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The Spotlight

Serving the Towns of Bethlehem & New Scotland

Volume XLIV Number 5 Fifty Cents

February 3, 1999

Bullish on books



Even though 16-month-old Lily Killiar isn't quite sure which end is up, you can tell she'll be an avid reader. She very much enjoyed a program at Bethlehem library. Debbie Eberle

Fourth-graders take state tests in stride

By KATHERINE MCCARTHY

In spite of two snow days and a morning delay that slowed administration of the state-wide English Language Arts (ELA) test, the first manifestation of the state's Regents for All mandate seems to have gone well locally.

The three-day test, that should have been given to fourth-graders throughout New York during the week of Jan. 11, concluded the following week.

There was no slowdown, however, in scoring the tests, and from Jan. 27 to 29 some 400 teachers from the Capital District gathered at the Holiday Inn Turf in Colonie to correct about 6,500 tests.

Now, teachers, students and

administrators can sit back, catch their breath, and wait for the results, which are due in April.

There will be a similar math assessment test in June, and further testing in eighth-grade. These tests replace the third- and sixth-grade PEP (Pupil Evaluation Performance) tests.

According to state Education Department spokesman Bill Hirschen, the new tests reflect a revised statewide curriculum that requires a Regents diploma for every high

We spent a lot of time preparing for these tests.

Katherine Bartley

school graduate.

"We needed to establish a benchmark period of time where students would have their achievement level assessed to make adjustments necessary to have

□ TESTS/page 48

BCHS teacher resigns after midterm results invalidated

By JOSEPH A. PHILLIPS

The results of a midterm exam taken by all 10th-graders on Jan. 25 at Bethlehem Central High School have been invalidated, and a teacher has

resigned his post, as a result of a compromise in the exam's security.

Parents of students who took the global studies midterm were informed of the security problem in a letter dated Jan. 27 and signed by high school Principal Jon Hunter and district Social Studies Supervisor John Piechnik. "A first-year teacher had given his students sheets that either replicated or were close to the actual exam questions," the letter said.

On Monday, Superintendent Les Loomis confirmed that the teacher, John Han, had "decided to resign voluntarily" in the wake of the incident. Efforts to reach Han were unsuccessful.

The letter, which did not name Han, said that "the confidentiality of that test had been compromised" and that the exam would be "voided" as a result.

The midterm grade will be replaced in computation of the final average by a spring research project, which will count for one-sixth of the final grade, the letter said.

"While I recognize this is a departure from traditional practice, I believe it is essential in order to maintain the integrity of grades," the Hunter-Piechnik

□ TEACHER/page 35

Teen's death stuns V'ville community

By JOSEPH A. PHILLIPS

Friends and former schoolmates of Voorheesville's Matthew Odell remain in shock over the 1998 Clayton Bouton High School graduate's death in a hit-and-run accident last Thursday.

"It's hard to believe he's gone," said Mike Blackman, Odell's best friend and former classmate. "You hear about these kinds of things, but it's a lot different when it hits home."

Odell, 18, a freshman at American University in Washington, D.C., was struck in a hit-and-run accident while inline-skating near the university campus, and later died of his injuries at Georgetown Medical Center.

As of Monday, no suspect had been identified, according to Officer Kervin Johnson, public information officer for the Metropolitan Police Department. A vehicle



Odell

thought to be involved in the incident was found Sunday by police, stripped of identification tags, but police have neither confirmed that it is the suspect vehicle nor identified the driver, Johnson said.

Odell was enrolled in American University's school of Public Affairs-Justice, a young man who knew where he was going. "It's hard for me to talk about him right now," said his mother Kathy on Monday. "But he looked at that college as an opportunity and took advantage of it. He just loved politics."

"He absolutely loved D.C. and American University," said Blackman. "He just always talked about it. He was having a really, really good time down there."

A lifelong Voorheesville resident, Odell was a

□ STUNS/page 16

Developer withdraws request — for now

By Joseph A. Phillips

A key decision by the Bethlehem planning board affecting the fate of a proposed satellite facility for St. Peter's Hospital in Slingerlands has been postponed.

The board was scheduled at its Feb. 19 meeting to discuss and likely vote on a recommendation concerning a controversial zoning change, requested by First Columbia, the Albany-based developer, for the projected family-care facility at 12 Maher Road. But the discussion was removed from the planning board agenda at the request of First Columbia officials, amid speculation that the project may be headed back to the drawing board.

Planning board chairman Douglas Hasbrouck reported at the meeting that he and other town officials believed First Columbia might be reconsidering the choice

of site and reviewing others in the area.

The site is zoned residential and sits astride a high traffic corridor, near the point where Route 85 connects with New Scotland Avenue. Kevin Bette of First Columbia discounted such speculation, "We've been looking for sites in Delmar for years," he said. "There are problems with every site. If there's a better site for this, I'd like to know what it is." The Maher Road site is "absolutely" still the only one under consideration, he said.

Bette said more time was needed to complete a traffic analysis of the area around the site, requested by the planning board at an earlier meeting. "I'm trying to get as much information as possible as I can for the board before I present this again," he said. "My traffic engineers weren't able to

finish their work in time. It proved to be more complicated than they originally thought."

First Columbia initially requested a zoning change from residential to commercial in December before the Bethlehem town board, which referred the matter to the planning board for its recommendation.

Two of the seven members of the planning body announced their opposition when the matter was taken up in January, citing concerns over the impact of the facility on traffic and reservations about commercial development in residential Slingerlands.

The timing of a long-standing proposal by the state Department of Transportation (DOT) to widen and extend Route 85, which might alleviate the current heavy traffic on the route in the future, could well affect the outcome of the discussion. Without a DOT commitment to an early date for that project, members of both town boards and representatives of the hospital and the developer are all on record with misgivings about developing the site.

Going once ...



Claudia Engelhardt and Marion Jewell of the Tawasentha Chapter of the DAR show off some of the items to be sold at the 28th annual Antiques Show and Sale on Saturday and Sunday, Feb. 13 and 14, at the Academy of the Holy Names on New Scotland Avenue in Albany.

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Garden club kicks off new year

Helderview Garden Club will devote its first meeting of the new year to a slide presentation by Grace Reynolds entitled "To Your Health! Glorious Garlic" on Thursday, Feb. 4, at 7 p.m. in the community room of Voorheesville Public Library on School Road. Everyone is invited to attend.

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Likewise, God does not promise that we will be cured of all illnesses. A Service of Healing is not necessarily a service of curing, but it does provide an atmosphere in which healing can happen. The greatest healing of all is the reunion or reconciliation of a human being with God. When this happens, physical healing sometimes occurs, mental and emotional balance is often restored, spiritual health is enhanced and relationships are healed. For the Christian, the basic purpose of spiritual healing is to renew and strengthen one's relationship with the living Christ.

Please join with us for an hour of prayer, healing and renewal at the beginning of this Lenten Season

BCMS says hello to 'Bye, Bye Birdie' Bethlehem still vying for chip fab business

By Joseph A. Phillips

It's been a tough January for rehearsal, but the cast of "Bye, Bye Birdie" is ready to strut its stuff on the stage at the Bethlehem Central Middle School auditorium this weekend. The Stewart-Strouse-Adams musical is set for performances Thursday through Saturday, Feb. 4 to 6, at 7 p.m., with a snow date of Sunday, Feb. 7, — which may come in handy.

"When the ice storms hit, we goticed out of two or three days of rehearsal," said Frank Leavitt, the middle school teacher who directed the cast of 35, supported by a 50-plus student crew. "Making that time up was difficult." Even more so because the ice storm fell just weeks after the midwinter break, before a school holiday weekend, and as the cast and crew were hitting the books for midterms. And then there was the lead actor with the flu, and a balky fire alarm system that has disrupted a few rehearsals.

Welcome to live theater.

"Fortunately, we've got a great group of kids in terms of their maturity level," said Leavitt as the finishing touches were being applied to the production last weekend. "They're really, really highly motivated."

They have the extra motivation of opening weekend good wishes from none other than Dick Van Dyke, the original Albert Petersen (the show's star) on Broadway. Turns out the editor of the "Dick Van Dyke Show" fan newsletter is Dave Van Deusen of Slingerlands — who coaxed a congratulatory letter and autographed photo from the Tony-winning star to help the middle school cast "Put On A Happy Face" for opening night. "That's kind of cool," Leavitt said.

"Bye, Bye Birdie" is the musical tale of a struggling song writer in the dawning of the rock 'n' roll era. Albert's big break comes when his last chance at a hit tune, "One Last Kiss," gets picked by an Elvis-like teen heartthrob to be performed on the "Ed Sullivan Show" before he heads off to a hitch in the Army.

The hysteria in the tunesmith's hometown over crooner Conrad Birdie's upcoming farewell appearance, in which Albert's song



Bethlehem Central Middle Schooler Audrey Lacy will play Rosie in 'Bye, Bye Birdie' this weekend. Elaine McLain

will be sung to a local lass, spoofs the teen-dreamy era of the early '60s, and offers the young cast a chance to play to type, if in unfamiliar poodle skirts and leather jackets.

It's the sixth straight year for staging a mid-winter musical at the middle school. Director Leavitt credited a successful curtain-raiser this week to the dedication of his cast, the persistent support of the school district and a solid core of parental support in building, dressing and otherwise propping up their youngsters' efforts.

But it remains an annual challenge, he said. "We're into a new year with new parents," he said. "I have to keep remembering that

new people that I'm working with have a different set of skills each year. It's a constantly changing dynamic."

As usual, however, a few familiar faces pitched in: assistant director Mary-Ellen Hennessy and choreographers Fran Cocozza and Muriel Welch, who have been at work with the cast since late October.

Tickets for the performances are \$4 and can be obtained by calling the middle school office at 439-7460.

Seating for the Thursday performance will also be available at the door, and senior citizens will be admitted free to that performance.

By Joseph A. Phillips

Steady progress continues in preparing a 390-plus acre parcel in Glenmont as a possible site for development as a potential manufacturing locale for a computer-chip maker.

The site on Wemple Road was one of 13 around New York state identified last spring as a possible site as part of "Semi-NY," the Empire State Development Corporation's initiative to groom sites for future marketing to microchip makers, also known as chip fab.

Working with the Governor's Office of Regulatory Reform, the development corporation designated the potential sites in an effort to encourage the local communities in which the sites are located to prepare them to be shovel-ready for future marketing to manufacturers.

"Marketing trends show that there is going to be a need for new plants in the next few years" by chip makers, said Dave Bradley, acting director of the governor's office. The chip-fab designation is an effort for New York to be proactive in securing such manufacturing operations, he said.

"Each site is working on their own to pre-permit their own site, going through the SEQR (state environmental quality review) process and other steps," Bradley said.

Acting as lead agency in securing and preparing the Glenmont site is the Albany-Colonie Regional Chamber of Commerce, in cooperation with the Albany County Partnership, Niagara Mohawk, the Center for Economic Growth and other local partners.

According to Denise Zieske of the chamber, several of the designated sites in the state have withdrawn from consideration, and at least three sites have moved quickly to prepare for development, including one at Rensselaer

Technology Park in North Greenbush.

