backward, up, down and diagonally.

Butter knives	Ladle	Silver	Teaspoons
Fish knives	Salad forks	Skewers	Tongs
Forks	Salt spoons	Soup spoon	Utensils
Fruit knives	Servers	Stainless	

LEGAL NOTICE

RESOLUTION AND PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem in the County of Albany, State of New York has on the 12th day of August 1998, duly adopted, subject to a permissive referendum, a resolution as follows:

WHEREAS, the Town Board of the Town of Bethlehem has determined that it is necessary to perform additional upgrade work on the Highway Department's fleet fuel facility, and

WHEREAS, it is estimated that the cost of said additional work will be approximately \$35,000 and

WHEREAS, in recognition of these needs, funds for such purpose are in the General Fund Capital Reserve; and

NOW, THEREFORE, BE IT RESOLVED that it is in the public interest to complete this facility upgrade; and

LEGAL NOTICE

BE IT FURTHER RESOLVED, that the Town Board authorizes the expenditure of the reserve moneys to fund this project up to an additional maximum amount of \$35,000, and,

BE IT FURTHER RESOLVED, that the Town Comptroller is authorized to expend from the General Fund Capital Reserve the funds necessary up to an additional \$35,000 in said reserve fund; and

This resolution shall be subject to a permissive referendum, as permitted by law.

The motion to adopt the resolution was made by Mr. Lenhardt, was seconded by Mr. Johnson and duly adopted by the following vote:

AYES: Mrs. Fuller, Mr. Lenhardt, Mrs. Davis, Mr. Johnson, Ms. Burns.

LEGAL NOTICE

NOES: None
ABSENT: None
DATED: August 12, 1998
(August 19, 1998)

PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem in the County of Albany, State of New York has on the 12th day of August 1998, duly adopted, subject to a permissive referendum, a resolution as follows:

WHEREAS, the Town Board of the Town of Bethlehem has determined that it is necessary to make improvements to parking and concrete deck areas at Elm Avenue Park and Henry Hudson Park, and

WHEREAS, it is estimated that the costs of said work will be approximately \$25,000 and

WHEREAS, in recognition of these needs, funds for such work are in the Recreation Capital Reserve Account; and,

LEGAL NOTICE

NOW, THEREFORE, BE IT RESOLVED that it is in the public interest to complete this paving and resurfacing work; and,

BE IT FURTHER RESOLVED, that the Town Board authorizes the expenditure of the reserve monies to fund these projects up to a maximum amount of \$25,000.

BE IT FURTHER RESOLVED, that the Town Comptroller is authorized to expend from the Recreation Capital Reserve Account the funds necessary up to \$25,000 in said reserve fund; and

This resolution shall be subject to a permissive referendum, as permitted by law.

The motion to adopt the resolution was made by Mr. Lenhardt, was seconded by Mr. Johnson and duly adopted by the following vote:

AYES:

LEGAL NOTICE

Mrs. Fuller, Mr. Lenhardt, Mrs. Davis, Mr. Johnson, Ms. Burns.
NOES: None.
ABSENT: None.
DATED: August 12, 1998
(August 19, 1998)

NOTICE OF FORMATION

COLUMBIA PHC GROUP, LLC
NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is Columbia PHC Group, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 22, 1998. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 30 Corporate Circle, Albany, New York 12203. (August 19, 1998)

LEGAL NOTICE

any process against the LLC is 30 Corporate Circle, Albany, New York 12203.
(August 19, 1998)

NOTICE OF FORMATION

COLUMBIA SFH, LLC
NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is Columbia SFH, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 21, 1998. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 30 Corporate Circle, Albany, New York 12203. (August 19, 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

BUSINESS OPPORTUNITY

ATTENTION INVESTORS! 200% return from recent 30 day period. \$5,000 foreign currency investment could have returned \$15,000. Free information Capital Management International. \$5,000 minimum investment. 1-800-380-3211.

FREE INFORMATION: Make up to \$247,000, distributing our complete line of money-making software. Free website to first 2,500 orders. Limited offer. Call now 1-888-430-7576 Ext. 3295.

LOCAL CANDY ROUTE. 30 vending machines. Earn approx. \$800/day. All for \$9,995. Call 1-800-998-VEND.

CHILD CARE SERVICES

EF AU PAIR, EUROPEAN live-in child care, carefully screened and trained by EF staff. English speaking. Mike 518-489-6442.

EXPERIENCED CHILD CARE in my Glenmont home, all ages, excellent references. 462-3379.

MCDERMOTT'S DAYCARE, provider is RN, New York registered, Latham Ridge area, full/part-time available. Ages 2 and over. 371-2586.

TEACHER IN MY DELMAR home, behind Elsmere Elementary. Full time and before/after school. Excellent references! 475-1361.

CHILD CARE HELP WANTED

CHILDCARE NEEDED: Kind, professional, experienced, 25-30 hours per week. References and transportation necessary. 475-0124.

COLLEGE STUDENT, mature adult, after school, 2 children, our home. Experienced, energized, non-smoker, Monday-Friday, 2:30 p.m. - 5:30 p.m. Competitive salary. Begin September 8th. 475-0320.

DELMAR: Part-time mother's helper, starting September. Mature person, car required, 3 p.m. - 5:30 p.m., 4-5 days a week. Excellent pay, vacation. 439-2272, leave message.

LOVING, CREATIVE, NON-SMOKER to care for 2 small children up to 30 hours per week. Must have car. Send resume, references to: P.O. Box 241, Slingerlands, N.Y., 12159.

The Family of Ron Wagner would like to extend their sincere appreciation for your kind thoughts and prayers.

The magnitude of the loss was seconded only by the tremendous outpouring of love and support by Friends and the Community.

Please find comfort in knowing that your support helped ease a heavy burden.

Sincerely,
The Wagner Family

LOVING, DEPENDABLE CHILDCARE PROVIDER for 2 and 6 year old, Glenmont. Full-time, benefits, experience with impeccable references, car a necessity. 462-9984.

RESPONSIBLE, MATURE individual wanted to sit for an infant in my Delmar home, weekday mornings, 9 a.m. to 2 p.m. Salary negotiable. Car necessary. 439-8849.

SEEKING PART-TIME BABYSITTER for infant in our Delmar home. Monday and Wednesday's, 8 a.m. to 5 p.m., references required. Starting September. 439-8768.

CLEANING SERVICES

AFFORDABLE QUALITY CLEANING - Satisfaction guaranteed, conscientious, hardworking, reliable, references. 439-2796.

CLEANING - residential/small business. Free estimates. References. Call Rose 439-0350.

HUSBAND AND WIFE, will clean your home; reasonable, references. 439-7085.

J'S CLEANING: Experienced, personalized service. Fully insured, bonded. Free estimates. 872-9269.

RELIABLE HOUSE CLEANING: Willing to do extra. References available. Call Irena, 283-2860.

SWEEP IT CLEAN with "Clean Sweep." Fully insured, bonded. References. Call Dawn. 433-0417.

COMPUTERS

NEED A COMPUTER, but don't have the cash? 300MHZ complete systems w/software, zero down lease/purchase. All credit types welcome. 1-800-375-4119.

CRAFT FAIR

CRAFTERS NEEDED for annual craft fair being held at St. Andrew's Episcopal Church, Albany, N.Y., Saturday, September 26, 1998, 10 a.m. - 4 p.m. Please call 489-4747 for more information. Deadline for applying: September 18, 1998.

EDUCATION

EARN ACCREDITED COLLEGE DEGREE QUICKLY, bachelors, masters, doctorate, by correspondence, based upon life experiences, knowledge already attained, prior education and short study course. For free information booklet, phone Cambridge State University 1-800-964-8316. 24 hours.

EQUIPMENT FOR SALE

SAWMILL \$3795. Saws logs into boards, planks, beams. Large capacity. Best sawmill value anywhere. Free information. Norwood Sawmills, 90 Curtwright Drive #3, Amherst, NY 14221 1-800-578-1363.

FINANCE

HOME OWNERS NEED CASH? Credit problems, self-employed, even bankruptcies. Fast approvals, no application fee's, personal service. Good people have hard times too! Optimal Funding Incorporated. Licensed mortgage banker, N.Y.S. Banking Department. 383-6168, Ask for Jim Parvis.

!!GET OUT OF DEBT FREE!! Credit Counseling Centers of America (member NFCC) Free debt consolidation, lower payments, interest. Stop collector calls. Non-profit 1-877-936-2222. Toll-free.

"CASH IMMEDIATE" \$\$\$ for structured settlements and deferred insurance claims. J.G. Wentworth 1-888-231-5375.

\$\$\$OVER DUE BILLS? Credit problems? Try debt consolidation! Combine all bills into one low payment. No application fees!! (800) 863-9006 ext.55.

SPECIAL FEDERAL PROGRAMS Help homeowners consolidate & catchup bills, taxes, mortgages—refinance, remodel, or business purposes. Also Mobilehome, Veteran & private programs. (Bank rejects, can't show income, bankruptcy... (o.k.) 1-800-844-7454.

FEDERAL LAW ALLOWS YOU TO CORRECT your credit report for free and prohibits credit-repair clinics from requesting or receiving payment until six months after they perform their services. For more information about credit repair, write: Public Reference, Federal Trade Commission, Washington, D.C. 20580.

LOANS - BAD/GOOD CREDIT. Cash for any reason. Homeowners only. 1-800-USA-6669. All Service Mortgage, 268 N. Broadway, Hicksville, N.Y. Registered mortgage broker, N.Y.S. Banking Dept. Loans provided through third party lenders.

OVER YOUR HEAD IN DEBT? Need more breathing room??? Avoid bankruptcy! *Debt consolidation* No qualifying. *Licensed not-for-profit, National Company. www.anewhorizon.org 800-556-1548.

Annual Craft Fair

Saturday, Sept. 26

at ST. ANDREW'S EPISCOPAL CHURCH

10 Northmain & Madison Aves. Albany, N.Y.

Admission is FREE

Time: 10am-4pm

* All Handmade Crafts *

* Silent Auction on a Handcrafted Quilted Christmas Tree Skirt *

Luncheon & Beverages Available from 11:30am-3pm

Call 489-4747 for further info.

