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The Spotlight

erving the Towns of Bethlehem & New Scotland Volume XLIII Number 40 Fifty Cents October 7, 1998

Selkirk residents prefer third bypass option

By KATHERINE McCARTHY

It's back to the drawing board for the te Department of Transportation owing an open house at A.W. Becker hool on Route 9 in Selkirk that let sidents see proposals for a Selkirk pass.

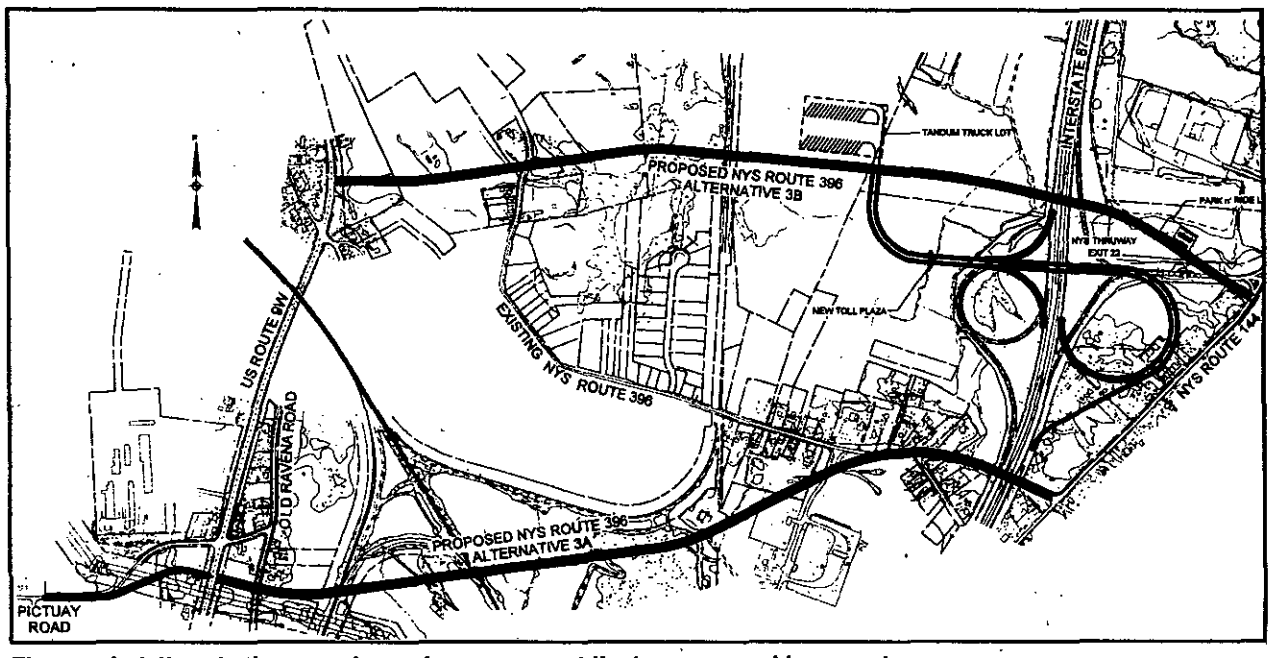
The objective of the project, which gan in the early '90s, is to reduce heavy ck traffic on Route 396 between routes and 144. This stretch of Route 396 is e residential Maple Avenue in the mlet of Selkirk.

DOT presented two bypass routes, a uthern alignment and a middle gnment, which at $7 million and $7.5 llion respectively, are close to the $6 llion budget of the project. Residents the open house asked that DOT reamine a third northern alignment, ich at $15 million, it had dismissed as expensive.

"The middle and southern alignments en't bypasses, but realignments," lkirk resident and county Legislator bin Reed, R-Selkirk, said, summarizing umber of the comments DOT received he meeting. "The traffic is not diverted these routes."

The county is not involved in the pass, and although Reed was trumental in obtaining state funds for the project, her interest is as a taxpayer and Selkirk resident.

DOT project manager Mark White explained that bypass alternative 3A, the southern alignment, would create a new intersection on Route 9W south of Pictuay Road, proceed easterly to an intersection with Old Ravena Road, build two bridges over the railroad and continue on to return to Route 396 at a new intersection with Pausley Court, keeping intact the existing Route 396 bridge over the Thruway and the intersection with Route 144.



The two dark lines in the map above above represent the two proposed bypass plans.

Alternative 3A, the middle alignment, would create a new intersection with Route 9W 500 feet north of Thatcher Street, then move to an intersection with Route 396, and on to a new bridge over the railroad and a new bridge over the Thruway before intersecting with Route 144. This alternative would mean new access to the Thruway from the bypass, or a reconfiguration of Thruway exit 22, and could involve new turn lanes on routes 9W, 396 and 144.

"The northern alignment, or alternative 3C, as planned," White said,

☐ BYPASS/page 13

Pesticide Watch want district to sunset use

By KATHERINE McCARTHY

After successfully working with the town of Bethlehem to craft "sunset legislation" which will phase out and ultimately ban pesticide use on town property, Bethlehem Pesticide Watch (BPW) is now focusing its attention on the Bethlehem Central School District.

The group recently presented an information-laden community forum on the use of pesticides in the schools at Bethlehem Public Library.

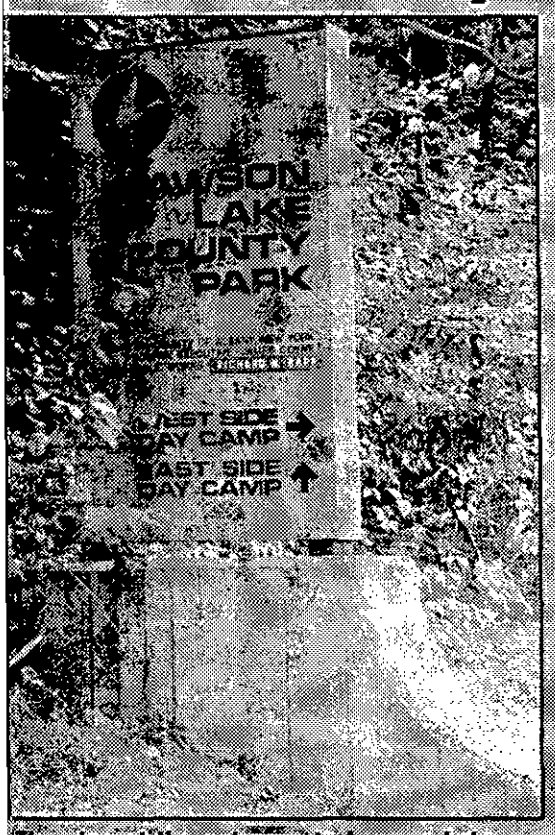
Our work is a slower process than with the town.
David Blumkin

Allergist and Bethlehem resident Dr. Hilaire Meuwissen; Claire Barnett, director of the Healthy Schools Network; and Michael Surgan, chief scientist in the state attorney general's office, spoke about the effects of pesticides and how to begin working to reduce their use in schools.

"Our work with the schools is a slower process than with the town," said moderator and BPW member David Blumkin. "We were told in July that an Integrated Pest Management (IMP) program is in place, but it's clear that that's not a true IPM plan. IPM works towards the elimination of pesticide use and puts a tremendous emphasis on preventive measures. That's not

☐ PESTICIDE/page 16

Lawson Lake quietly makes public debut



The sign at the entrance to Lawson Lake. *Donna J. Bell*

By DONNA J. BELL

In contrast to the years of contentious rhetoric and political maneuvering, Lake Lawson quietly opened to the public on April 1, of this year. So quietly, in fact, that many people are unaware that it is now accessible.

The opening came months after the Albany County Legislature passed a public use plan in December of 1997. That plan opened the area for passive, low level recreation: no motor boats or swimming, but picnicking, hiking, fishing, bird watching or cross-county skiing and canoe access is allowed.

"It has been a four-year battle," said Peter Clouse, county Legislator, R-Coeymans. Clouse had been sparring for years with County Executive Michael Breslin to have the park opened to the public. "It's been one of the hardest projects I've tackled because of all the obstacles, but it has also been one of the most satisfying because of the groundswell of support."

Albany county purchased the 421-acre site, located off of Route 32 in Clarksville, in 1979 for close to $600,000. That amount included $297,000 in federal grant money that was approved based on the understanding that the property would be "open and attractive to the public at a reasonable time of the year and day."

However for the past 18 years, the park was used almost exclusively by Camp Opportunities, a group gives disadvantaged inner-city youngsters a summer camp experience. It is run by Trinity Institution, a nonprofit corporation, that had owned the property before selling it to the county in 1979. The camp, built in the 1930s, includes about 20 cabins and two lodges with cooking and dining facilities.

"Neither me nor my constituents ever thought that Camp Opportunity shouldn't be able to run their camp there," Clouse said. It's always been about public funds

☐ LAKE/page 13

Police arrest man after bank incident

A team of 10 Bethlehem police officers responded quickly to a potentially dangerous situation at KeyBank in Glenmont's Ames Plaza on Friday, Oct 2.

"Francis Kobeck, a customer of the bank, had been in for the last five days, apparently dissatisfied with the way his account was being handled," Bethlehem Police Lt. Timothy Beebe said. "On Friday, he came in agitated, and made veiled or overt threats that if this wasn't resolved to his satisfaction, he would start shooting people."

Beebe said a manager brought Kobeck into his office and the police were called. Although Kobeck never displayed a weapon, Beebe said the police take such threats seriously. "We had to try and contain the situation, and set up a perimeter," Beebe said. "Had he had a weapon, we would have had to contain the whole plaza."

The police arrested Kobeck on a disorderly conduct charge.

Police arrested two people on DWI charges recently.

On Saturday, Sept. 26, at 1:31 a.m. Officer Brian Hughes arrested Michael Jay Altieri, 25, of 539 Kenwood Ave. in Delmar. Hughes observed Altieri travelling 29 mph in a 55-mph zone, straddling the white dotted line, and not staying in the designated lane. Police said Altieri refused a breathalyzer test and failed several field sobriety tests. He is scheduled to appear in court Oct. 20.

Officer Jeff Vunck arrested Carolyn J. Becker, 28, of 3314 William St., Valatie, after observing her drive through a solid red signal on Kenwood Avenue and just miss hitting a pickup truck. Police said Becker failed field sobriety and breathalyzer tests.

Saturday story times

Bethlehem Public Library youth continues its series of Saturday morning story times for children of working parents. Sessions are scheduled for Oct. 10 and 24, and Nov. 7 and 28, at 10:30 a.m.

Saturday Storybreak is for children ages 3 to 6 with a parent. To register, call 439-9314.

Cops nab 3 for DWI

Bethlehem police arrested three people on charges of driving while intoxicated on Sunday, Sept. 20.

At 3:42 a.m, Officer Brian Hughes arrested Stephen Anthony Benamati, 27, of Landor Lane in Cohoes. Police said Benamati was driving 57 mph in a 40-mph zone, weaving and crossing the white line on Route 9W in the area of Route 910A. According to police reports, he failed several field sobriety tests. Benamati is scheduled to appear in Bethlehem town court on Oct. 28.

Officer Thomas Heffernan arrested Shawn David Calhoun, 21, of Coxsackie at 5:02 a.m. Heffernan stopped Calhoun near the Coeymans border after first observing him driving 70 mph in a 55-mph zone on Route 9W near Old Town Road. Police said Calhoun failed field sobriety tests. He is scheduled to appear in town court on Oct. 6.

At 8:59 p.m., radar detected 49-year-old Patrick William Kinkead of Houston, Texas, speeding near Route 144 and Bohl's Construction, south of Corning Hill in Glenmont. Officer Christopher Hughes arrested Kinkead after he failed field sobriety tests. He is scheduled to appear in town court on Oct. 20.

Players to perform at church

The Harlequin Players will present Mark Dunn's *Five Tellers Dancing in the Rain* on Oct. 16, 23 and 24 at 8 p.m. and Sunday, Oct 18, at 3 p.m. at Slingerlands United Methodist Church on Route 85.

Play tickets are $7. For tickets call 478-0405 or 346-1147.

A dinner theater performance is set for Saturday, Oct. 17, at 6 p.m. Tickets are $12. For dinner reservations, call 439-1766.

Flower society to meet

Lily breeder and grower Janet Vinyard of St. Johnsville, Montgomery County, will discuss lilies in the home garden at the next meeting of the Capital-Hudson Iris Society on Sunday, Oct. 18, at Bethelehem Public Library on Delaware Avenue in Delmar.

A social time, starting at 1:30 p.m. will preceed the program. Area gardeners are welcome to attend. Dessert and coffee will be served.

For information, call Kathryn Mohr at 393-8205 or Linda Montenaro at 377-4987.

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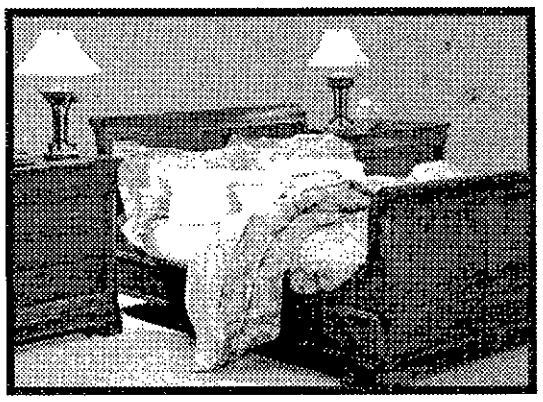
Sleigh rides.



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Scout outfits casualty unit

By Donna J. Bell

The town of Bethlehem now has a Multiple Casualty Response Unit thanks to the efforts of Delmar Boy Scout Eric Kerr.

Kerr came up with the idea for the unit, which is designed to respond to large disasters with many injuries, when he was looking for an Eagle Scout project.

"It was a huge undertaking," said his mother, Cyndi Kerr, who is also a Bethlehem police officer, "perhaps more than the average Eagle Scout project."

> ***I liked having our community donate because it (the unit) is for them.***
>
> **Eric Kerr**

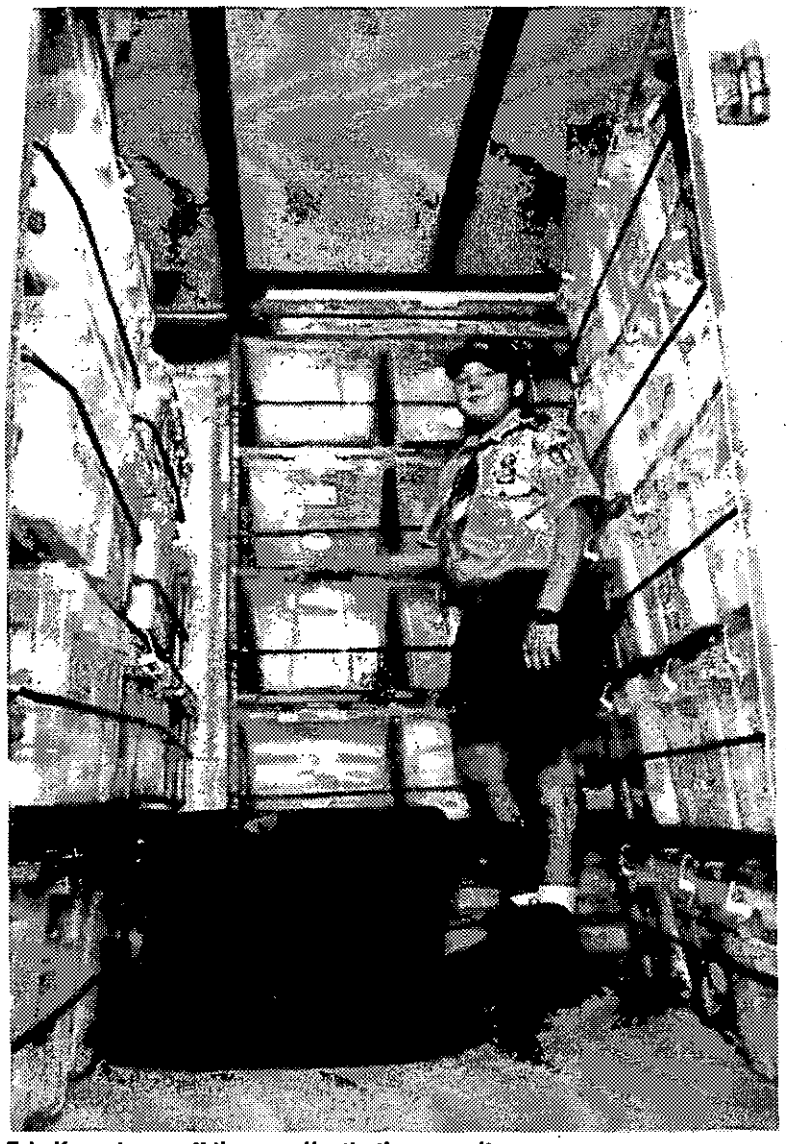
The seeds for Eric Kerr's project were planted in 1996 when his Boy Scout Troop participated in a drill sponsored by the town's emergency management office. The purpose of the drill, which simulated an accident in which a tanker carrying hazardous materials and a school bus collide, was to test the ability of the town's emergency services to handle a crisis.

When the drill was critiqued the town discovered that the amount of equipment and medical supplies carried by ambulances and fire trucks was inadequate to handle a large number of patients.

Two years later, Kerr's participation in the drill inspired him to supply the town with a response unit. Kerr contacted Jack Brennan, Bethlehem's director of emergency management, who responded positively to his plan.

The response unit is basically an enclosed 7- by 14-foot trailer that carries medical supplies — everything from tweezers, gauze, plastic cups, pediatric and adult burn and trauma/resuscitation kits, to a generator and halogen lights. The unit also houses pop-up shelters that can function as a field hospital in inclement weather.

"It has been a win-win situation both for Eric and the town who has profited from the use of a vehicle that can be used in the event of an emergency," Brennan said. "It will save lives."



Eric Kerr shows off the supplies in the casualty van.

Kerr went to the local community for donations and supplies to stock the unit. GE Plastics in Selkirk made the first contribution, a check for $3,400, that was used to purchase the trailer.

Other local business chipped in with everything from paint and lumber, to cash, army cots, medical supplies and labor. Pizza's were even donated to feed people working on the trailer.

In all, more than $4,300 in cash donations and $22,900 in supplies and services were donated, said Kerr, a seventh-grader at Bethlehem Central Middle School.

"I didn't think that he would do it to the extent and quality that he did," Brennan said of Kerr who handed over the keys to the unit to Bethlehem Supervisor Sheila Fuller in a ceremony at town hall on Sept. 29.

"It was a tremendous undertaking, especially for a young fella. He turned the heads of a lot of people, his peers, his parents and the community," said Fuller.

For his part, Kerr feels that the project taught him a lot about emergency medical services. But more importantly, it's taught him life skills.

"I learned how to talk to people without getting nervous and how to ask for things. It's built my confidence," Kerr said, adding that he was happy that the community was so supportive of the project. "I liked having our community donate because it (the unit) is for them."

V'ville voters to decide on capital reserve fund

By Katherine McCarthy

In addition to electing a new school board member today, Oct. 7, Voorheesville school district voters will choose whether to establish a capital reserve fund in the ultimate amount of $525,000.

The district's superintendent for business Anthony Marturano said that the fund can only be used for capital improvements and will have a five-year term.

"The superintendent, the treasurer and I sat down and looked at our financial situation," said Marturano. "We started talking about it at budget time last year, and presented it formally this July. The whole idea of the fund is so that it can keep any tax increases for our upcoming building project down to a bare minimum. It may, and I stress may, prevent any tax increases."

Architects Collins & Scoville are currently working on preliminary plans for new construction, including an addition to the high school and renovations to district schools.

An unanticipated drop in payments to the Teachers' Retirement System, monies received from a rate change settlement with Niagara Mohawk, payment from a lawsuit with Manville Trust and an unanticipated state aid payment of more than $70,000 helped the district end the 1997-98 school year in a good financial position. The district anticipates reaching its capital reserve fund goal of $525,000 by June 30, 1999, without requiring additional taxes from residents.

The fund can only be established with voter approval. If the proposal is defeated, the district will have a fund balance that exceeds the amount prescribed by law, and any excess monies would have to be used to reduce taxes next year.

Marturano said that it made more sense to establish the capital reserve fund rather than take an immediate tax reduction.

"If you apply the money to a one-time tax reduction," he said, "the community will be faced with the loss of revenue in next year's budget. When it was time for a capital project, we'd be starting from scratch. If we put this money away now, it will gain interest, which it couldn't do if it was applied to taxes."

Marturano said that building projects receive state aid; Voorheesville's current state aid ratio is 70 percent, which means that if Voorheesville used the full $525,000 for work on a capital project, it would receive $367,000 from the state the following year.

If the district used borrowed funds for a capital improvement, it would receive the same amount of aid, but over a minimum of 10 years instead of in a lump sum payment.

Marturano explained that the district estimates a project of $5 to 6 million. "We're getting 70 percent from the state," he said. "If this is a $5 million project, then $3.5 million is paid for by the state. If we borrow $1.5 million over 20 years, that's $75,000 per year. If we set aside $525,000 now, that's six years worth of payments."

"We're striving for a scenario where, with our current debt falling off in the future and this money set aside," Marturano said, "we can have a smooth, almost unseen transition to our capital improvements. This is the kind of forward thinking we're trying to apply, so that taxpayers won't feel the negative impacts.

Larry Bonham of the Voorheesville Taxpayers Association, which has long advocated for reduced taxes in Voorheesville, said the group would remain neutral about the capital reserve fund.

"I do know that some of our members plan to vote no," Bonham said. "They feel that if the balance exceeds the amount established by law, it should go back to the taxpayers."

Marturano feels that district residents will support the fund. "We have the kind of community that, when they read the literature and understand what we're doing, will support this," he said. "It makes good fiscal sense."

BCMS to recognize young adolescents

By Donna J. Bell

Bethlehem Central Middle School will celebrate the Month of the Young Adolescent in October.

Sponsored by the National Middle School Association (NMSA), and supported by 35 national education, health and youth-oriented organizations, the Month of the Adolescent promotes the message that young people bring good things to their communities and addresses the challenges that they must face growing up in today's society.

"I thought it was a good way to celebrate all the good things the kids are doing," said Mary Capobianco, assistant principal at BCMS. "We want to tell the kids that adults are proud of them. We always tell them what to do, but never step back and say 'We are proud of you.'"

Capobianco said the school will sponsor activities in October and will work to promote the 1998 theme — Together We Can Make a Difference.

One of those activities will be a T-shirt designing contest. After the winner is chosen, the kids will sell the shirts in the school store and proceeds will go toward purchasing positive incentive awards such as erasers, pencils and candy. These tokens will be used to award good behavior. A parent of a middle-school student is also asking businesses to donate free coupons for products or gifts.