"North Greenbush is acting much further ahead than we are," Zieske said. "They are well into the approval stage. We are still in the process of making land purchases." She said an unspecified

Let's just say that if the Rensselaer Technology Park became a site for a major chip manufacturer, the Wemple Road site will become more attractive too.

Dave Bradley

number of property owners hold portions of the Wemple Road site designated for chip fab, but that "we have offers out on part of the property, and some we're real close on."

Zieske said that initial marketing inquiries with companies in the chip-manufacturing field have been promising.

Zieske said Glenmont "is not out of the running. We are continuing to pursue this. As soon as we have control (of the property), we will be pursuing the pre-permitting process, which is a fairly lengthy process."

Bradley discounted the notion that one site in the area being further along in the approval process put either at a competitive disadvantage. "Far from it. It's a complementary approach," he said. "Let's just say that if the Rensselaer Technology Park became a site for a major chip manufacturer, the Wemple Road site will become more attractive too. The track record shows these companies tend to build in clusters."

Fugitive priest expected to return to New York

By Joseph A. Phillips

More than 16 months after being indicted by an Albany County grand jury, police in Chicago have arrested the Rev. Brendan O'Keefe, who stands accused of pilfering an undetermined amount of property and nearly \$30,000 in cash from a Glenmont church. An official of the District Attorney's Office confirmed on Monday that his extradition back to Albany is being sought to face two grand larceny charges.

Lawrence Wiest, chief assistant district attorney for Albany County, said a criminal indictment normally remains sealed until the accused can be taken into custody and formally arraigned on the

charges. O'Keefe has been a fugitive since the original indictment was handed down in October of 1997.

O'Keefe, the former pastor of St. Michael's Shrine, a traditionalist Catholic congregation on Route 9W, fled just days before his indictment, with, allegedly, as many as three unauthorized checks drawn from church funds and one or more vanloads of church property. Last



O'Keefe

week, acting on an anonymous tip, Chicago police arrested O'Keefe and confiscated items in the apartment where he was found that may include some of the stolen St. Michael's property.

Bethlehem police Investigator John Cox, who has spearheaded the local investigation, said this past weekend that those items have not as yet been positively identified as among the stolen goods.

Wiest confirmed that his office is actively pursuing O'Keefe's extradition. "We have been told that he in fact agreed to waive extradition today," Wiest said on Monday. "However, Illinois law requires that he be given 24 hours

to chew on it. He could well change his mind on it in that time." Wiest expected confirmation by late Tuesday on the status of extradition proceedings, and said his office would seek a formal extradition order if O'Keefe declined to cooperate.

The Glenmont shrine, where the Mass is performed in Latin and according to ritual form predating the changes adopted after the Second Vatican Council in the 1960s, has lacked a pastor since O'Keefe's departure. It is not affiliated with the Roman Catholic Church.

Efforts to contact former associates and parishioners were unsuccessful.

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State Ed mandates call for level of trust

By Katherine McCarthy

State mandates. Regents for All. Fourth-grade tests. English language arts. Heterogeneous grouping. Raising the bar. Regional scoring. Rubric. Ritalin. Subject supervisors. SED (state Education Department).

Rarely have grown-ups had to learn so many new words and phrases to keep up with their children's education.

Recently, the focus has been on fourth-graders, who are leading the way in implementing Education Commissioner Richard Mills' campaign for all high school students to graduate with a Regents diploma.

After much anticipation, anxiety and a great deal of preparation, students seem to have survived the three-day English language arts test that put them under the microscope.

The tests are all corrected and shredded, and the data will go to some great mechanism in the sky to compile, compare and send back to the schools, hopefully by April.

For the moment, and on the record, people are speaking positively about the tests.

Some of the skepticism and scorn has abated, if only until the results come in, and people are

looking at the tests (and the skills required to take them) a little more objectively.

Still, there are a lot of discussions going on about Regents for All, which is a good thing, and there's a lot going on in those conversations, as people talk about the education they received, and figure out how to get the best possible result for their own children.

Many New Yorkers draw on their memories of the Regents exams to determine how they feel about everyone needing to take them.

A number of very well-educated people are nonplussed at the furor over Regents for All, remembering the exams as the minimum standard at their high schools.

People who had to work hard for a Regents diploma worry that the mandate will end up marginalizing those who fail to make it.

Thrown into the mix now are special education students who are now being educated with friends and neighbors, and not in separate schools.

The definition of special educa-

tion has expanded over the years, and many more children receive special services. Those parents worry about how their kids will do on a standardized test.

Parents turn to the schools, then, trying to make sure their child gets exactly what they need — be it more challenging work or remediation.

Teachers turn to supervisors, who seek out materials to help them teach the children in the best possible way. School administrators pass it on to the state Education Department, looking for direction in deciphering the mandates.

Of course, not all of this takes place in a positive "we're in this together" manner.

In listening to conversations in the past months, I've heard a lot of distrust.

Parents are not always convinced that the schools will prepare their children adequately for the tests. Sometimes teachers and administrators address these concerns directly and satisfactorily; sometimes they don't.

My personal sense is that they are not entirely convinced that the tests and the curriculum changes they're bringing about are warranted. And that distrust seems to go up to the next level: the state Education Department.

My solution may be a direct result of having agreed with former President Ronald Reagan's famous Cold War slogan — trust but verify.

Our teachers are paid professionals who, almost always, know our children's academic abilities better than we do. However, we have insights into our children's abilities and personalities that can enhance their classroom work.

State Ed sees our school in relation to other schools in the state, country, and, for that matter, the world. I trust that they're all doing their jobs satisfactorily,

COMMENTARY:

*Mom's
the
Word*

Five Rivers sets winter trail walk

A field study of winter ecology will be the topic for a trail walk on Saturday, Feb. 6, at 2 p.m. at Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar.

The walk will follow the Old Field Trail, seeking signs of animal tracks and traces as the group enjoys an outing in the winter meadow.

Participants should dress for the outdoors. For information, call 475-0291.

Mom/daughter group to meet at library

Natalie Babbitt's novel, *Tuck Everlasting*, will be the subject of the fourth mother-daughter book discussion on Monday, Feb. 8, at 7 p.m. at Bethlehem Public Library, 451 Delaware Ave., Delmar.

Copies of the book are available at the library's youth services desk.

The program is designed for daughters in grade four and up and their mothers or caregivers. Refreshments will be served.

New members are always welcome. For information, call 439-9314.

Workshop offers winter classes

Helderberg Workshop will offer classes for students for students in third- through eighth-grade at the Clayton A. Bouton High School in Voorheesville during the winter recess, Feb. 16 through 19.

The fee for each four-day class is \$50 and includes materials. Registration closes Feb. 8. For information, call 765-2777.

Firefighters sponsor blood drive at church

Voorheesville Volunteer Fire Department will sponsor a blood drive on Saturday, Feb. 6, from 8 a.m. to 1 p.m. at First United Methodist Church at 68 Maple Ave. in Voorheesville.

Walk-ins are welcome. For information or appointments, call Monica Burt at 765-3686.



The Kiwanis Club of Delmar would like to thank the following businesses and organizations for participating in our "Bell Of Life" project to benefit the Kiwanis Pediatric Trauma Unit at Albany Medical Center. With your help and the help of the residents of the Town of Bethlehem, we were able to raise over \$2,000 during the month of November 1998. Overall, the Capital District Division of Kiwanis raised approximately \$15,000. Our heartfelt thanks to you all.

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The Spotlight

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Burns' GOP colleagues suggest homework in order V'ville reviews Prospect St. proposal

By Joseph A. Phillips

When Susan Burns, Bethlehem town board's sole Democrat, announced her "1999 Performance Plan" for more rigorous oversight and accountability of town government at a meeting last month, Supervisor Sheila Fuller's response was immediate and critical.

Burns' fellow board members, however, held their peace at the time — but not for lack of something to say. In recent interviews, board members Doris Davis, Robert Johnson and George Lenhardt largely echoed Fuller.

In her remarks at the conclusion of the Jan. 13 meeting and in an accompanying press release, Burns called for creation of a town office of economic development and a thoroughgoing review of town zoning laws and budgetary practices. She also pledged to create an independent Web site and a bimonthly cable TV program to improve communication with town residents.

Fuller dismissed the announcement as grandstanding and criticized Burns' lack of preparedness for board meetings. She also suggested that much of what Burns promised constituted the everyday duty of town board members — and that Burns was a bit overdue in fulfilling it.

Burns' board colleagues agree. "I believe I have regularly done and intend to do all the things she talked about," Davis said. "But I don't need a written plan or a press release to know whether or not I'm doing my job. Apparently Susan does. That's her style."

Johnson said, "I'm not an actor. I'm not interested in getting TV time." All town board meetings are taped and later broadcast on TV-31, the Bethlehem public access cable channel.

"Susan seemed to be saying she was doing something no one else was doing before," said Lenhardt. "That's nonsense, and if the supervisor hadn't said it, I would have said it."

Apprised of her colleagues'

comments, Burns dismissed the grandstanding charge. "I have not heard that concern from any of my constituents," she said. "I guess I would throw it back in their court and say, why would that be a concern to them?"

"If I'm lucky enough to garner some publicity for my inquiries and actions, then I'm doing my job," she added.

Burns' colleagues share Fuller's view that an economic development office would duplicate the town's existing development efforts. "Just what we need — another level of bureaucracy, with added costs to the taxpayers," said Lenhardt.

Lenhardt noted a recent Bethlehem Chamber of Commerce gathering that he, Fuller and Johnson all attended, but not Burns. "If that's one of her priorities, Susan missed an opportunity there," he said.

Johnson agreed that "we don't need another layer of government," and felt Burns' questioning of town budget practices is unwarranted. "We probably have in (comptroller) Judy Kehoe one of the very, very best budget people around," he said. Lenhardt concurred: "Susan was part of the same budget process the rest of us were," he said.

Johnson, however, found some merit in Burns' concerns about zoning. "There is certainly an opportunity there," he said. "It's an issue that can definitely use some more attention." He said the board has taken up the issue, citing recent debate over several rezoning requests.

Johnson questioned Burns' proclivity for asking detailed policy questions at board meetings. "My personal style of operating is to spend a lot of time going over the agenda items and asking questions about what's in them in advance," he said. "I don't need to ask a lot of questions for the TV cameras."

Burns acknowledged her preference for going public. "I believe in an open process," she said. "I

believe any questions I have are part of that process."

"If Susan is suggesting that talking to department heads ahead of time is closed government, she's wrong," said Davis.

Discussing Burns' overall involvement in town affairs, each of her colleagues independently cited what they saw as Burns' conspicuous absence from a recent Bethlehem Emergency Management Office meeting. "Susan Burns was the only town board member who was not there," said Davis. "Where does that fall in a 'performance plan'?"

Asked about her absence, Burns rejected the inference drawn by her fellows. "I knew about it, and obviously I am concerned about it," she said, but cited "a prior commitment" that kept her away. "I guess I'll have to look at the minutes," she said.

Is all of this evidence of a per-

sonality conflict? "I have no personal dislike of Susan whatsoever," said Johnson. "I've tried to work, and have worked well, I think, with her."