UPCOMING SECTIONS

Back To School

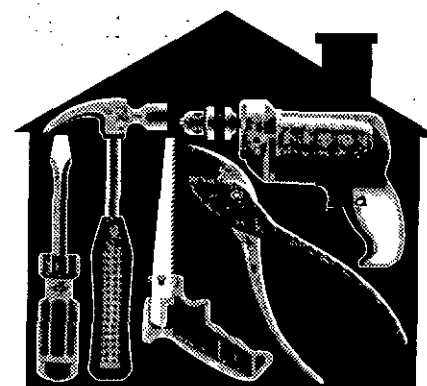


Issue Date: September 2
Ad Deadline: August 27

COMMUNITY SERVICES

Issue Date: Sept. 16
Ad Deadline: Sept. 10

HOME IMPROVEMENT



Issue Date: Sept. 23
Ad Deadline: Sept. 17

Call your advertising representative today!

439-4940 • FAX 439-0609

Spotlight Newspapers

125 Adams St., Delmar, NY 12054

UPCOMING SECTIONS

FINANCE

OVERDUE BILLS? Consolidate debts! No application fees! 1-800-863-9006 Ext.929.

FLOWERS

HARDY MUMS, many colors. \$4.50 each pot. Mariani Brothers Flower Farm, 531 Krumkill Road (only location). 456-6618.

FOUND

NECKLACE FOUND: Week of July 27 in parking lot near CVS, Glenmont Plaza. Call to identify, 439-8373.

HEALTH & DIET

FEEL LIKE A MILLION. Yes learn how to walk your way to easy fitness and feel great! Get started right now. Secrets revealed. Act now to take advantage of this limited offer. Call 800-221-6838.

MEDICARE RECIPIENTS are you using a Nebulizer Machine? Stop paying full price for Albuterol, Atrovent etc. Solutions. Medicare will pay for them. We bill Medicare for you and ship directly to your door. MED-A-SAVE 1-800-538-9849.

HOME IMPROVEMENT

STRUCTURAL REPAIRS of barns, houses, garages. Call Woodford Bros, Inc. for straightening, jacking, cabling, foundation, and weather related repairs. Free estimates 1-800-653-2276. www.dreamscape.com/woodford

INSTRUCTION

AIKIDO SCHOOL OF SELF DEFENSE: Fall classes starting soon! Call for information, 439-7939.

PRIVATE PIANO INSTRUCTION, Delmar. Audrey J. Langlitz, accepting new students. 439-4730.

WOMEN'S SELF DEFENSE: September 11 & 18, 6 p.m. to 9 p.m., \$45. Class almost full. Call 439-7939 for information.

MISCELLANEOUS FOR SALE

2 ANDERSEN CASEMENT WINDOWS, C-25-2 unit demotions: 4'11 7/8" by 8'0 7/8". \$350 each, firm. 767-3076.

CB RADIO ANTENNA, you remove from roof. \$680. Lois, 439-8415.

SOFA, large 3-cushioned greenish-blue, like new. Moving out of state. \$295. **FITNESS TUNTURI ERGOMETER BIKE**, like new. Cost \$700, sacrifice \$295. 482-6136.

TEST DRIVE A DIGITAL SATELLITE TV DISH for 90 days. No risk - hassle! No equipment to buy! 160 channels - digital quality picture - CD quality sound! Recorded message with complete details. 888-225-1018.

WOLFF TANNING BEDS. Tan at home. Buy direct and save! Commercial/Home units from \$199.00. Low monthly payments. Free color catalog. Call today 1-800-842-1310.

MISCELLANEOUS SERVICES

PROFIT ON NFL, thousands sold. 150 pages, 5 years. Game results only \$18.00 S.Wilson Box 72603 345 Bloor St. E. Toronto, CA M4X-3S9 or call 416-969-0688.

MORTGAGES

NO DOWNPAYMENT? PROBLEM CREDIT? Own the home you need now, without a big downpayment. Complete financing if qualified. DeGeorge Home Alliance. 1-800-343-2884.

EMPLOYMENT OPPORTUNITIES

HELP WANTED

ANIMAL HOSPITAL RECEPTIONIST, 2 days a week (Thursdays & Fridays.) Excellent phone skills, computer experience helpful. Phone weekdays, 9-5. 439-9361.

NOW TAKING APPLICATIONS for Car Wash Attendant, 9 a.m. to 3 p.m. Weekdays for September 1st start. 765-2078.

ADMINISTRATIVE ASSISTANT: Excellent salary and benefits, fax resume attention: Administrator, (518) 869-0269.

ALBANK, PART-TIME TELLERS: Enthusiastic, self-motivated, part-time tellers are needed to be a part of the team at our Slingerlands or Delmar branch locations. Evening and Saturday hours are required. Starting salary is \$6.50 and up depending upon experience and is complemented by paid vacation and paid training. One full year of retail or banking experience is preferred. We require a high school diploma or equivalent. We pay for your experience! Please phone Nancy at 445-2136 for more information. Come join a winning team! ALBANK LOGO. EOE M/F/D/V.

AUTO CARE SERVICES: Entry level and management positions available with our growing Jiffy Lube company throughout the Capital District! We are seeking highly motivated, customer-focused team players that are looking to work their way up in a solid company. In addition to a competitive salary, bonus opportunities, and benefits, we offer terrific room for advancement. Qualified candidates will have proven success in customer and experience in automotive maintenance. Interested candidates should apply in person at the nearest location or call 862-1658, extension 109. Albany-810 Central Avenue, Clifton Park-1672 Route 9, Delmar-55 Delaware Avenue, East Greenbush-334 Columbia Turnpike, Guildersland-2067 Western Ave., Latham-711 Troy Schenectady Road, Schenectady-3200 Balltown Road.

CHILD CARE, activity leaders, September. Before/after school, Bethlehem PS. Call for application. 439-9300.

CHILD CARE, in my home, 3 p.m.-7 p.m., Monday thru Friday, beginning September 8. Mature individual to help with dinner, transportation, and supervision. Good pay. Call Dick Taylor, 439-3499.

AUTO CARE SERVICES: Line Attendant positions are available throughout the Capital District with Hoffman Car Wash. Our full service and exterior Car Wash locations are looking for qualified individuals who are customer-focused, motivated toward management opportunities, and can work in all weather conditions! In addition to a \$5.40-\$6 per hour starting pay, we offer benefits to full-time employees. If you are ready to work for a company with tremendous growth, we welcome all applicants! Please apply at the nearest Hoffman Car Wash or call 862-1658, extension 109. Colonie-1757 Central Avenue, Colonie-1331 Central Avenue, East Greenbush-308 Columbia Turnpike, Latham-753 New Loudon Road, Latham-606 New Loudon Road, Clifton Park-1672 Route 9.

DELMAR: Part-time office position for insurance agency. Flexible hours, good typing skills required. Computer experience helpful. Brooks-Byer Associates, Inc. 439-9391.

FULL-TIME HOUSEKEEPER NEEDED: Must be responsible and mature with own transportation. Duties include: some childcare, cleaning, cooking, laundry, errands, (Monday - Friday times to be arranged). References required. 427-8431.

FULL-TIME/PART-TIME, seasonal & permanent workers wanted for apple orchard and retail market. Sales clerks, produce stockers, gift pack and basket makers, cooks, bakers, donut makers, dishwashers, waitresses, cider bottlers, apple packers, office workers, tour guides, pick your own staff. Apply in person. For more information call 765-2956. Ask for Kelly.

HAIRDRESSER, booth rental, large busy shop, delmar. 439-6066 or 452-3689.

LIFETOUCH: School photographers and assistants, no experience necessary. \$8.50 per hour. Paid training. 767-2422.

MAILBOXES ETC., Delmar. Position for our customer service. Approx. 30 hours/week. Days including most Saturdays. Flexibility preferred, 439-0211. Ask for Richard.

RECEPTIONIST - MEDICAL OFFICE, part-time/full-time afternoons. Please send resume to P.O. Box 610, Slingerlands, NY 12159.

RETAIL CLERK POSITION: Full-time, part-time, previous book store/news room experience preferred. Apply in person to Friar Tuck Book Shop, Delaware Plaza, Delaware Avenue, Delmar.

SUBSTITUTE TEACHERS Contact Ravena-Coeymans-Selkirk Central School District 767-2850.

TEACHER AIDES, full time and substitutes. Call Rodger Lewis, 756-5204.

THE BETHLEHEM CENTRAL SCHOOL DISTRICT'S TRANSPORTATION DEPARTMENT is seeking people who wish to work part-time, have weekends and holidays off, and who loves children. Come join the team and be a substitute school bus driver. The Bethlehem Central School District's Transportation Department is located on Van Dyke Road in Delmar, where applications are available.

VAN DRIVER - 20 hours/week, hours 7-9 A.M., 3-5 P.M. to transport developmentally disabled adults to and from day program. Excellent benefit package. Clean driver's license preferred. Contact: Patricia Spearburg, Albany County Association for Retarded Citizens, 334 Krumkill Road, Slingerlands, New York 12159 or call 459-0750.

WAITRESS: Part-time nights, experienced. Ask for Kim, 439-8478.

AIR FORCE TRAINING, experience and education can help you reach your goals. Find out more. For a free information package, call 1-800-423-USA.

AIRLINES NOW HIRING. Will train Customer Service, Baggage, Clerical, Flight Attendant, Administrative and many more positions available. For application and information call 510-247-9398, Ext. 511 (10:00am - 9:00pm).

AVON PRODUCTS - Start a home-based business. Work flexible hours. Enjoy unlimited earnings. Call Toll Free (888) 561-AVON.

DRIVERS North American Van Lines offers a no money down tractor purchase program and sign on bonus up to \$2,000 for experienced drivers. Call 1-800-234-3112, Dept. NYS.

INDIAN SUMMER - Oceanside farm seeks crisp, youthful adults for farmstand sales/work thru November 1. Room/board/salary. Summer job. Box 111, Bridgehampton, NY 1192. 516-537-1377.