Capobianco said that the middle school students, or rather young adults, as she corrected herself, are often not understood. "We call them the roller coaster years," Capobianco said of the middle school age group. "But to them it's one of the best times in their lives."

She pointed out that the school's service groups work hard volunteering time to better the school environment.

The Leadership Club purchased colorful banners and hung them in the cafeteria and another group is working to paint a mural at the school that will feature young adult literature

"The sixth-grade kids created a garden (in a school courtyard) last year on their own time," said Capobianco. "We want to recognize all the good things that kids are willing to do on their own."

In honor of the Month of the Young Adolescent *The Spotlight* will feature a different story about a program, club or student at the middle school each week in October.

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Heart specialist advises taking control of health

By Debbie Eberle

Glenmont resident, and newly elected president of the local chapter of the Heart Association, Dr. Joseph Sacco says that everyone can take control of their own health, they just have to want to.

Sacco is chief of the cardiology section and head of the cardiac research unit at Stratton VA Medical Center in Albany and a faculty member at Albany Medical College. He earned his medical doctorate from the University of Connecticut.

Despite the fact that death rates from heart disease have dropped significantly in the last 30 years, Sacco said it's still the number one killer of men and women alike. "Heart disease kills more people than the next four causes of death added together. Four out of every 10 people will die as a result of it."

He added, "Heart disease currently costs the U.S. economy $175 billion per year in terms of the impact on health care, hospital costs, medical costs, lost productivity of people ... that's a big chunk of our gross national product. Besides making people feel better and live longer we could also save money if we could prevent heart disease."

Dr. Joseph Sacco

The Heart Association is described as "kind of a grass roots organization" by Sacco who says that one of the reasons he likes it so much is that at least 90 cents out of every dollar raised goes directly back into providing services. "I was always impressed with the association for that reason."

It's also "very across the board" in recruiting volunteers from all walks of life and income levels, said Sacco. "I get to be the figurehead, but the real work gets done by the staff and the volunteers who are very hard working."

A local core group of 30 to 40 volunteers recently got help from almost 3,000 participants in the Heart Walk at Siena College in Loudonville. Area businesses, hospitals and insurance carriers all worked with the Heart Association to help raise about $240,000.

The Heart Association has also designed education programs for teachers to use in the classroom. Most schools in the Capital District have the grade-appropriate training kits which teach kids about living a healthy lifestyle by eating right, exercising and avoiding behaviors like cigarette smoking. Programs are geared for different levels from preschool through high school. "One of my favorite things to do is go into a kindergarten or first-grade class and teach the kids a little about living a healthy lifestyle," Sacco said.

He encourages parents to "watch out for information that may come home with your school-aged children." Hoops For Heart and Jump Rope For Heart are some events that parents can participate in with their kids.

As well as fund-raising and teaching at local schools, Sacco is also directly involved in professional education. He teaches physicians, nurses and primary care providers the latest findings on heart disease. Sacco said that a group of drugs including Zocor and Pravachol, commonly referred to as the Statins, have recently been found to reduce the risk of stroke and heart disease. For people who are at high risk for heart disease, "These medicines really do prevent people from dying of a heart attack," said Sacco. While these medicines save lives, "There's no magic bullet that says I can take this and then sit in front of the tube and order Mc Donald's," he added.

Sacco stressed the importance of taking control of your health with good choices in diet and exercise. "You can't change what your family history is, so it makes good sense to try and change the things you can."

The Heart Association emphasizes prevention. Its goal is to make people with risk factors or abnormalities aware of them so they can prevent a heart attack.

Included in this list are — excessive weight, cigarette smoking, high blood pressure, diabetes, high cholesterol and genetic makeup.

He encourages people to call the Heart Association for information at 869-1961.

The group's online address is (www.arnericanheart.org).

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Thomas Nicolla Physical Therapy of Delmar	478-9049	The Magic of Music	475-0215	Dog Guard Fencing	439-0495

Massage therapist expands business in Delmar

By Katherine McCarthy

When Gail Wells became a massage therapist 16 years ago, she was one of a very few in the area. Today, there are a number of massage therapists right in Delmar and two massage schools in Albany.

Wells' practice has expanded so much that she recently moved from her Orchard Street home and opened the Delmar Center for Therapeutic Massage at 414 Kenwood Ave.

In the first floor of a charming old house, the center has soothing music and Oriental carpets that make the living room feel more homey than clinical. Two massage rooms are set up to accommodate Wells and two other massage therapists who work for her. Another room is set up for an esthetician, a licensed professional who does facials, body waxing and makeup, and Wells is looking to hire a manicurist for the fourth treatment room.

Wells said that before she began practicing massage, she was doing office work. "I felt that massage was a calling, really," she said. "I needed to find my niche in life."

That meant a lot of phone calls, as she looked into the relatively new field. "I found the Board of Massage in Albany," she said. "Massage therapy has been a licensed profession in New York State since the 1960s. In the early '80s, I talked to a woman who worked at the Saratoga baths, who had learned massage through a BOCES program. Now there are accredited schools of massage. I needed 500 hours of training to become a licensed massage therapist. Now, it's up to 600 hours, and it will be 1000 by the first of the year. There's talk of creating an associate's degree in massage therapy, and I know there's one college on Long Island that offers that degree."

Gail Wells

Wells learned massage at the Sarasota School of Natural Healing in Florida and attended the Connecticut Center for Massage in Newington. She stays updated in her field and will be attending a workshop on the muscle disease fibromyalgia soon.

"When I first started," Wells said, "it wasn't too busy. In about my fifth year, things took off and I drew people from everywhere. There was a greater awareness of massage and people wanted to try something more holistic. I think my practice will get even busier as massage becomes more commonplace."

Wells said there is a perception that massage is a luxury. "I say you can't afford not to have a massage," she said, enthusiastic about its many benefits. "Massage increases the blood and lymph flow," she said. "It improves circulation, and brings fresh oxygen and nutrients to your body while it flushes out toxic waste. This improves muscle and skin tone, and the joints' range of motion and flexibility. It also soothes backaches, headaches, bursitis, arthritis, fibromyalgia and other muscle diseases, PMS and certain types of edema."

Massage is also good for that chronic end-of-the-century symptom: stress. "If you have stress, you have all of the symptoms I've named and more," Wells said. "Your body can begin to break down from too much stress."

Wells said massage, which relaxes muscles and relieves tension, is physically relaxing and is mentally, spiritually and emotionally soothing. "The human touch is a powerful thing," Wells said, "and massage communicates caring."

Wells said the most common type of massage she gives is Swedish massage, although she incorporates some Shiatsu — which uses finger pressure to release a body's energy — and reflexology, which concentrates on the hands and feet. Depending on what a client needs, Wells might incorporate more vigorous sports massage into her treatment.

Wells said her typical patients are in their 30s or 40s, because they have the money to spend and are educated about massage. "I've also had a number of younger clients and a 79-year-old woman who received a massage as a gift and said it was 'absolutely fabulous,'" Wells added.

Wells said she has a number of repeat customers who give her positive feedback. "They'll say their back is better, or they're not feeling as much pain as they had been," she said.

Wells said the interest in massage is growing and is enough to sustain the businesses in town. For her part, Wells enjoys having her own business and raising her two sons, ages 2 and 8. She is scheduled to speak to the Bethlehem Business Women on Oct. 7 at Normanside Country Club.

The Delmar Center for Therapeutic Massage is open Monday through Saturday by appointment, and offers evening hours as well as daytime ones. A full one-hour massage costs $55; a half-hour massage is $35 and gift certificates are available.

"If you haven't experienced a massage," Wells said, "try it."

The center's phone number is 475-9456.

Frankenfest on tap at Bethlehem library

Monster fans age 12 and up are invited to compare excerpts from Mary Shelley's *Frankenstein* with old and new film versions at Bethlehem Public Library's "Frankenfest" on Wednesday, Oct. 21, at 7 p.m.

Refreshments will be served. Registered participants may pick up a copy of the book at the youth services desk beginning Oct. 1. To register, call 439-9314.

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Matters of Opinion

Help stamp out SIDS

Remember Baby Moses, who was found dead in Washington Park? The Sudden Infant Death Syndrome Alliance people do. The city of Albany gave the leftover money donated to pay for Baby Moses' funeral to the alliance to pay for SIDS education programs that help save lives.

Leslie Cheu, a SIDS mother and director of the alliance, said that money and a contribution from Delmar Presbyterian Church's outreach fund have made it possible to launch a new program to promote awareness about SIDS and SIDS prevention methods. The 'Back to Sleep' program encourages parents to place babies on their backs, which is recommended for most newborns. Three local hospitals will promote the program with tiny T-shirts sporting the Back to Sleep message.

The work of the alliance should help reduce the 15 to 20 deaths that occur each year in the Capital District. As Cheu says, even one SIDS death is one too many.

Get rid of pesticides

Bethlehem Pesticide Watch is yet another grass-roots group that gets things done. Last year the group set things in motion for the town to sunset the ban on pesticides. The town is expected to enact a sunset law this month, which means the town will no longer use toxic pesticides. This year, the pesticide group will try to achieve the same results with the school district.

The district should take Albany County and the town of Bethlehem's lead and sunset its use of pesticides and develop an Integrated Pest Management plan.

The Spotlight supports Bethlehem Pesticide Watch's efforts to stop using chemical pesticides on public property. Pesticides are dangerous substances that can wreak havoc for years. We also support the group's call for implementing nontoxic alternatives to control insects and weeds. This would certainly make for a safer, more user-friendly environment.

Finders keepers?

Bethlehem Police Det. John Cox is a cop with a heart. He informed us this week that time is almost up for the owner of a diamond engagement ring and wedding ring that were found almost a year ago.

The rings were found in Delmar and turned into police by a Good Samaritan who legally is entitled to them after a year, Cox said. It's likely the Good Samaritan would prefer the owner claim the rings. "I'm sure it's meaningful" to someone said Cox.

He said he thinks the owner may have been a jogger who had the rings attached to some type of clip while she was running. But that was a year ago and unless the rings are identified and claimed by Nov. 1, the owner loses out. If you lost or know someone who lost the rings, give Cox a call at 439-9973.

Eat your heart out Andy Sipowicz; we've got the best and the brightest right here in Bethlehem.

Kudos to Scout

Eric Kerr did a great job and a performed a community service with his Eagle Scout project. This young boy raised enough money to equip an emergency van to be used in the event of a wide-scale medical emergency.

We congratulate him for his innovative project and hard work. The Multiple Casualty Response Unit is a wonderful addition to the town.

Project will help raise awareness

By Leslie Cheu

The writer is director of the Hudson-Mohawk Affiliate of the SIDS Alliance. She is a resident of Glenmont.

There are few thoughts more frightening to a new or expectant parent than that of Sudden Infant Death Syndrome (SIDS). The discovery of a seemingly healthy baby laid to sleep and then found dead hours later is almost incomprehensible to most parents.

SIDS happens to almost 3,000 babies a year (15 to 20 in the Capital District), making it one of the leading causes of infant death in the United States. It is a known medical disorder for which there is no known cause.

Sadly, I speak from experience. I am the mother of a baby who died from SIDS. My son Simon was a big, beautiful 3-month-old baby when he died without warning in April 1992 at day care. Like many babies that die from SIDS, Simon had a very slight cold before he died. Otherwise, I had no indication that there was anything "wrong" with him that would have caused him to succumb to SIDS. He, like many other babies that die from SIDS, just never woke up from his morning nap. His death changed my and my husband's lives forever.

Because SIDS is so difficult to understand, many people are suspicious of families that lose a child to SIDS. This suspicion compounds the tragedy for a family that is already grieving the loss of their precious child. Outsiders may wonder, 'How could a perfectly healthy baby die without warning?' The answer, clearly is that babies who die from SIDS are not perfectly healthy. They suffer from an underlying defect or abnormality that is not apparent to parents or physicians caring for the child.

Researchers now believe that this abnormality is centered in a part of the brain called the ventral medulla. This part of the brain controls a baby's breathing and heart rate. Babies that have this defect are at a greater risk of dying from SIDS. We now know, however, that we can reduce the risk of death by decreasing their exposure to risk factors that may trigger SIDS.

No one, not even a doctor, can currently predict which babies will died from SIDS. However, the American Academy of Pediatrics (AAP) now recommends the following infant care practices to significantly reduce a SIDS risk:

- If your baby is healthy, place him on his back to sleep. Since the AAP began recommending the back sleep position for infants in 1993, SIDS deaths in the United States have declined by 38 percent. While many parents worry that this sleep position may result in the baby choking should he spit up after a feeding, research has proven that healthy babies can turn their heads at a very young age and clear up any spit up from their mouths. However, if a baby born with a birth defect has severe reflux or has a breathing, heart or lung problem, parents should talk with their doctor about which position is best.
- Don't allow anyone to smoke around the baby. Although researchers don't know why exposure to second-hand smoke increases the risk of SIDS so much, they believe that nicotine may disrupt the arousal (waking up) mechanism in babies.
- Place your baby on a firm surface to sleep. Any type of bed-

Clayton Maul, 4, joins his 2-day old sister Caroline and father Tom Maul at St. Peter's Hospital. Caroline is wearing a T-shirt, which asks parents to place babies on their backs when they sleep. *Elaine McLain*

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Your Opinion Matters

ding that can bunch up around a baby's face can block the flow of air and put the baby in danger. Don't let your baby rest on a futon, sheepskin, waterbed, beanbag chair, pillow or sofa cushions.

• Avoid loose bedding. Quilts and blankets can block air circulation if they slip over a baby's head. Limit bedding to a fitted bottom sheet and firm bumpers. To keep your baby warm without covers, dress him in layers under a blanket sleeper in cold weather and in lightweight pajamas in warmer weather.

• Don't let your baby sleep with stuffed toys. If pulled in to her face, stuffed toys can block the flow of air.

• Don't let your baby get too warm. Keep the temperature in your baby's room so that it feels comfortable to you, and no higher than 70 degrees. This is especially important when a baby is sick.

• Teach baby sitters, day care workers, friends and grandparents about reducing SIDS risk.

A federally funded public education campaign titled the "Back to Sleep" program has reached many new parents with this vital infant care information, but more work is yet to be done.

The SIDS Alliance is a nonprofit organization that provides education about the risk factors of SIDS and funds research into its causes. To ensure that all new parents know about the Back to Sleep program, the SIDS Alliance and several local hospitals and county health departments have joined together in an innovative program to teach parents how to reduce SIDS risk for their babies.

St. Peter's Hospital, Albany Medical Center and Samaritan Hospital will be giving infant size T-shirts to newborns in their hospital nurseries that read "Please put me on my back to sleep." We hope this will become a fashion statement for babies everywhere in the Capital District.

Although only one baby out of every 1,000 born will die from SIDS, even one SIDS death is one too many. For information about SIDS, call the local chapter of the SIDS Alliance at 475-1879. A free SIDS information card is available from the SIDS Alliance for parents and health care professionals, who have additional questions.

Information about SIDS is also available from the New York State Center for Sudden Infant Death at 1-800-336-SIDS.

Letters policy

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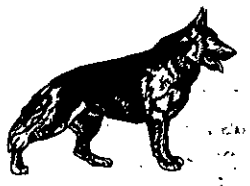

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Matters of Opinion

Cheaper bypass plans could be more costly over the long haul

Editor, The Spotlight:

The overwhelming mood of those who attended the open house for the proposed Route 396 Selkirk Bypass was dismay with what is being proposed. The more detail one saw, the worse the picture appeared.

For those who have not had access to the map showing proposed routes for the bypass, there are three alternatives, although information provided at the open house indicated that the most northerly route (Alternate 3C) is no longer being considered because its cost would be approximately double that of either the southern or middle route. While doubling the cost of anything is not to be taken lightly, choosing a cheaper route without considering its drawbacks seems penny wise and pound foolish.

Our understanding is that the whole purpose of the proposed bypass is to relieve the problems caused by truck traffic on Route 396 to improve the quality of life in Selkirk. Whatever route is chosen, Selkirk will no longer be the small rural village it once was.

It seems logical that the best route for the bypass is the one which succeeds in resolving traffic problems and at the same time has the least negative impact on the village. While alternatives 3A and 3B are estimated at half the cost of 3C, when one considers the potential for negative impact, it becomes questionable whether spending money on either of them would improve the life of Selkirk residents. Both of these routes, as they proceed eastward from 9W, would be very close to many homes.

Alternate 3A especially follows a path paralleling and crossing the oldest and most heavily settled part of Selkirk. Residents might be relieved of truck traffic on the immediate street where they live, but would probably have at least the same degree of traffic noise and truck fumes from the relocated 396 as they have now. If building the alternate route results in heavier truck traffic in the future, Selkirk residents might ultimately have greater problems than they do now.

In addition, using the existing Route 396 over the Thruway to connect to Route 144 would almost surely increase traffic on 144 between 396 and the Thruway entrance. This is already a dangerous stretch of highway, due partly to a tendency of many drivers to see this as a straight of way in which they can pass, ignoring a dip in the road, which limits visibility. We live in this area, and we have had to replace sections of our fence three times in as many years because of accidents caused by drivers who started to pass and had to pull in quickly. Alternate 3B, while it has its faults, would at least provide for safer traffic patterns on Route 144 and a safer entrance to the Thruway from both east and west.

Even though alternate 3C costs twice as much as either 3A or 3B, it certainly appears less destructive to the village of Selkirk, as it goes through primarily open land. In addition, it might have the effect of opening that land to development. If the intent of this whole project is the relieve problems in Selkirk, it would be shortsighted, simply to save money, to choose an option that would so negatively impact large areas of Selkirk.

Bruce and Mary Ann Shubert
Selkirk

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Lower School: Nov. 12, 7 p.m.

The Albany Academy
November 8, 2 p.m. (465-1461)

Albany Academy for Girls
November 8, 12:30 -2:30 p.m. (463-2201)

Bet Shraga Hebrew Academy
October 8, 9 a.m. -12 noon (482-0464)

Brown School
October 20, 7 p.m. (370-0366)

Children's School at Emma Willard
November 7, 9:30-11 a.m. (274-3476)

Christian Brothers Academy
November 13, 7-9 p.m. (452-9809)
November 15, 1-3 p.m.

Darrow School
Please call for visit (794-6000)

The Doane Stuart School
November 4, 5:30 p.m. (465-5222)

Emma Willard School (274-3478)
Boarding Students: Oct. 1, 5 p.m.
Oct. 2, 12:30 p.m.
Day Students: October 6, 6 p.m.

The Hoosac School
Please call for visit (800-822-0159)

Loudonville Christian School
January 23, 10 a.m.-1 p.m. (434-6051)

Maimonides Hebrew Day School
Please call for visit (436-0343)

Montessori School of Albany
October 25, 1-3 p.m. (455-8964)

The Robert C. Parker School
November 1, 12-3 p.m. (286-3449)

Saint Gregory's School for Boys
October 25, 1 p.m. (785-6621)

Saratoga Independent School
October 27, 6:30 p.m. (583-0841)

Spring Hill Waldorf School
November 1, 1-3 p.m. (584-7643)

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Your Opinion

No wonder rates on rise

Editor, The Spotlight:

It is mysterious as it is vexing that the post office persists in grossly inefficient operations even as it schedules another rate increase.

Example: Mail was recently sent to us at 609 Murray Ave. instead of the correct number.

A postal worker with knowledge of the area should have immediately recognized that the address was an error. Even without that knowledge, it would take less than 30 seconds to check a computerized street directory and correct the error.

Obviously, customer service and efficiency are contrary to post office policy. They deprived us of our mail and went to substantially greater expense to return the item to the sender.

No wonder postal rates are going up.

Robert S. Alexander
Delmar

Kudos to Spotlight writer

Editor, The Spotlight:

Absolute kudos, to Katherine McCarthy for her excellent, well written article on Clinton in the Sept. 23 issue of *The Spotlight.*

As a mother of two toddler boys with twins on the way, I am horrified at the apathy of the people of this nation and the direction we are headed. It was a breath of fresh air to read that article. I am copying it and sending it to my family and friends across the country.

Thanks again for conveying what most mom's and women feel.

Grace A. Cook
Delmar

Library offers college program

Jill Rifkin of College Options in Delmar reprises her presentation "Take Control of the College Application Process: Strategies to Help You get In!" on Wednesday, Oct. 14, at 7 p.m. at Bethlehem Public Library, 451 Delaware Ave., Delmar.

Rifkin will discuss soliciting recommendations, preparing for interviews, selecting college prep courses, taking standardized tests, writing essays and completing applications.

The program is designed for high school students and their parents. To register, call 439-9314.

Business women set meeting tonight at club

Bethlehem Business Women will meet tonight, Oct. 7, at Normanside Country Club in Elsmere.

A social time starts at 6 p.m. with dinner at 6:30 p.m.

Gail Wells of Delmar Center for Therapeutic Massage will present a talk entitled Holistic Approach to Health Care; Swedish, Reflexology, Shiatsu, Sports Massage and Neuromuscular Massage.

A business meeting will follow the program. New members are always welcome. For information, call Shirley Sayler at 439-6823.

Series host to speak Oct. 9

Public access television host Ray Blanchard will talk about his long-running TV-31 program "Conversations Regarding Health Care" on Friday, Oct. 9, at 10 a.m. at Bethlehem Public Library on Delaware Avenue in Delmar.

The program is part of the library's FYI Fridays series for senior citizens and other adults.

Coffee and tea will be served. To register, call 439-9314.