Lenhardt, for one, looks forward to "visiting her Web site myself. She may have some fine ideas we can all embrace and pursue. I'm all ears." But he expressed concern over her "loner" style. "She seems to come at issues with an adversarial approach, like she's her and we're 'them,' we're against her," he said. "It doesn't serve the public very well to have a (separate) agenda or a personality conflict. But I don't think I have a problem with her, or she has one with me."

Davis said, "We all have our own style. But the bottom line is, we have to do what we think is best. We're ultimately accountable to the residents."

Police make DWI arrest

Bethlehem police arrested a Niskayuna man last week and charged him with driving while intoxicated (DWI) and driving with a suspended license.

The arrest occurred on Sunday, Jan. 24, at about 11:30 p.m., on Route 85. According to the police report, Officer Brian Hughes observed a vehicle traveling northbound and stopped it just before the Albany city line on investigation of several traffic violations. A Department of Motor

Vehicles check on the driver turned up a license suspension for failure to appear in Albany City Court to answer a previous traffic citation.

After administering field sobriety tests, Hughes arrested Stephen Alan Coelho, 29, of 2461 Cambridge Drive. He was ticketed for DWI and also driving on a suspended license. Released on \$50 bail on the license charge, he was ordered to appear in Bethlehem Town Court on Feb. 17.

Prospect St. proposal

By Joseph A. Phillips

Voorheesville village trustees held their first meeting of the year on Jan. 26, laying the groundwork for the year ahead, and taking a step toward wrapping up a ongoing controversy.

The board reviewed a plan to turn Prospect Street into a one-way thoroughfare and reduce the speed limit on the street.

Mayor Ed Clark said that no decision on the sale of the property has been made, pending resolution of the traffic proposal.

The board set an informal public hearing on the traffic proposal for Tuesday, Feb. 9, at 7:30 p.m. at village hall, 29 Voorheesville Ave.

Also on the village board's agenda was approval of the salary schedule for village employees, which included a raise in salary grade for three laborers in the highway department.

"Our people are being asked to do additional work, and they are significantly behind in pay compared to neighboring municipalities," said Superintendent of Public Works Will Smith.

The board also approved the election of Mike Wiesmaier as village fire chief; set hours for hearing tax assessment grievances on Feb. 16, from 5 to 9 p.m. at village hall; and approved the appointment of election inspectors for March's village elections.

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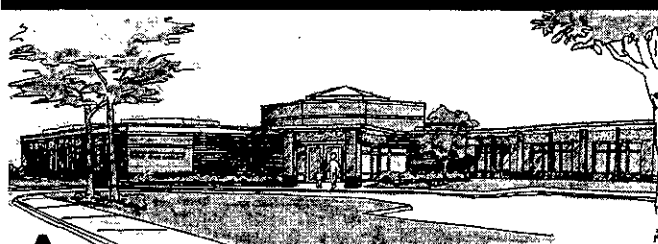
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Matters of Opinion

Winter wondering

Like Proust, we've been wondering lately: Where are the snows of yesteryear?

But we are less philosophical and more literal than the French novelist — we're really asking: Whatever happened to winter?

Those of a certain age may remember real winter — ponds, lakes and rivers safely frozen over and snow on the ground from mid-December to March, refreshed every week by a new white blanket.

The white stuff may have been fluffy or heavy, but it was snow. Its whiteness brightened the darkest days of the year and the consistency of cover made planning winter sports outings a no-brainer. Hard to believe, but once upon a time ski resorts got by without snowmaking and white Christmases were as regular as Fourth of July fireworks.

In the good old days, a snowstorm may have been more work (before snowblowers) but it was also an unparalleled paragon of natural beauty — crisp, pure and quiet.

But no more. In the just-concluded first month of winter, every storm was either a snow/sleet/freezing rain combo or straight rain.

After having to pay hundreds of dollars a year in winter tax, i.e., heating bills, the worst of winter is freezing rain.

Is any chore more dreadful than chipping inches of freezing-rain ice away from cars, walks and driveways? Given people's disinclination to do dreadful chores, most of that ice would still be encrusting homes and businesses, vehicles and most streets and sidewalks, were it not for the January thaw.

The proliferation of ice led to an overdose of salt, winter's necessary evil, both on public roads and on private walks and driveways. As with Christmas gifts bought on credit, we'll soon be paying our part of the road salt bill in rusted vehicles, ruined shoes, rotted roads and poisoned plants.

And forget about beautiful, pure white — local landscapes and streetscapes now feature brown or gray crud.

The only good thing you can say about our recent freezing rain plague is that it could have been worse — we did not suffer a weeks-without-electricity disaster, like last year in the North Country and this year in the mid-Atlantic states.

We know we can't do anything about the weather, but midway through this most miserable season, we're still dreaming of a white winter — "just like the ones we used to know."

Chippin' away



Frank May of Cherry Avenue in Delmar chips away at ice buildup in front of his home.

Debbie Eberle

Red Cross seeking plasma donors

American Red Cross blood services officials have announced the expansion of volunteer blood donation services to collect plasma at its Hackett Boulevard facility in Albany.

The new plasma program expands the national Red Cross' first source plasma initiative aimed at providing transplant and trauma surgeons the large volumes of plasma they need to assure successful outcomes for their patients.

Officials hope to collect 1,114 units of plasma by mid-year. That goal requires about 312 donors with type AB blood to participate in the program. Red Cross officials will be aggressively seeking approximately 230 new donors in the Capital District to reach its

goal. Currently, 83 donors give plasma at the Albany facility.

Because Albany has a high number of whole blood donors, this is a good area to expand collection services, said Deborah Smith, regional recruitment and scheduling manager.

New York state is now home to plasma collection programs in Albany, Buffalo and Clarence, a Buffalo suburb. A collection facility in Rochester will be officially announced soon, and the Red Cross expects to open a fifth plasma donation program in Syracuse later this year. The first plasma center in the United States operated by the Red Cross was opened in Buffalo in 1997.

Dramatic, life-saving surgeries often require dozens of units of plasma, especially in emergency rooms. As with red blood cells, each of those units must match the patient's blood type. Type AB is the "universal donor" plasma type, just as O-negative is the universal red blood cell type. This means that type AB plasma can be safely transfused to a patient of any blood type.

Donors with type AB blood can give plasma at the Red Cross facility on Hackett Boulevard Monday through Friday and every other Saturday. Appointments can be made by calling 1-800-724-1875.

The process takes about an hour and volunteers can donate as often as 12 times a year. During the process, the donor rests in a comfortable lounge chair while a sophisticated, computerized centrifuge withdraws blood from the body, separates the plasma and returns the red cells, platelets and

other components to the donor.

Plasma replaces itself within about 72 hours, so donors can give more frequently than whole blood donors can.

Frequent donations increase the safety of the national blood supply by incorporating more repeat donations from people whose regular health history screenings have shown them to be healthy.

Plasma collected at the Albany facility will be processed with a new treatment approved last year by the U.S. Food & Drug Administration, which eliminates lipid-developed viruses such as HIV and hepatitis B and C. It is the first such plasma product to be developed and is distributed to hospitals exclusively by Red Cross blood services.

The treatment provides an added layer of protection for patients who receive large quantities of plasma and is another step to ensure the protection and safety of the nation's blood supply.

The Red Cross' expansion of plasma collection sites to include Albany is a very positive development since it should help with the availability of this vital blood product, said Dr. George Wilner, director of Albany Medical Center's blood bank.

Last year, the medical center became the first hospital in Northeastern New York to begin transfusing all patients requiring plasma infusions with this new type of plasma.

For information about becoming a plasma donor, call the Red Cross at 1-800-724-1875.

The Spotlight

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Your Opinion Matters

V'ville should rethink school land acquisition

Editor, The Spotlight:

On Jan. 25, I attended the public hearing at Voorheesville High School regarding the taking of land by eminent domain owned by John O'Connell.

The school board held an attitude of "if we can't negotiate a price then we'll just take it, but one way or another we will have this property."

I question whether this would be the best way to handle the school's dilemma. The school is concerned about the possible increase in enrollment due to development. It also has a bus garage that is inadequate.

The proposed project presented at the meeting would be to acquire 20 acres of land from O'Connell, then put an addition on the high school, increase athletic fields, and put a bus garage at the high school.

Considering that it sounded like O'Connell did not want to sell his land, I thought that the project was very liberal. First of all I can understand the need for a new bus garage, but why does it have to be at the high school?

The board claimed that it

looked for land in an industrial or commercially zoned area, but none was available. Well if you think about it, this land that they want to take from O'Connell is not available either.

The board feels that they do not have enough athletic fields. I have looked at an aerial photograph of the school property. There appear to be about 4 or 5 acres of wooded land.

If athletic fields were in such short supply, why hasn't this wooded land been cleared? Now if you consider that the bus garage could and should be somewhere else, and that 4 to 5 acres of athletic field could be obtained on existing school property (they currently have 35 acres), then the amount of land proposed to be taken from O'Connell could be cut in half.

I should think that since O'Connell is not willing to sell his property, every effort should be made to minimize his loss. I would hope that the board of education will reconsider the eminent domain proceedings.

Chris Albright
New Scotland

Board should walk in kids' shoes

Editor, The Spotlight:

I understand that there has been some discussion about the issue of providing bus transportation to high school and middle school students who are currently felt to reside within "walking distance" of the schools.

I must applaud the school board's willingness to address this issue. Times have certainly changed, and I am in agreement with others that walking poses a real safety concern for our students.

We live in Westchester Woods, and it is at least a one and one-half mile walk using the available roads and sidewalks to the high school. Of course, if our children are willing to cut through other people's back yards, the woods and dangerous paths, the walk can be shortened slightly but not safely or pleasantly.

Because of this, just about all of the parents in this neighborhood are forced to drive their children each morning. Walking is rarely an option for these students because it is not practical or safe.

I would be very happy to meet any or all of the school board members at my home at 6:50 a.m., when it is still dark outside, on a freezing cold winter morning and walk them over treacherous, icy paths carrying a heavy load of books to the high school. After that dangerous and vigorous workout, I would then ask them to vote on whether these children should have buses available to them.

Patricia A. Eretto
Delmar

Town, school officials deserve commendation

Editor, The Spotlight:

Thanks to Dr. Les Loomis, the Pest Management Review Committee and the school board, the children and employees of Bethlehem Central School District can anticipate a more healthful environment in which to learn and play sports. The use of toxic chemicals in the buildings and fields to manage insects and weeds will be replaced by a more thoughtful and holistic approach.

The district's IPM plan will attempt to fix the cause of the infestation and will rely less on the use of toxic chemicals that are designed to harm living things.

During the course of our meetings to develop the IPM plan, the administration made remarkable progress in its willingness to include Bethlehem Pesticide Watch members and to listen sincerely to our suggestions.

I trust this progress will continue as the district gains confidence in the efficacy of alternative methods. To this end, Bethlehem Pesticide Watch

pledges to continue providing our support and technical assistance.