TRUCK DRIVERS...Swift Transportation Hiring! No experience necessary! 3 week company sponsored CDL training & trainee pay! Full benefits, consistent miles, job stability. 1-800-347-4485 (eoe-m/f)

FRIENDLY TOYS & GIFTS has openings for party demonstrators & managers! Home decor, gifts, toys, christmas. Earn cash, trips, recognition. Free catalog, information. 1-800-488-4875.

SALES & SERVICE REP. Auto aftermarket, local territory. Must like working with your hands. \$50,000 Base + Bonus + Benefits. E.O.E. Call M.A.R.S. 1-800-229-5976.

Phone in your
classified
with
MasterCard
or Visa

439-4940

Join a dedicated team in an expanding chain serving the Capital District

PART-TIME

positions are available with our growing company!

• Host/Hostess • Fountain Workers
• Dishwashers • Cooks • Wait Staff

Day/Evening Shifts • Benefits/Flexible Hours
Apply In Person

Friendly's

270 Delaware Ave., Delmar
EOE/M/F

Classified Advertising...

It works for you!

Classified Advertising runs in 3 newspapers —

THE Spotlight **THE Loudonville Weekly** **Colonie Spotlight**

Spotlight Classifieds Work!!

WRITE YOUR OWN...

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.

45,000 READERS EVERY WEEK

CLASSIFIED DEADLINE - 4:00 PM FRIDAY for next Wednesday's papers

1	2	3	4	5
6	7	8	9 \$10.00	10
\$10.30	11 \$10.60	12 \$10.90	13 \$11.20	14 \$11.50
\$11.80	16 \$12.10	17 \$12.40	18 \$12.70	19 \$13.00
\$13.30	21 \$13.60	22 \$13.90	23 \$14.20	24 \$14.50
\$14.80	26 \$15.10	27 \$15.40	28 \$15.70	29 \$16.00
\$16.30	31 \$16.60	32 \$16.90	33 \$17.20	34 \$17.50
\$17.80	36 \$18.10	37 \$18.40	38 \$18.70	39 \$19.00
40				

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

EXPERIENCED

HAIR STYLISTS WANTED

Extremely busy salon needs you!
Expertise and professionalism a must.

HAIR STUDIO ONE
Hair & Tanning Salon

Price Chopper Plaza
Slingerlands • 439-8046

CASHIERS & YARD PEOPLE

We are looking for motivated and energetic individuals to fill these positions at our Delmar location. Hours will vary. Basic math skills are required.

Part-Time Cashier: Duties will include waiting on customers, answering phones, stocking inventory and balancing cash drawers.

Full-Time Yard Person: Duties will include loading and unloading customers, stocking inventory and general maintenance of the yard area.

Those interested should apply in person at:

CURTIS LUMBER

Curtis Lumber Co., Inc.
11 Grove Street • Delmar, NY 12054 • (518) 439-9968 • EOE

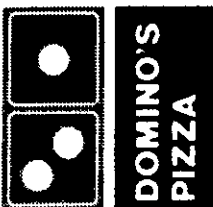
Inside Personnel/
Phone Rep

Start at \$6 per hour

Apply in Person
at

**DOMINO'S
PIZZA**

Howard Johnson, Rt. 9W



Spotlight Newspapers Automotive Classifieds Work For You!

Phone in your classified with
MasterCard or Visa



439-4940



FOR RENT

**Feura Bush
Senior Apartments**
34 New Scotland Ave.
Feura Bush, NY

To be eligible
you must be
• 62 or older
• or handicapped
• or disabled and
income eligible.



Rents are based
on income.

For an application
call Mary at 478-0130

Office Hours Are:
Mon., 8-2 & wed., 8-12

Funding through
Farmers Home
Administration

We do business in
accordance with the Federal
Fair Housing Law

DELMAR, \$104,500
3 Br, 2 Bth Cape, Fr, Fp, Dr,
Fin lower level w/full bath
439-2888.

DELMAR, \$324,900
4 Br, 2.5 Bth COL, Fr, fp, 2
tier deck, 1st flr study, fin,
bsmt 439-2888.

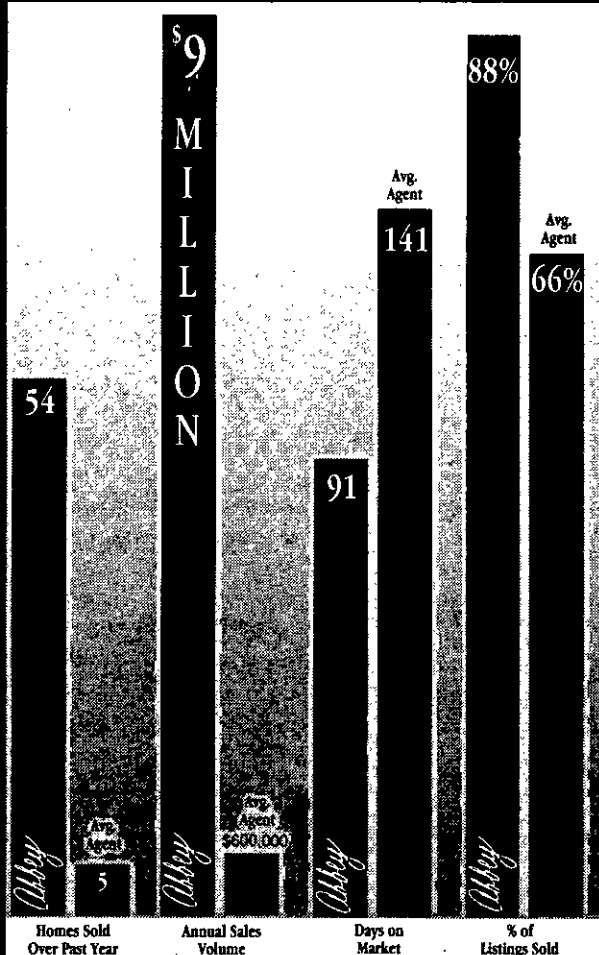
BETHLEHEM, \$147,900
2 Br, 2.5 Bth end unit Twnhs,
loft, fp, gas ht, private rear yd
439-2888.

BETHLEHEM, \$149,000
Duplex - 3Br, 1 car garage ea
unit, C/A, newer gas furnace,
FR 439-2888.

Browse our web site at:
<http://www.bdrealestate.com>

**BLACKMAN
& DESTEFANO**
Real Estate

The Best Way
to Choose Your
Real Estate Source
is by Past
Performance



**COLDWELL
BANKER**
PRIME PROPERTIES, INC.

Research is done...
Time to Call Abbey

439-9600 (office)
448-5575 (voice mail)

MORTGAGES

REFINANCE & SAVE \$100s
EACH MONTH. Consolidate debt,
improve your home or get needed
cash. Custom Programs for every
need: Good & problem credit, no-
income verification, self-employed
& Bankruptcy. 24-hour pre-ap-
provals, quick closings, competi-
tive rates. We bend over back-
wards to approve your loan.
COLONY MORTGAGE 1-888-
767-8043 ext. 312 NY Lic: LMB
06804.

MOTORCYCLES

MOTORCYCLE - 1975 Jawa 175
cc street bike, 1,000 miles. After 7
P. M. 783-1945.

MUSIC

STRING INSTRUMENT REPAIR,
bow rehairing, instruments bought
and sold. 439-6757.

MUSIC LESSONS

PIANO, GUITAR, AND VIOLIN.
Magic of Music, 475-0215/ 393-
7498.

NOTICES

A WONDERFUL FAMILY EXPE-
RIENCE. Scandinavian, Euro-
pean, South American, Asian,
Russian exchange students at-
tending high school. Become a
host family/AISE. Call 1-800-SIB-
LING. www.sibling.org

PAINTING/PAPERING

WANT TO CHANGE the colors of
the rooms in your home? Hire a
man with 15 years experience in
painting, wallpapering, etc. Call
today for free estimates and
prompt, professional service.
Bruce Hughes 767-3634.

PERSONAL

A BABY COMPLETES OUR LIFE.
Wanted to adopt newborn. Finan-
cially secure couple. Lots of love.
Medical & Legal paid. Please call
Rhonda & Larry 1-800-561-8483.

ADOPTION: Big/brother/loving
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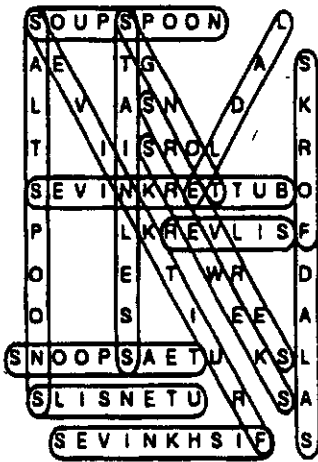
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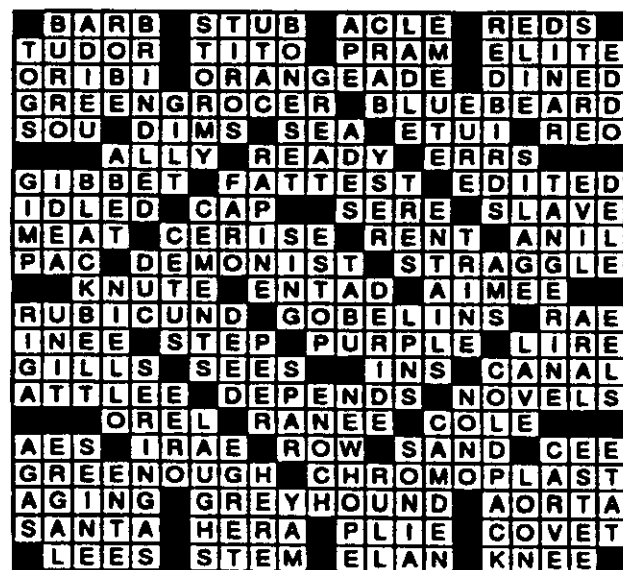
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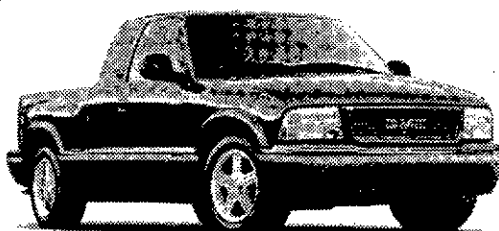
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A Supplement to SPOTLIGHT NEWSPAPERS

August 19, 1998

HEALTHCARE



Inside Health Care:

What happens when you call 911

..... page 10

Improving your smile page 8

A practice for the whole family

..... page 6

Are you getting the sleep you need?