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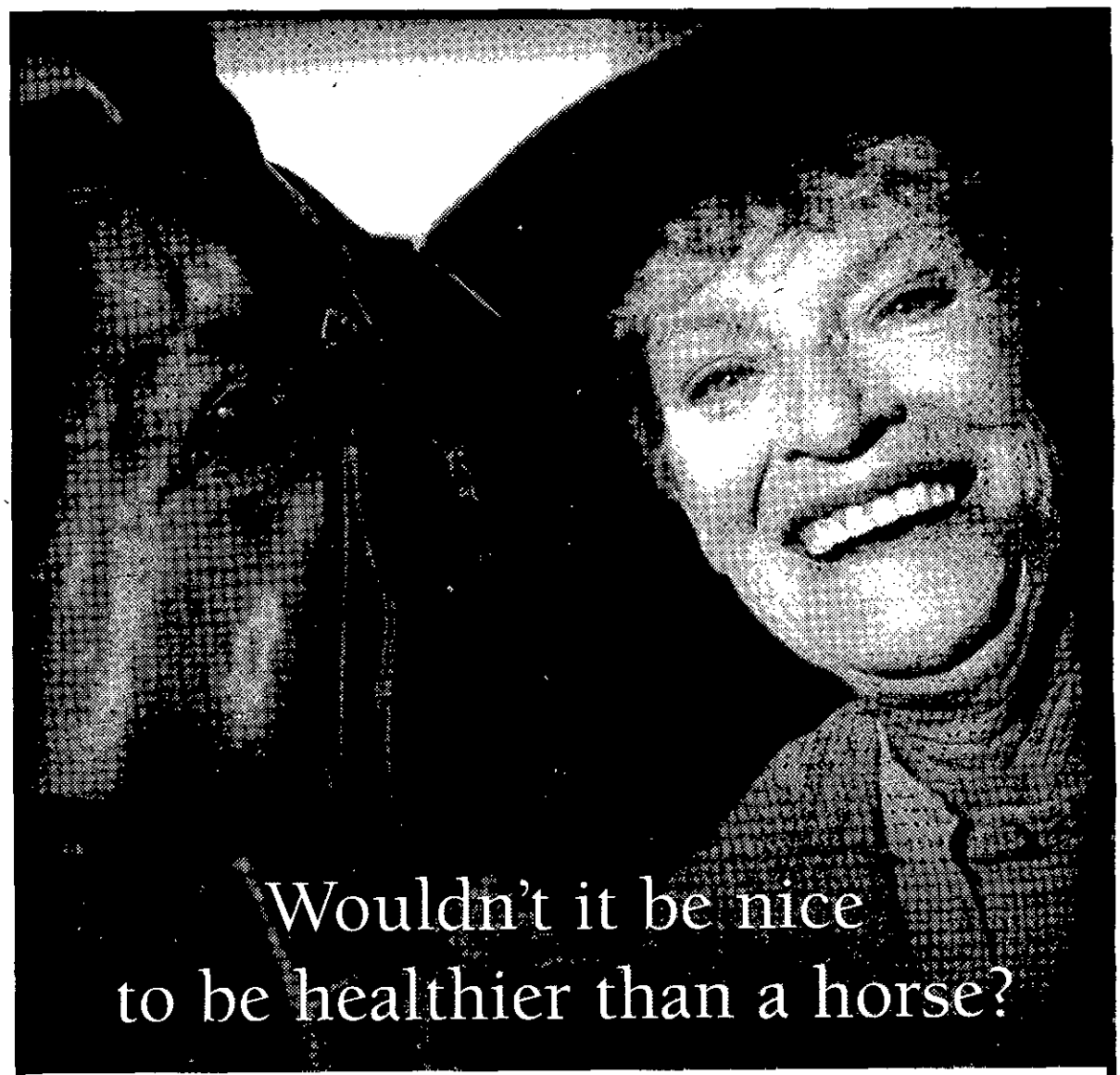

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One of Frances Mehm's pastels, which will be on display throughout the month.

Pastels, pen and ink work on display

Check It Out
Bethlehem Public Library

Pastels by Frances Mehm and pen and ink drawings by Diane McClumpha Wellstood offer a delightful study in contrast in the library galleries during the month of October.

Mehm has taken her pastels to Europe, the Middle East, the Caribbean and the American Southwest. She paints in what she calls a "representational-impressionistic style," completing most pieces on location. She is currently studying with Chinese master artist Zhang Hong Nian.

Mehm has exhibited in the National Arts Club with the Pastel Society of America, Schenectady Museum, and Saratoga Arts Council. She has also shared her gifts at large, participating as a judge for the New York State Imagination Celebration and, most recently, developing and coordinating a program for artistically talented children called "Summertime Art 98," sponsored by the Colonie Art League and Albany-Schenectady League of Arts.

Wellstood's crisp pen and ink drawings of Shaker scenes reflect her interest in antiques and historic places, encouraged by summer visits to Shaker sites in Massachusetts as a child.

The drawings represent only a part of Wellstood's eclectic production, which also includes watercolor, embroidery, needlepoint and quiltmaking. In 1987 she designed an album cover for the last recording made by her husband, the late jazz pianist Richard McQueen Wellstood.

Wellstood worked for design studios in New York City and Albany before venturing out on her own in 1976.

Continuing the Americana theme, the Capitolers exhibit varied examples of decorative painting in the Birchenough case this month.

The Capitolers is the local chapter of the National Society of Tole and Decorative Painters, whose work is included in the Smithsonian Museum's permanent collection. The exhibit previews a demonstration of decorative painting in a library program on Monday, Oct. 26, at 7 p.m.

The small case displays items from the library's local history collection, assembled by genealogy and local history librarian Babs Carlson in honor of National Archives Week, Oct. 11 to 17.

Louise Grieco

investment UPDATE

Keith D. Vink
Associate Vice President/Financial Consultant
Host of The Daily Market Wrap on Monday Evenings

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High school slates open house

RCS Senior High on Route 9W in Ravena will hold its open house on Thursday, Oct. 8, from 7 to 9 p.m.

It will give parents an opportunity to meet their child's teachers and to follow their class schedule.

NEWS NOTES
Selkirk
South Bethlehem
Linda Marshall
756-3520

Bottle collectors to present program

Bottle collectors Chris Rayot and Gary Mercer will present a program entitled Digging for Old Bottles on Thursday, Oct. 15, at 8 p.m. at a meeting of the Bethlehem Historical Association at the Cedar Hill Schoolhouse, 1003 River Road, Selkirk.

The public is invited to attend. For information, contact Helen Smith at 439-3916.

Book fair slated at school

Pieter B. Coeymans Elementary School will host a book fair through Friday, Oct. 9.

Future homemakers to clean up highway

RCS Future Homemakers of America will hold its fall Adopt-A-Highway cleanup today, Oct. 7.

Outdoor ed day set at Lawson Lake

Students from A. W. Becker and P.B. Coeymans elementary schools will participate in an outdoor education day at Lawson Lake on Friday, Oct. 9.

In the event of inclement weather, the outdoor education day will be held on Friday, Oct. 16.

Middle school conducts magazine drive

Students at RCS Middle School are conducting a magazine drive through Friday, Oct. 9. Proceeds will help to fund activities.

Parent teacher meetings set

Pieter B. Coeymans Elementary School's PTO will meet on Tuesday, Oct. 13, at 7 p.m. Officers will be elected at this meeting.

A.W. Becker Elementary School's PTA will hold its next meeting on Tuesday, Oct. 13, at 7 p.m.

Women's club to meet at church

The Coeymans-Ravena Women's Club will learn about Ravena's historical roots from members of the Ravena Historical Society at the club's monthly meeting on Tuesday, Oct. 6, at 7:30 p.m. in the fellowship hall of Congregational Christian Church.

Community members are welcome to attend.

Schoolhouse museum to host art exhibit

The Little Red Schoolhouse Museum on Route 143 in Coeymans Hollow will display the work of two local artists, Ruth Tompkins of Greenville and Mary Balloto of Ravena, on Sunday, Oct. 11, from 1 to 4 p.m.

The schoolhouse museum offers an excellent opportunity to see a one-room schoolhouse as it existed 100 years ago. It is free and open to the public.

Pottery studio to hold fall sale

The Picket Pottery Studio on Route 144 in New Baltimore will hold a fall clearance sale through Oct. 18.

The studio is open Monday through Saturday from 10 a.m. to 3 p.m. and until 8 p.m. on Thursdays. For information, call 756-3252.

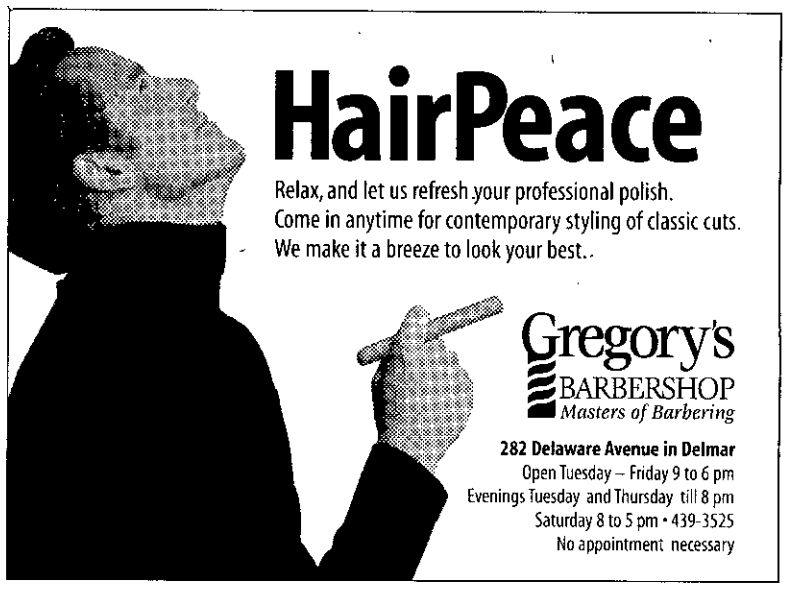
Bethlehem board announces changes in meeting dates

Bethlehem town board has changed its regular meetings for the following dates.

- Wednesday, Nov. 11, (Veteran's Day) has been changed to Thursday, Nov. 12
- Wednesday, Nov. 25, (Thanksgiving eve) has been changed to Tuesday, Nov. 24
- Wednesday, Dec. 23, is cancelled.

The only town board meeting in December will be held on Wednesday, Dec. 9.

The board also scheduled its 1999 organizational meeting for Jan. 13. For information, call town hall at 439-4955



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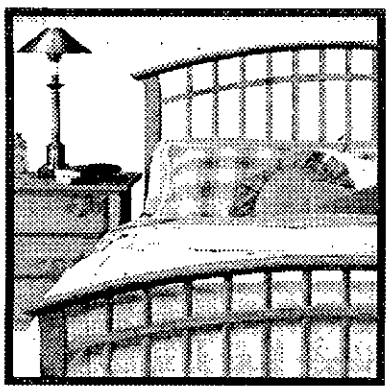

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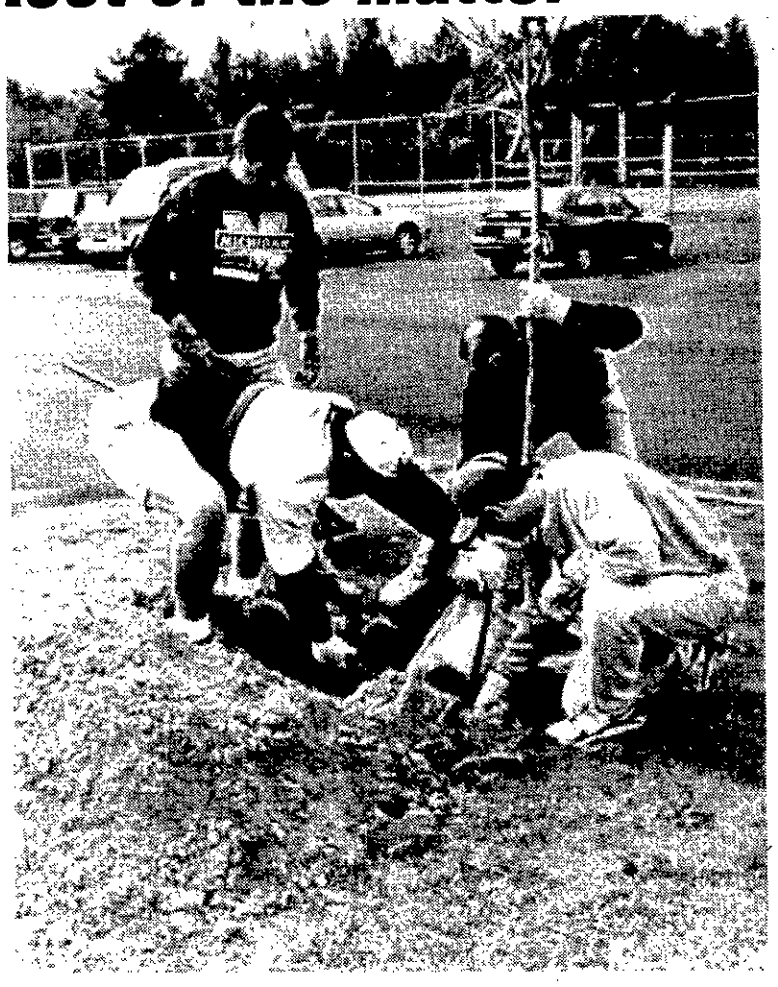

Last Saturday, the Elfuns service group at GE Selkirk planted trees at the new park in Selkirk. Eric George, left, Mike LaChapelle, Tom Heeps and Joseph Liu were among those who helped out. *Elaine McLain*

Officer to speak at RCS

Bethlehem police officer Jeffrey Vunck will present a program on the zero tolerance law on Thursday, Oct. 15, at 8 p.m. at Ravena-Coeymans-Selkirk Central High School on Route 9W in Ravena.

Zero tolerance is an amendment to drinking and driving laws for individuals under age 21.

Vunck will also talk about house parties, liability, violations of alcohol beverage control laws and new license information.

The PTSA's monthly business meeting will be held in the library at 7 p.m. prior to the presentation.

Refreshments will be served by Students Against Drunk Driving.

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Bypass

(From Page 1)

"would go from Route 9W at Creble Road, parallel the Vloman Kill, and go northeast towards Weisheit and Clapper Roads and the interchange with the Thruway, eventually tying in with Gibson Road at Route 144."

White said that building the northern alignment would also require relocating Thruway exit 22 next to the water plant at the corner of Clapper and Weisheit. This could add another $4 million to the project. He also pointed out that this could affect the area being considered for the computer chip fabrication plant.

Residents at the open house suggested that costs be cut by only building the northern alignment as far as the Thruway, and omitting the extension to Route 144.

"Since the meeting," White said, "we've been asking, 'How can we do this?' The project only has approval for $6 million.

Reed said that while the northern alignment bears looking at, she is concerned with certain aspects of it.

"I think that topography might be difficult to build on," Reed said. "Also, Becker School would be close to it, and as an educator, I would have concerns about the noise, distraction and safety. As a taxpayer, I'm concerned about the $15 million cost, which is twice the other routes. This route might also have an effect on the residents of Beaver Dam Road."

Reed urged residents to send their comments to DOT.

Lake

(From Page 1)

used to buy public property and therefore it demands that the public be able to access it."

Close was so frustrated by the lack of response from the county executive that he contacted the National Park Service and asked them to investigate whether Albany County had misused funds to purchase the park. "They sent a man from Philadelphia and he saw the chain across the opening," said Clouse.

Jennifer Centore, a policy analyst in the county executive's office, confirmed the park's opening and added that organizations such as the Girl Scouts and different schools have always used the site for sleepovers and educational hikes. Centore said that groups must make reservation with the Albany County Planning Department, and need to provide their own insurance.

"It's great for kids to just run around out there," Centore said. "That is why the county executive is so happy to have a relationship with Camp Opportunities. They are diligent stewards of the land and give the kids the chance to have a place like that to go to."

County Legislator Alexander Gordon, D-Berne, chairman of the Conservation and Improvement Committee, worked to facilitate an agreement between Camp Opportunities and the county. "This has been a long process and a process that has been supported by both parties for the good of the residents and the park," Gordon said. "Peter (Clouse) and I are not of the same political party, but Peter has been very active and listened to the voice of his constituents. It's taken the last couple of years but Mike Richardson, myself and other members (of the Legislature) have made sure this has gotten done."

Gordon praised community groups like the Alcove Preservation Association (APA) for its work on the issue. "They have been adamant about getting (Lake Lawson) open and they surely performed a good service," said Gordon.

Since the park opened in April there have been ongoing improvements to the property, said Mike Franchini, Albany County's deputy commissioner of public works. His department is responsible for maintaining the site, and has built a parking lot, developed some of the trails and installed signs and posted park regulations. "We think it's gone well for the first year, we haven't received any complaints and we've gotten some ideas of areas we want to improve," Franchini said.

There are still a few problems, said Clouse. There is only a small parking lot, with limited handicapped parking, and trails are still unfinished.

Chris Cleary, president of the APA, a group that lobbied to have the park opened, agrees with Clouse. "Elderly people and children can't walk a half a mile each way." Cleary feels that the park was opened reluctantly and it shows in the lack of publicity.

"The implementation of the public use plan has been slow, Clouse said, I proposed legislation that authorized us to go after state Bond Act money to make the improvements."

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VIEWS ON DENTAL HEALTH

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

Biting your cheek at night

If you've noticed that you sometimes bite your cheek at night while you're sleeping, this may indicate a combination of problems such as tension, irregularities in teeth surfaces, or improperly aligned teeth. Some people express tension by clenching or grinding their teeth, either while awake or unconsciously when they're asleep. When the lower teeth are rubbed against the upper teeth this is called bruxism. If you grind your teeth from side to side this may result in a bite or damage to your cheek or lips.

You may be able to relieve the emotional aspects of the problem by trying to eliminate whatever is causing the tension. The dental aspects can be helped by your dentist. For instance, he can check the relationship of your bite to see if there are any irregularities in your teeth that are causing problems. He may suggest that you wear a Hawley-type appliance or a night guard to help break the Bruxing habit. This will also give him another way of checking your bite to find out what dental problems should be corrected.

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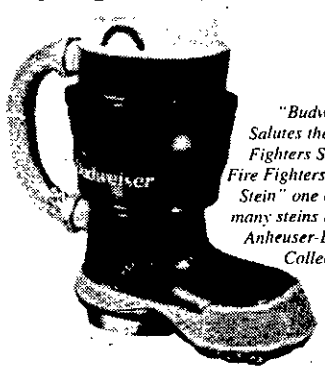

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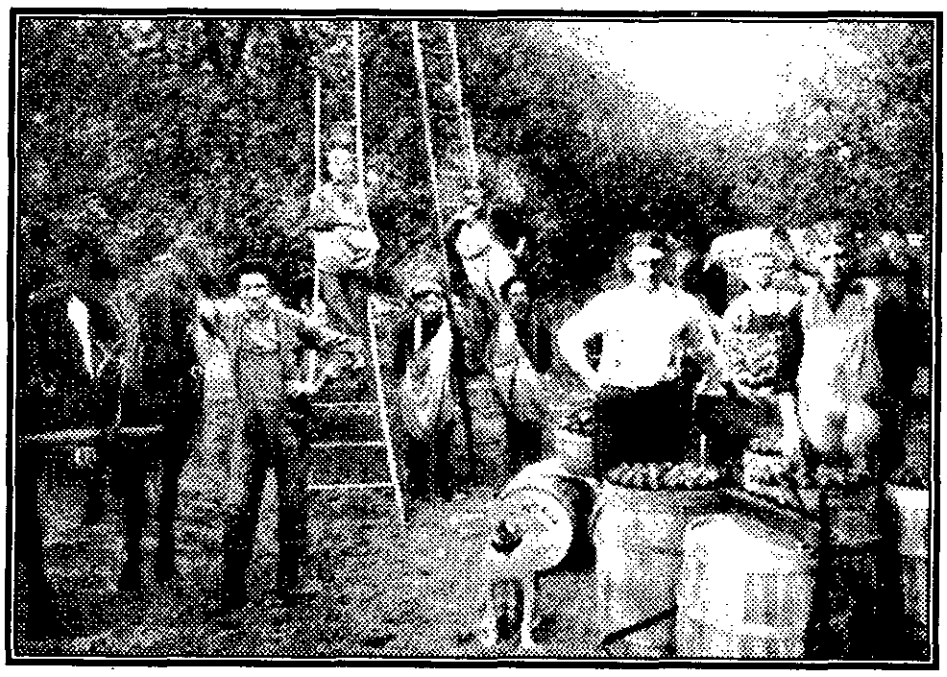

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Voorheesville Public Library

Seniors and others available in the afternoon are invited to bring their treasures and their stories to the library on Friday, Oct. 9, at 1 p.m. to meet with historian R. Beth Klopett and discuss the history and significance of your memorabilia.

A second session with Klopett will be on Thursday, Oct. 15, at 7 p.m. We will record a description and possibly take photos or make copies of your items to display during Voorheesville centennial celebration.

This program is cosponsored by the village of Voorheesville and made possible by a grant from the New York Council for the Humanities..

Cold Mountain is the topic of the book discussion tonight, Oct. 7, at 7 p.m. The group will be led by Suzanne Fisher. Copies of *A Civil Action* by Jonathan Harr are now available to read for the November meeting.

It's a scavenger hunt at the first TLC meeting on Thursday, Oct. 8. The program, for kids in grades four through six, runs from 3:30 to 4:30 p.m. Sign up is required.

Wildlife educator George Steele will explain the life cycle of trees at next week's School's Out, Library's In program.

All school-age children are invited to join the fun at 2 p.m. Monday, Oct. 12. No sign up is required.

Barbara Vink

Progress Club slates group meeting dates

Delmar Progress Club's literature group will meet for a book discussion on Tuesday, Oct. 13, at 1:30 p.m. in the community room of Bethlehem Public Library.

The health and fitness group meets at Del Lanes Thursdays, Oct. 15 and 22, at 1:30 p.m.

Wally Stock will play songs and music from the 19th century at a meeting of the performing arts group on Friday, Oct. 30, at 7:30 p.m. in the community room of Bethlehem Public Library.

The club is planning its fall banquet for Wednesday, Oct. 21, at 5:30 p.m. at Albany Country Club on Wormer Road in Voorheesville.

For information, call Helen Smith at 439-3916.

Five Rivers planning workshop

Five Rivers Environmental Education Center on Game Farm Road in Delmar will offer free Project Wild and Aquatic Project Wild teacher workshops on Saturday, Oct. 24.

The Project Wild workshop is from 9:30 a.m. to 12:30 p.m. and the Aquatic Project Wild program is from 1 to 4 p.m.

Preregistration is required by Oct. 21. Participants should dress for the outdoors.

Teacher in-service credit is available through the Greater Capital Region Teacher Center. For information and to register, call 475-0291.

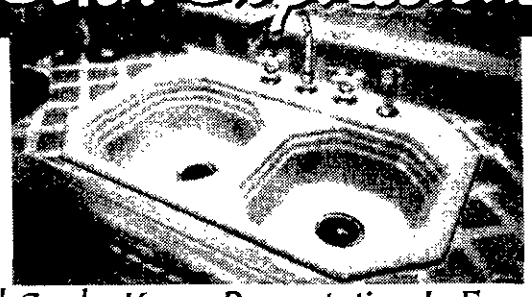
Church serves turkey dinner

Clarksville Community Church on Route 443 will serve a turkey dinner with all the trimmings on Saturday, Oct. 10, with seatings at 4:30, 5:30 and 6:30 p.m.

Dinners come with stuffing, mashed potatoes, gravy, vegetable, rolls, relish tray and homemade pies. The cost is $7 for adults and $4 for children ages 6 to 12. Children under age 5 eat for free.

For reservations, call 768-2424. Walk-ins are welcome, and take-outs will be available. There will also be a bake sale

Bath Expressions



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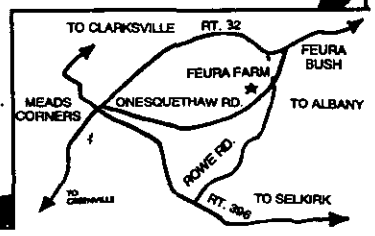

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TOPS helps shed unwanted weight

By Debbie Eberle

Chapter leader Kathy Johnson found losing weight on her own to be too big a challenge, so in April 1997 she started a TOPS (Take Off Pounds Sensibly) group with seven other people.