Bethlehem Central's embrace of nonchemical alternatives will not only protect this generation from the harmful effects of pesticides, but will also equip future generations with the first-hand experience that environmental problems can be resolved without resorting to chemicals. That is knowledge that baby boomer generation finds harder to grasp because our lifetime has coincided with the proliferation of synthetic chemicals in society.

Ironically, it is the very effects of these chemicals that is the future we leave for our children — a future challenged by global warming, ozone depletion and biodiversity loss.

Superintendent Loomis and Bethlehem Supervisor Sheila Fuller are to be commended for their progressive responses to the pesticide challenge. This is an important legacy for future generations of Bethlehem residents.

Carole Nemore
Delmar

Weisheit's sets great example

Editor, The Spotlight:

I read the article in the recent Update edition on Weisheit Engine Works and Bill Weisheit with great interest. While I do not know Mr. Weisheit personally, I am very familiar with the quality of services Weisheit Engine Works provides.

I have been a customer for approximately 18 years. They have kept my 25-year old snowblower in excellent condition. Over the years, the quality of their services has been consistently excellent and their prices reasonable. They do what they tell you they are

going to do, and they stand behind their work. If there is a problem, they come right over, and they correct it on the spot.

I think they are a great example of how a business should be run. We are fortunate to have them in our community.

Peter Gerstenzang
Delmar

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Registration on first-come, first-served basis.

Space is limited.

Deadline - February 1, 1999

Boy Scouts to dish up pancake supper Saturday

Boy Scout Troop 73 will serve its annual pancake and sausage supper on Saturday, Feb. 6, from 4:30 to 7:30 p.m. at the American Legion Hall on Voorheesville Avenue.

Tickets will be sold at the door and cost \$4 for adults and \$2.50 for children.

Basketball boosters to dish up dinner

Boosters of the varsity basketball program at the high school will host a fund-raising dinner and bake sale at the high school cafeteria on Friday, Feb. 5.

Dinner will be served between 3:30 and 7 p.m. The menu includes chicken, potato, corn, rolls and butter and beverages.

The price for a dinner with half a chicken is \$7, a quarter chicken dinner costs \$5.50. The bake sale will be held throughout the evening.

Harpist to perform at library

Harpist and storyteller Lucy McCaffrey will present "Songs of History Are Worth a Thousand Pictures" on Wednesday, Feb. 10, at 7:30 p.m. as part of the Centennial Historical Lecture series at the public library on School Road.

The program is free. For information, call 765-2791.

NEWS NOTES

Voorheesville

Elizabeth
Conniff-Dineen
765-2813



St. Matthew's men to hear sportswriter

Sports columnist Steve Campbell will be the guest speaker at the third annual St. Matthew's Men's Association Sports Night tonight, Feb. 3, at 6:30 p.m. in the parish center on Mountainview Road in Voorheesville.

Subs, pizza and refreshments will be served, and there will be door prizes and sports trivia games. Admission is \$5. For information, call 765-2805, ext. 9.

Firefighters to sponsor blood drive

Roll up your sleeves for the Red Cross Bloodmobile on Saturday, Feb. 6, from 8 a.m. to 1 p.m. at First United Methodist Church of Voorheesville at 68 Maple Ave.

Voorheesville Volunteer firefighters are sponsoring the drive. For information or to make an appointment, call Monica Burt at 765-3686. Walk-ins are welcome.

Elementary drama club to present Cyberkids

The elementary school drama

club's presentation of the musical "Cyberkids" is set for Friday, Feb. 5, at 7:30 p.m. and Saturday, Feb. 6, at 2 p.m. in the auditorium.

Tickets cost \$2 for adults. Students through high school can attend free of charge. Tickets will not be sold at the door, but must be purchased in advance through the PTA.

For information, call Trish Thorman at 765-4506.

Garden club to meet

Helderview Garden Club will devote its first meeting of the new year to a slide presentation by Grace Reynolds entitled "To Your Health! Glorious Garlic" on Thursday, Feb. 4, at 7 p.m. in the community room of the public library on School Road.

Everyone is invited to attend.

Time to register for Kiwanis Little League

Registration for Kiwanis Little League is set for Wednesday and Thursday, Feb. 10 and 11, from 6:30 to 8:30 p.m. at the elementary school.

For information, call Kyle Schlappi at 765-9337.

Register for adult ed at high school

Registration for the spring continuing education program will be on Monday and Tuesday, Feb. 8

and 9, from 7 to 9 p.m. in the high school cafeteria on Route 85A.

Mail registration is from Feb. 8 to 20, and classes begin Feb. 22. Mail registration will be opened after the last in-person registration night.

Highlights include recreational sports, arts and crafts, business, safety and health, and special interest classes.

For information, call 765-3314.

Blood pressure clinic set for Tuesday

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

Nursery school to hold drawing Feb. 8

Community Nursery School of First United Methodist Church of Voorheesville will hold a drawing to fill both morning and afternoon classes on Monday, Feb. 8, at 7:30 p.m. in the church social hall on Maple Avenue.

Applications will be accepted until 7 p.m. that evening.

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

For information, call Christine Whiteley at 765-4019 or the church at 765-2895.

School board to meet

The school board will hold its next regular meeting on Monday, Feb. 8, at 7:30 p.m. in the large group instruction room at the high school. The board will continue discussion of its expansion plans at the meeting.

Historical group offers prizes for essays

New Scotland Historical Association is offering the fourth annual E. Dayton Joslin Prize for the best essay on town history written by a seventh-grade student who lives in the town of New Scotland.

The topic is any aspect of town

history, such as people, politics, buildings, parkland, business and recreation.

The essay should be about 500 words, and must be accompanied by a bibliography.

First prize is \$100; second prize, \$50; third prize, \$25; and fourth prize, a copy of *Voorheesville, New York: A Sketch of the Beginnings of a Nineteenth Century Railroad Town*, signed by the author, Dennis Sullivan.

Entries must be postmarked by March 31 and sent to New Scotland Historical Association, PO Box 541, Voorheesville 12186.

Robert Parmenter and Laura Ten Eyck will be the judges. Prizes will be awarded at the group's May 4 meeting at Wyman Osterhout Community Center in New Salem.

Methodist youth group to help homeless

The Senior United Methodist Youth Fellowship of First United Methodist Church of Voorheesville will make its fifth annual Midnight Run on Saturday, Feb. 13.

The event takes youth to the streets and shelters to deliver blankets and personal care items directly to the homeless.

Donations of new blankets and trial/travel-sized toiletries are being collected in a large box in the social hall foyer of the church on Maple Avenue. Cash donations are also appreciated.

High school senior advances in contest

Clayton A. Bouton High School senior Christopher Bonham recently came in first place in zone competition of the New York American Legion High School Oratorical Contest and received a \$500 savings bond.

Bonham had previously won at the school and district level and now advances to the state semifinals on Feb. 13.

The future belongs to those who believe in the beauty of their dreams.

— Eleanor Roosevelt

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Bulletin board features Black History Month info

February — which holds the birthdays of Abraham Lincoln and Frederick Douglass — is Black American History Month.

The observance dates from 1926, when it was founded as "Negro History Week" by Dr. Carter

Check It Out
Bethlehem Public Library

G. Woodson, a Harvard-trained educator and son of former slaves. It expanded to a month-long commemoration in 1976, coinciding with the U.S. bicentennial.

Woodson's goal was the conservation, preservation and perpetuation of African American history and culture in the Western Hemisphere. To that end, he founded the Association for the Study of Afro-American Life and History back in 1915. Today you can visit this long-lived organization's Web site: <http://www.artnoir.com/asalh/>.

Black American History Month is commemorated in February's bulletin board display.

Christina Demers' watercolor florals are on exhibit in the northwest gallery. Demers cites Georgia O'Keeffe as the fundamental spark for her work, even though her chosen medium is different.



Watercolors of Christina Demers are on display this month in the northwest gallery.

She observes that "the versatility of watercolor allows for every delicate feature ... to be not only portrayed, but celebrated."

Demers, a freelance graphic artist, recently sold two designs to a national greeting card company, one of which was released as a holiday card in November.

Watercolors by Barbara Wooster are in the southwest gallery.

Case displays this month include Sherry Haluska's collection of nutcrackers. Haluska is head of the library's reference and adult services department. Jesse Pulitzer Kennedy displays Lego constructions in youth services.

Sign up for tonight's offering "Global Markets Open For Business" with Kenneth Wehner of Morgan Stanley Dean Witter. The program begins at 7:30 p.m. Tomorrow, Feb. 4, at 7 p.m., author Scott Christianson will talk about

his book, *With Liberty For Some: 500 Years of Imprisonment in America*.

On Monday, Feb. 8, at 7 p.m., the Mother-Daughter Book Discussion Group will take up Tuck Everlasting, a young people's novel about eternal youth, by Natalie Babbitt. Register for all these programs by calling 439-9314.

Louise Grieco

Concert set at BCBS

Bethlehem Central High School music department will present the Earth Tones, the University at Albany male a cappella vocal ensemble, along with five other a cappella singing groups in a concert entitled "The Best of A Cappella" on Sunday, Feb. 7, at 7 p.m. at the high school, 700 Delaware Ave., Delmar.

Donations of \$5 for adults and \$2 for students (under 18) will be requested.

The concert will conclude an afternoon of students working in a cappella workshops with Elliot Z. Levine, baritone and co-founder of The Western Wind Vocal Ensemble of New York City.

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BCMS announces honor, high honor roll students

Bethlehem Central Middle School recently announced its first marking period honor roll.

Students on the high honor roll are:

Sixth-grade

Lindsey Adewunmi, William Agnew, Craig Alfred, Corey Alston, Jacqueline Avitabile, Nandini Banerjee, Conor Barada, Lisa Barnes, Matthew Bell, Sara Blanch, Zachary Blau, Jordyn Blumkin, Christopher Bonafide, Maria Bratslavsky, Matthew Broman, Timothy Brosnan, Jayme Brown, Catherine Cagino, Chelsea Carman, Olivia Carpinello, Jennifer Caster and Emily Coles.

And Shane Connors, Phillip Conway, Rylan Conway, Sean Conway, Sybil Copp, Logan Crusan, Maura Cullen, Christopher Cunneen, Sharon Curtis, Joseph Devoe, Kendall Drew, Laura Drislane, Lindsey Dugas, Emily Durfee, Allison Farer, Mark Fitzsimmons, Zoe Foss, Noah Fuchs, Sarah Fudin, Tessa Gadomski, Danielle Garfinkel, Alessandro Gerbini, Matthew Gerstenzang, Chantel Gibson, Caitlin Gillman, Anthony Gioeni and Erik Glaser.

And Matthew Goldstein, Sara Greenfield, David Halbedel, Julia Hall, David Hasson, Laura Heisler, Claire Hickey, Adam Hill, Allison

Hoffman, Edwin Hotaling, Timothy Karpowicz, Andrew Kelleher, Alison Kennicott, Stephen Kerwin, Margaret Kowalik, Laura Krzykowski, Sarah Lackner, Matthew Laiosa, Rachel Laufer, Kate Leary, Ethan Levine, Jennifer Libutti, Jaclyn Livingston, Kieran Maestro, Emily Malinowski, David Mark and Theresa McGrath.