WHILE THE PEOPLE ABOARD THE TITANIC MAY HAVE DREADED that sinking feeling, there's one sinking feeling that can feel really good — sinking back into your pillows for a good night's sleep.

Yet most Americans don't get enough sleep. In a 1998 poll conducted by the National Sleep Foundation, most adults admitted they get too little sleep, even though 98 percent of them agree that sleep is as important to their health as nutrition and exercise.

Getting enough sleep can also help prevent accidents. The National Commission on Sleep Disorders Research estimates that sleep-related accidents cost the American government and business \$46 billion each year. The U.S. National Highway Traffic Safety Administration

says that drowsy drivers are responsible for at least 100,000 crashes each year.

Preventing motor vehicle injuries is one of the major goals of the Committee on Injury Prevention and Control of the Medical Society of the State of New York.

Sleep is not a waste of time

Some people think that sleep is a waste of time — stealing precious hours that could be devoted to making money. But that attitude seems to be changing. While 16 percent of adults in the 1998 poll believed that you cannot be successful and get enough sleep, that was down 10 percent from a similar poll conducted in 1995.

In fact, sleep can increase productivity by making you more alert and attentive and less irritable with co-workers and

others. Sleep also enhances your judgment and ability to concentrate.

How much is enough sleep?

Although experts say the average sleep need is 8 hours per night, that need does vary among individuals. But if you routinely hit the snooze alarm or look forward to weekends to "catch up" on your sleep, you're probably not getting enough sleep.

If you have a vacation or block of free time coming up, you can determine your sleep needs by going to bed when you feel tired and not getting up until you're ready. The first few nights you may sleep for an extra long time to work off your sleep debt, but eventually your body will tell you how much sleep you need. Another way to determine your sleep need is to

get up at the same time (even on weekends), but vary your bedtime until you discover how much sleep you need to feel refreshed in the morning.

What to do when sleep won't come

If you have trouble falling or staying asleep at night, you may have a sleep disorder, or you may just need to make some lifestyle changes to promote better sleeping.

The National Sleep Foundation offers these guidelines:

- Avoid caffeine and nicotine in the late afternoon and evening, since both substances can delay your sleep.
- Avoid alcohol for at least 2 hours before bedtime or it can interrupt your sleep later in the night.
- Exercise regularly, but not

within 3 hours of bedtime. Your body needs a chance to "unwind" before falling asleep.

If you routinely hit the snooze alarm or look forward to weekends to "catch up" on your sleep, you're probably not getting enough sleep.

- If you have trouble sleeping at night, don't nap during the day.

- Establish a regular, relaxing, bedtime routine to allow your body to ease into sleep.

- Make sleep an important part of your daily schedule, allowing at least 7 to 8 hours.

- Don't use your bed for anything other than sleep and sex.

- If you can't fall asleep within 30 minutes, don't toss and turn. Get up, but don't do work or anything taxing. Do something relaxing, such as reading or listening to soothing music.

If none of these suggestions work and your sleeping problem persists and interferes with your daily activities, you should see your doctor. Try keeping a log of your sleeping habits and other activities for about 10 days before your doctor's visit, so your doctor can get a good idea of just how much sleep you're getting and what may be interfering with it. ♥

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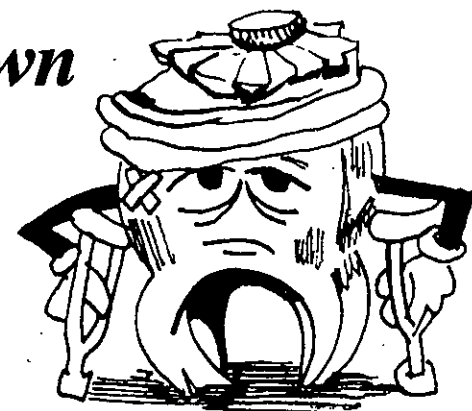


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WHEN CHOOSING FRUITS AND VEGETABLES, FROZEN VARIETIES CAN be a cool way to get extra nutrition and a convenient way to meet the recommended five servings of produce a day goal.

According to the Food and Drug Administration (FDA), frozen vegetables may actually be more nutritious than fresh ones because fresh produce loses nutrients over time, whether on display at the store or tucked away in the refrigerator.

Frozen foods, on the other hand, retain much more of their nutritional value.

A recent study performed at the University of Illinois, for example, showed that frozen green beans contain more than twice as much vitamin C as their raw counterparts.

According to Barbara Klein, a professor of foods and nutrition who conducted the study, frozen green beans retained 77 percent of their vitamin C content.

"Fresh" beans kept under typical conditions – 3 days in a store display case, followed by storage in the refrigerator for three days – only retained 36 percent.

As a result, FDA has approved

the use of the "healthy" label for frozen fruits and vegetables. Specifically, the administration wrote, "Some data showed the nutrient content for certain nutrients was higher in the frozen version of the food than in the raw version of the food."

FDA's approval came as a result of a four-year petition process by the American Frozen Food Institute (AFFI). The ruling was based on scientific evidence submitted by AFFI in addition to similar data from the U.S. Department of Agriculture.

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There are a variety of support groups for people with multiple sclerosis. New Women's Healthcare Plus on Wolf Road hosts a meeting for newly-diagnosed MS patients the first Wednesday of every month at 7 p.m. For information, call 783-9325.

MS patients can also meet in Latham the third Wednesday of every month at 7 p.m. For details, call Lou at 786-6571.

"Friends and Family" meets the third Wednesday of every month at the Good Shepherd Lutheran Church in Loudonville. Call 482-3994 for information.

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Tips on how not to take care of yourself

By Peter Hanson

DURING A RECENT TRIP TO THE MIDWEST TO VISIT FAMILY, I CHATTED WITH my brother, whose four-kids-and-a-minivan lifestyle exemplifies the suburban norm, about a particularly cantankerous health issue.

"So," he asked me, "Did you pass your first kidney stone yet?"

I was startled to learn that my brother, who is only three years older than me, has already had seven experiences with the nasty little buildups of calcium and other minerals that turn into hard "stones" which must be discharged through an orifice ill-suited to the task.

My brother explained to me that I was a likely candidate for stones because of my reckless consumption of carbonated soda,

which is rich in the chemicals that contribute to calcium buildups. This bad habit runs in my family, and my brother described the nasty glee with which our father and uncle chuckled when my brother had his first run-in with stones.

"Hurts like an (expletive), doesn't it?" they chortled.

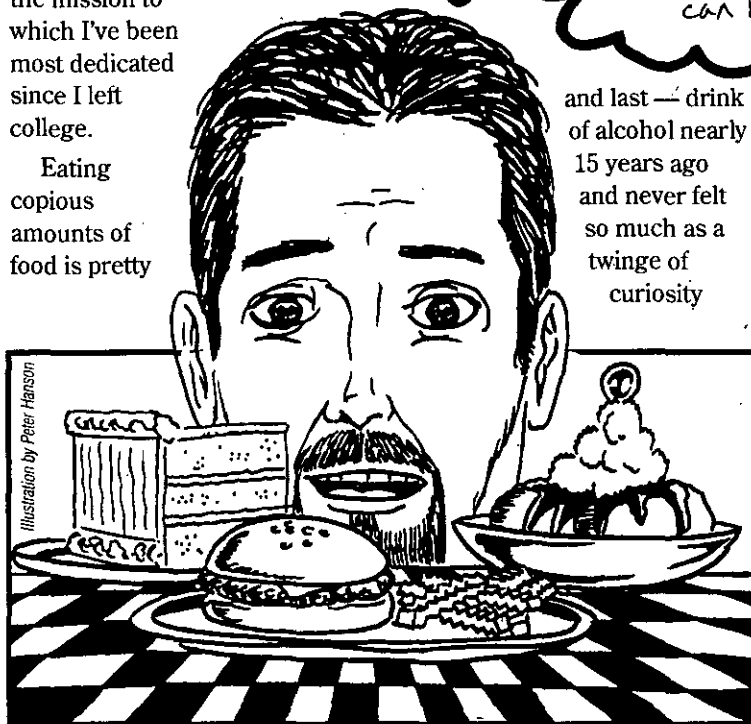
I'm not looking forward to ending up flat on a hospital bed, as my brother, father and uncle have, but I don't think I have the discipline to entirely remove myself from the high-risk pool. In fact, I swim in so many high risk pools I should have fins instead of love handles.

My love handles may well be the proudest accomplishment of my adult life. Although I can point to accolades, career advancements and personal achievements that distinguish

the last few years of my life, it seems that the accrual of personal body mass has been the mission to which I've been most dedicated since I left college.

Eating copious amounts of food is pretty

Illustration by Peter Hanson



and last — drink of alcohol nearly 15 years ago and never felt so much as a twinge of curiosity

blind, unrestrained consumption of food that seems to occupy my every waking hour. Like my taste for soda, my infallible ability to find the most fattening food in any refrigerator is something I acquired during my years in the Midwest.

I'm such an expert at divining just what dish in a meal will best advance my progress to an early grave that I feel no compunctions against offering these, my tips on how not to take care of yourself.

Exercise as little as possible. Everyone knows physical exertion helps burn off excess calories, so by all means, abstain from running, walking and any activity the name of which concludes with the suffix "ups," as in situps and pushups.

If you're serious about turning your body into a shapeless mass with the consistency of a marshmallow, exercise is your enemy.

Eat, eat and eat again. So you ate a big dinner last night and don't feel hungry this morning? Don't let that stop you from downing a trough of breakfast cereal and then snaking on a Drake's product of your choosing before lunch.

And when lunch rolls around, forget that a big meal will have you feeling so heavy and tired you'll be asleep at your desk by 2 in the afternoon. Like your mother always told you, clean your plate.