The group meets Tuesdays at 6 p.m. at Glenmont Community Church on Weiser Street, next to the firehouse. Johnson says she founded the chapter "to build a support structure for myself as well as others who want to positively influence their life as well as lose weight."

TOPS Club, an international nonprofit weight-loss support group, was founded in 1948 in Milwaukee, Wis., by homemaker Esther Manz. It is the oldest major weight-control group around, with almost 300,000 members in the United States, Canada and other countries.

"TOPS insists your doctor be involved. Your desired weight is established with your physician, put on his letterhead and filed with the weight recorder. From that moment on the members of your group vow to 'support and guide you to your goal,'" said Johnson. Group member Marion Kuritz of Delmar added, "There is a camaraderie that exists, we're there for you."

The underlying philosophy of TOPS is "You're nothing to your family if you aren't important to yourself," said Kuritz. She added that the group is concerned with helping members feel good about who they are and encouraging them to take care of themselves so that they'll be better equipped to take care of the people they love. "It's not just what you're eating ... it's what is eating you," she said.

There is a $20 charge to join TOPS and a $5 monthly fee. Members receive the group's monthly newsletter, TOPS NEWS, which is filled with tips, stories, encouragement and healthy recipes. The group sponsors guest speakers on health and fitness, online "weight mate's" and has published several books. "You can even transfer your membership for the winter months if you're a snow bird," said Johnson.

Marian Kuritz, left, and Kathy Johnson give each other support in TOPS.

A typical Tuesday night at a TOPS meeting starts with private weigh-in sessions from 6 to 6:25 p.m. Roll call is at 6:30 p.m. and members announce their progress for the week. They receive applause for doing well and encouragement if they've had a bad week.

TOPS members also participate in healthy competition, with each week's biggest weight-loser receiving a pot of small prizes. The rest of the meeting consists of discussion and education to help members achieve their goals.

For information on the local TOPS chapter, call 449-2210.

Adler to lead discussion at town hall

Helen Adler will lead a discussion of Jane Austen's *Mansfield Park* on Friday, Oct. 9, from 10:30 a.m. to 12:30 p.m. at Bethlehem town hall on Delaware Avenue in Delmar.

The free lecture is part of the "Books in the Morning" series sponsored by the Bethlehem Humanities Institute for Lifelong Learning.

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Elm Avenue Park Pavilion
12-3 P.M.

Meal Includes: ½ Barbecued Chicken OR Barbecued Ribs, Baked Potato, Coleslaw, and Buttered Roll

Chicken Dinner: $6.75 advance $7.75 at the door
Rib Dinner: $7.50 advance $8.50 at the door

Pre-ordered dinners must be picked up by 2:00 P.M. on the 17th

½ Chicken Only: $4.50 **Ribs Only:** $6.00

Plan to order early to reserve your chicken or ribs. Eat at the park (large pavilion) or take your food home. Soda will be available, along with a bake sale. By making an advance reservation, your meal will be waiting for you. Meals will also be sold "at the door" on a first-come, first-served basis on October 17th. "At the Door" orders must be placed by 1:30 P.M. For more information, call Carole Whitman at 439-4904. To order in advance, mail the form below to: Carole Whitman, 505 Elm Avenue, Selkirk, New York 12158.

Don't forget to order extra for your freezer! Deadline for advance orders is *Friday, October 9th.*

Bethlehem Soccer Club Brooks Barbecue Reservation Form

Name: _____ Phone #: _____
# of Chicken Dinners ____ $6.75 each $ _____
# of Rib Dinners ____ $7.50 each $ _____
½ Chickens Only ____ $4.50 each $ _____
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Pesticides

(From Page 1)

happening."

Blumkin expressed particular concern about a July application of Round-Up on the perimeter of the playing field at Elsmere Elementary School. "Eighty-two gallons of Round-Up were applied at Elsmere," Blumkin said, explaining that the active ingredient in Round-Up is glyphosate, which the Environmental Protection Agency classifies as Class C, a possible carcinogen.

"There is conflicting data about glyphosate," Blumkin said. "One study that I read showed an increase in kidney tumors in mice exposed to glyphosate. Another showed no danger. At best, the effects are unclear."

Blumkin also said that an inert ingredient in Round-Up, POEA, was shown to be more toxic than glyphosate. He was also concerned about Round-Up's persistence in the soil. "It takes 29 to 140 days for half a glyphosate application to dissipate," Blumkin said, "and in sandy soil, it can be even more persistent."

BPW member Carol Nemore said that she had read information revealing that glyphosate can persist for as long as three years, and Surgan said that the breakdown of glyphosate did not mean it had disappeared, but that "it could be something else that may or may not be toxic."

The school district's health and safety coordinator Lawrence Gill said that when a grounds crew went to clear out the undergrowth along a fence at Elsmere School, they discovered a great deal of poison ivy. "The grounds crew didn't want to go in, and we can't put our workers at risk," Gill said. An outside applicator was called to apply Round-Up, which Gill said was actually 85.8 gallons of water to 2.2 gallons of Round-Up product. The dead brush was subsequently removed from the fence line.

"I'm confident that the area is safe," Gill said following the meeting. "As one speaker commented, there are conflicting statements and statistics. Round-Up is used by so many, so often, that if it was as deadly as people say, there would be more instances of problems."

Gill said that one positive result of this incident is that in the future any pesticide application will have to be cleared through his office. The district contracts with Cat's Eye for pesticide applications.

Gill said that he has "completed New York state courses and tests to become a certified pesticide applicator. To get an unconditional license, you have to serve a two-year apprenticeship. I have the education, and will serve the apprenticeship, although I don't intend to become an applicator," added Gill. "The apprenticeship will serve as an educational background for me, so that when I deal with our contractors, I know how to converse with them."

Gill also said that he has since spoken with the head of the crew that returned to the pesticide-affected area, and nobody has suffered any ill effects, either from the pesticide or any lingering poison ivy oils.

Dr. Meuwissen spoke about the specific types of pesticides used in schools, and said that the health effects of the pests themselves need to be considered. "What are the health effects of termites?" Meuwissen asked. "Minimal until the building falls. Some of the other pests we deal with in schools are pigeons, bees, dandelions, clover, fleas, flies, silverfish, mice and rats."

Noting that mice and rats produce anxiety in parents, Meuwissen said he looked up mice in a pediatric textbook, and was unable to find them in the index. "Mice can and do transmit disease, but it's unlikely," he said. "Cockroaches pose a problem to asthmatics, but are really only a problem in the inner cities." Meuwissen said that studies are lacking about the effects of pesticides on humans. Although there is circumstantial evidence of cancer, nerve toxicity and endocrine disruptions, "we need something like the Framingham study, which lasted 50 years," Meuwissen said, "and doesn't rely on constructed memories."

Meuwissen pointed out that pesticides are potentially more dangerous to children, who are more sensitive and lower to the ground, than adults. "Kids are developing faster than adults," he said. "Their brain cells are still actively dividing and can be poisoned more easily. Developing children are always learning."

He was particularly concerned about the link between river pollution and sex defects in fish. "In eight British rivers, fish were examined before and after sewage plants. One hundred percent of the fish down river from the plants were feminized (contained only female sex organs), and they had been exposed to dioxins, plastics, detergent and pesticides.

"We're all under attack, and kids will suffer more," Meuwissen said, praising the efforts of BPW. "We're all under the gun, unless we turn things around."

Surgan has authored or co-authored several reports for the attorney general's office concerning pesticides and pest management, and had particular criticism for Dursban, which was used to fight termites in Bethlehem Central High School's auditorium in 1996.

"The active ingredient in Dursban is chlorpyrifos," Surgan said, "an organophosphate insecticide. It's used in more than 900 products; we use between 11 and 17 million pounds of it per year. Chlorpyrifos is an acute neuro-

☐ PESTICIDES/page 36

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Fire volunteers to host annual open house

Voorheesville Volunteer Fire Department will host its annual open house Sunday, Oct. 11, from 1 to 3 p.m. at the firehouse on Altamont Road.

Community members are invited to watch live fire training exercises, take a ride on a fire truck and bring home fire safety information.

Refreshments will be served. For information, call 765-4048.

School board election today

Don't forget to vote in the special school board election today, Oct. 7, from 2 to 9:30 p.m. in the high school foyer.

Fern Pivar and Joseph Pofit are vying for the seat vacated by Nick Faraone.

The next regularly scheduled school board meeting is on Monday, Oct. 19, at 7:30 p.m. in the large group instruction room at the high school.

High school to hold open house Oct. 8

There will be an high school open house for parents on Thursday, Oct. 8, at 7 p.m.

The PTA will be selling Entertainment Ultimate and Value books.

Homecoming this weekend

Homecoming is this weekend. A pep rally is set for Friday, Oct. 9, from 7 to 10 p.m. at village park.

Voorheesville's varsity football team plays Chatham at 2 p.m. on Saturday, Oct. 10. And the student government at the high school will sponsor a homecoming dance Saturday from 7 to 11 p.m.

PARP and book fair set at elementary school

Parents as Reading Partners (PARP) recently kicked off its Reading is Magic program at the elementary school with a magic show by Jim Snack.

NEWS NOTES

Voorheesville

Elizabeth Conniff-Dineen 765-2813

Th program runs through Nov. 6, and children are encouraged to read with a partner for 20 minutes a day, five days a week.

The PTA is sponsoring a book fair in conjunction with the PARP program today, Oct. 7, through Friday, Oct. 9, from 5:30 to 8:30 p.m. in the elementary school library.

SuperValu to host craft fair Sunday, Oct. 11

SuperValu Foods on Maple Avenue in Voorheesville will hold a Fall Harvest Craft Fair on Sunday, Oct. 11, from 10 a.m. to 4 p.m. in the parking lot.

Breakfast, lunch and dinner will be served. Breakfast starts at 8 a.m. and lunch is from noon to 3 p.m. Dinner will include barbecued chicken, corn, baked potato and pumpkin pie.

Proceeds will benefit Voorheesville Public Library.

Garden club selling daffodil bulbs for centennial

Helderview Garden Club, in conjunction with the village of Voorheesville's centennial committee, will sell daffodil bulbs on Saturdays, Oct. 10 and 17, from 8 a.m. to noon at SuperValu Foods on Maple Avenue. Bulbs cost $3 for a bag of 10.

Everyone is encouraged to plant the bulbs now so they will be in bloom during centennial celebrations in May.

Schools to close for holiday

District schools will be closed Monday, Oct. 12, for the Columbus Day holiday.

Olsen's Nursery plans annual Pumpkinfest

Olsen's Nursery and Robin's Nest on Route 85 in Slingerlands will host the third annual Pumpkinfest Saturday, Sunday and Monday, Oct. 10 to 12.

There will be a craft fair, food, live music, hayrides, farm animals and lots of pumpkins. Baskets of Beanie Babies will be raffled off to benefit DARE.

The festival begins at 10 a.m. each day. Admission and parking are free.

Flu shot clinic set at community center

The county Health Department will give flu and pneumonia shots on Wednesday, Oct. 14, from 1:30 to 3:30 p.m. at Wyman Osterhout Community Center on the Old Road in New Salem.

Shots are free for senior citizens enrolled in Medicare Part B who present their cards.

The fee is $8 for flu and $15 for pneumonia shots for other adults.

To sign up, call New Scotland town hall at 439-4865 or Sam Youmans at 439-3733.

New Scotland Run set for Sunday

Hudson Mohawk Roadrunners Club will sponsor its annual town of New Scotland Run on Sunday, Oct. 11, at 10:30 a.m.

The hilly and scenic 7.1-mile course begins and ends at New Scotland town park on Swift Road.

Runners of all ages and abilities are welcome to participate. The entry fee is $5 for club members and $6 for nonmembers. Day of race registration begins at 9 a.m. at the town park.

Awards will be presented to the first male and female finishers, first town of New Scotland residents, and male and female age group winners.

Refreshments will be served after the race. For information, call 435-4500.

Thacher Park offers fall foliage walk

Ed Miller will lead a fall fruits and foliage walk on Saturday, Oct. 10, at 1 p.m. at John Boyd Thacher State Park in New Scotland.

For location and to register, call 872-1237.

Dollars for Scholars seeks donations for yard sale

The Voorheesville Dollars for Scholars chapter is planning a large yard sale for Saturday, Oct. 24, from 9 a.m. to 3 p.m. in the high school parking lot. Donations of items to be sold for $1 each are needed. Items must be clean and in good condition. No furniture.

For drop-off instructions, call 765-3314 ext. 205 or 872-9839.

Blood pressure clinic set for Tuesday

The New Scotland Kiwanis Club sponsored blood pressure clinic will be held on Tuesday, Oct. 13, from 9 to 11 a.m. and 7 to 9 p.m. at First United Methodist Church of Voorheesville on Maple Avenue.

Clinics are held the second Tuesday of the month.

Basketball registration

Registration is due by Friday, Oct. 9, for St. Matthew's-Community Basketball program.

Students in grades three to eight who live in the Voorheesville Central School District or attend St. Matthew's Church can participate. Applications must be returned to the elementary school office or Bob Burns at 45 Cranbury Court, Voorheesville 12186.

V'ville library seeks trustee candidates

Voorheesville Public Library is seeking candidates for its board of trustees due to the resignation of Fred Wolkwein.

Any United States citizen over the age of 18 who is a resident of the Voorheesville Central School District is eligible to apply.

Send a letter of interest, including a resume or description of qualifications, before Nov. 15 to Ann Gainer, Voorheesville Public Library, 51 School Road, Voorheesville 12186.

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8:15 am	Free Weights & Body Sculpting	Free Weights & Body Sculpting	Free Weights & Body Sculpting	Free Weights & Body Sculpting	Free Weights & Body Sculpting	
8:30 am	Beginner Step & Tone	Beginner Step & Tone	Beginner Step & Tone	Beginner Step & Tone	Beginner Step & Tone	
9:30 am	Intermediate Step & Tone	Intermediate Step & Tone	Intermediate Step & Tone	Intermediate Step & Tone	Intermediate Step & Tone	Advanced Step & Tone
10:30 am	Lower Body Isometrics	Lower Body Isometrics	Lower Body Isometrics	Lower Body Isometrics	Lower Body Isometrics	
10:40 am						Intermediate Step & Tone
12:00 noon						Beginner Step & Tone
3:00 pm		Step & Tone		Step & Tone		
4:30 pm	Beginner Step /Aerobox	Intermediate Step /Aerobox	Beginner Step /Aerobox	Intermediate Step /Aerobox	Beginner Step /Aerobox	
5:30 pm	Lower Body Isometrics	Lower Body Isometrics	Lower Body Isometrics	Lower Body Isometrics	Lower Body Isometrics	
5:30 pm	Advanced Hi/Low Step	Advanced Step & Tone	Advanced Hi/Low Step	Advanced Step & Tone	Advanced Hi/Low Step	
6:30 pm	Lower Body Isometrics	Lower Body Isometrics	Lower Body Isometrics	Lower Body Isometrics	Lower Body Isometrics	
7:00 pm	Beginner Step & Tone	Intermediate Step & Tone	Beginner Step & Tone	Intermediate Step & Tone	Beginner Step & Tone	

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EQUAL HOUSING LENDER

Girl Scout savors taste of Far East culture

By Donna J. Bell

It's a long way from Slingerlands to Saitama, Japan. But, this past summer Bethlehem Central High School senior Caitlin Isbister spent two weeks exploring the culture, food, sights and sounds of the Far East while attending Saitama International Girl Scout Camp outside of Tokyo.

"I've wanted to go to Japan since the second-grade, " said Isbister, who has been a Girl Scout in the Hudson Valley Council for 10 years. That was the year she met an exchange student from Japan who was staying with her father's cousin. Isbister was fascinated by the stories the girl told about her culture.

The Girl Scout excursion to Japan was organized by trip leader Ro Koch, a volunteer with the Adirondack Council. Koch had previously attended a world camp in Switzerland called Our Chalet. While there, the Japanese contingent invited her to its own international camp.

"I decided it was feasible to bring along some girls," said Koch. Eight girls and two adults attended the camp. The girls were selected based on their level of maturity, commitment to Girl Scouting, interpersonal and communication skills, and knowledge of current events and world affairs.

Raising money for the trip involved hard work. "We earned money by selling Girl Scout cookies, having refreshment stands on the highway, selling glo-necklaces on July 4, and Girl Scout bears that we had made for us," Koch said.

Additional funds came from part-time jobs and savings. Community groups, such as the Lions Club and Pizza Hut, also donated funds.

For a year before the trip, the girls met monthly to learn some of the language, sample the food and study the songs, games, dances and culture of Japan.

"We learned the Japanese names for various objects and words like good morning, good night and I'm full." Ibister said the phrases that came in handiest were 'arigato' (thank you) and 'sumimasen' (excuse me).

Caitlin Ibister enjoys shopping in a Japanese store.

She found that communicating with campers from such diverse places as Pakistan, Hong Kong, England, Korea and Taiwan was difficult.

One week was spent at the Girl Scout camp and the other with a Japanese host family. "The only things really different were sleeping on futons on the floor and the toilets," Isbister said of her host family's home.

The electronic Japanese toilets were a source of amusement. "I was definitely culture-shocked," she said. "I couldn't pinpoint one thing, but I got homesick being so far away."

Isbister was surprised to find Denny's, McDonald's and Kentucky Fried Chicken outlets in the cities. She did spot some slight variations on the menu such as teriyaki hamburgers at McDonald's and a menu item at one eatery called lasagna that wasn't even close to our version.

Her favorite Japanese food was rice. "I loved it," she said. "We had rice with every meal."

The girls also enjoyed visiting ancient temples and shrines. Ibister especially enjoyed seeing Mount Fuji.

Her favorite part of the experience, though, was meeting other girls. "I now know people in seven different countries."

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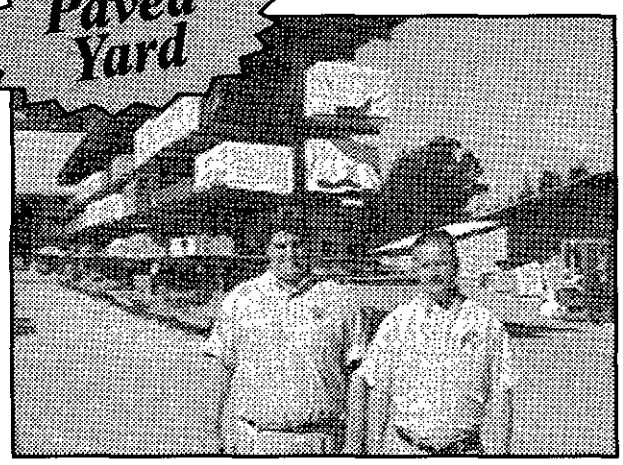

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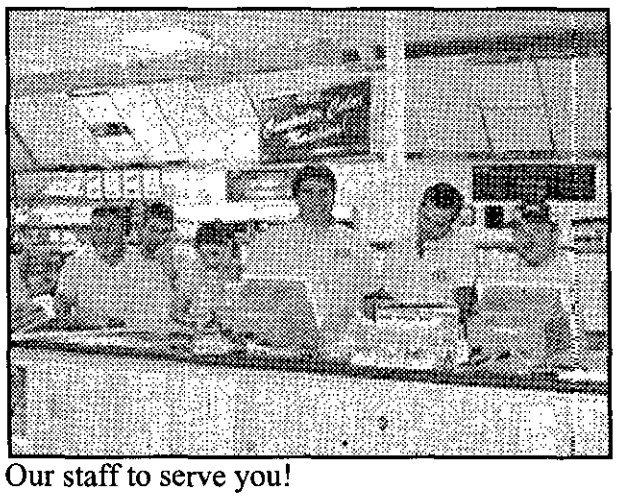

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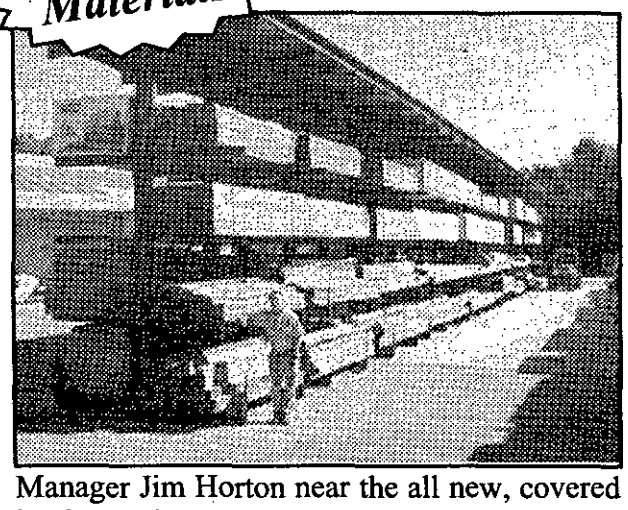

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Elaine McLain

Department names honorary members posthumously

Slingerlands Fire Department reently designated three of its retirees as honorary members of the department.

Douglas Kuhn Sr., Edward Homiller and William Osl received the appellation in recognition for past service to the department. Edward Kleinke Jr. and Ramon Pastori were made honorary members posthumously.

Elks lodge to host monthly dances

Crooked Creek Band will play at a series of monthly dances at Bethlehem Elks Lodge on Route 144 in Cedar Hill.

Dances will run from 8 p.m. to midnight. There will be line, couples and square dances. The cover charge is $5 per person.

Dances are planned for Oct. 24, Nov. 14, Dec. 5, Jan. 23, Feb. 13 and March 20.

For information, call J. L. Williams at 756-8187 or Sue Hoffman-Van Alstyne at 756-1805.

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Sports

Eagles suffer tough overtime loss to Silver Warriors

By Len Tarricone

On a night when they did a lot of good things offensively, it was the plays they did not make on the other side of the ball that left the Bethlehem Central High School football team on the short end of a 30-27 overtime thriller Oct. 2 against Niskayuna High School.

Tailback **Dan Heenan's** one-yard touchdown, followed by quarterback **Pat Hughes'** two-point conversion run, put Bethlehem up 27-20 with 2:30 left in the fourth quarter and in position to pull out a nice come-from-behind road win.

But the Silver Warriors took the ensuing kickoff and, operating without any timeouts, drove to the Eagle one-yard line on the strength of key third- and fourth-down passes by quarterback **John Diehl**.

"If we had only been able to stop one or two of those plays, the clock may have run out on them," said Eagles coach **John Sodergren**. Instead, tailback **John Carlino** punched it in with 24 seconds left, and **Zach Glaser's** extra point set up the overtime.