And Jennifer Meany, Abigail Miller-Taber, Hannah Moore, Timothy Moriarity, Danielle Mozeski, Connor Murphy, Ryan Murphy, Carolyn Niehaus, Daniel O'Connor, Ryan O'Hern, Andrew Olinzock, Christopher Olsen, Paul Parker, Zachary Patnode, Vanessa Patry, Jessica Pisciotta, Larissa Plotsky, Mary Plummer, John Politi, Kimberly Preston, Michael Preusser, Rachel Promutico, Elise Puzio and MacKenzie Riegel.

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Seventh-grade

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And Christian Jacobson, Molly Jaffe, Daniel Kern, David Kispert, David Kopach, Alex Kopp, Johann Kwan, Michael Labate, Christopher Lee, Joshua Lewis, Carrie Lyman, Andrew Machlowski, Katherine Madden, Alison Maher, Elizabeth Maltzman, Kevin Manilenko, Scott Marmulstein, Michelle Martin, Johanna Marvin, Jennifer McCarry, Christopher McGann, Robert McGrath, Max Mehlman, Catherine Mendel, Leah Mosall, Lisa Moskowitz, Jenna Munnely, Meaghan Murphy, Rosalie Norris, Julia Oakley, Kelly Owens, Kayleigh Pankow, Sophia Panych, Kevin Perazzelli, Meaghan Persing, Amy

Phillips, Gregory Pittz, Jameson Putnam, Nicholas Radko and Julia Raymond.

And Bethany Reddy, Catherine Reilly, Seth Reinhardt, Richard Rodgers, Thomas Rood, Anna Rubin, Tiah Rubin, Scott Sajdak, Bridget Sandison, Evan Savage, Jessica Schoen, Kate Schoenbach, David Schwab, Jenna Segal, Andrew Shawhan, Laura Sherin, Genya Shimkin, Mikhail Silk, Heather Smith, Shauna Spinosa, Abigail Stambach, Colin Stanton, Caroline Stockdale, Nell Strizich, Luke Sullivan, Brett Teator, Matthew Tyman, Rebeka Vanderzee, Brendan Venter, Elizabeth Walker, David Ward, Samantha Weyant, Laura Wing, Danielle Wolinsky and Carrie Zurenko.

Eighth-grade

Joshua Alfred, Courtney Arduini, Emily Axford, Emily Bango, Robert Barrowman, Jonathan Bartow, Jonathan Baselice, Marie Bell, Jonathan Berk, Laura Beyer, Meghan Blake, Michelle Blustein, Scott Braaten, Andrea Burriesci, Kara Cady-Sawyer, Casey Carroll, Maria Caruso, Christina Castellanos, Emily Cohen, Nicholas Criscione, Kerry Cunneen, John Davis, Marianne DiNapoli, Sarah Eison, Winter Eyres, Danica Feustel, Sarah Fischer, Virginia Fisher, Lindsay Franklin, Emma Furman, Kevin Gallagher, Jeffrey Gardiner, Thomas Geyer, Richard Grant, Kevin Gutman, Benjamin Hager, Elizabeth Hamm, Bethany Harren, Kathleen Hart, Naomi Hauser and Megan Herzog.

And Kathryn Himmelfarb, Stephanie Holmes, April Hotaling, Chelsea Isdell, Elisabeth Kispert, Lauren Kohl, Adam Lopp, Thomas Lackner, Audrey Lacy, Peter Laird, Zachary Levine, Hannah

Lewis, Antonio Lombardo, Caroline Lyons, Amie Lytle, Meredith Magin, Adam Marcal, Jennifer Marro, Kathleen McCarthy, Dennis Miaw, Caroline Milano, Joshua Modney, Jordan Murray, Joseph Nedy, Elizabeth Nussbaum, Ana O'Keefe, Kathleen Parafinczuk, Matthew Pasquini, Jaimee Peckham, Kaitlyn Peterson, Emily Petraglia, Lillian Pittman, Thomas Potter, Reid Prinzo, Keelin Purcell, Amy Reddy, Christopher Regal, Kelly Rider, Patrick Riegel, Sarah Romeo and Lindsay Ruslander.

And Maytal Saltiel, Brenda Schmidt, Dominik Schneider, William Sherman, Adam Shpeen, Evan Siegel, Allegra Smith, Kelly Smith, Erin Stenson, Larissa Suparmanto, Abby Svenson, Matthew Swiatowicz, Larysa Switlyk, Matthew Taber, John Thibdeau, James Traylor, Elizabeth Ulion, Alexis Vail, Megan Volo, Jessica Volpi, Katherine Wagoner, Lauren Wakeman, Molly Warheit, James Wheeler, Leonard White, Andrew Whiting, Jessica Willen, Susanna Winkeller and Jason Zogg.

Students on the honor roll are:

Sixth-grade

Aaron Aadland, Aurelia Abba, Dana Affinati, James Alesse, Sarah Altone, Chelsea Arduini, Danielle Baker, Paul Bassinson, Katherine Beyer, Brian Bird, Gregory Blendell, Steven Blendell, Ryan Bormann, Aaron Brauner, Cullen Breen, Paul Brodzik, Cameron Brown, Trevor Browne, Francis Bunk, Justin Burkart, John Burke, Anthony Butler, Gregory Cameron, Chao Cao, Gabriel Carney, Melissa Carriero and Kailee Carusone.

Gina Catalano, Allison Cathers, Karyn Cioppa, William Comtois, Joseph Conroy, Matthew Conway, Elizabeth Corbett, Susan Coulon, Cori Cowan, John Cox, Kristine Crookes, Shannon Crotty, Andrew Cunningham, Stephen Decker, Maia DePorte, Stephen Dole, Brendan Donohue, Thomas Doyle, Joshua DuBois, Ryan Eder, Morgan Ennis, Andrew Falkenhainer, Elliott Feedore, Samantha Feinberg, Shana Feinberg, Daniel Felitte, Daniel Forrest and Danielle Frankovic.

And Jaclyn Franks, Arianna Gallo, Michelle Gardiner, Emily

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And Michael Oliver, Conor O'Shea, Jennie Parker, Timothy Pasquini, Robert Pesce, Michael Poletto, Justin Puccio, Brian Puff, Rima Rahal, Nathaniel Rauch, Jessica Rawlins, Kathleen Riedy, Brad Roberts, Melanie Rockefeller, Meghan Rose, Tara Rossman, Jessica Rutnik, Elizabeth Sargent, Philip Schwartz, Brian Sheevers, Rebecca Shufelt, Cierra Smith, Zachary Smith, Nina Sokoler, Kipp Spencer, Andrew Stanton, Charles Taber, Nicole Taber, Benjamin Teitler, Emily Thomas, Megan Thomas, Alexander Tiberio, Patrick Traub, Melissa Tucker, Matthew Turo, Kyle Vale, Jodi Veeder, Jonathan Venezia, Ryan Virgil, Robert Voorhees, Jennifer Walton, Roxanne Wegman, Patrick Wickham, Geoffrey Wilcox, Melody Wilday, Kyle Winne, Debra Wray, Andrew Zimnicki and Joanna Zwickel.

Seventh-grade

Daniel Adams, Stephen Allen, Samuel Altschuler, Meghan Amiri, Laila Anwar, Calyn Austin, Ciara Averill, Russel Babin, Tracy Bailey, Donald Ballard, Kyle Batchelor, Erica Beach, Amanda Blanchard, Jacquelyn Blanchard, Katie Bormann, Jennifer Boughton, Jeffrey Boynton, Cassie Bradley, David Brewster, Tara Burkhardt, Amanda Calvagno, Evan Capobianco, Thomas Caraco, Stephanie Cariati, Colin Cassidy, Ronald Catalano, Andrew Clift, Darren Conroy, Ryan Decker, David Denio, Michael

DiGiulio, Daniel Donovan, Courtney Dowd, Grace Dupuis, Lina Dzekciorius, Kevin Eames, Russell Ellers, Jaclyn Entringer, Kathleen Fage, Joshua Frank, Sarah Frueh, Kate Fruscione, Brent Fryer, Elizabeth Gallacchi, Jesika Gerasia, Kathleen Getz, Abigail Goldberg, Shane Gray, Michael Greenberg, Jennifer Gregory, Brian Gyory, Thomas Hackman, Paul Hall and Peter Halligan.

And Kelly Hammond, Timothy Hannigan, Stephenie Hartmann, Andrew Hasselbach, Casey Heim, Annie Hennessy, Nicholas Jackson, Carole Jenks, Marcus Kaplan, Adam Karian, Emily Karian, Ashley Kaufman, Daniel Keefer, Daniel Kelleher, Michael Keyser, Michael Kissling, Allison Klein, Jamie Kleinhans, Victoria Knox, Aaron Kolodny, Jeremy Kondrat, Evan Kozak, Atalia Krohmal, Lisa Kutey, Joanne Kwok, Amy LaGrange, Emily Langner, Chad Languish, Adam Lenhardt, Michael Leveille, Sari Lipnick, Matthew Macri, Brian Maher, Sean Manning, Laura Manzi, Michael Manzione, Joseph Marcy, Anya Maslack, Brian McBride, Kindra McClary, Alyssa McDonagh, Christopher McFarland, Matthew McKenna, Lowell McMillen, Amelia McPheeters, Matthew McVoy, Abby Melnikoff, Glyndwr Michl, Jonathan Micklos, Benjamin Miller, Casey Miller and Lindsay Montesano.

And Collin Mooney, Briana Myers, Matthew Narode, John Necroto, Lindsey Nickles, Mary Norvici, Kathleen Orcutt, Susan Pedlow, Lindsay Piela, Emily Pietrafesa, Timothy Plecka, Bryan Polovina, Brendan Pratt, Alexandra Puccio, Kristyn Raffaele, Allen, Rarich, Lauren Rarich, David Richardson, Juliana Rinaldi, Erica Roccario, Erica Rourke, Christopher Ryan, Jackie Saliba, Michael Sanders, Molly Schaefer, Margaret Schimanski, Caitlin Schreffler, Andrew Schron, Jessica Scialdone, Carleen Sgroi, Patrick Shaffer, Aimee Shaye, Jed Sigal, Katherine Smith, Thomas Smith, Scott Solomon, Ashley Spath, Victoria Spath, Matthew Stannard, Rachel Stark-Reimer, Andrea Stupp, Paul Sypek, Alexander Szebenyi, Alessandro Tabora, Sara Thompson, Elizabeth Tripp, Matthew Unright, James Valenti, Alexander Vaughn, Shannon Vigars, Elizabeth Walsh, Sarah Weissman, Kristen White,

Andrew Wilbur, Sarah Wilkie, Kathleen Wilson, Quinn Wilson, Ashli Winter, Brittany Worgan, Matthew Young and Tyler Zink.