Healthy, schmealthy. Why have fruit when you can have cake? And why fix up an attractive plate of fresh-cut vegetables when there are herds of cows waiting to be dismembered for your dining pleasure?

Where I come from, there's no such thing as too much red meat. Like my brother says, if your heart's still beating when you leave the dinner table, you didn't eat enough cholesterol.

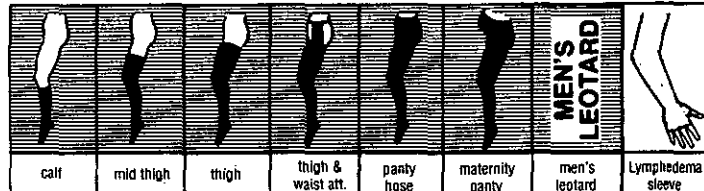
Frosting is your friend. Whatever you do, never turn down sweets, because the Twinkie you turn down today may become the cheesecake no one offers you tomorrow. They don't call them sweets for nothing, after all. Indulge. The worst that can happen is the floor will creak under your feet and you'll die young.

Don't sweat the details. Okay, so the shorts you wore

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last summer don't fit anymore. And yes, the quarter-mile you just walked to the post office has you feeling as drained as a marathon runner.

These aren't signs you need to change your ways — they're just proof you're doing as little to improve your own health as humanly possible.

I've been abiding by these pearls of wisdom for years, and I can't begin to describe all the rewards I've gotten for my efforts. Why, just in the last year, I've had to replace half my wardrobe because my waistline expanded; I've turned down invitations to go swimming because I know if I wear trunks I'll be mistaken for a humpback whale and get speared by some overeager longshoreman; and I've spent the better part of the summer procrastinating that mile-a-day run I keep telling myself I should start doing.

It's taken all the sloth and inertia I have, but I've finally achieved a lifestyle so inactive my flesh may droop off my bones and conform to the shape of the chair I'm sitting in. And just think — if you say yes to a few more Twinkies and say no to a few more situps, you can be just as unhealthy as me.

So climb on board the express train to cardiovascular disease and I'll meet you in the dining car for dessert! ♥



Short-course antibiotics win against kid's ear infections

FIVE DAYS OF SHORT-ACTING ANTIBIOTIC USE APPEARS TO BE EFFECTIVE IN TREATING UNCOMPLICATED CASES of acute otitis media, a common ear ailment among children. Researchers reported the results in *The Journal of the American Medical Association* after examining 32 studies involving more than 3,000 children age one-month to 18 years.

Otitis media is an inflammation of the middle ear. Symptoms include severe earache, ringing or buzzing in the ear and fever.

Researchers found that there was little difference in outcome after treating children with a short course of antibiotics—less

than seven days—or a longer course of seven or more days. In addition, a shortened course of antibiotics may protect a child from developing resistance to treatment.

Michael Pichichero, MD, of the University of Rochester Medical Center and a member of the Medical Society of the State of New York, said that the study suggests the course of antibiotic treatment generally needs to be shortened.

But he cautions: "Individualized therapy based on a physician's familiarity with the needs of a particular patient always should prevail."

This information is provided by the Medical Society of the State of New York. For information on short course antibiotics, consult your physician. ♥

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A practice for the whole family

By Bill Fonda

MUCH OF MEDICINE IS SPECIALIZED, BUT DIFFERENT FAMILY members may have varied medical needs, making it necessary to find versatile practitioners.

First Care, located at 363 Delaware Ave. in Delmar, has been open since February and provides pediatric, geriatric, chiropractic and women's services during its family-friendly hours of 9 a.m. to 9 p.m., seven days a week.

First Care also houses an X-ray machine and bone density scanner and is a certified emergency care center.

"We do the gamut, from birth to old age," said Dr. Michael Fuhrman, who operates First Care along with his partner, Dr. Robert Burton. "It's unique that we do family practice and we can also do urgent care."

The partners themselves are a study in diversity. Burton is a medical doctor, but Fuhrman is a doctor of osteopathy, which combines the traditional services of a medical doctor with the manipulative treatment services of a chiropractor.

First Care accepts all major



Dr. Michael Fuhrman views a patient's records on First Care's bone density scanner. Bill Fonda

insurance plans except Capital Health Plan. First Care welcomes MVP, Capital District Physicians Health Plan and Empire Blue Cross and Blue Shield — and Fuhrman said patients will not have to book appointments months in advance.

"We don't have any waiting for appointments. We can get everyone in the day they want to be seen," he said.

First Care also has admitting privileges at St. Peter's Hospital in Albany and St. Mary's Hospital in Troy.

Another practice suited to the whole family is Prime Care Physicians, which was formed in Feb. 1997 when a group of physicians in the Albany, Delmar and Latham areas got together with the Albany

Associates in Cardiology.

Prime Care handles all primary care needs except surgery and OB-GYN and each doctor can make referrals to other doctors either inside

or outside the network. The group, which now numbers 50 physicians, is a hybrid in that it allows its doctors to maintain their own independent practices while still being part of a corporate structure.

"To the patient, it really preserves what they want, choice — a personal, professional relationship with their own physician," Dr. Mary Rappazzo, chairman of the board said.

According to Rappazzo, none of her patients noticed a change in day-to-day service since the group was founded.

"That's what I want to preserve," she said. "This is a corporation that is run by physicians for physicians and their patients."

By banding its doctors

together, Prime Care can maintain one administrative system and order supplies in bulk, reducing overhead charges. It also helps the customer because the doctors are able to present a unified front to insurance and managed

care companies. "It's strength in numbers when you deal with outside practitioners in terms of what they can and can't do with their patients," Rappazzo said.

There is no central phone number for Prime Care. Just call a doctor to set up a visit. ♥

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Visiting nurses are bringing back house calls

By Linda DeMattia

WITH HOSPITALS DISCHARGING PATIENTS "QUICKER AND SICKER," nurses who make house calls have become more vital to those who are convalescing at home.

That is where organizations like the Visiting Nurses Association come in.

The VNA serves patients in Albany, Rensselaer and Saratoga counties who have short-term needs for acute care, according to Bianca Carter, VNA director of public education. More than 60 percent of patients receiving services from the VNA are alone and have no one to help care for them.

"We primarily take care of people who have immediate needs, such as post-surgical, wound care, post-stroke, someone who has been discharged from a hospital," the Slingerlands resident said. "Our goal is wellness — getting people back on their feet both physically and emotionally."

To that end, the VNA has the equivalent of 75 full-time nurses, home health aides, as well as physical and occupational therapists, community mental health workers and social workers.

"We provide a lot of health care, and we are frequently the patients advocate," Carter said. "We're fighting for better health care services of people."

Referrals to the VNA come from physicians or hospitals, Carter said.

"We work closely with physicians and hospitals."

The VNA is 118 years old, the oldest home care agency in New York state and the fifth oldest in the nation.

Of the 230,000 visits that the VNA provided in Albany, Saratoga and Rensselaer counties in 1997, the town of Bethlehem alone received 3,800 skilled nursing visits, 6,288 from home health aides, 1,023 physical, and occupational therapists or speech pathologist visits, as well as 95 from social workers, nutritionists or nursing home assessments.

In addition, the VNA arranged for Meals on Wheels services of 631 Bethlehem residents.

Close to 90 percent of the services provided are paid for by Medicare and Medicaid, with the rest coming from private insurance, HMOs and payments made directly by the patient. Carter said the impact of the Balanced Budget Act of 1997 has resulted in serious reduction in services for those on Medicare. Even with reduced reimbursement, the VNA

annually gives \$250,000 in free care to medically indigent patients, those who have no health insurance and no means to pay.

While it is natural to presume most of the VNA's patients are senior citizens, those over 65 make up only 70 percent of their caseload, Carter said.

"We also take care of premature babies and children with a variety of disabilities and ailments who are sent home from the hospital," she said.

"We provide education for patients and families so eventually the visits can become fewer."

Some of the services provided are very "high tech," according to Carter.

"We do a great deal of infusion therapies like intravenous antibiotics, chemotherapy, and pain management. It's come a long way from the friendly visitor. That aspect still exists but we are providing high tech medical services."

Other services the VNA provides to the community are

blood pressure clinics at health fairs and senior residences, autumn flu shot and wellness presentations.

The Visiting Nurses Association is located at 35 Colvin Ave., Albany 489-2681. ♥

Correction



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Improving your smile is just a matter of options

By Ellen Gelting

MOST PEOPLE KNOW THAT PAYING ATTENTION TO ONES DENTAL HEALTH IS important. Especially if we want to keep our teeth in our head for a very long time. So we brush, floss and buy the latest product designed to search out every last particle of food from between our once pearly off whites.

And while your adult teeth may be healthier than those your parents had at your age, how do they look to you now? Are they bright and white, gleaming and straight like the smiles that shine up at you from the pages of a magazine? Are they neatly situated in uniform rows, free of gaps and spaces?

If the answer is no, then your dentist has some cosmetic procedures to show you.

There are many cosmetic procedures that can be used to improve the appearance of a smile. They can be used alone or in combination to produce the patient's desired result.

"Cosmetic dentistry offers

Lysenko.

Bonding is used to restore size, shape, and color to broken or discolored teeth. It can also be used to close up gaps or spaces between teeth. Bonded fillings are frequently used in

There are many ways to solve a problem. They just differ in cost and time.

Steven Lysenko

lots of options," said Voorheesville dentist Steven Lysenko. "There are many ways to solve a problem. They just differ in cost and time."