In the extra session, Bethlehem had the first crack at scoring from the ten-yard line, and started by running Heenan and fullback **Vinny Livreri** on the first two plays to get to the five.

On third down, Hughes tried a sprint-out pass which was broken up at the goal line. Kicker **James Cooney** misfired on a 22-yard field goal attempt, and then it was Niskayuna's turn.

They tried three straight running plays to gain five yards before Glaser came through on fourth down with the winning kick from 22 yards out.

The loss put a damper on a solid performance by the Eagles' ground game, which amassed 281 yards on 54 carries. Hughes gained 105 yards, including a 45-yard scamper in the second quarter, which staked his team to a two-touchdown lead at the time.

Heenan, running hard and inside for tough yards, picked up 99 yards on 25 carries.

"His runs kept the chains moving for us," said Sodergren.

First downs were plentiful for the Eagles in a first half, which they dominated in building a 19-6 lead.

After fumbling a punt at midfield and losing possession, Bethlehem got the ball back at its own 11-yard line and proceeded to march 89 yards for the game's opening touchdown, a one-yard run by Heenan. Hughes later padded the lead with his long run, but the Silver Warriors' **Chris Nappi** broke free for a 60-yard touchdown to narrow the advantage to 13-6.

The Eagles mounted yet another drive, and came right back with a Hughes seven-yard scoring run to establish the halftime margin.

"We pretty much had our own way in the first half," said Sodergren, stating that "it was the best we have moved the ball all year."

It was not quite the same story after intermission, when Niskayuna began to control things, especially in the third quarter when they cut into the defecit via a 5-yard Carlino scoring run to make it 19-13.

It stood that way until midway through the fourth quarter, when Sodergren said the key sequence of the game occurred.

The Silver Warriors had a third-and-17 in Eagles' territory and threw a long pass near the goal line. Hughes came up with an interception and the Eagles took over inside their own one-yard line.

On the next play, though, they mishandled the exchange and lost a fumble, giving Niskayuna possession. Diehl snuck it in on the next play.

"We went from leading to all of a sudden being down 20-19 late in the game," said Sodergren.

Although the Eagles showed a lot of grit in coming back, in the end it was not enough.

"The opportunities were there, we just let it get away from us," Sodergren said. "They made some big plays at the right time and that was the difference."

The Bethlehem defense yielded 155 yards through the air on only five completions. They were much stronger against the run, allowing Niskayuna only 127 rushing yards for the game.

"We did some good things in this game, and we're going to build on that," Sodergren said. "We're trying to get better each week, and that's all I can ask."

The Eagles, 1-3 league, 2-3 overall, have a tough assignment coming up in their Homecoming game Oct. 9 against Burnt Hills-Ballston Lake High School.

The Spartans, 3-1 league, 3-2 overall, feature a strong rushing attack led by tailback **Jon George**, who Sodergren calls "one of the better backs we will face all year."

Game time will be at 7:30 p.m. The Eagles' modified team will precede the varsity with a 4 p.m. game against Catholic Central High School.

Travel team seeks players

The Bethlehem Young Skaters Program is looking to round out rosters for it's travel teams at the PeeWee and Bantam levels. **Mike Mullen**, president of the Bethlehem Hockey Boosters, said that the teams are looking to carry 17 players each and are short a few spots at each level.

Children must have been born between July 1, 1985 and June 30, 1987 to be eligible for PeeWee and between July 1, 1983 and June 30, 1985 to be eligible for Bantam..

The teams have been practicing since early September, and will play a 35- to 40-game schedule that will begin in late October and run until mid-March, primarily on weekends.

They will play against squads within a 100-mile radius of the Capital District, including some from Massachusetts and Vermont. Practices and home games will be held at the Albany County Hockey Facility in Colonie and at the rink at Albany Academy.

For information, call Mullen at 768-2909 or **Jon Bartow** at 439-5287.

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Blackbirds wake up in second half

By Len Tarricone

Following a week of attention and hype surrounding one of the biggest wins in school history, the Clayton A. Bouton High School football team made the two-hour bus trip down to Taconic Hills Central High School Oct. 3 to meet the Titans and, almost predictably, came out flat.

Leading by only 12-0 at the half, the Blackbirds got down to business and scored four times after intermission to post a 40-6 victory over Taconic Hills.

"This was a strange week," said Vooheersville head coach **Joe Sapienza**. "With everything going on, we didn't prepare, players or coaches, as well as we have for other games."

By trouncing traditional powerhouse Watervliet, the state's second-ranked Class C team and state champions two years ago, the Blackbirds placed themselves firmly at the top of the Capital Conference's Buckley Division and found themselves in a little bit of a media spotlight.

Dealing with the distraction took a toll, and Sapienza described the team's early play against the Titans as "sluggish."

Taconic Hills moved the ball twice to the Blackbirds' 20-yard line in the first half before being stopped, and successfully kept the ball away from the Vooheersville offense.

The Blackbirds did manage short first-half touchdown runs by reserve fullback **John Mosley** and tailback **Pat St. Denis**, but it was not the usual dominance the team had displayed in outgunning opponents by 179-19 coming in.

Sapienza said "an offensive adjustment he made at the half, using tight ends **Matt Newport** and **James Case** to double-team the linebackers, opened up the attack somewhat.

It worked, as St. Denis and fellow running back **Tim Beadnell** broke touchdown runs of 31 and 41 yards respectively.

The pair each scored again later, St. Denis on a short run and Beadnell on a 38-yard pass from quarterback **Andy Corcione**.

Corcione completed three of seven passes for 96 yards and Beadnell had three rushes for 51 yards, but the offensive star, as always, was St. Denis.

The senior tailback gained 217 yards in the game, boosting his season total to 771 yards.

He has scored 13 touchdowns through the Blackbirds' first five games and will try to add that total against Chatham, who will be the Blackbirds' Homecoming opponent Oct. 10.

The Panthers come in with **Brad Paul**, the division's second-leading rusher behind St. Denis, and are winners of two straight.

"They have a lot of seniors, and they're getting better," said Sapienza, hopeful that the Blackbirds will be better-prepared for them than they were for Taconic Hills.

Game time is 2 p.m.

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BCHS volleyball looks for consistency

By Christine Potter

The Bethlehem Central High School girls volleyball team has been up-and-down lately, splitting wins and losses since Sept. 23.

"They are a better then the record shows," said coach **Deb Elmendorf**. "They need to all play their best game at the same time."

After defeating Saratoga 11-15, 15-9, 15-2 and 15-10, Sept. 23, they suffered a 15-3, 15-11 and 15-11 sweep at the hands of Shenendehowa Sept. 25.

The Sept. 28 match against Columbia resulted in a 15-11, 15-11, 15-2 win, but the Eagles fell to Burnt Hills 15-5, 15-3, 15-13 Oct. 2.

"As our team chemistry improves, it seems as though we are getting closer to reaching our goal of getting to Sectionals," said team captain **Jen Siniski**.

The team next plays Niskayuna Oct. 8.

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Indians roll in second half

By Len Tarricone

Maybe they were waiting for **Gary Jones** to don helmet and pads and come off the sideline for one of his patented touchdown runs.

Something seemed to be preoccupying the Ravena-Coeymans-Selkirk High School Indians during a lackluster first half, before they turned it on and powered by visiting Lansingburgh High School 35-7 Oct. 2.

They did receive the terrific news earlier in the week that their injured tailback, who has been out since week three with a knee injury, sustained a sprain and not a tear of the medial collateral ligament, and can likely rejoin them before the playoffs begin in three weeks.

While Jones, who scored 34 touchdowns last year, is excited to get back and continue his senior season, he was not going to be of any help today other than in the role of cheerleader, and the Indians needed all the inspiration they could find early.

"I think we came in expecting to throw our helmets on and walk out with a win," said Ravena head coach **Gary VanDerzee**. "We were not emotionally ready to play the game."

That showed as Lansingburgh took the lead five minutes into the game on a **Bill Freer** eight-yard touchdown pass, and carried the lead through the half. By then the Indians had narrowed it to 7-6 on a second-quarter touchdown run of one yard by tailback **Brad Palmer**, but this team is not accustomed to being behind. In fact, it was the first time they had trailed all year.

"Our guys have to realize that we're not always going to be up by four touchdowns," said VanDerzee. "Champion teams have to respond, and I think we did a better job in the second half."

It would be hard to match the job they did defensively after the break, when the Indians' interior line, featuring **Jim Glasstetter**, **Kevin Reinisch**, **Lee Kittle** and **Keith Albano** neutralized Lansingburgh's attack, limiting it to minus-seven yards of offense.

Offensively, where Vanderzee said the Indians "shot themselves in the foot with penalties" in the first half, they finished off drives in the second, as Palmer and Albano each scored twice.

☐ INDIANS/page 24

RCS girls soccer banking on youth

By Len Tarricone

Megan McClave is in her first season as coach of the Ravena-Coeymans-Selkirk High School girls soccer team, and her squad could not have given her a better welcoming gift.

As invitees to the Shaker High School season-opening tournament, they knocked off Averill Park High School and then rudely upset their hosts from the Suburban Council to walk away with the tournament trophy.

For a team as young as this one, which only has two seniors on its roster (one of whom is injured and unavailable to play), a start like that served as a confidence-builder for the Colonial Council schedule.

The Indians are 5-5-1 overall, with a 3-5-1 mark in the league. One of the losses was at the hands of two-time defending league champions Academy of the Holy Names and another was to undefeated Mechanicville, 2-1, on a late goal.

Early-season defections forced McClave to call players up from the junior varsity ranks in an effort to fill slots and maintain continuity and the team is dressing five ninth-graders and a sophomore this year. Eighth-grader Kelly Rysedorph starts at fullback.

The youth of this team bodes well for the future but creates a lack of experience for the present.

"We have made a lot of adjustments so far this season, and we are still jelling as a team," said McClave.

The goalkeeper, Stephanie Przybylowicz, is a freshman who McClave said shows a lot of potential and is part of a strong defense that also features co-captains Jessica McCumber and Leia Weidman.

Weidman is a versatile performer who can play offense as well as sweeper, and when she moves up front, McClave said Katie Wilsey can fill in on defense.

Midfielder Allysa Sebert is the main offensive threat and Carrie Siy netted two goals in a recent 4-3 win over Cohoes.

McClave, who moved up to the varsity from coaching the modified team last year, would like to duplicate the successes of the Betty Faxon-coached Ravena teams of a decade ago.

She said that qualifying for the sectionals this year is a realistic goal, and if her young players progress as the season rolls on, they just might present her with a late-season surprise to match the one of the opening week.

Bethlehem Pop Warner Eagles lose a close one

A failed two-point conversion attempt in the final quarter proved to be the difference as Saratoga defeated the Bethlehem Pop Warner Senior Midget Eagles, 16-14, in Saratoga Oct. 4.

Quarterback **Ryan Williams'** late touchdown pass to **Alfonso Hill** brought the Eagles back into it after the hosts had scored twice to take a 16-8 lead.

But when Bethlehem was unable to push across the tying conversion, Saratoga maintained the advantage and held on the rest of the way.

The Eagles' **Tah-Quan Jackson** had put his team in front with the game's first score.

Darnell Douglass' conversion gave Bethlehem an 8-0 lead.

The Eagles, now 3-1, got strong offensive contributions from **Anthony Livreri**, **Steven Brunner**, **Brian Danchetz** and **John Davis**, while standouts on the other side of the ball included **Terence Polk**, **John Flagg**, **Patrick Traynor**, **Shane Cassidy**, **Terence Stanfield** and **Jorge Luis Reyes**.

Elsewhere in Bethlehem Pop Warner, the junior PeeWee Condors fell to the Troy Patriots, 33-12. The Condors, 1-2, got touchdown runs from **David Sterrett** and **Patrick Gerasia**, but it was not enough to overcome three defensive scores and a punt return for a touchdown by the Patriots.

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Bethlehem girls tennis consistently ranks among the best

By Len Tarricone

Grace Franze originally signed on as coach of the Bethlehem Central High School girls tennis team for a two-year stint while her daughter was active with the team.

Nineteen years later she is still at it, guiding her program to exemplary success with a stress-free approach to tennis and life.

"I think it's important that, first and foremost, we have fun out there and remember that this is just a game," she said. "We try to keep a relaxed atmosphere here, have a good time, and do things to maintain a positive frame of mind."

This is not to say that her players do not work hard. The achievements of this program do not come about by sweeping off the courts, stretching out the nets, and showing up with a tightly-strung racket.

During Franze's tenure, the girls tennis team has finished first or second in their league 17 times and third the other two years.

The Eagles have captured six Section II titles during those years, including four straight in the late '70s and into the early '80s.

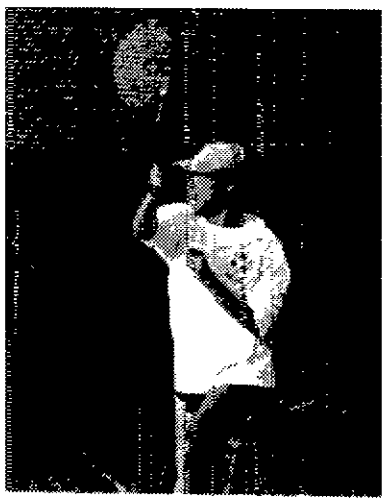
In the last two years, the only matches her team has lost have been to Shaker High School, the two-time defending Sectional champs. This year's team finished the regular season 8-2, including its loss to Shaker Oct. 1 in the Suburban Council tournament.

Franze pushes aside most of the credit for the team's excellence.

"In the early years, we had a lot of good players and the other schools didn't put a lot of emphasis on tennis," she said modestly.

As for the more recent success, she said that her players are "playing more during the summer than they ever have. They are competing in outside tournaments all year, many have private coaches, and they are ready to go when our season comes around."

That may be so, but just maybe Franze's personality and philosophy have something to do with the interest and enjoyment her kids demonstrate for the game. Her style is to keep the stress level to a bare minimum, and her credo stipulates to never lose sight of the things that are really important. In this era of the "win at all costs" mentality, the Eagles follow the "it doesn't matter whether you win or lose but how you play" adage.



Bethlehem's Sue Harrison returns a shot against Shaker. *Len Tarricone*

This year's team is one Franze said she is very proud of. With only three seniors on the squad and only one playing singles, the team dominated everyone in the league except, of course, Shaker. By beating Amsterdam and then trouncing Shenendehowa 8-1, they earned the right to face the Shaker in the league tournament finals.

Heading the roster is first singles player **Sue Harrison**, a junior with an 8-2 match record this season. Her only defeats came to Shaker's **Nicole Mayer**.

Ditto for number two, **Hillary Cooley** — 8-2 with two losses to the Bisons' **Nancy Zeronda** — and for the fourth singles player, **Elka Wagle**, another junior who goes into the Sectionals with an 8-2 match record, having lost only to Shaker's **Tarley Stevenson**.

The singles sextet is rounded out by number three, sophomore **Beth Danziger**; number five, eighth-grader **Masha Senic**, and junior **Grace Tsan** playing sixth.

The doubles teams consist of juniors **Betsy Brookings** and **Katie Coulon** in the top slot, seniors **Natalie Govanlu** and **Stephanie Katz** in the second position and the third duo of sophomore **Ashley Ackerman** and senior **Heather Axford**. Ackerman has combined with either Axford or Coulon in the third doubles slot to win all ten of her matches this season, including two over Shaker.

Considering that the Blue Bison have gone 87-3 so far this season in combined matches, hanging two losses on them is something to speak of.

It is just another example of Franze' getting the most out of her players. Two years ago, the Eagles came into the season having lost nine of its twelve players from 1995, but the girls rose to the occasion, beat defending champ Saratoga, and finished second only to Shaker.

"You never know what kind of team you're going to have," says Franze. "This year I knew we'd be pretty good, and we've shown to be pretty tough."

Her teams always work very hard on the court and off. Bethlehem awards an academic scholarship team, whereby the combined scholastic averages of everyone on a team must be at least 90 percent. The tennis teams have qualified every single year.

As the second-strongest team coming into Sectionals this year, they will be decided underdogs against Shaker. But there's little doubt that, win or lose, this Eagles team will enjoy themselves and keep everything in perspective.

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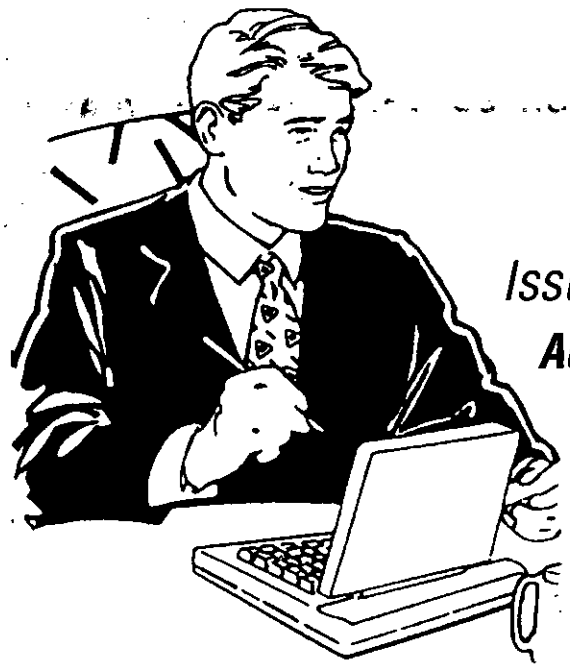

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Indians

(From Page 22)

Albano rushed for 107 yards on the day and Palmer, who played on the junior varsity last year, carried 25 times for 170 yards.

This duo has been productive during Jones' recovery, combining for 592 yards rushing and nine touchdowns in the last three games.

While Jones' status is week-to-week, just the thought of his being able to conclude an outstanding career on the field, in uniform, is heartening to all associated with the Ravena program.

The Indians' next opponent will be LaSalle High School, who will travel to Ravena for a 7 p.m. game Oct. 9.

Tennis tourney set for Schenectady

Schenectady Racquet & Fitness Club in Rotterdam will host the inaugural Global2000 Junior Level 1 tennis tournament Oct. 9-12.

Junior players from New York and northern New Jersey will be looking to establish sectional rankings. The matches will be held outside, but can be moved indoors if the weather is bad.

Global2000 will offer free Internet services to all winners.

The Quilter's Studio, Etc.

Thank you to all our friends who attended our Open House and made it such a success. As a result new classes have been added to accommodate those who would like to come.

Classes include Santas & Bears, Woven Baskets, Jewelry, Tole Painting, Photography and Quilting.

The Studio will be open Thursday Oct. 8th from 6-9pm

Come see what we're doing!

Directions: The Quilter's Studio, Etc. is located in Clarksville on Delaware Ave. (Rte. 443) just 6 miles past the Bethlehem High School. The Studio is on your left in the front of the Clarksville Post Office building. Look for the Ohio Star Banner.

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SMIRNOFF or BLACK VELVET $15.99 1.75L

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BALLANTINE'S $24.99 1.75L Scotch Whisky

GILBEY'S 80° GIN $13.99 1.75L

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RIKALOFF 80° VODKA $9.99 1.75L
CANADIAN LEAF $12.99 1.75L CANADIAN WHISKEY

JIM BEAM $18.99 1.75L

CLAN MACGREGOR $14.99 1.75L

ABSOLUT $15.99 1.75L

BAILEY'S $16.99 750ml Irish Cream

ALMADEN $7.99 5L. Box Chablis, Rhine, Blush White Grenache, Golden Chablis

White Zinfandel $11.99 5L Box + $3 Mail-In Rebate

Chardonnay or Cabernet Sauvignon $13.99 5L Box + $3 Mail-In Rebate

OCTOBER SPECIALS

TURNING LEAL Chardonnay, Merlot, Cabernet Sauvignon, Pinot Grigio, Zinfandel, Fume Blanc, Riesling $6.99 750 ml

PETER VELLA 5 Liter Box Chardonnay, Ruby Cabernet, White Zinfandel $11.99 5L

Chablis, Burgundy, Blush, Delicious Red, White Grenache, Rhine Garten $8.99 5L

CARLO ROSSI ALL TYPES 4 Liters $7.99 4L

CRIBARI VERMOUTH Sweet or Dry Liter $3.99

KENDALL-JACKSON Reserve Chardonnay $9.99 750ml No Discount

WOODBRIDGE Chardonnay $9.99 1.5L No Discount

GLEN ELLEN Chardonnay, Merlot, Cabernet Sauvignon $9.99 1.5L

BELVEDERE Chardonnay $8.99 750ml

TESSERA Chardonnay, Zinfandel, Merlot Cabernet Sauvignon $7.99 750ml No Discount

BLUE NUN Chardonnay $6.99 1.5L

OPICI Homemade Red Barberone $12.99 4L Glass

Thanks a bunch

Bethlehem Pop Warner players, coaches and cheerleaders recently thanked State Sen. Neil Breslin, D-Bethlehem, and Assembly Minority Leader John Faso, R-Kinderhook, for their support in obtaining $7,000 for the league to use to purchase equipment and expand the football storage shed at Hamagrael Elementary School. In photo, left to right in back row, Breslin, Faso, Pop Warner president Mitch Griffin. In middle row, Adam Storm, Scott Heighton, Samatha Watkins, Jessica Haas, Tara Rossman, Erick Russo, Greg Camerson. In front row, Kevin Lansing, Chris Lansing, Kayla Jacques, Becky Moss and Britany Rhatigan. *Elaine McLain*

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Parfinczuk leads BCHS effort

Bethlehem Central High School girls cross-country runner **Katie Parafinczuk** won the Division III run at the 60th Annual Everett T. Grout Meet Oct. 2 in Schenectady's Central Park, leading the Eagles to a second-place finish.

Parafinczuk covered the 2.75-mile course in 16 minutes, 16 seconds.

Teammate **Katie Adams** finished fifth with a time of 16:57, but Bethlehem's team total of 80 points fell 17 short of Shaker High School's meet-winning score of 63.

The Eagles also finished second in boys Division II, 20 points behind Smithtown.

Clarke Foley was the top Bethlehem runner, finishing second with a time of 13:53.

Eagle grad playing for Hobart

Andre Ellman of Delmar, a 1998 graduate of Bethlehem Central High School, is a first-year linebacker on the Hobart College football team this year.

The Statesmen finished the 1997 season with a 6-4 record and their Oct. 31 home game against Ithaca College has been selected as the Eastern College Athletic Conference (ECAC)/Empire Sports Network Game of the Week.

COFFEE HOUSE

FRIDAY, OCTOBER 9TH
8:00 - 11:00 PM

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Steak out

Glenmont PTA copresidents Paula O'Donnell, left, and Sandra Ryther, right, enjoy dinners donated by Outback Steakhouse with owner Richard Cooney at Glenmont School's Fall Festival. *Elaine McLain*

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Survivors include his wife, Valerie Davies; three sons, Rupert Davis of Cambridge, Mass., and Anton Davies and Nigel Davis of Albany; and a granddaughter.