Eighth-grade

Charles Allardice, Aja Amaro, Anna Amaro, Courtney Atwood, Maura Ayres, Stephen Bagg, Richard Bailey, Soraya Barat, Michael Barone, Emily Bernier, Brian Biche, Scott Birdsey, Mark Black, Patrick Blackwell, Matthew Blendell, Michael Blendell, Caleb Bonnell, Leda Borys, Elizabeth Bouyea, Stefanie Bowman, Devin Breen, Liam Brennan, Samuel Brody, Christopher Brown, Christopher Bub, Brianna Bubeck, Elizabeth Buckley, Liam Bunk, Adrena Burt, Kristen Byrnes, Christine Capobianco, Julianna Caporta, Charles Chapple, Heather Ciccone, Peter Cioppa, Dominic Ciprioni, Jason Colacino, Kylie Conley, Paula Coons, Ada Cornell, Trevor Cox, Matthew Curtin, Brian Danchetz, Ethan Daniels, Danielle DeClue, Douglas DeMarco, Lauren DePaulo, Meagan DePaulo, Andrew Dolan, Heather Dooley, Nathaniel Drake, Jeanne Drucker, Gregory Dwyer, Erin Elfeldt, Brenden Ennis, Mallory Fishman, Dorinda French, Zachary Frone, Evan Gall, Shira Ginsberg, Amy Ginsburg, Matthew Glannon, Hannah Gold and Robert Gombel.

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And Daniel Stevens, Stephen Strait, Benjamin Suarot, Colin Summers, Matthew Suozzo, Daniel Swartz, Anjella Teimoori, Ashley Thatcher, Michael Thomas, Brendan Tougher, Christopher Tracy, Alicia Trivison, Jeremy Trotta, Brian Turner, Kevin Ungerer, Lily Vandyk, Richard VanDyke, Kathryn VanHeusen, Nicholaas Velvis, Marisa Villasenor, Marina Virnik, Nicole Vitillo, Stephen Vnuk, Dana Vroman, Karen Walenta, Keri Walsh, Kathryn Wickham, Matthew Wiley, Jason Williams, Mary Wilson, John Wyluda, Jeffrey Young and Dania Zalen.

Physically Speaking



by Nick Valenze, P.T.



STRENGTH IN NUMBERS

While most older individuals are aware of the need for regular aerobic exercise to strengthen their lungs and cardiovascular systems, many discount any need for strength training. That may change as, for the first time, the American College of Sports Medicine (ACSM) has recommended weight training for people over 50 as part of its fitness guidelines. The ACSM advises engaging in resistance training two to three times per week to condition all the major muscle groups. Individuals are encouraged to lift weights sufficiently heavy to achieve 10-15 repetitions per session before the muscles become fatigued. The goal is to slow, or even reverse, losses in muscle mass, bone density, and strength once thought to be an inevitable part of aging.

The down side of modern, labor-saving devices is that we lose the benefits of the labor we're "saving". While central heating made lifting and chopping heavy logs of wood unnecessary, the exercise that such an activity provided is still a crucial factor in retaining health and vitality. At Bethlehem Physical Therapy, located at 365 Feura Bush Road, Glenmont Center Square, we offer a wide range of conditioning, and treatment programs to help you reach peak performance. To learn more, please call 436-3954, evening hours available.

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	Tue-Wed	Feb 9-10	9am-12
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Scouts to sell cookies at Ravena Grand Union

Brownies from Troop 236 will sell Girl Scout cookies on Saturday, Feb. 6, from 10 a.m. to 2:30 p.m. at the Ravena Grand Union.

Proceeds from the sale will help provide funds for Troop activities.

Parent-teacher groups to meet at school

Parents-teacher groups at both Pieter B. Coeymans and A. W. Becker elementary schools have scheduled meetings for Tuesday Feb. 9, at 7 p.m. at the schools.

Pieter B. Coeymans PTO's spring fund-raiser starts Feb. 8 and runs through Feb. 23.

Students to participate in music festival

RCS students will participate in the Colonial Council music festival on Saturday, Feb. 6, in Mechanicville.

NEWS NOTES

Selkirk
South Bethlehem
Linda Marshall
756-3520



Historical association to hear speaker

William Evans, director of the state Archives Extension Service, will discuss "The New York State Archives: A Gold Mine of History" on Thursday, Feb. 18, at 2 p.m. at the Cedar Hill Schoolhouse on River Road in Selkirk.

The free talk, sponsored by the Bethlehem Historical Association, is open to the public.

For information, call Helen Smith at 439-3916.

Vegetarian program on tap tonight

If you are a vegetarian or considering becoming one, come to the library tonight, Feb. 3, at 7 p.m. for a program on how a meatless diet can include a nutritious, varied and delicious array of food.

Voorheesville
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Questions will be answered and solutions (and tasty samples) will be offered by Kathy Greenwood from Cornell Cooperative Extension of Albany County.

The second in a series of centennial historical presentations entitled "Songs of History are Worth a Thousand Pictures" will be presented by Lucy McCaffrey on Wednesday, Feb. 10, at 7:30 p.m.

She will perform a selection of songs that reveal the hopes, dreams and struggles of our ancestors. Refreshments will be served. Sign up is requested by calling 765-2791.

With several regular participants away for the winter, Nimblefingers is looking for new faces to join the busy sewing circle that meets on Tuesdays, from 1 to 3 p.m.

Coordinator Julie Stump said the group is made up of more than just quilters — bring embroidery or knitting or whatever project you are working on.

Linda Bunzey's wonderful pastels and watercolors are in the hall gallery this month.

In the kitchen gallery, teenagers Brian Kern and Sarah Steinkamp are premiering a pho-


tography exhibit, and an engaging collection of Maureen Sangiorgi's teddy bears is in the display case.

Area artists take note. The library is planning a juried and judged art show "Century Images" in celebration of the village centennial. Details will be outlined in future columns.

Cookbooks have been reordered and should arrive sometime this month. Leave your name and telephone number at the desk if you would like to be called when they arrive.

If you are having trouble seeing, you may have left your glasses at the library — we have a pair of bifocals in a case in our lost and found.

Barbara Vink




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Sports

Indians lose ground at Averill Park, BCHS girls win two

By Len Tarricone

The first time the Ravena-Coeymans-Selkirk boys basketball team attempted to travel to Averill Park for a key league contest, they got snowed out. When they arrived for the makeup Jan. 26, they were quickly snowed under.

Succumbing to their hosts' full-court pressure and a barrage of three-point baskets, the Indians fell to the league-leading Warriors 68-56. RCS started slowly, got things going in the second half, but could not overcome the misery of the opening 16 minutes, when they were outscored 34-15.

As it turned out, a win, coupled with Mechanicville's 64-60 defeat of Watervliet the following night, would have pulled the Indians into a four-way tie for first place in the

Colonial Conference. With games remaining against each of the other three co-leaders, RCS' destiny would have been theirs to decide. Instead, they saw their title hopes seriously damaged as they dropped to fourth place, two games out of the lead. Nevertheless, coach **Bryan Wood** was looking ahead with optimism.

"I was proud of the way we came back in this game; we showed we can play with a very good team, a Class A school," said Wood. "I feel like we'll be one of the top five Class B schools heading into the Sectionals."

The Indians woke up from their first half stupor and, behind **Tony Tucker** and **Kevin Reinisch**, ripped off a 16-4 run to start the third quarter and slice the Warriors' lead to 38-31.



RCS defenders John Weinheimer (23) and Tony Tucker double-team an Averill Park ballhandler in the Indians' 68-56 loss. *Len Tarricone*

The two seniors combined for 14 points in the spurt, which featured five assists from senior swingman **John Weinheimer** and two from point guard **Brad Palmer**, as the Indians turned the tables on the Warriors by creating turnovers and scoring in transition.

But despite the surge and the momentum shift, RCS would not be able to contain Averill Park guard **Ben Shahinian** for very long, and his shooting and playmaking proved to be the difference. Just as Weinheimer, who came in averaging over 20 points per game, began to heat up midway through the third quarter with his first points of the night, Shahinian kept the pressure up by outscoring him 10-7 over the

□ **INDIANS/page 14**

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Indians

(From Page 13)

next five minutes to up the Warriors' lead again to 10 early in the final quarter.

RCS got back to within seven points two possessions later on a Tucker layup off a pretty feed from Weinheimer, but Shahinian was there to respond again with a pair of free throws. The Warriors built the lead back up to 13, but the Indians dialed some long distance to chip away, hitting successive trifectas from Palmer, Sam Pitts, and Weinheimer to creep back within seven once more in the final minute.

But a home-run pass and basket off the inbound to Shahinian concluded matters. The senior led the Warriors with 30 points, loosened up RCS's defense with long-range shooting, and combined with guard Billy Fitzpatrick on a trapping press that harassed Palmer and the RCS backcourt, forcing turnovers that led directly to 13 first-half Averill Park points. All of the Warriors scoring in the half came via layups, free throws, or three-pointers, of which Shahinian hit two, Fitzpatrick one, and Matt Biette two.

"We came out flat," said Wood. "We didn't get back on defense and they were beating us down the floor."

The Indian's offense, when they were able to break pressure, consisted mainly of Weinheimer making dazzling passes underneath, several of the look-away variety, to teammates who had difficulty finishing on three of six occasions. Weinheimer, who was shadowed closely by Biette, only attempted two shots in the half.

"That was frustrating," said Wood of the missed opportunities. "Our offense runs through John, and we just didn't do a good job of getting him the ball early on." Weinheimer finished with 16 points, all in the second half, but by then too much damage had been done. Reinisch added 12 and Tucker had eight for RCS.

The Indians followed the Averill Park defeat with an 80-69 victory at home over Clayton A. Bouton Central High School on Jan. 29. Weinheimer and Tucker each poured in 27 points for the Indians (10-3 league, 12-3 overall), who will try to avenge an earlier loss to Cohoes when they host the Tigers Feb. 5 at 7:30.

The Blackbirds (4-9 league, 5-10 overall) got solid production from seniors John Krajewski, Tim Beadnell and Pat. St. Denis, who scored 27, 20, and 16 respectively, but could not get past RCS, who led 40-37 at the half.

The Voorheesville squad will entertain Waterford for a 7:30 matchup Feb. 5.

Meanwhile, Bethlehem Central High School split a pair of games over the weekend, downing Mohonasen 74-53 Jan. 29 behind a 43-point combined effort by the backcourt tandem of Pat Hughes and Chuck Abba, and dropping a makeup game the following night at Shaker, 68-51. Hughes had 15 points and Josh Burnett 11 in defeat for the Eagles (4-6 league, 86 overall), who will host Burnt Hills Feb. 5 at 8 p.m.

They will try to duplicate the success the Lady Eagles had against their Spartan counterparts when they defeated them Jan. 28, 45-32, in a makeup game in Bethlehem. Point guard Bridget Murray hit a trio of three-point baskets en route to her 13 points, and Megan Fish chipped in with 10 points, as Bethlehem put together a strong second half.

The following evening on the same court, the Lady Eagles dispatched Mohonasen in a low-scoring affair, 35-18. This time it was Lauren Murray who led the way, with 10 points, as center Lily Corrigan added eight. Bethlehem (6-4 league, 9-7 overall) will host Saratoga's Blue Streaks Feb. 3 at 8 p.m.