One popular option for improving a smile is bonding. "Bonding is the procedure where we prep the tooth enamel to accept a composite filling, actually a plastic filling with porcelain particles," explained

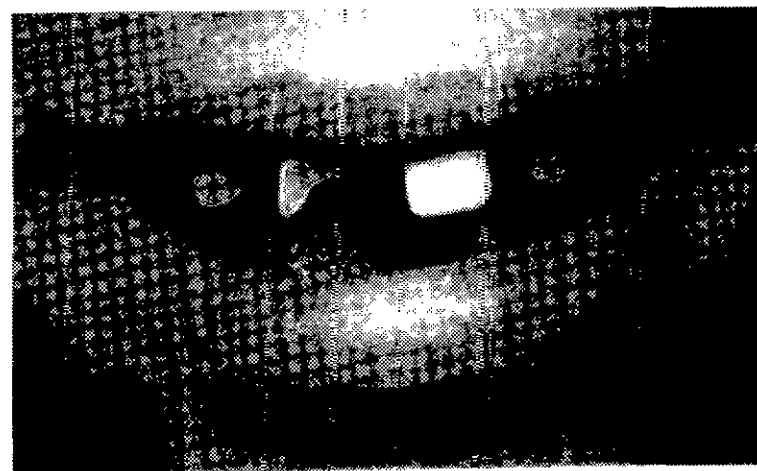
place of silver, or amalgam fillings, and can be used to replace worn, broken or defective silver fillings.

"The difference between bonded fillings and the old silver filling is that the bonded filling is actually bonded to the enamel. The old silver filling just sits in a hole and doesn't become attached to the tooth in any way. The bonded filling increases the structural integrity of the tooth," said Lysenko.

Cosmetic dentistry is 50 percent of Albany dentist Harvey Winter's practice. He says he almost never uses silver fillings anymore, and explains that bonded fillings reinforce, not just fill space.

"The principle is that you can be more conservative in drilling because you can bond to the tooth structure. You can drill less, which means less pain, and less or no novocaine," he said.

Bonding is not a new process, it has actually been around



Top, a child's broken front tooth before it was repaired by Dr. Lysenko using a bonding procedure. Above, the new and improved smile.

for about 15 years, but the materials are getting better and better, said Winter.

In addition to fillings and repairing broken teeth, bonding can be used to improve tooth stability in patients who have periodontal (gum) disease.

Another cosmetic option that has been around a while is crowns or caps.

"The main function of a crown or cap is to restor a fractured tooth," said Lysenko.

"Another purpose is to cover a badly shaped or discolored tooth.

And another purpose for a crown or cap is to support a large filling when there is not enough tooth remaining to support it."

Crowns can also be used to change the position of a tooth or teeth.

"Let's say a person has buck teeth and doesn't want to go through braces. Crowns can be put on one or more teeth to change their position," said Lysenko.

To accomplish a cosmetic change with a crown, the dentist reduces the original size of the

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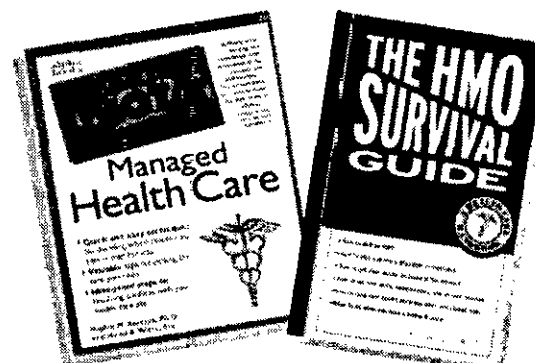
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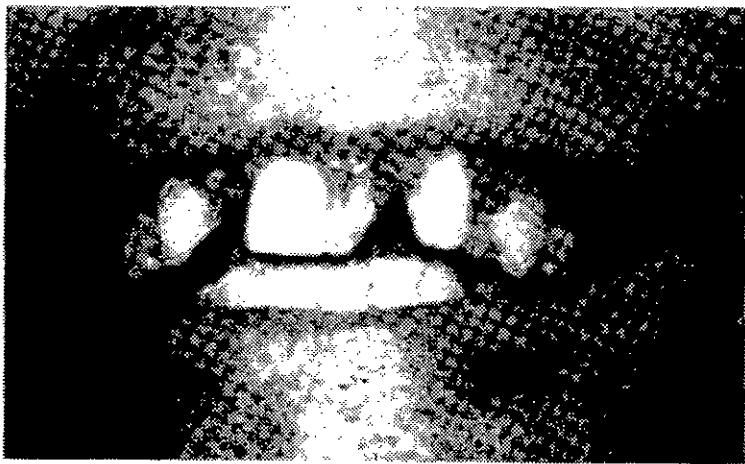
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tooth and then covers it completely with a new size, shape and color. "I think of it as instant orthodontics," Lysenko said.

Porcelain veneers are another cosmetic option. "A porcelain veneer is almost like a crown, but it goes just on the front of the tooth," explained Lysenko. "It is an eggshell thin veneer of porcelain that bonds to the front of a tooth to improve appearance by changing the length or shape of a tooth."

While all these procedures have cosmetic applications, improving your smile has some health benefits as well. "Anything that closes spaces between teeth can help oral health by eliminating food traps," said Lysenko.

These days, lots of people seem to have one simple dental desire, "They want whiter teeth," said Winter, "I see a lot of people wanting nicer smiles."

Lysenko concurs and said that bleaching, a technique to whiten teeth, is hugely popular in his practice too. He said that even his staff is bleaching.

Bleaching is the process of lightening the color of the teeth. Custom fit, clear plastic trays are worn over the teeth. The trays are filled with a clear gel and worn at home anytime that's convenient. The gel gently bleaches teeth, slowly over a period of several weeks.

Results vary, but most people can expect to see a change of

about two to three dental shades.

"The risks are incredibly minimal in bleaching. Everyone has different enamel, so bleaching affects everyone differently, but most people will see improvement of two to three dental shades," said Winter.

There is a point with bleaching where improvement stops. However, patients can keep their bleaching equipment and use it as they choose to maintain their new color over time.

"Our patients are thrilled with bleaching," Lysenko said. He also said process to bleach

individual teeth that are badly discolored.

"For a really dark tooth, maybe one that's turned grey with a root canal, we have a process where we can bleach a tooth significantly with two or three session," said Lysenko.

There are several other

Far left, this patient required several procedures to repair his teeth. In addition to a crown and a bridge, the teeth were bonded to close the spaces, and bleached to improve the color. Left, the finished smile is vastly improved.

procedures to address specific problems. Gum surgery can eliminate dark spots on the gums, known as amalgam tattoos. Cosmetic contouring is used to polish out rough or uneven edges.

And, orthodontics are always an option for improving smiles.

"If someone has a concern about the appearance of their teeth, they should ask their dentist, because when it comes to improving smiles, the possibilities are endless," said Lysenko. ♥

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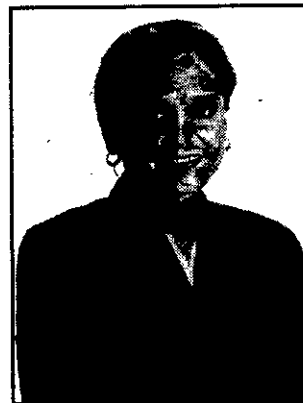
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Above, Colonie EMS supervisor Paul Finks demonstrates how to set a broken leg on John Schultz. Right, equipment space in tight in a Delmar ambulance.



moment. She next told me to stay on the line until someone got to my apartment so that she could keep assessing the situation for me. I thought maybe she was trying to keep me as calm as she could and later learned that was part of her plan.

It took less than 60 seconds for two officers from the Bethlehem police department to reach our doorstep. They took one look at my active child and realized that she was not in any immediate peril. She wasn't turning blue, or unconscious and seemed not to be in distress, so they advised me to wait for the paramedic whose siren we could already hear in the distance.

Are there things a person can do to make it easier for the emergency response team to get to them as quickly as possible? I asked town of Colonie Emergency Services Department director John Politis this question recently. He's been a paramedic for 18 years and has been head of the emergency department since its inception in 1989. Politis explained that every emergency communica-

tion center in Albany County is staffed by emergency medical dispatchers. That means that the person who answers your 911 call already has the knowledge to properly interrogate you and quickly assess what type of emergency you are dealing with. If the health problem warrants it, the dispatcher can begin to give you instructions by talking you through some lifesaving techniques, said Politis.

It's important to realize that even as you're answering the carefully asked questions, the 911 dispatcher is relaying this vital information to the team of responders who are more than likely already on their way to your home.

Politis referred to the 911 dispatcher as the "air traffic controller of the ground". "They are an invisible but critical link to the EMS department and it's important to view them as having the medical expertise to talk you through such emergency life-saving (techniques) as Cardiopulmonary Resuscitation (CPR), the Heimlich Maneuver, how to stop hemorrhaging and how to keep air

What happens when you dial 911?

By Kathryn Caggianelli

NOT LONG AGO, I HAD TO CALL 911 BECAUSE I THOUGHT THAT MY 20-month-old daughter, Lily, was having difficulty breathing. You can probably imagine how frightening an experience that is

for anyone, let alone a new parent.

Fortunately, she was fine and pretty much back to herself by the time the paramedic and the ambulance arrived. We went to the hospital just to be certain she hadn't aspirated anything. And

when it was all over I realized just how quickly the emergency medical service system had responded to our potential crisis that Wednesday afternoon.

When a voice at the other end of the phone asked me what my emergency was I told her I thought my daughter was having trouble breathing. She told me that she could hear my baby crying in the background and that was a very good indication that she was getting all of the air she needed at that

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passages open," he said. The service 911 dispatchers brings with it a zero-response time, because of the valuable assistance they can bring to your emergency the moment you have them on the phone, said Politis.

Every emergency responder, including the police and fire departments, as well as the ambulance squad or paramedic, can waste precious time trying to find your home, according to Politis and Greg Gould, first assistant chief of the Delmar Fire Department.

The 911 dispatcher immediately knows where you're calling from and passes the address on, but that's not the same thing as identifying the correct house from the road.

"We get cross streets from the dispatcher and that helps but it really helps to have big numbers on the front of your house or near the front of your house, while making sure that those numbers are visible from the street," said Gould, explaining that often times something will block a driver's view of the 911-numbers that each apartment and house is assigned.

Politis agreed that people need to make sure their home can be identified from the road.

He recalled several incidents where the initial response time was compromised when paramedics lost additional time trying to locate the exact apartment the patient was in.

"House identification has been and continues to be a very big problem for all people who respond in emergencies," said



Ron Raynor demonstrates how to transport a patient with a head or neck injury.
Elaine McLain

Politis.