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He was a Navy veteran of World War II, serving in the Seabees.

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He was a longtime resident of Delmar.

He worked as a printer for the *Times Union* for 40 years, retiring in 1977.

Mr. Durocher was husband of the late Virginia M. Durocher.

Survivors include three daughters, Priscilla Tice of Altamont, Joanne McGrath of Rotterdam and Jill Pfeiffenberger of Latham; a sister, Rosa Spinner Leach of Malone; eight grandchildren; and a great-granddaughter.

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Survivors include his wife, Charlotte Salisbury; two sons, Francis Rooney of Delmar and Kevin Rooney of Colorado; a daughter, Marianne Rooney of Colorado; two sisters, Isabelle Smith of Glenmont and Mary McCabe of East Greenbush; six grandchildren; and a great-granddaughter.

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She and her late husband owned and operated H.G. Institutional Furniture.

Mrs. Goodman was a member of Congregation Beth Emeth in Albany. She was a past president of the Albany County Chapter of the National Council of Jewish Women. She was active in Jewish Family Services, Daughters of Sarah Nursing Home and the Red Cross.

She was the widow of Harold H. Goodman.

Survivors include two daughters, Adele Pickar of Albany and Caryl Barnett of St. Paul, Minn.; 10 grandchildren; and 13 great-grandchildren.

Services were from Congregation Beth Emeth.

Arrangements were by the Levine Memorial Chapel in Albany.

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Brian Concannon and Erin Murphy

Murphy, Concannon to wed

Erin Maureen Murphy, daughter of David and Barbara Murphy of Delmar, and Brian Concannon, son of Dr. Patrick and Natalie Concannon of Ithaca, Tompkins County, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School and Cornell University. She is a research technician in the surgery department of Cornell Medical School in New York City.

The future groom is a graduate of Cornell University. He is a first-year medical student at Cornell Medical School.

The couple plans a July 31 wedding.

Five Rivers lodge gets new sign

Five Rivers Environmental Education Center in Delmar has placed a sign identifying Goose Lodge as the former barracks for Civilian Conservation Corps enrollees of Company 270, Camp S-72.

Enrollees lived in the building between 1933 and '36, and worked to develop an experimental game farm on what was formerly Edward and Catherine Ackerman's farm.

They helped erect hatchery and brooder houses, built roads, put up field pens, dammed streams and otherwise prepared the site for game propagation.

The sign was placed at the urging of Capital District Chapter 82 of the National Association Civilian Conservation Corps Alumni.

GE Elfuns group beautifies park

The Elfuns from GE Selkirk recently planted trees and completed a landscaping project at the new Selkirk Park.

The Elfuns is made up of General Electric employees who complete various community projects.

Mark and Ellen Kotzin

Pietrzak, Kotzin wed

Ellen Pietrzak, daughter of Theodore Pietrzak of Westbury, and Jennifer Hamilton of Presque Isle, Maine, and Mark Michael Kotzin, son of Gerald and Dorry Kotzin of Glenmont, were married Aug. 15.

The ceremony was performed by Rabbi Scott Shpeen, Rabbi Martin Silverman and Cantor Glenn Groper at Congregation Beth Emeth in Albany. A reception followed.

The maid of honor was Cathy Bazán-Arias. Bridesmaids were Ilissa Kotzin, sister of the groom, and Holley Ackerson, Jodi Chase, and Kristyn Wiktorowicz.

The best man was Cary Fields. Ushers were Harry Kotzin and Ross Kotzin, brothers of the groom, and Bill Leville, Brian Portnick and Tom Thacher.

The bride is a graduate of Plymouth State College and has a master's from Syracuse University.

The groom is a graduate of Bethlehem Central High School and the University at Albany. He is a communications associate for CSEA in Syracuse.

After a wedding trip to Antigua the couple lives in Syracuse.

Youth Network

A BETHLEHEM NETWORKS PROJECT

Better safe ... than sorry!

Fall is a good time to initiate conversations with your child about safety issues. Talk about safety in a relaxed and comfortable manner so you do not frighten your son or daughter.

Does your child know what to do in case of an emergency? Does your child know how to phone 911? What would your son or daughter do if he or she got separated from you in a store or mall?

Practice emergency situations with your child. Ask him or her to role play answering the phone when you are not home. Have your child act out what to do if approached by a stranger at the playground. Practice calling 911 and remind children to stay on the line until the operator says to hang up.

Make certain your child knows his or her full name, address and phone number with area code. Have your child practice making a phone call from a public phone.

Take a walk around the neighborhood. Alert your child to places which could be dangerous such as vacant buildings and alleys. Point out places where he or she could go for help. Talk about stranger safety rules and remind your child to follow his or her instincts; if a situation seems dangerous, get away.

If your child is to be home alone make sure to leave a phone number where you can be reached, along with a neighbor's number. Discuss what your son or daughter should do if the phone rings or someone comes to the door. Help your child plan safe activities for times he or she is home alone.

Ask your child if he or she has any safety concerns. Discuss safety issues often and use teachable moments to help your child.

REACH OUT • TAKE ACTION
Bethlehem Networks Project

Column sponsored by GE Plastics and Selkirk Cogen

Corporate neighbors committed to serving the community

Recycle this newspaper

Special on WMHT CHANNEL 17

Mark Russell Comedy Special
Wednesday, 9 p.m.

Mystery! Touching Evil
Thursday, 9 p.m.

New York Week in Review
Friday, 9 p.m.

Antiques Roadshow
Saturday, 8 p.m.

Masterpiece Theatre: King Lear
Sunday, 9 p.m.

Legendary Lighthouses
Monday, 8 p.m.

Frontline: Money and Politics
Tuesday, 9 p.m.

Owens-Corning Fiberglas Corporation supports public television for a better community

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OWENS CORNING

Steak out

Glenmont PTA copresidents Paula O'Donnell, left, and Sandra Ryther, right, enjoy dinners donated by Outback Steakhouse with owner Richard Cooney at Glenmont School's Fall Festival. *Elaine McLain*

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SPOTLIGHT ON *Family* ENTERTAINMENT

CALENDARS ◆ ARTS & ENTERTAINMENT

Parade/festival celebrates Italian-American heritage

By Dev Tobin

Christopher Columbus' discovery of America inspires often passionate academic disputes — Was he really the first European to discover the Western Hemisphere? Was he the vanguard of evil colonial exploitation? Did he know where he was going, even after he got there?

But outside the ivory towers, one thing is beyond doubt. This pioneering Genoese seafarer — Admiral of the Ocean Sea — is a traditional symbol of pride for Italian-Americans, who celebrate their heritage every year during the early fall Columbus Day holiday weekend.

For the seventh year, local Italian-Americans will march in a Columbus Day parade and put on a street festival in Albany's Washington Park. The parade begins at South Main and Western avenues at 1 p.m. Sunday, winds down Western to Washington Park, and ends near the lakehouse, where, after a few speeches, the festival begins.

The grand marshal this year is state Supreme Court Judge Anthony V. Cardona of Westerlo, presiding justice of the Appellate Division's Third Department.

The parade's music will be highlighted by the 199th Army Band, also known as the Governor's Band, which is the premier musical group of the New York National Guard.

"We're delighted to have the Governor's Band join us this year," said Steven Longo, president of the Columbus Parade and Italian Festival.

Local bands marching in the parade include the Albany Police Pipe Band, the Christian Brothers Academy marching band, the Yankee Doodle Band, the Dixieland Ambassadors Jazz Band and high school bands from Lansingburgh, Mohonasen and Johnstown.

Also marching will be hundreds of proud members of the sponsoring organizations — the Italian-American Community Center, the West Albany Italian Benevolent Society and the Sons of Italy Lodge. The city of Albany also sponsors the events.

Whatever some professors may think of Columbus, "He's our symbol just like St. Patrick is for the Irish," said Sal D'Amore of the West Albany Italian Benevolent Society.

The parade and festival are "a time for Italian-Americans to celebrate their heritage, to get together with family and friends for a festive day in the park with tremendous food," D'Amore said.

The Albany festival, like the famous San Gennaro festival in Manhattan's Little Italy, will feature authentic Italian foods, music by the Velvet Touch and others for listening and dancing, a beer and wine garden and games and rides for the children.

For example, West Albany IBS members will be cooking up sausage and peppers, pasta fagioli, pizza and pastries, D'Amore said.

The Italian-American Community Center food booth will feature eggplant parmagiana, sausage and peppers, pizza, pasta fagioli, pizza fritta, mozzarella sticks, fried calamari, greens and beans and Italian submarine sandwiches, according to Tony Mirabile, who is co-chairman of the center's parade/festival committee.

"This is our seventh year, and we keep growing every year," Mirabile said.

The festival runs until 6 p.m.

At past Columbus Day parades, above, Wanda Bernardi as the Statue of Liberty and Tony Narciello as Christopher Columbus chat with Uncle Sam; right, Tony LaRosa checks out the Italian-American Community Center's float and below, grand marshals lead the parade to the park lakehouse.

ARTS and ENTERTAINMENT

THEATER

NG DAY'S JOURNEY INTO HT"
ne O'Neill classic, Capital ertory Theatre, 111 N. Pearl lbany, Tuesday through day at 7:30 p.m., Friday at n., Saturday at 4 and 8:30 and Sunday at 2:30 p.m., gh Oct. 25, $21 to $35. mation, 445-7469.

NE OF GREEN GABLES"
adaptation of classic ren's story, New York State tre Institute, Schacht Fine Center of Russell Sage ge, Troy, Oct. 7, 8, 9, 13, 5 and 16 at 10 a.m., Oct. 9 10 at 8 p.m., Oct. 11 at 2 , $17 adult, $14 senior/ ent, $8 children under age formation, 274-3256.

"THE CEMETERY CLUB"
comedy by Ivan Menchell, Albany Civic Theatre, 235 Second Ave., Oct. 16, 17 and 30 at 8 p.m., Oct. 24 and 31 at 4 and 8 p.m., Oct. 18 , 25 and Nov. 1 at 3 p.m., $12. Information, 462-1297.

"THE MIKADO"
Gilbert and Sullivan operetta, Schenectady Light Opera Co., 826 State St., Oct. 16, 17, 22, 23 and 24 at 8 p.m., Oct. 18 and 25 at 2 p.m., $16, $8 for children under 13. Information, 377-5101.

"NUNSENSE"
musical comedy, Siena College Theatre Series, Foy Theatre, Oct. 9, 10, 16, 17 and 18 at 8 p.m., Oct. 11 at 2 p.m., $12 adults, $10 seniors/students. Information, 783-2527.

"LETTICE AND LOVAGE"
comedy by Peter Schaffer, Home Made Theater at the Spa Little Theater, Saratoga State Park, Oct. 16, 17, 23, 24, 30 and 31 at 8:15 p.m., Oct. 26 and Nov. 1 at 1 p.m., $14 to $16. Information, 587-4427.

"THE TAMING OF THE SHREW"
performed by Shenandoah Shakespeare Express, Page Hall, 135 Western Ave., Oct. 13, 8 p.m., $10, $6 for students. Information, 442-3995.

"BECOMING MEMORIES"
memory play with music by Arthur Giron, presented by Circle Theatre Players, Route 43, Averill Park, Oct. 16, 17, 23 and 24 at 8 p.m., Oct. 18, 24 and 25 at 2:30 p.m., $10, $20 with dinner at 6 p.m. on Oct. 16 and 17. Information, 674-2154.

MUSIC

CHRISTOPHER PARKENING
guitar virtuoso plays Segovia favorites,Troy Savings Bank Music Hall, State and Second streets, Oct. 9, 8 p.m., $22. Information, 273-0038.

BORIS BEREZOVSKY
Russian pianist plays Ravel and Mussogorsky, Memorial Chapel of Union College, Schenectady, Oct. 9, 8 p.m., $20. Information, 372-3651.

THE TRAGICALLY HIP
Palace Theatre, North Pearl Street, Albany, Oct. 9,8 p.m., $20.50. Information, 465-4663.

KT SULLIVAN AND MARK NADLER
cabaret singers in centennial celebration of George Gershwin, The Egg at Empire State Plaza, Albany, Oct. 9, 8 p.m., $18, $16 for seniors and children under 13. Information, 473-1845.

DOC WATSON, TONY RICE AND NORMAN BLAKE
traditional country/bluegrass concert, Troy Savings Bank Music Hall, State and Second streets, Oct. 10, 8 p.m., $23. Information, 273-0038.

BOBBY SHORT
cabaret superstar, Proctor's Theatre, State Street, Schenectady, Oct. 10, 8 p.m., $29.50 to $35.50. Information, 346-6204.

WHIRLIGIG
traditional and contemporary Celtic music, Masonic Temple, Route 146, Altamont, Oct. 16, 8 p.m., $12, $5 for children under 13. Information, 765-2815.

GERSHWIN GALA
Albany Symphony Orchestra, Palace Theatre, North Pearl Street, Albany, Oct. 17, 7 p.m., $14 to $33. Information, 465-4663.

LAWRENCE MCGEE
classical piano concert to benefit the Northeastern Association of the Blind, McKownville United Methodist Church, 1565 Western Ave., Oct. 17, 7:30 p.m., $15. Information, 463-1211.

AROUND the AREA

EDNESDAY OCTOBER 7

ALBANY COUNTY

ROON CHAPTER OF STMASTERS MEETING
York State Office Campus, artment of Transportation, ding 4, room 105, 5:30 p.m. mation, 482-1237.

DKE SUPPORT GROUP
eter's Hospital, Nolan- le Building, 315 Manning ., Albany, 4 to 5 p.m. mation, 525-1444.

LORING THE GRIEF CESS
oral Center, 40 North Main ., Albany, 7 p.m. Informa- 489-4431.

MERS' MARKET
Cross Church, Western nue and Brevator Street, any, 2 to 6 p.m. Information, 2972.

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

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

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

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

SCHENECTADY COUNTY

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

THURSDAY OCTOBER 8

ALBANY COUNTY

THE ACB'S OF INVESTING
First Albany Corporation, 80 State Street, conference room on 2nd floor, 5:30 p.m. Information, 447-8478.

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

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

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.

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

FRIDAY OCTOBER 9

ALBANY COUNTY

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

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

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

ALBANY COUNTY

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

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

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

SATURDAY OCTOBER 10

ALBANY COUNTY

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

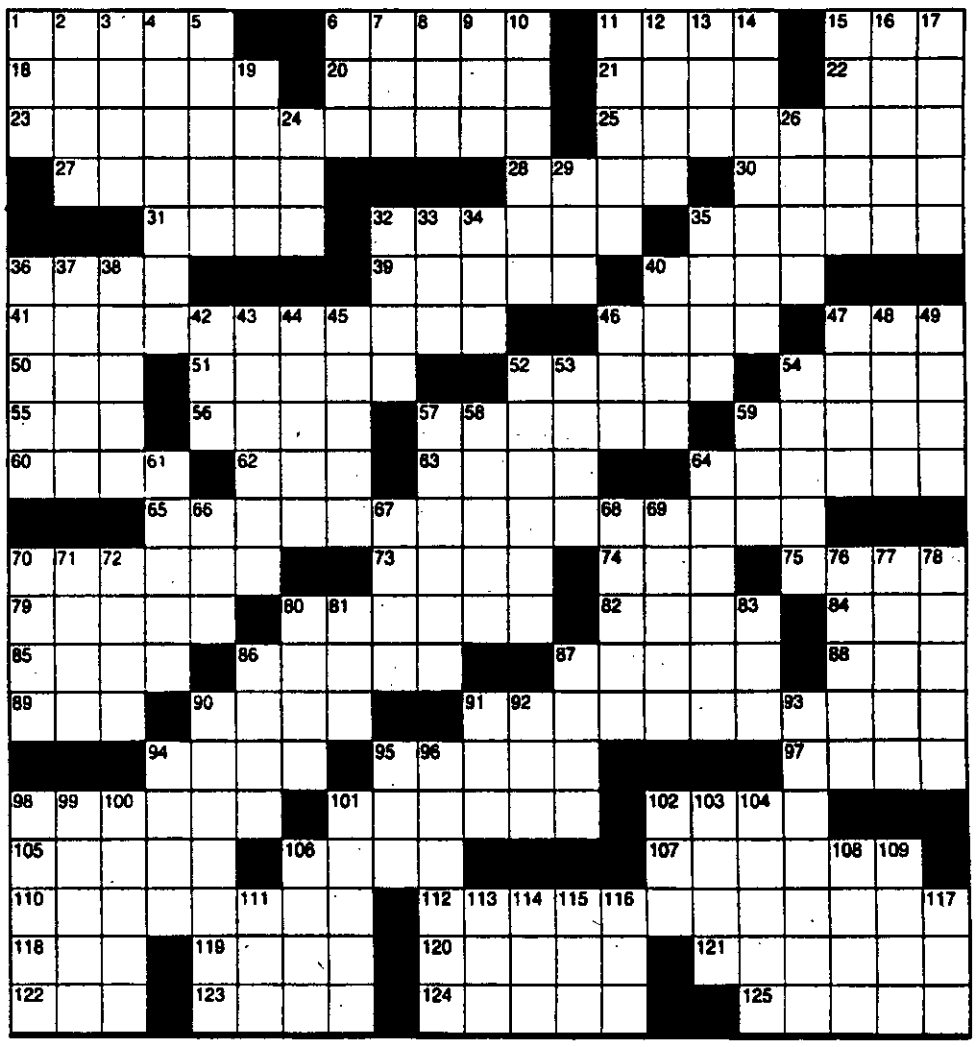
ROAST PORK DINNER
Pine Grove United Methodist Church, 1580 Central Ave., 4 to 6 p.m. Information, 459-1489.

9TH ANNUAL CHILD'S CHALLENGE
5K Run/Walk, Hackett Blvd., 7 to 11:30 a.m. Information, 242-1461.

Super CROSSWORD

CROSS
Kathy of "Titanic"
Psalms word
Goldfish, e.g.
Scientific site
Crops up
Yale or Root
Maintain
Philips of "UHF"
"Psycho" actor
Yearn deeply
New Jersey town
Eloquent equine
British county
Produces as profit
Win over
Extragalactic object
Jai —
Psyched up
Slow-witted
Iowa city
— gras
Dandy dude?
Actress Thurman
Macho type
Multitude
Mandlikova of tennis
Playground game
Frigga's fellow
John Wayne's first name
59 Thirteen, to a baker
60 "Sad —" ('79 hit)
62 Goal
63 Comic King
64 Like Larry Fine's hair
65 "Elvira" group
70 Guru's grounds
73 Daredevil Knievel
74 Capote, on stage
75 Demonstrative pronoun
79 It's heard in a herd
80 Turner of "Northern Exposure"
82 "Java" man?
84 Vein contents
85 Vireo or vulture
86 American buffalo
87 "The Flying Dutchman" heroine
88 Round Table title
89 Copy
90 Shanghai ship
91 "The Piano" actress
94 Chico or Karl
95 Francesca's love
97 Key
98 Cry the blues
101 Study for exams
102 Contemptible
105 Actress Massey
106 Maestro Riccardo
107 Ready to bathe
110 Groom
112 '73 Elizabeth Taylor film
118 Even if, informally
119 Art deco designer
120 Characteristic
121 Silverware city
122 — Antonio, Texas
123 Jackson or Smith
124 Scout rank
125 Composer Rubinstein

DOWN
1 Impact sound
2 With 6 Down, Asian salt-water lake
3 It may be spare
4 Neighbor of Latvia
5 Notre Dame's river
6 See 2 Down
7 Conduit fitting
8 Fleur-de- —
9 "The truth at last!"
10 Forgot the words?
11 Escapade
12 Eager
13 Stimpy's pal
14 Take for granted
15 Comic Richard
16 Diva Lucine
17 Charles of "Gaslight"
19 Agitated state
24 — -relief
26 Melville captain
29 Director Satyajit
32 Limerick's land
33 Sparks or Glass
34 Lehar's "— Land des Lacheins"
35 Piccadilly pound
36 Intense
37 Wallace's running mate
38 Saw
40 Stair sign
42 Sweater letter
43 Buy back
44 Acid type
45 Black and white delight
46 Egg — yung
47 Beiderbecke's genre
48 Don Juan's mom
49 Scads
52 Nursery furniture
53 Boxer's bailiwick
54 Elevate
57 Pugilist Hagler
58 UFO pilot
59 Word with cell or spell
61 Fancy fiddle
64 Fractional amount
66 Bean covering?
67 Game of chance
68 One of the Barrymores
69 Like salt water
70 Swedish rock group
71 Lingerie item
72 Present
76 Throws a party
77 Shake-spearean sprite
78 Pied-a- —
80 Put the whammy on
81 Say please
83 Kind of cross
86 Songwriter Bacharach
87 Like a tortoise
90 "Jenufa" composer
91 — polloi
92 Barcelona bravo
93 Drebin's portrayer
94 Bill of fare
95 Hound or hamster
96 Emulate Earhart
98 Rosters
99 Dominant, as a dog
100 Numskull
101 Delhi dough
102 Sprout
103 Part of A.D.
104 Operatic solo
106 AKC reject
108 Mine feature
109 Pedestal part
111 History division
113 Murcia Mrs.
114 Crone
115 Shriner or Wheaton
116 Summer, to Seurat
117 TV chef Martin



The Spotlight CALENDAR

WEDNESDAY OCTOBER 7

BETHLEHEM

BC SCHOOL BOARD
district office, 90 Adams Place, 8 p.m. Information, 439-7098.

ZONING BOARD OF APPEALS
town hall, 445 Delaware Ave. Information, 439-4955.

BINGO
Blanchard American Legion Post, 16 Poplar Drive, 7:30 p.m. Information, 439-9819.

BOY SCOUT TROOP 58
Elsmere Elementary School, 247 Delaware Ave., 7:30 to 9 p.m. Information, 439-4205.

YOUTH EMPLOYMENT SERVICES
Parks and Recreation Office, Elm Avenue Park, 2 to 4:30 p.m. Information, 439-0503.

WELCOME WAGON
newcomers, engaged women and new mothers, call for a Welcome Wagon visit, Monday to Saturday, 8:30 a.m. to 6 p.m. Information, 439-1531.

BETHLEHEM LIONS CLUB
Days Inn, Route 9W, Glenmont, 7 p.m. Information, 439-4857.

BETHLEHEM ELKS LODGE 2233
Route 144, Cedar Hill, 8 p.m. Information, 767-2886.

ONESQUETHAU CHAPTER, ORDER OF THE EASTERN STAR
Masonic Temple, 421 Kenwood Ave., 8 p.m. Information, 439-2181.

BETHLEHEM BUSINESS WOMEN'S CLUB
Days Inn, Route 9W, Glenmont, 6 p.m. Information, 439-5786.