The Lady Blackbirds fell at Averill Park in a makeup game Jan. 30, 43-32, when the Warriors used a decisive 15-7 third quarter run to gain the victory. Guard Caryn Adams scored 11 points for Clayton A. Bouton, who had played rude hosts to RCS the prior evening, turning back the Indians 41-28. Adams again showed the way with 12 points in that contest, while Jessica Lindner added seven for the Lady Blackbirds (8-4 league, 10-5 overall), who will travel to Columbia High School for a non-league affair Feb. 5.

The Indians, meanwhile, had their own shot against Averill Park

in RCS Jan. 26, and had the Warriors on the ropes for much of the game before falling late, 54-51. Sophomore guard Kim Prior sopped the Indians, who led by nine points at the half, with 15 points, while Casey Firstiun added 14 and guard Leia Weidman 10. RCS also led Clayton A. Bouton at the break on Jan. 29, but were outscored 28-11 the rest of the way. Melissa Eissing scored 13 points in that game to lead the Indians (5-7 league, 7-8 overall), who will travel to Cohoes Feb. 5 for a 7:30 contest.

Two Dolphins swim in "AA" meet

Delmar Dolphins swimmers Theresa Rosetti and Ellen Bandel recently swam at the Poland Springs "AA" Invitational Meet in Wilton, Conn.

Swimmers had to have "AA" national qualifying times in each event that they entered.

Rosetti finished third in the 13- and 14-year-old finals in both the 100- and 200-yard butterfly.

Bandel, swimming in her first "AA" meet, achieved personal-best times in the 200-yard individual medley and 100-yard freestyle in the 15-and-over category.

Fund-raising feed set for V'ville basketball

Boosters of the varsity basketball program at Clayton A. Bouton Junior-Senior High School will host a fund-raising dinner and bake sale at the high school cafeteria Friday, Feb. 5.

Dinner will be served between 3:30 and 7 p.m. The menu includes chicken, potato, corn, rolls and butter and beverages.

The price of a half-chicken dinner is \$7, and a quarter-chicken is \$5.50.

BBC action

In Bethlehem Basketball Club play Dec. 31, Danielle Mozeleski's superb play was not enough, as St. John's lost 26-17 to Syracuse. Kate Leary had four points for the Orangemen.

Brian Sheevers' numerous steals led Georgetown's defensive effort in a 36-28 win over Seton Hall, which got five points from Aurellia Abba. Katie Rowan had 12 points in Villanova's 35-24 win over Pitt. Pat Traub had four points for Pitt. West Virginia beat B. C. 44-30, behind four points from Beth Barrowman. Trevor Browne had six for B.C.

Mary Plummer scored five points to lead Notre Dame to a 30-23 win over Amanda Watkinson and UConn. Clare Jednak's Providence squad tied Rachel Promutico and Miami 22-22.

Duke beat Clemson 55-14 behind six points from Evan Savage. Kyle Herbingier had four points for Clemson. Matt Macri had 10 points in North Carolina's 31-29 loss to Wake Forest, which got six points from Mike DiGiulio. Amanda Blanchard led Maryland to a 37-35 win over Virginia. Kevin Perazzelli had six points for the Cavs. Briana Myers played strong defense for Georgia Tech, but Florida State won 38-27. Glyn Miel had three points for FSU.

In NBA action, Dane Barclay had nine points in the Knicks' 44-39 win over the Sonics. James Carusone had two points in the loss. Sarah Homer's 14 points led the Celtics to a 57-33 win over Frances Ford and the Rockets. Joe Clyne led the Magic to a 35-32 win over Ted McInerney and the Lakers, and the Bulls beat the Spurs 41-20 behind Lindsay Franklin. Kevin Gallagher played well for the Spurs.

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Blackbirds rebound with solid season on the mat

Len Tarricone

For Clayton A. Bouton Central High School varsity wrestling coach **John Lopez**, 1998 was definitely a season to forget. He lost two key starters to injuries in pre-season, saw his roster further depleted to the point where he could only fill six weight classes, and finished 0-8.

Additionally, there was the legacy of his boss to consider, athletic director **Dick Leach**, who started the program back in the 1960s and amassed over 200 wins.

"It was tough for everyone," said Lopez, now in his fourth year at the helm. "I feel a lot of responsibility to keep the program strong, to uphold what he built."

Lopez has turned that disappointment into promise, and things seem to be on the mend in 1999, as his young squad has wrestled to a 4-3 record in the Colonial Council, 5-5 overall, and a fourth-place tie with Cohoes in league standings.

"The work ethic in the practice room has been good," he said. "The kids have been learning, developing their skills, and the attitude has been great. The best thing about our team is its youth."

Lopez has freshmen competing at 103 pounds (**Bryan Kafka**), 112 (**Will Denn**), 135 (**Travis LeDuke**), 145 (**Josh Cootware**), 171 (**Tim Hauser** and **Kevin Massaroni**) and 189/215 (**Josh Marks**); and sophomores at 119 (**Arone Silverman** and **Liam Butcher-Regan**), 125 (**Jesse Sommer**) and 189 (**Richard Clure**). Juniors include **Justin Finkle** at 125 and **Glenn Ashline** at 130.

There is significant leadership for these youngsters provided by the four senior captains — **Joe Catozino** at 130/135, **Nick Gaudio** at 140, **Ryan Spanswick**

at 160 and **Mike Cavanaugh** at 275. **Gaudio**, **Spanswick** and a fifth senior, **Jason Moak** (152), were part of the contingent that was unavailable to wrestle last season.

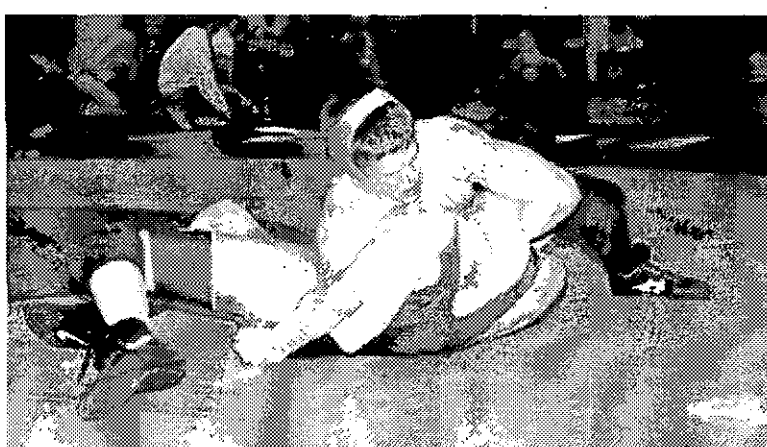
Spanswick, a varsity wrestler since eighth grade, is currently ranked third in Section II at 160, and has wins in the Schoharie and Hudson Falls tournaments to his credit. **Cavanaugh** also captured championships in those events, has pinned everyone he has wrestled this year, and is ranked in the top five in the area. He is the defending Class D champion.

"The opportunity is there this year for our younger kids to work with some seasoned seniors who are having success, and to pick some things up," said Lopez.

He is hopeful that a flow of trained wrestlers will continue to make its way to the team via the town's peewee program run by **Don Cootware** and assistant varsity coach **Matt Beals**.

The Blackbirds won three matches last week, a dual meet over Broadalbin-Perth and Mechanicville Jan. 29 and a 60-12 win over Watervliet in a league match Jan. 28. **Cavanaugh**, **Cotazino**, and **Marks** recorded pins against the Cannoneers, while **Ashline** and **Moak** gained decision victories.

Elsewhere in Colonial Council wrestling, **Gary VanDerzee's** **Ravena-Coeymans-Selkirk Indians** improved their record to 5-1 in the league and 8-5 overall with a 36-32 win over **Albany Academy** Jan. 27. **RCS** is led this season by



RCS grappler **Anthony Celella** sets up his opponent for a pin. *Len Tarricone*

a pair of seniors, **Anthony Celella** and **Keith Albano**, and sophomore **Jared Lackie**. Combined, this trio has only dropped five matches this season.

Celella, wrestling at 145/152 pounds, won Most Outstanding Wrestler honors at tournaments in **Lansingburgh** and **Schenectady**. **Lackie** (152/160/171) captured a championship at the **Johnstown** tourney and was a runner-up at **Schenectady**, and **Albano** (171/189) has only lost once all year.

VanDerzee said his team is "a little young" this year after losing, among others, **Tony Lintner** (fourth in Section 11 last year at 275), **John Edick** (145/152), and **Brian Sheer** (145/152) from last season's squad, which finished 11-4 and second in the league to powerful **Averill Park**.

Celella, 29-4 a year ago, and **Albano**, 18-5, form a solid nucleus, along with **Lackie**, for an Indians

'70s, perennial league champions, through the teams of **John Vishneowski** in the early-to-mid '80s, which won three league titles, and on now to **VanDerzee**.

In his sixth year as varsity coach after having headed the junior varsity for 11 years, **VanDerzee** is assisted by **Henry Mormile** and **Bob Pellitier**, who are also involved with a peewee program in **Ravena**. **Pellitier** is one of the two individual Sectional champions **RCS's** program has produced, having won at 103 pounds in 1990. **Tom Baraska** also earned the distinction at 215 pounds in 1988.

In one other match involving local teams last week, **Bethlehem Central High School** picked up a win at **Guilderland** Jan. 29, topping the **Dutchmen** 44-25.

The **Eagles** got pins from **Dan Dugas** (119) and **Dennis Lenhardt** (215), a technical fall from **Dave Woodworth** (112) and decisions from **Bill Tierney** (130), **Andrew Hayes** (145), **Dan Hazen** (152) and **Bob Hazen** (160). **Sean Altimari** (103) and **Dean Kawczak** (140) won via forfeit.

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Stuns

(From Page 1)

communicant of St. Matthew's Church. Jeanine McCune, coordinator of religious education and youth ministry at the church, remembered a smart, articulate kid.

He took part in the normal pursuits of a small-town youngster: active in his church, joining the ski club and tennis team in high school.

"He was just a typical teenager," said McCune, whose sons Mike and Chris were good friends, just behind Matt in school. "I don't know that he was all that different from other kids."

That changed, she said, two years ago, when his interest in politics blossomed during his junior year. "Maybe that's the difference," she said. "So many young people are negative about government now, but Matthew, I think, hoped to make a change in it. And if there was a kid who could ever succeed in that area, Matt could do it."

He is remembered by high school Principal William Furdon as well-liked in school and a "very caring kid, always supportive of

his fellow students, always there for them." He joined the Voorheesville school's mock trial club, participated in the BOCES New Visions Law and Government program for gifted students, and developed a passion for argument and a love of the law.

"He was a real go-getter," said high school senior and friend Alison Leonard. "What he wanted, he did. He didn't just sit there and say, 'I think I want it.' He was so excited about it. That's what he wanted to do, and he knew it."

At American University, he found his calling. Kathy Odell related Matt's excitement at a visit to the offices of Sen. Edward Kennedy and the Senate chamber.

"He called me that day, very excited, and said, 'Get on CNN! Put it on!' It showed the Senate gallery, and he told me, 'That's where I was today.' He was so thrilled."