Likewise, Politis and Gould suggested that whenever possible have a look-out person flag the EMS team and help bring them to the correct home.

If the emergency occurs in the evening make sure to have

someone turn on outside lights. If a person can actually stand on the porch and watch for their can save precious time.

The level of medical expertise on these response teams is

The level of medical expertise on these response teams is impressive and should give a caller some comfort. A paramedic can provide immediate treatment, and administer emergency medications and advanced life support procedures.

impressive and should give a caller some comfort. Both towns have paramedics as well as EMTs who respond to these calls.

A paramedic can provide immediate treatment, administer emergency medications and advanced life support procedures.

They are considered physician extenders because much of their training is comparable to what you'd receive in an emergency-room. Paramedics

have completed a 30 college credits during this one-year-long training course.

EMTs have completed a 1 30-hour course, and can provide basic emergency care.

The town of Colonie has four EMS stations, 50 career staff and 150 volunteers. It has a fleet of 20 vehicles, said Politis, and all of its Emergency Medical Technicians (EMTs) and paramedics are paid professionals.

The Delmar Fire Department draws from a pool of about 80 volunteers whose expertise includes EMT and Paramedic training.

A paid Albany County paramedic is dispatched for

every 911 call in the town of Bethlehem through the Sheriff's Department, as per an agreement with the town to provide that service.

Lily was looked after by a county paramedic after the police officers left, and two volunteer EMTs from the Delmar Fire Department.

Meredith Bastiani and Chris Gould drove us to the hospital, at our request, after conferring with the paramedic and determining that this anxious mom needed the reassurance that an X-ray would provide.

I later learned why the police showed up first. In some cases, police and some fire departments are considered first responders. This means they are called to the scene of the emergency first, while the paramedic and/or ambulance is being called. This procedure has been put into practice, said Gould, because the police are usually on-the-road already and capable of starting CPR and other techniques until the rescue teams get there. ♥



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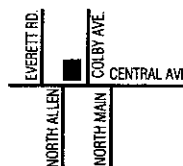
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Don't let food poisoning spoil your picnic or barbecue

WHETHER IT'S A PICNIC IN THE PARK, A CLAMBAKE AT THE BEACH OR JUST A barbecue in the backyard, eating outdoors can be one of the true joys of summer. But because food spoils more quickly at warmer temperatures, summer cookouts also carry an added risk of food poisoning.

To reduce your risk of food poisoning: keep perishable items cold; grill meats, poultry, and seafood thoroughly; and store leftovers promptly.

Reducing health risks and preventing disease and injury are major goals of the Committee on Preventive Medicine of the Medical Society of the State of New York.

If you're planning a moveable feast

If you'll be traveling to your picnic or barbecue, there are several ways to prevent foods from spoiling.

- Keep raw foods cold or frozen until you're ready to go.
- Always marinate meat and poultry in the refrigerator, not on the counter top. If you want to use some of the marinade later as a sauce on the cooked food, reserve a portion of unused marinade in a separate container. Never re-use marinade from the raw food unless you boil the marinade to destroy any bacteria.
- To avoid cross-contamination, store raw foods separately and never let raw foods touch

ready-to-eat foods.

- When cooking foods ahead of time, allow plenty of time for them to thoroughly chill in the refrigerator. Dividing large amounts of foods into smaller containers makes them cool down faster. Keep cooked foods in the refrigerator until you are ready to go.

- Use an insulated cooler with ice or ice packs to transport foods. If the ice starts to melt, add more.

- Don't put the cooler in the trunk. Food travels better in the car itself, especially an air-conditioned car. Once you arrive, try to keep the cooler in the shade.

- If you'll be picking up take-out foods, such as fried chicken or sandwiches, eat them within

2 hours of pick-up.

Cook foods thoroughly and serve soon

When getting ready to barbecue, remove only the amount of food from the cooler that will fit on the grill at one time. Wash your hands after handling raw meats, poultry, or seafood to keep bacteria from spreading to other foods.

Make sure the coals are very hot—this usually takes about 30 minutes or longer. Coals are the hottest when they have a light coating of ash.

Following these guidelines should assure that food is adequately cooked.

- Ground meats, such as hamburger, should be cooked to an internal temperature of 160 degrees. The U.S. Depart-

ment of Agriculture recommends using a meat thermometer. Large cuts of beef, such as steaks and roasts, can be cooked to 145 degrees for medium rare and 160 degrees for medium. All cuts of pork should be cooked to 160 degrees. Ground poultry, such as turkey patties, should be cooked to 165 degrees and poultry parts to 180 degrees. If you do not have a meat thermometer, cook meats and poultry until no pink areas remain and juices run clear.

- Seafood should be cooked to an internal temperature of 145 degrees. If you don't have a meat thermometer with you, there are other ways you can determine if seafood is done. For fish, insert the sharp edge of a knife into the flesh and check that the edges are opaque and the center flakes with a fork. Shrimp and lobsters should turn red and the flesh appear pearly. Scallops should turn milky white or opaque and be firm. Clams, mussels, and oysters are done when their shells open. If their shells don't open, throw them away.

- Serve grilled foods immediately, using clean utensils to put the food on a clean plate. Do not use the same plates or utensils used for raw meats unless you thoroughly wash them in warm water and soap.

For information about food safety, call the U.S. Department of Agriculture Meat and Poultry Hotline at 1-800-535-4555. For information on shellfish safety, call the Food and Drug Administration Seafood Hotline at 1-800-FDA-4010. ♥

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Sept. 15, 1998 1:30-3 p.m. & 7-9 p.m.

Colonie Public Library
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Presenter: **Stephen Berns**

RSVP: **427-7596 x115**

Seating is limited. Please respond by Sept. 7, 1998.

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Left, a happy couple shows off their new baby, born in Bellevue Hospital's gentle pool. Right, the gentle pool at Bellevue Women's Hospital in Niskayuna.

Laboring women find peace in pool

MOST PEOPLE FIND GREAT COMFORT AND PEACE IN THE WATER. PERHAPS because we begin our lives surrounded by liquid in the womb, this basic familiarity stays with us throughout our lives.

Soaking in a tub of water to ease labor sounds soothing and inviting to most women. However, laboring in water does more than merely relax and comfort the woman.

Resting in a warm tub of water actually facilitates the progression of the latter stages of labor. Many women report a sensation like an "energy surge" that moves through them as soon as they step into the water.

While a woman in labor relaxes in a warm pool, free from gravity's pull on her body, and with sensory stimulation reduced, her body is less likely to secrete stress-related hormones. This allows her body to produce the pain inhibitors, endorphins, that compliment labor.

The hormones that are released during stress actually raise blood pressure and can inhibit or slow labor. Studies have shown that women with hypertension (high blood pressure) experience a drop in blood pressure between 10 to 15 minutes after entering a warm "gentle" pool. Being more relaxed physically, a laboring woman is able to relax mentally.

Women achieve a level of comfort in the water that reduces fear and stress. A woman's perception of pain is greatly influenced by levels of anxiety. When labor becomes physically easier, a woman's ability to calmly concentrate is improved, and she is able to focus inward on the birth processes. Many report being better able to concentrate once they get into the water.

Doctors and midwives have found that the mere sight and sound of water pouring into the

pool helps some women release whatever inhibitions were slowing the birth, at times so

The gentle pool is 24 inches deep, 60 inches in diameter and has a disposable liner. The

water is maintained at a comfortable temperature, usually between 90-101 degrees.

Resting in a warm tub of water actually facilitates the progression of the latter stages of labor.

quickly that the birth occurs even before the pool is filled.

A three-day-old fetus is 97 percent water, and at eight months the fetus is 81 percent water.

This element of water, familiar and secure for the baby, becomes comforting and relaxing for the mother, as their body responses are intricately linked. The mother and baby together are affected by this gentlest of experiences.

Bellevue's Family Birthing Center continues to meet each couple's unique needs and desires by offering a wide range of options.

These options include natural childbirth (Lamaze, LeBoyet, Bradley), the gentle pool, as well as 24-hour-a-day coverage by anesthesiologists with a special interest in pain relief during childbirth.

To learn more about Bellevue's childbirth classes, or for a tour of the Family Birthing Center, call 346-9410. ♥

Don't drink for two

Every time a pregnant woman drinks alcohol, so does her unborn baby.

"Exposure to alcohol during the early weeks of pregnancy, possibly even before a woman knows she is pregnant, may be harmful to the fetus," according to *Pregnancy and Alcohol*, a Healthy Living publication of the Medical Society of the State of New York. "For this reason, any woman who is trying to become pregnant or thinks she might be pregnant, should not drink alcohol."

Each year, more than 4,000 babies are born with physical and mental problems associated with Fetal Alcohol Syndrome and thousands more have less severe problems caused by women who drank while they were pregnant.

For a copy of *Pregnancy and Alcohol*, send a self-addressed business-size envelope to: *Pregnancy and Alcohol*, Division of Communications, Medical Society of the State of New York, 420 Lakeville Road, Lake Success 11042. ♥



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Prepare ahead to stay healthy abroad

YOU'VE GOT YOUR PASSPORT, PLANE TICKETS AND THE RIGHT CLOTHES SO YOU CAN truly travel light. But does your pre-trip checklist also include health needs? Preparing for routine health needs and becoming familiar with preventive health measures can keep your foreign adventure from becoming an unpleasant and costly misadventure.

The Centers for Disease Control (CDC) recommends practical precautions, some based on common sense, and others on scientific research, for those traveling abroad. The Committee on Preventive Medicine of the Medical Society of the State of New York is dedicated to reducing health risks and preventing disease and injury.

Plan for health needs

Conveniences you take for granted at home—such as calling in a prescription or picking up more sun screen—may not be available abroad.



If you take prescription medicines, take along an adequate supply. Also bring along information about your condition and medication dosage -- this information could be crucial in an emergency.

- If you take prescription medicines, take along an adequate supply and a statement signed and dated by your physician indicating what each medication is for and the dosage. This statement could provide critical information in case of an emergency.