TESTIMONY MEETING
First Church of Christ, Scientist, 555 Delaware Ave., 7:30 p.m. Information, 439-2512.

SOLID ROCK CHURCH
evening prayer and Bible study, 1 Kenwood Ave., 7 p.m. Information, 439-4314.

NEW SCOTLAND

BOOK DISCUSSION
Voorheesville Public Library, 51 School Road, 7 p.m.

VOORHEESVILLE ZONING BOARD OF APPEALS
village hall, 29 Voorheesville Ave., 7 p.m. Information, 765-2692.

NEW SCOTLAND SENIOR CITIZENS
Wyman Osterhout Community Center, New Salem, call for time. Information, 765-2109.

AA MEETING
First Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 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.

THURSDAY OCTOBER 8

BETHLEHEM

RECOVERY, INC.
self-help for chronic nervous symptoms, First United Methodist Church, 428 Kenwood Ave., 10 a.m. Information, 439-9976.

CAREGIVER SUPPORT GROUP
Church of St. Thomas the Apostle, 35 Adams Place, 7 p.m. Information, 439-7387.

YOUTH EMPLOYMENT SERVICES
Parks and Recreation Office, Elm Avenue Park, 2 to 4:30 p.m. Information, 439-0503.

CHP DELMAR HEALTH CENTER
open house, 250 Delaware Ave., 6 and 8 p.m. Information, 783-1864.

BETHLEHEM SENIOR CITIZENS
town hall, 445 Delaware Ave., 12:30 p.m. Information, 439-4955

DELMAR FIRE DEPARTMENT LADIES AUXILIARY
firehouse, Adams Place, 7:30 p.m.

BETHLEHEM MEMORIAL VFW POST 3185
404 Delaware Ave., 8 p.m. Information, 439-9836.

ELSMERE FIRE COMPANY AUXILIARY
firehouse, Poplar Drive, 7:30 p.m.

AA MEETINGS
Slingerlands Community Church, 1499 New Scotland Road, noon, and Delmar Reformed Church, 386 Delaware Ave., 8:30 p.m. Information, 489-6779.

BETHLEHEM LUTHERAN CHURCH
children's choir, 6:30 p.m., senior choir, 7:30 p.m., 85 Elm Ave. Information, 439-4328.

BETHLEHEM COMMUNITY CHURCH
women's Bible study, 9:30 to 11:15 a.m. in a local home, children's program and nursery provided for morning session, 201 Elm Ave. Information, 439-3135.

]CLASS IN JEWISH MYSTICISM
Delmar Chabad Center, 109 Elsmere Ave., 8 p.m. Information, 439-8280.

NEW SCOTLAND

POETS NIGHT
Voorheesville Public Library, 51 School Road, 7 p.m.

FRIDAY OCTOBER 9

BETHLEHEM

DISCUSSION OF MANSFIELD PARK
Bethlehem Town Hall, 10:30 a.m. to 12:30 p.m.

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

LIFE BECOMES HISTORY
Voorheesville Public Library, 51 School Road, 1 p.m.,

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

SATURDAY OCTOBER 10

BETHLEHEM

AA MEETING
Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779.

AL-ANON MEETING
The Crossroads, 4 Normanskill Blvd., 5:30 p.m. Information, 489-6779.

☐*MORE CALENDAR/page 36*

LEGAL NOTICE

ARTICLES OF ORGANIZATION OF JMP ENTERPRISES, LLC

Under Section 203 of the Limited Liability Company Law of the State of New York

THE UNDERSIGNED, being a natural person of at least eighteen (18) years of age and acting as the organizer of the limited liability company (the "Company") hereby being formed under Section 203 of the Limited Liability Company Law of the State of New York (the "LLCL"), certifies that:

FIRST: The name of the Company is JMP ENTERPRISES, LLC.

SECOND: The purpose of the Company is to engage in any lawful act or activity for which limited liability companies may be organized under the LLCL.

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

FOURTH: The Secretary of State is designated as the agent of the Company upon whom process against the Company may be served. The post office address within or without the State of new york to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is c/o McNamee, Lochner, Titus & Williams, P.C., 75 State Street, P.O. Box 459, Albany, New York 12201-0459.

FIFTH: The company is to be managed by one or more members.

SIXTH: The Company shall have the power to indemnify, to the full extent permitted by the LLCL, as amended from time to time, all persons whom it is permitted to indemnify pursuant thereto.

IN WITNESS WHEREOF, I have subscribed this certificate and do hereby affirm the foregoing as true under the penalties of perjury, this 15th day of September, 1998.

Richard A. Langer
Attorney -in-Fact
(October 7, 1998)

ARTICLES OF ORGANIZATION OF CENTER ISLAND SOUTH, LLC

Under Section 203 of the Limited Liability Company Law.

FIRST: The name of the company is: CENTER ISLAND SOUTH, LLC.

SECOND: The county within the state in which the office of the limited liability company is to be located is Albany.

THIRD: The latest date on which the Limited Liability Company is to dissolve is December 31, 2047.

FOURTH: The secretary of state is designated as agent of the limited liability company upon whom process against it may be served. The post office address within or without this state to which the secretary of state shall mail a copy of any process against the Limited Liability Company served upon him or her is:

105 Old Niskayuna Road
Loudonville, New York 12211

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

Sixth: The limited liability company is to be managed by 1 or more managers.

IN WITNESS WHEREOF, this certificate has been subscribed to on this 23rd day of June,1998, by the undersigned who affirms that the statements made herein are true under the penalties of perjury.

s/ E.J. Vandergift,Attorney in Fact.
(October 7, 1998)

LEGAL NOTICE

PROCTOLOGY CENTER OF LATHAM, PLLC. Articles of Organization filed by the NYS Secretary of State on 8/19/98. 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 The PLLC, c/o Elsa Goldstein, M.D., 214 Forts Ferry Road, Latham, NY 12110. The purpose of the LLC is the practice of the profession of Medicine.

Name of limited liability partnership: FERRARO CHOI ASSOCIATES, NEW YORK, LLP. Certificate of registration filed with the Secretary of State of New York (SSNY): 9/11/1998. 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 c/o Fox, Charles & Kowalewski, LLP, P.O. Box 958, Clifton Park, N.Y. 12065-0802. LLP's business: architecture.
(October 7, 1998)

NOTICE OF FORMATION

M.I.T.C.O. MALONEY INTERNATIONAL TRADING COMPANY LLC was filed with SSNY 09/17/98. Office: Albany County, SSNY designated as agent of the LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him; c/o The LLC, 170 Washington Ave., Albany, NY 12210. Purpose: to engage in any lawful act/ activity.
(October 7, 1998)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: ALLIANCE FOR FAMILY VALUES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/18/98. 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 process to the LLC, c/o Lawrence A. Kirsch, Esq., 90 State Street, Albany, New York 12207. Purpose: For any lawful purpose.
(October 7, 1998)

NOTICE OF FORMATION MEDICAL PAIN MANAGEMENT SERVICES, PLLC

1. The name of the professional service limited liability company is Medical Pain Management Services, PLLC.

2 .The articles of organization were filed with the New York State Secretary of State on May 7, 1998

3. The office of the company shall be located in Albany County.

4. The Secretary of State has been designated as agent of the company upon whom process against it may be served, and the address to which the Secretary of State shall mail a copy of any process served against him is 63 Shaker Road, Suite GO5, Albany, New York 122034-1030.

5. The professional service limited liability company is formed for the purpose of practicing the profession of medicine.
(October 7, 1998)

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

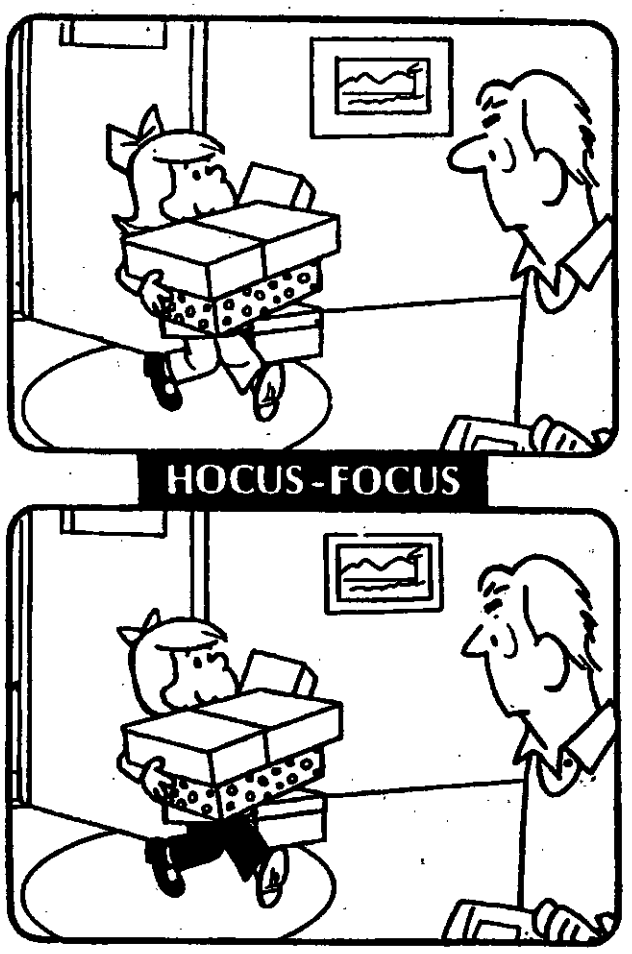
The name of the LLC is Mediterranean L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on August 27, 1998. The purpose of the LLC is to engage in any act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as 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, Albany, New York 12212-2753.
(October 7, 1998)

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

The name of the LLC is MEMORIES INTERACTIVE, LLC. The Articles of Organization of the LLC were filed with NY Secretary of State on September 4, 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 523 Western Avenue, Albany, New York 12203.
(October 7, 1998)

NOTICE OF FORMATION

RIDGE COMPANY LLC was filed with the SSNY 09/02/98. Office: Albany Co. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 170 Washington Ave. Albany, NY 12210. Purpose: to engage in any lawful act/activity.
(October 7, 1998)



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Bow is smaller. 2. Nose is different. 3. Button is added. 4. Hair is changed. 5. Frame is smaller. 6. Pants are different.

Baked Ham Dinner
Unionville Reformed Church
1134 Delaware Turnpike, west of Delmar
Saturday, October 17, 1998
Servings will be at 4:30, 5:30, and 6:30pm
Besides ham the menu includes: tomato juice, raisin sauce, mashed potatoes, butternut squash, French beans, cole slaw, rolls, and beverages. For dessert we offer ginger bread with real whipped cream. Adults $8.00, Children (5-12) $3.50. Your children under 5 are Free, but still need a reservation.
For reservations call 768-2183.
Take-outs are available. Pickup times are 5:00, 6:00, and 7:00. Please call the above number to make arrangements.

Spotlight on Dining

元寶屋
DUMPLING HOUSE
Chinese Restaurant
Specializing in Dumplings, Lunches, Dinners, Cocktails, Mandarin, Szechuan, Hunan & Cantonese.
Eat in or Take Out. Open 7 days a week.
458-7044 or 458-8366
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Serving LUNCH Tues.-Fri 11:30-2 Daily Specials
Serving DINNER Tues.-Sat. 4:30-10:30 Closed Sun. & Mon.

$5.00 Lunch Special

Choose one of *

- *Penne w/Mushroom or Meatball*
- *Chicken Parmigiana Sandwich Open*
- *Turkey Sandwich*
- *Grilled Chicken Sandwich*
- *Veal & Peppers Sandwich Open*
- *Meatball Sandwich Open*
- *Bowl of Soup & Salad*

Choose one Glass of:
Killian's Red, Miller Lite or Soda

Note: All Sandwiches served with a cup of Pasta Fagioli. Please no substitutions

DINNER SPECIALS AVAILABLE DAILY

Mail-In this form and

WIN A $25.00 GIFT CERTIFICATE

2 Weekly drawings to one of these participating restaurants, fill in the form and mail it to us.

✓ YES

I'd like to win a $25 Gift Certificate!

Name _____

_____

Address _____

_____

Phone _____

Clip and mail this coupon to:
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c/o Spotlight Newspapers
125 Adams Street
Delmar New York 12054

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***ANSWER:* By offering MORE value, MORE menu selections, MORE reasons to visit**

THE SHIPYARD RESTAURANT & LOUNGE

- Lunch returns starting October 6th
- New dinner menu, bringing back lots of your old favorites with even greater value
- New lighter, casual menu in our lounge
- Live jazz, every Friday in October, 6-9PM
- Happy hour - 4:30-6:30, complimentary hors d'oeuvres, reduced drink prices

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CASTAWAY

A WATERFRONT GRILLE

7 Days/Week

Award-Winning Sunday Brunch 10-2:30

LUNCH 11:30am - 4pm
DINNER 4 - 10pm

Entertainment Every Week!

Karoke, Thurs., 9pm
DJ Dancing, In Lounge, Fri. & Sat.

377 River Street, Troy • 273-2244

CASA MIA

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Rt. 9W • Glenmont (Across From K-Mart) **463-4331**

Specializing in Northern Italian Cuisine

Lunch from **$3.99** to **$7.99** *Served 11-3 Tues.-Fri.*

Tues.— Pasta Night $7.99 *Full Course Dinner*

Buffet Menu Includes 4 Appetizers, 3 Entrees (10 to choose from) Soda, Coffee or Tea, Tip & Tax — only **$14.95** pp

***NEW* — 2 Banquet Rooms Available for parties of up to 100 persons**

Tues.-Thurs. 11am-9pm, Fri. 11am-10pm, Sat. 4-10, Sun. 4pm-9pm, CLOSED Mon.

— Now Handicapped Accessible —

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Tom Noonan on the keyboard every Thursday night

Serving Lunch Tuesday - Friday

Dinner Seven Days a Week

Private Rooms available for up to 40

Creative Southern and Northern Italian Cuisine

Catering for all occasions
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1975 Central Avenue
(3 miles west of Colonie Center)

Daily Hours:
6AM-Midnight,
Fri. & Sat. till 2AM

456-2243

BREAKFAST SPECIALS:

2 Eggs, Toast & Homefries-$1.49 • Bacon, Egg & Cheese-$1.99

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	EVERY SATURDAY
America Night	Italian Night	British Night	Irish Night	British Night	Greek Night
$6.95	$6.95	$6.95	$7.95	$6.95	$7.95

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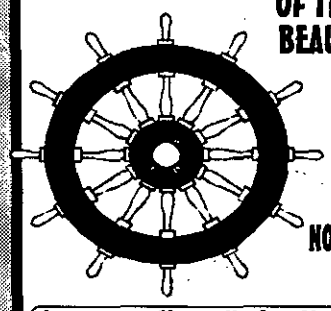
COME ENJOY FINE FOOD BY OUR TRIPLE HEARTH FIREPLACE AND GAZE AT THE SPECTACULAR VIEW OF THE HUDSON AND THE BEAUTIFUL FALL FOLIAGE



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Full Banquet Facility serving from 20-350 guests

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Family operated in area since 1946
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BEEBUSTERS
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$17.50* a week
your ad in this space would reach over
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PIANO LESSONS

Private Piano Lessons
Accepting New Students
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Spend a few minutes with me... Save yourself hours of time.
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Action Ideas
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Bushwacker Tree Removal
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• Stump Removal • Fire Wood
• Senior Citizens Discount
• Fast, Friendly Service
• Lowest Prices in Town
FREE ESTIMATES • INSURED
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(*4 Week Minimum)

Young & Son Tree Service
Reasonable Rates
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634-2273
Firewood $80.00 Cord

Pandy's Tree Service
Since 1977
459-4702 FREE ESTIMATES FULLY INSURED

Mike's STUMP REMOVAL
Free Estimates/Insured
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Antiques, Furniture, Jewelry, Quality Clothing for Men, Women & Children
265 Osborne Road, Loudonville • 459-9353

For only
$17.50* a week
your ad in this space would reach over
20,000 readers of
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(*4 Week Minimum)

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

ADOPTION

ADOPTION: Adoption can be a difficult decision. Happily married couple longing to adopt will listen, comfort and respect you. Please call Andrea/David 1-800-243-1338.

ANTIQUES

OPEN EVERY SUNDAY through October 11th. Fox Creek Flea Market and Auctions, Route 443 West Berne. Auctions usually every Sunday year round. Watch local papers. Antiques wanted. 872-0519.

AUTO INSURANCE

GOT TICKETS? We can help. Call us for Quick Quote. Blanchfield & Howard, Latham. 783-5593.

CHILDCARE SERVICES

LOVING VOORHEESVILLE MOM has full and part-time openings. Lunch and snacks provided, excellent references. 765-2366.

BUILDING MATERIALS FOR SALE

STEEL BUILDINGS Sale: 5,000+ sizes. 40x60x14, $8,734; 50x75x14, $11,354; 50x100x16, $15,257; 60x100x16, $17,445. Mini-storage buildings, 40x180, 36 units, $18,175. Free brochures. www.sentinelbuildings.com Sentinel Buildings, 800-327-0790, ext.79.

BUSINESS SERVICES

RECYCLE TONER CARTRIDGES & SAVE! Cartridges from $45.00, including pickup and delivery. Guaranteed. Discounted toner for copiers available. We buy empties. 800-676-0749, www.nationaltoner.com

BUSINESS OPPORTUNITIES

CEILING, CLEANING BUSINESS. $7,000 investment, 10 year old company. Established accounts. 1-800-662-9299.

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

WE'LL SHOW YOU THE MONEY! (Just call our clients!) 3-5 hrs./wk. Prepaid phone card machines. $10,880 req'd. Free info. 1-800-876-3326. CardMart of America, Inc.

CLEANING SERVICE

NEED A HELPING HAND? Call 768-8035, residential cleaning. Experienced, references.

SWEEP IT CLEAN with "Clean Sweep". Fully insured, bonded. References. Call Dawn. 433-0417.

CLEANING-residential/small business. Free estimates. References. Call Rose 439-0350.

J'S CLEANING: Experienced, personalized service, fully insured, bonded. Full estimates. 872-9269.

CHILDCARE NEEDED

BABYSITTER NEEDED in our Slingerlands home. Occasional evenings or weekends, your own transportation. 439-6984.

CHILD CARE NEEDED: 1 year old & 4 year old (while not in preschool), in my Delmar home, Tuesday & Thursdays, 7:30 a.m. - 5:30 p.m. Starting immediately. Own vehicle required. 439-7097.

NANNY: Full-time, needed to care for our 2 preschoolers in our Delmar home. Must have experience, references, driver's license, boundless energy and a sense of humor. Please call 343-9366 and leave a message.

OUR DELMAR HOME for school 1/2 days, vacation days and / or occasional babysitting. 439-5135, 439-5929.

PART-TIME NANNY in my Delmar home, for 2 children, ages 4 years & 4 months. Afternoon hours. Salary negotiable 439-7207.

EMPLOYMENT OPPORTUNITIES

HELP WANTED

BETHLEHEM VETERINARY HOSPITAL: Seeking friendly outgoing individuals for receptionist. Work part-time/ full-time for a 7:30 a.m. shift. Please drop off brief resume to 444 Route 9W, (Across from Ames)Glenmont. 434-7373.,

CIRCULATION DESK ASSISTANT: $7.95 per hour, 7-20 hours per week, alternate weekends, some night/ day/ substitute hours. Prior public service experience. Apply by 10/14/98 to Bethlehem Public Library, 451 Delaware Avenue, Delmar, NY 12054, Attention: Cathy Howell.

CLERICAL POSITION, part-time, Farm Family Insurance Companies have a position available for an assistant remittance processor 20 hours per week. Requires high school diploma or equivalent & ability to work in a processing environment & meet daily production requirements. Interested candidates can mail or fax resume & salary requirements to: Farm Family, Human Resources, P.O. Box 656, Albany, NY 12201-0656. Fax # 431-5982.

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 - 8:00pm).

AVON PRODUCTS - Start your own business. Work flexible hours. Enjoy unlimited earnings. Call toll free 888-561-2866.

DRIVERS - Tired of making a career out of switching jobs? Don't look any further, call Artic Express for pay up to .40 CPM, great benefits and equipment. Talk to Dave or Lisa at 800-927-0431. EOE.

TRUCK DRIVERS... No experience necessary! 3 week company sponsored CDL A training & trainee pay! Full benefits, consistent miles, job stability. Swift Transportation. 1-800-347-4485 (eoe-m/f)

CNA TRAINEES: Highly motivated individuals with reliable transportation will be accepted into our paid training program. Classes start on October 19. Position guaranteed to individuals who successfully complete training. Apply in person to: Good Samaritan Lutheran Health Care Center, 125 Rockefeller Road, Delmar, NY 12054. Telephone: (518) 439-8116.

CNAs/ LPNs: Applications are being accepted for the following vacancies: CNAs: Full-time, 3p.m.-11p.m. and 11 p.m.- 7 a.m. Part-time all shifts. Full-time CNAs receive a $1500 Retention Bonus, part-time CNAs receive a $700 Retention Bonus. LPNs: Full-time benefits include health, dental, and life insurance, generous benefit time, competitive pay rates, shift differentials, free uniforms, and a newly renovated working environment. Apply in person to: Good Samaritan Lutheran Health Care Center, 125 Rockefeller Road, Delmar, NY 12054. Telephone: (518) 439-8116.

DENTAL OFFICE front desk/ part-time, Monday thru Thursday, 2 p.m.- 5:30 p.m. Albany office. 434-3038.

FITNESS TRAINEE: Great opportunity for energetic individual. Varied duties & hours. Friendly & nurturing atmosphere. 478-0237.

MAILBOXES ETC., Delmar. Position for our customer service. Days including most Saturdays. Flexibility preferred. 439-0211. Ask for Richard.

MEDICAL RECEPTIONIST: Fast paced Internal Medicine office seeking responsible individual with quality communication skills for an immediate part-time / full-time position, duties include meet & greet, answering phones, scheduling appointments & filing. Computer skills a plus. Please send resume to P.O. Box 610, Slingerlands, NY 12159 or fax to 439-1592.

PART-TIME teacher aide, afternoons. Latham day care. 783-8524.

SALES/ SERVICE, PART-TIME: Busy Glenmont Insurance Agency seeks outgoing, detailed oriented person with computer skills. Flexible hours, Saturdays a must. Call 371-0562.

SECRETARY/ RECEPTIONIST: Busy Real Estate office. Delmar of Loudonville. Must have comprehensive computer skills and general office experience. Blackman & DeStefano Real Estate. Call Barbara at 371-1146.

STEWART'S SHOPS, Elm Avenue, Delmar. Shift supervisors needed. We are looking for qualified applicants to fill our early AM positions. Applicants must have excellent customer service skills and the ability to handle variety of responsibilities. Food service background is a plus. Starting wage based on experience. Excellent benefit package available also! Call 785-0340 for more information or stop by Stewart's Shop at Elm Avenue and see manager. EOE.

SUBSTITUTE TEACHERS: Contact Ravena- Coeymans- Selkirk Central School District. 767-2850.

Drivers COMPANY AND OWNER OPERATORS. Flatbed and Van opportunities. $41,000.00/yr. average. Home weekends and during the week. Assigned late model equipment. Free medical. No NY city. Flatbeds - 1 yr exp req. Call 800-788-7357 LANDAIR TRANSPORT, INC.

THE RAVENA COEYMANS SELKIRK high school is seeking the following coach for the 1998-99 school year: Modified boys basketball. All interested parties please send letter of interest and resume to: Howard B. Engel, Athletic Director, RCS Senior High School, 2025 U.S. Route 9W, Ravena, NY 12143. For more information call (518) 756-5200, ext. 319.

VAN DRIVER: 20 Hours per week, 7 a.m.- 9.a.m. and 3 p.m.- 5 p.m. to transport developmentally disabled adults to and from day program, excellent benefit package, CDL preferred. Contact Patricia Speanburg, Albany County Association for Retarded Citizens, 334 Krumkill Road, Slingerlands, NY 12159 or call 459-0750.

HELP WANTED

The Weathervane Restaurant

At The Rensselaerville Institute

Kitchen Utility Person

After School/Weekends

Duties include dishwashing, cleaning, food prep.

For interview call Chef Joe Maloney at **797-3222**

LEGAL NOTICE

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

The name of the LLC is On The Lake Associates, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on August 25, 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.
(October 7, 1998)

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

The name of the LLC is Columbia GBG, L.L.C. The Articles of Organizationof the LLC were filed with the NY Secretary of State on August 17, 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.
(October 7, 1998)

PUBLICATION NOTICE OF ORGANIZATION OF LIMITED LIABILITY COMPANY

FIRST: The name of the Limited Liability Company is NORTHROCK REALTY, LLC (hereinafter referred to as the "Company").

SECOND: The Articles of Organization of the Company were filed with the Secretary of State on July 15, 1998.

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

FOURTH: The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail process is :

2 Birch Lane
Voorheesville, NY 12186

FIFTH: The latest date on which the Company is to dissolve is based solely on events of dissolution set forth in the New York limited Liability Company law (the "LAW").

SIXTH: The purpose of the business of the Company is to invest in real estate and engage in any lawful acts or activities for which limited liability companies may be formed under the Law.
(October 7, 1998)

PUBLICATION NOTICE OF LIMITED LIABILITY COMPANY

FIRST: The name of the Limited Liability Company is GUARDIAN STORAGE OF BOYNTON BEACH, LLC (hereinafter referred to as the "Company").

SECOND: The Articles of Organization of the Company were filed with the Secretary of State on September 9, 1998.

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

FOURTH: The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail process is : Guardian Storage of Boynton beach, LLC, Building No. 2, Pine West Plaza, Washington Avenue Extension, Albany, New York 12205.

FIFTH: The latest date on which the Company is to dissolve is December 31, 2050.

SIXTH: The purpose of the business of the Company is any lawful activity pursuant to Section 203 of the New York Limited Liability Company Law.
(October 7, 1998)

WINTER STORAGE

WINTERIZE SAFE, SECURE

Protect Your Boat From Winter Chills

Limited Space Available

785-6172

889 Troy-Schenectady Rd., Latham

Dunham's Bay Sea Ray

Classified Advertising...

It works for you!

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. Box Reply $3.00. Do not abbreviate. Telephone # is one word. Be sure to include the telephone # in your ad. Anyone providing a business service including real estate, vacation rentals or help wanted will be charged the commercial rate. No exceptions. Real estate, garage sales, vacation rentals must start with city or town. Help wanted ads to begin with the position.

Classifed Advertising
runs in 3 newspapers

The Spotlight · Colonie Spotlight · The Loudonville Weekly

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	15
$11.80	16	$12.10	17	$12.40	18	$12.70	19	$13.00	20
$13.30	21	$13.60	22	$13.90	23	$14.20	24	$14.50	25
$14.80	26	$15.10	27	$15.40	28	$15.70	29	$16.00	30
$16.30	31	$16.60	32	$16.90	33	$17.20	34	$17.50	35
$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 _____

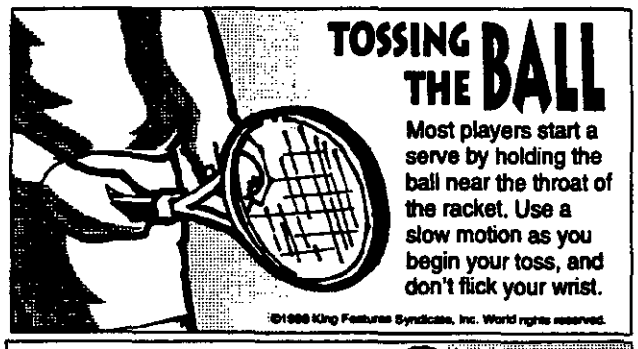
Please run my ad on the following Wednesday issues: 1x___ 2x___ 3x___ 4x___ ☐ 'Til I Call to Cancel

Reach...

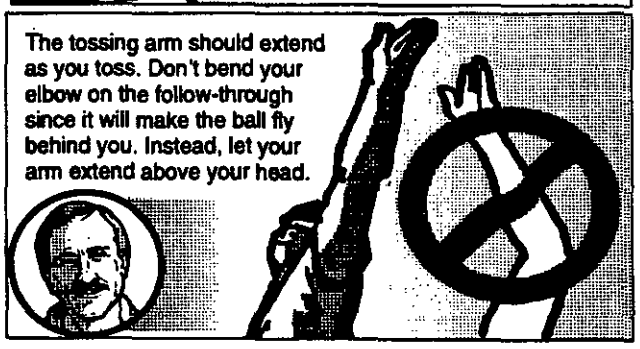
443,516 subscribers of 57 Northeast New York State community newspapers with your classified ad for only $120.00

For More Information
Call Gail
439-4940
Spotlight Newspapers

STAN SMITH'S TENNIS CLASS



The tossing arm should extend as you toss. Don't bend your elbow on the follow-through since it will make the ball fly behind you. Instead, let your arm extend above your head.



MAGIC MAZE

MEMBERS OF THE COMMONWEALTH

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

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

Bahamas, Barbados, Belize, Canada, Cyprus, Ghana, Grenada, Grenadines, India, Jamaica, Kenya, Lesotho, Malta, Trinidad, United Kingdom

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REGISTERED NURSE available days to assist with home care needs. Caring, reliable, excellent references. 797-3583.

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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. rs.

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LOANS. BAD CREDIT. Good credit. Cash for any reason. Homeowners only. 1.800. USA.6669. All Service Mortgage, 268 N.Broadway, Hicksville, NY. Reg, Mtg Broker NYS Banking Dept. Loans provided through third party lenders.

OVER YOUR HEAD IN DEBT? Credit cards/bills? *Cut payments UP TO 60%!!! *Maintain good credit. *FREE consultation 800-556-1548. www.anewhorizon.org Member BBB, non-profit, National Co.

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MISCELLANEOUS FOR SALE

CASHMERE COAT (Strook), white fox collar. Was $300, sell for $100. Worn twice. 439-1393.

EXECUTIVE DESK like new, cost $895, sell $400. 439-3556.

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REAL ESTATE FOR RENT

DELMAR DUPLEX: 2 Bedrooms, large yard, $625 per month. Available October 1. 439-5894.

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DELMAR: $650 including heat & hot water, 2nd floor, 2 bedroom apartment at Village Drive Apartments. Available immediately. Security & references required. 434-9783 or (212) 665-5251, leave message.

DELMAR: $650, 2 bedroom apartment, porch garage, air conditioning, laundry. Applications- 448-5322.

DELMAR: 2 Bedrooms, upstairs, bright, garage, yard, porch, $585. 439-0981, 768-8028.

DELMAR: 3 Bedroom Ranch, $750 + utilities. 1 Car garage, appliances included, nice yard/ neighborhood. No pets. Please call 273-4236.

DUPLEX: $600 plus utilities. 3 Bedrooms, 1 1/2 baths, bus line. Available November 1, 1998. 439-1215.

ELSMERE ARMS, $620. Spacious 2 bedroom apartment in Delmar, minutes from Albany. On a major bus line. Stop in at 5 Elsmere Avenue or call 465-4833.

ELSMERE DUPLEX: $650 + utilities. 316 Elsmere Avenue. 2 Bedrooms, no pets. 465-3193.

ELSMERE DUPLEX: 3 Bedrooms, $700. Call 439-2110.

GLENMONT DUPLEX, $650 plus , 3 bedrooms, country kitchen, stove, no pets, security, deposit, references. Great landlord! Call for appointment, 436-1989.

GLENMONT DUPLEX: Large 2 Bedroom apartment, w/w, attached garage, air conditioning, gas heat, hookups for washer/ dryer, very large yard, quiet neighborhood setting. Immediate availability. Security/ Lease. No pets. $675 + utilities. 462-4780.

LOUDONVILLE apartment, 2 bedrooms, $550 per month with garage. Security. 433-8757.

SELKIRK: 1 Bedroom with heat, $400, security, Old School Road. 767-3141.

VOORHEESVILLE APARTMENT: 32 South Main Street, $400 +, security, deposit. Off street parking. 478-0116.

REAL ESTATE FOR SALE

DELMAR: 3 Bedrooms, 1 1/2 baths, attached / detached garages, large lot, fireplace, screened porch, hot water baseboard heat, hardwood floors. $114,900. 475-8025.

DELMAR: 72 Winne Road, Convenience and charm of Old Delmar, 4 bedrooms, 2 full baths, den, cozy sunroom with french door, spacious living room with fireplace. Hurry, you could be in for the holidays! Call for appointment. $177,000. Broker 478-0916.

LOUDONVILLE: 3 Bedroom +office Ranch, 1 + bathrooms, North Colonie Schools, great location, neighborhood. Numerous amenities, all appliances included, central air / gas, recently remodeled basement, new roof, built in alarm. Asking $107,900. 438-9789.

OLD DELMAR, Hamagrael school, authentic New England Cape Cod. 4 Bedroom, 2 full baths, formal dining room, hardwood floors, fireplace den, large lot. Mid 150's. 439-5510.

WESTERLO: Owner anxious, 3 bedroom, 2 bath ranch, 4 zone OHW heat, 2 car garage, inground pool, 1.6 acres, near basic reservoir. Realty USA, 966-5600.

BARGAIN HOMES Low or $0 Down! 1000's of foreclosed & repossessed properties liquidating now! Gov't financing available. Call now! 800-501-1777 Ext. 1099.

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GRAND OPENING SALE! Lake view bargain 5+ acres w/ boat dock $19,900! Beautifully wooded, breathtaking views, located at crystal clear Tennessee mountain lake - next to 18 hole golf course! Be first to see this spectacular lakeview property. Grand Opening: October 10, 11 & 12. Excellent financing. Call now 800-704-3154, ext. 9782.

PRIME THOUSAND ISLANDS WATERFRONT. Gorgeous 20 acre lot - 400' WF. Must sell. $49,900. Call Bluegreen 800-913-2299.

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The Spotlight CALENDAR

CALENDAR

Page 30

SATURDAY OCTOBER 10

NEW SCOTLAND

LIFESTORIES MEMORY WRITING WORKSHOP
Voorheesville Public Library, 51 School Road, 10 a.m.

SUNDAY OCTOBER 11

BETHLEHEM

WOMEN OVER 20 SOCCER
Delmar, 9 to 10:30 a.m. Information, 439-5503.

DELMAR REFORMED CHURCH
Sunday School and worship service, 9 and 11 a.m. T.G.I.Sunday contemporary worship at 5:30 p.m. with children's program. Nursery care Available at all worship times. 386 Delaware Ave. Information, 439-9929.

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

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

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

ST. STEPHEN'S EPISCOPAL CHURCH
Holy Eucharist, 8 and 10:30 a.m., coffee and fellowship, nursery care provided, church school, 9:25 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.

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

FIRST UNITED METHODIST CHURCH
early worship, 8:30 a.m., worship celebration, 10 a.m., church school classes for nursery through high school, 10 a.m., choir rehearsals, 11:15 a.m., 68 Maple Ave., Voorheesville. Information, 765-2895.

MOUNTAINVIEW EVANGELICAL FREE CHURCH
worship service, 9:30 a.m., nursery care provided, Route 155, Voorheesville. Information, 765-3390.

CLARKSVILLE COMMUNITY CHURCH
Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by coffee hour, nursery care provided, Route 443. Information, 768-2916.

MONDAY OCTOBER 12

BETHLEHEM

INDOOR PISTOL SHOOTING
Albany County Pistol Club, Winne Place, 7 to 9 p.m. Information, 439-0057.

MOTHERS' TIME OUT
Christian support group for mother's of preschool children, Delmar Reformed Church, 386 Delaware Ave., nursery care provided, 10 to 11:30 a.m. Information, 439-9929.

DELMAR KIWANIS
Days Inn, Route 9W, 6:15 p.m. Information, 439-24377 or 439-6952.

DELMAR COMMUNITY ORCHESTRA
rehearsal, town hall, 445 Delaware Ave., 7:30 p.m. Information, 439-1603.

TEMPLE CHAPTER 5 RAM
Masonic Temple, 421 Kenwood Ave.

AA MEETING
Bethlehem Lutheran Church, 85 Elm Ave., 8:30 p.m. Information, 489-6779.

NEW SCOTLAND

QUARTET REHEARSAL
United Pentecostal Church, Route 85, New Salem, 7:15 p.m. Information, 765-4410.

TUESDAY OCTOBER 13

BETHLEHEM

INDOOR PISTOL SHOOTING
Albany County Pistol Club, Winne Place, 7 to 9 p.m. Information, 439-0057.

TREASURE COVE THRIFT SHOP
First United Methodist Church, 428 Kenwood Ave., 9 a.m. to 6 p.m.

Answers to Super Crossword

B	A	T	E	S		S	E	L	A	H		C	A	R	P		L	A	B
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MISCELLANEOUS FOR SALE

KITCHEN & BATH CLEARANCE CENTER: Complete kitchen & bath floor model displays, odd lots, scratch and dents, countertops, hoods, appliances, miscellanous parts, lights, doors, windows, plumbing fixtures & more. SATURDAY ONLY, 10 a.m.- 4 p.m. The house of Kitchens, 1613 Route 9, Clifton Park.

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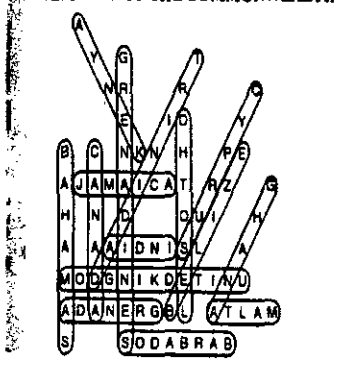

MUSIC

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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.

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TRIPS

RADIO CITY TRIP, Broadway show, November 28. 452-1560.

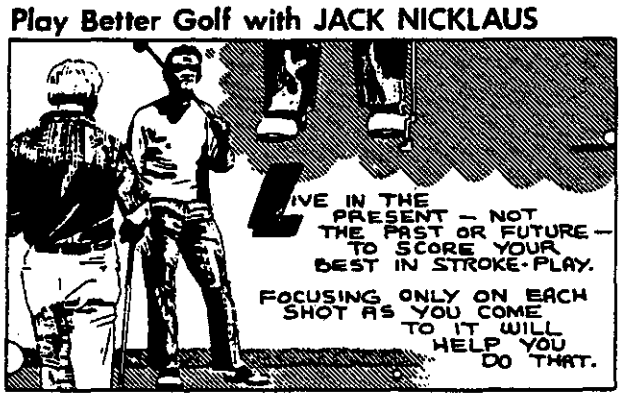
GARAGE SALES

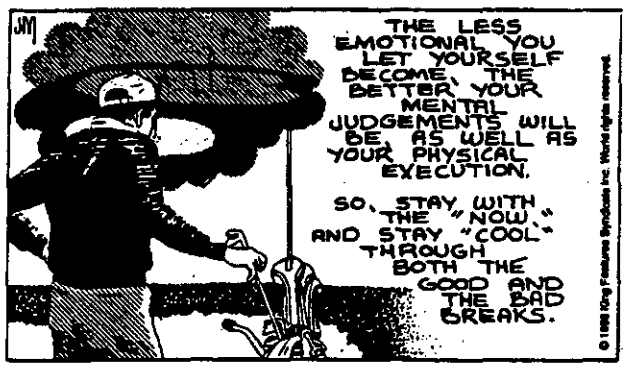
COLONIE: 17 Van Buren Avenue. October 9 - 10, 9:00 a.m. - 3:00 p.m. Wide variety. No early birds.

DELMAR: 11 Bedell Avenue, October 10, 9:00 a.m. - 3:00 p.m. 50 Years of old and new.

FEURA BUSH: 215 Groesbeck Road (off of Lower Flatrock Road), October 9, 10, 9:00 a.m.- 4:00 p.m. Girls winter clothing, sizes 4-6x, household items, new and used, preschool toys.

Play Better Golf with JACK NICKLAUS





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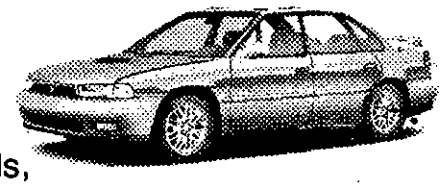

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Pesticides

(From Page 16)

toxin, and nonspecific symptoms include sweating, headache, nausea, dizziness, cramps, muscle twitching and weakness." Surgan pointed out that parents might not link these symptoms in their children to pesticide use.

Surgan cited a number of tests and legislative measures that increasingly take children into consideration, reminding the audience that per body weight, children breathe more air and drink more water.

In 1996, the Food Quality Protection Act required the assessment of risk to infants and children when registering a pesticide, and in 1997 the EPA withdrew some products and changed labeling on products containing chlorpyrifos. A 1998 EPA notice gave preference to quickly moving products to the market that contain alternatives to organophosphates.

Recommendations from Surgan's office regarding pesticide use include schools' adoption of least toxic management policies and procedures to reduce or eliminate pesticide use; written pest management policies available to the public; providing advance notice to the entire school community when applying pesticides and choosing products with the lowest toxicity and exposure potential.

Claire Barnett founded Healthy Schools Network after her child suffered pesticide poisoning, and she provided practical information about how to reduce pesticide use in schools.

Barnett described Healthy Schools Network as a statewide coalition that shares the common agenda of protecting the environmental quality of schools. The Board of Regents has adopted the group's statement that every child and school employee has the right to an environmentally safe and healthy school which is in good repair.

"Think about the friends and groups in your school building," Barnett advised. "The first person to be your friend is the custodian, since they are the practicing environmentalists in the building. Through school organizations," Barnett suggested, "you could work towards a school district policy."

"You also need to look at your school," she said. "Who's making decisions? Who's committed to getting pesticides out? How can you influence these people? Pay attention to the local structure."

Barnett said that changing policy takes thought and time, and provided sources, such as the New York Coalition Against Pesticides, the state Education Department, Cornell Cooperative Exchange and Healthy Schools Network, that can help.

Barnett said that BPW needs to decide how to proceed. "You have to get into constructive action. Take the information and figure out how you can use it to advance your goals."

Blumkin encouraged those present to take an active role in convincing the district to create a plan to manage its pesticide applications. "Our schools are not a good place to have pesticide applications," he said.

Extension meeting

Cornell Cooperative Extension of Albany County will hold its annual meeting Wednesday, Oct. 28, at 5:30 p.m. at the William F. Rice Extension Center at 24 Martin Road in Voorheesville.

There will be educational displays and a light supper. Albany County Executive Michael Breslin and Cornell Cooperative Extension Director Merrill Ewert will speak.

A business meeting will conclude the evening by 8 p.m. Albany County residents 18 years of age or older are eligible to vote for members of the board of directors and various program committees. Ballots will be available the night of the meeting.

Flea market set

The Doane Stuart School Parents' Association will hold a flea market and bake sale on Saturday, Oct. 17, from 9 a.m. to 1 p.m. in the school auditorium on Route 9W.

A wide variety of items will be for sale, including books, clothes, collectibles, baked goods and pumpkins.

Proceeds benefit Parents' Association activities at the school.

Church dinner planned

Unionville Reformed Church at 1134 Delaware Turnpike will serve a family-style baked ham dinner on Saturday, Oct. 17, with servings at 4:40, 5:30 and 6:30 p.m.

The menu includes baked ham, tomato juice, raisin sauce, mashed potatoes, butternut squash, French beans, cole slaw, rolls, beverages and gingerbread with whipped cream.

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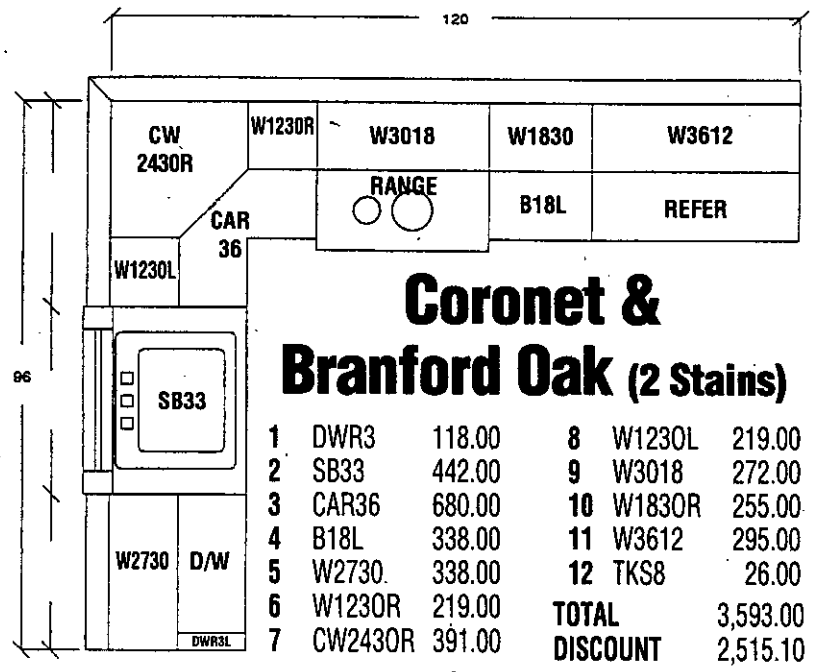

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6	W1230R	219.00	TOTAL		3,593.00
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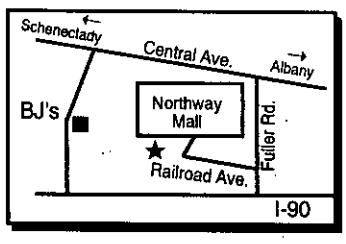

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