- If you have a physical condition that may require

emergency care, wear an identifying tag or bracelet or carry an identifying card.

- To the extent possible, get medical problems under control before traveling. The extra walking and carrying involved in traveling can cause old injuries to flare.

- If you wear glasses, take along an extra pair and/or lens prescription.

- Before leaving, check with your health insurance company about coverage for medical emergencies while you are traveling. Also see if your insurance company has an emergency assistance hotline.

- If you have any health concerns that make you question whether you should travel, discuss them with your doctor.

Is it safe to drink the water?

Travelers' diarrhea (TD) is caused by drinking water or eating food that is contaminated with fecal matter. Along with watery diarrhea, TD can cause stomach cramps, bloating, nausea, fever, and less frequently, vomiting. TD usually lasts 3 to 4 days, but about 10 percent of cases last longer than 1 week, and 2 percent longer than 1

month. Diarrhea that is severe, lasts longer than a few days, or is bloody, requires a doctor's attention.

Travelers to the developing countries of Latin America, Africa, the Middle East, and Asia are at high risk of TD. At intermediate risk are travelers to most Southern European countries and some Caribbean islands. All travelers, however, can reduce their risk of developing TD by choosing drinks and food carefully.

Water that has been adequately chlorinated provides good protection against many, but not all, waterborne viral and bacterial diseases. If chlorinated tap water is not available, or if you are in an area with poor sanitation, the CDC advises that it may be safe to drink only:

- beverages, such as coffee and teas, made with boiled water;
- canned or bottle carbonated water or soda;
- beer and wine.

Remember that if the water is contaminated, the ice will be, too, and should not be used in drinks. Don't use that water to brush your teeth, either.

Water can be treated to make it safe to drink. The most reliable method is boiling for 1 minute and then allowing the water to cool to room temperature.

At altitudes about 2 kilometers (6,562 feet), boil for 3 minutes or use chemical disinfectants. Add 5 drops of tincture of iodine to every quart or liter of clear water and 10 drops for every quart or liter of cloudy water and let stand for 30 minutes, or up to several hours for very cold or dirty water.

Tetraglycine hydroperoxide tablets (available at many drugstores and sporting good stores) can also be used to chemically disinfect water. Follow the directions on the label.

Saying no to certain foods

Since raw food carries the greatest risk of contamination, avoid eating salads, uncooked vegetables, unpasteurized milk and milk products, such as cheese. This is particularly important in areas with poor sanitation.

Eat cooked food while it is still hot and only fresh fruits that you peel. Some fish and shellfish are dangerous even when cooked.

The most common type of poisoning from eating fish is ciguatera. Barracuda is the most toxic fish and should always be avoided, but red snapper, grouper, amberjack, sea bass, and a wide range of tropical reef fish can sometimes cause ciguatera poisoning.

If you do get sick while traveling abroad, the American Embassy or Consulate can usually give you list of hospitals, physicians, or emergency medical services.



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Is America drinking itself dry?

A SIGNIFICANT NUMBER OF AMERICANS MAY BE "DRINKING THEMSELVES TO DEHYDRATION."

According to the results of a national consumer survey, America's glass may be half empty. One in two people are depriving themselves of the recommended fluid intake by not drinking enough water.

"The net result is that most Americans are probably only getting about a third of the valuable hydration benefits they need," says Barbara Levine, director of the Nutrition Information Center.

"The vast majority aren't drinking enough water to begin with and, to make matters worse, many don't realize that beverages containing alcohol and caffeine actually rob the body of water."

While two out of three survey respondents say they know that health and nutrition experts recommend drinking eight servings of water, milk, juice or decaffeinated soft drinks a day, the average American only consumes 4.6 servings a day.

"The consumption of water and other hydrating beverages is crucial for proper retention and use of the body's water in complex and intricate biochemical processes," notes Levine.

Water comprises more than 70 percent of solid tissue, such as muscle. It has an important role in nearly every major function in the body.

As a result, those who fail to drink enough may experience symptoms of dehydration, including dry, itchy skin or feeling tired

and groggy when they wake up or at midday.

The Nutrition Information Center at The New York Hospital Cornell Medical Center offers these tips for maintaining proper hydration:

- Drink at least eight glasses of water each day.
- Don't wait until you're thirsty to drink. By the time you feel thirsty, you've already lost two or more cups of water.
- Don't substitute caffeinated coffees, teas and sodas for water.
- Once you start exercising don't stop drinking.
- Don't underestimate the amount of fluids lost through perspiration; and
- Start and end your day with a glass of water. ♥

Tips for adding calcium to your diet

The American Dairy Association and Dairy Council, Inc. (ADADC) offers the following suggestions for getting more calcium into your diet.

Substitute milk for water when preparing such foods as rice, risotto, couscous, cocoa, oatmeal, and soups. Milk is about 90% water, but since milk is full of vitamins and minerals, your final product will not only be richer in taste and texture, but richer in nutrients as well.

- Order a caffe latte instead of black coffee.
- Choose calcium-rich foods like yogurt, pudding, custard, or flan for daily snacks and desserts.
- Grab a carton of chocolate milk instead of a candy bar when

you get a chocolate craving.

• Combine ice cubes made from sweetened, freshly brewed coffee with milk and a dash of cinnamon in the blender for a delicious coffee granite frappe.

• Cook dried fruit such as apricots, cherries, or cranberries in hot milk for 15 minutes. Let stand to cool; then puree in a blender for a fruit drink with an explosion of flavor. ♥



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Another reason not to smoke; possible hearing loss



HEARING LOSS IS MORE COMMON AMONG SMOKERS THAN NONSMOKERS, ACCORDING TO AN ARTICLE IN *The Journal of the American Medical Association*.

In a study of the link between smoking and hearing loss in 3,753 adults aged 48 to 92 years old, researchers found that current smokers had about a 70 percent greater risk of hearing loss than nonsmokers. Even nonsmokers who live with a smoker were more likely to have a hearing loss than those not exposed to smoke, the researchers reported.

The Medical Society of the State of New York has long been a leader in efforts to help people quit smoking and reduce exposure to secondhand smoke.

Cigarette smoking may affect hearing by interfering with the body's ability to use oxygen efficiently or reducing the blood supply to the hearing system. Hearing loss is estimated to affect 30 to 35 percent of adults aged 65 to 75 years old.

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Blood test can detect complex condition

YOU MAY NOT EVEN KNOW YOU HAVE IT. IN FACT, ONLY 3,500 OF THE APPROXIMATELY 100,000 Americans with the deficiency know they are at risk, but catching it early can help protect your lungs.

If you are between 30 and 40 years of age and you find yourself suffering from nonresponsive asthma or year-round allergies, you may want to get tested for Alpha, antitrypsin deficiency (AAD) or Alpha, for short. It is one of the most prevalent, potentially lethal hereditary diseases and is often misdiagnosed as asthma, chronic bronchitis or chronic obstructive

pulmonary disease.

Alpha, is an inherited disorder characterized by low blood levels of Alpha, antitrypsin, an important protein produced in the liver that helps protect the lungs. The deficiency can manifest itself as a liver disease in children or lung disease in adults. The lung disease is also known as genetic emphysema.

There are many components to treating Alpha, including:

- Smoking cessation: Smoke is dangerous for anyone with Alpha, even when it comes from another person's cigarette. If someone in your household smokes, ask them to stop or

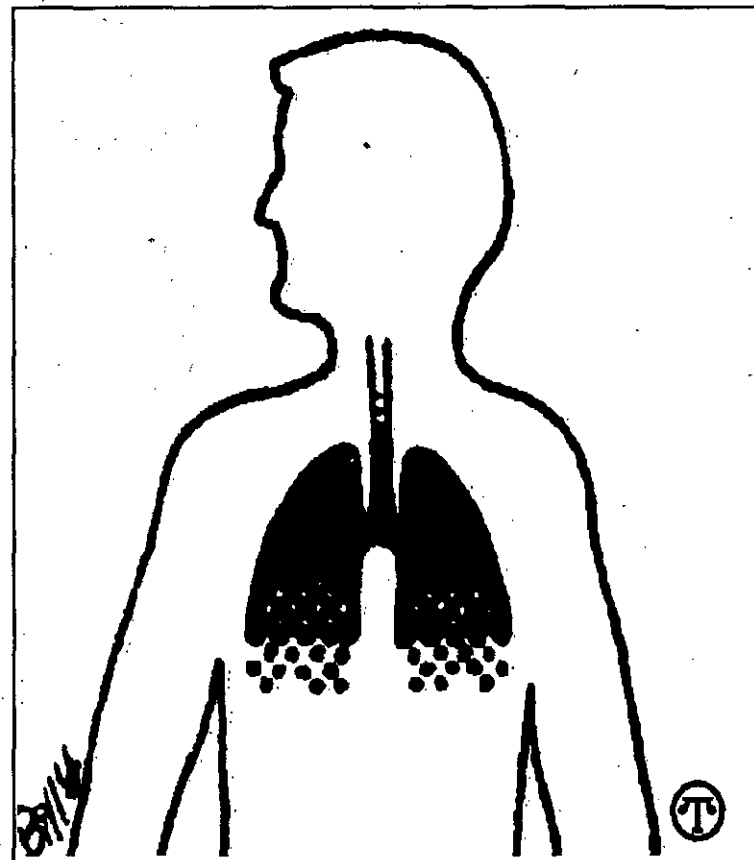
avoid being around them when they are smoking. This can help control infection.

- Proper nutrition: In general, a diet that is higher in fat and lower in carbohydrates is better for people with Alpha.

People are becoming more aware of Alpha, due to the efforts of Team Alpha, a corps of cyclists, who participate in American Lung Association sponsored cycling events across the country.

The team's mission is to raise awareness of Alpha, and encourage people to be screened for the disease.

Following each ride, the



A simple blood test can determine if you are at risk of Alpha. Lifestyle changes, such as smoking cessation, may also help people better manage the disease.

Alpha National Association plans to conduct a free blood screening for detection of the disorder.

For information about Alpha, or to find out about a simple

blood test to screen for the disease, contact the Alpha, National Association information hotline at 1-800-4ALPHA1. ♥

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