"Some people don't know what they want to do tomorrow," said Blackman. "But he had it together." Odell laid plans for internships at the White House and the office of New York's junior

Sen. Charles Schumer. "And after he finished college," Blackman recalled, "he knew what law school he wanted to go to."

"He was living his dream," Furdon said. "He was around the people he wanted to be around, seeing the people he wanted to see. When he was back here for the holidays, he just grinned from ear to ear."

Odell's clear sense of purpose made his death hard to comprehend. "It's almost fresher now than it was last week," said McCune days after hearing the news. "And today is even worse than yesterday."

"I'm still in disbelief," said Leonard. "We all wanted to see him succeed. To have everything cut short when everything was well on its way."

"He had such a gleam in his eye," said his mother. "He was so happy. He got what he wanted. He got the brass ring. Anyone who talked to him and listened to him, you couldn't help thinking, this is a kid with his head on his shoulders. A kid you were proud of, with a real presence about him."

Over and out



Workers from Niagara Mohawk Power Corp. labor to restore power after a wire was downed on Adams Street in Delmar. Power in the area was out for about two hours last Thursday.

Elaine McLain



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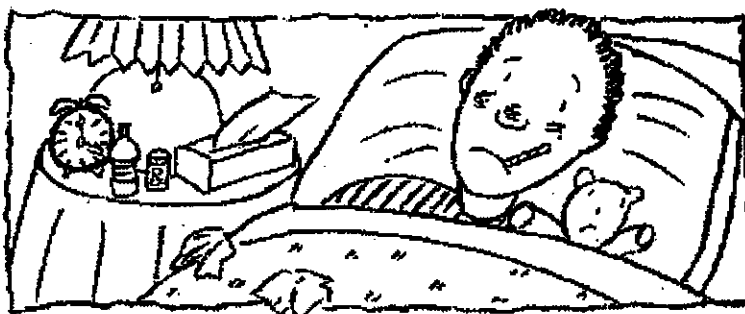


UNDER THE WEATHER?

*What to do when you're feeling blue –
is it just a bad cold or maybe the flu?
Should you stay home in bed or go see the Doc?
We'll give you some tips that might help a lot.*

See Page 18

Is it a Cold or the Flu?



By Joseph A. Phillips

You're feeling a little bit tired and achy, but not feverish or exhausted; stuffed up head and a sore throat, but not much of a headache. Is it a cold or the flu?

It's a cold, and very likely, what you're facing this cold and flu season. So far, the winter of '99 in our area has been relatively flu-free. That's good news. "Coryza", the common cold, is an ugly combination of letters and not much fun, but it is rarely life-threatening. The same can't be said of its more virulent cousin, "influenza".

"Virulent" is exactly the right word. Unlike the bacterially-produced cold, the flu is caused by a virus, which mutates each winter. This year's strain is called Type A-Sydney, which has cropped up in a few metropolitan hot spots, but mostly left Albany

alone — so far.

Which is which? The cold and flu are both passed around on water droplets from person to person: by a sneeze, a touch, a shared water glass. They share a few symptoms in common: congestion in the chest, stuffiness in the nose, soreness in the throat, general achiness. Usually these are more severe in a case of the flu, but when you're feeling bad, severity can be hard to gauge.

But if it's more heavily concentrated in the sinuses or shows up as an earache, it's very likely a cold. (Unless sneezing is practically the only symptom. In that case, it's probably neither cold nor flu, but an allergy.) If it starts out in the chest, chances are it's flu. Headaches (as distinct from the sinus ache associated with a cold) are also more closely associated with flu. And a cold

may leave you feeling a little weak, but if you feel flat-out exhausted, think flu bug. But the dead giveaway of influenza is a high fever lasting several days — rare in a cold.

Fortunately, the flu is preventable. Vaccines are usually easily available from your family doctor or a public health agency, particularly if you're at high risk of contracting the flu. You are if you fall into any of the following categories: a health care worker or someone in any crowded environment where shared germs get passed around — child care or nursing homes being a good example; someone 65 or over; someone with respiratory illness, diabetes, or severe cardiovascular disease, or otherwise susceptible to respiratory infection.

As for the cold, there is no shortage of advice out there

about prevention, but very little evidence to support any of it. Zinc is considered a popular preventative, but the clinical jury is still way out. It can help, but only if you begin taking zinc lozenges within 24 hours of infection.

And if you load up on zinc, its effectiveness is reduced if your level of intake is above 120 mg a day. Other highly touted but so far unproven preventives: garlic; melatonin for the over-40 crowd; exercise strenuous enough to work up a sweat but not so much as to make one fatigued; even being with friends and relaxing. They have other benefits — so even if they don't prevent a cold, they can't hurt.

To fight a cold or the flu once you have it: Vitamin C can reduce both the severity and the duration. Drinking lots of fluids, especially just plain water, can

help flush bacteria out of one's system, reduce dehydration, and counter the effects of low humidity, which can dry out your body's first line of defenses, the mucous membranes.

"Feed a cold" is good advice — if you're feeding it the right things. Foods rich in beta-carotene, like sweet potatoes, broccoli, or carrots, help boost the immune system. Chicken soup? It contains not only water and soothing warmth but also fats and spices that loosen up mucous clogging your nasal passages — and salt that can help reduce light-headedness. Aspirin or anti-inflammatories like ibuprofen or acetaminophen are helpful in fighting both colds and flu. Cold compresses on the forehead, forearms and wrists can help reduce the fever of flu. A cold needs just the opposite, warmth. Try a good hot bath.

To fight a relapse, get rid of that glass or plastic cup in the bathroom and replace it with disposable cups. A wet toothbrush is a place for bacteria to breed or a virus to lurk, so replace your old toothbrush. And finally, rest — and let your body recover.

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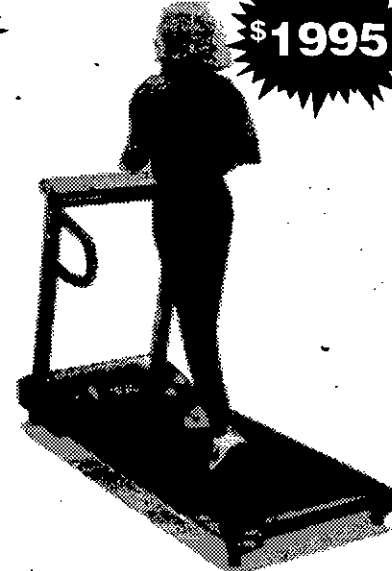
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IT ALL STARTS WITH A VISION

Prostate health and prevention not a favorite topic for men

By Joseph A. Phillips

PROSTATE CANCER, YES. BUT BEYOND THAT ONE TOPIC, AS FAR AS prostate health is concerned, men mostly don't want to talk about it.

"I think patients have always kind of ignored and minimized their prostate symptoms," said Dr. Stuart Rosenberg. "They figure they can live with it."

Rosenberg is one of seven partners in Capital District Urologic Surgeons, a practice with offices in several locations from Saratoga to Schodack. 60 percent of Rosenberg's clients are male, about 40 percent female, and he and his partners treat a variety of ailments, from kidney-stone disease to incontinence, impotency and erectile dysfunctions.

But their prostate health caseload remains somewhat modest. There are many reasons why men don't want to discuss prostate health: misunderstandings about the pain of treatment, about the impact on sexual function.

"Certain surgical treatments can affect sexual function, so it is a legitimate fear," said Rosenberg. The prostate is the secretory organ that produces testosterone, and a half century ago, an enlargement of the prostate, cancerous or otherwise, was often treated by removal of the organ, reducing sexual drive. But the reticence of men in this area reflects their general reluctance as medical consumers. "Traditionally, men are not used to routinely seeing a doctor, either their family doctor or a specialist," Rosenberg says. "It's imprinted on them. There's nothing that brings them in to see a doctor regularly."

Women in general are more rigorous guardians of their own urinary tract health, Rosenberg said, in part due to their association with a gynecologist from a comparatively early age.

"Men don't seem to go into the doctor's frequently or easily," Rosenberg said. "Most men don't wish to see a urologist or any doctor having to do with (problems affecting) their genitalia or urinary tract. Some of it is simply fear of what the doctor may say." And so men soldier on, ignoring or minimizing symptoms that they otherwise attribute simply to age, but

that in fact may signal a benign enlargement of the prostate. These include difficulty, or increased frequency, of urination, or more need to void late at night. A burning sensation, blood in urine, or the sensation of a bladder not quite empty — all can be calls for medical help.

The prostate sits like a collar encircling the urethra. Swelling or hardening of the prostate restricts the volume of urination. Enlargement can be caused by a toughening of the musculature, or by problems relating to the metabolism of testosterone, or by shrinking of the blood cells nourishing the prostate.

"There's been an evolution of treatment of benign prostate disease," said Rosenberg, beginning with the development in the 1950's of endoscopic surgery. An "endoscope" is a thin cable with a telescopic filament at its end, encased in a catheter inserted through the urethra. The endoscope proved useful for diagnosis and even for removal and resection of parts of an enlarged prostate without

the need for an external incision. This "trans-urethral prostatectomy" can reduce blood loss from surgery and lead to more rapid recuperation.

In the 1990's, researchers have discovered a variety of medications that can be helpful in treating an enlarged prostate. Blood pressure medications can help relax the toughening muscle; so, too, can a family of medications called "alpha blockers". So-called "dihydrates" can help improve testosterone metabolism, and other drugs reduce the enlargement of the prostate by improving blood flow. In recent years, lasers, used in concert with an endoscope, have further reduced the need for more invasive surgery.

"Lasers are not as efficient as other procedures," said Rosenberg, "but they're very helpful in patients on medications like blood thinners or anticoagulants." For these patients, lasers vaporize the target tissue and quickly seal the microscopic blood vessels in the prostate, reducing

hemorrhaging. The latest new wrinkle is called TUMT, an acronym for "trans-urethral microwave thermotherapy". A tiny microwave transducer performs a function not unlike a microwave oven: it radiates heat into surrounding tissues, thus killing the prostate cells for removal through the catheter.

"Essentially, you're 'cooking' the prostate to 140 degrees," said Rosenberg. Tiny thermal sensors in the catheter, used in concert with rectal temperature

monitors, can limit the area of tissue that is being "cooked". Patients can remain awake throughout the procedure, and can walk out the door when it's over. It takes as little as three months to fully recover from it.

"Too many men experiencing symptoms of a benignly enlarged prostate put off treatment or ignore it or don't even note their symptoms," said Rosenberg. Thanks to the newer minimally-invasive procedures for treatment, there's no need any longer not to talk about it.

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Modern exercise options equal more than just a treadmill

By Katherine McCarthy

IF YOU WANT TO GET IN SHAPE, STAY IN SHAPE, OR JUST ADD SOME VARIETY TO how you make yourself feel better, there are a lot of different ways to do that, from new exercises at the gym to nontraditional methods that help you draw on your true self to feel better.

One exercise program that has gained recent popularity is Pilates, a stretching and strengthening technique that Delmar resident Ellen Weinstein has taught in her own business for the past year and a half.

"I teach it because it's a stretching and strengthening

technique that leaves you feeling refreshed and alert," Weinstein said. "Joseph H. Pilates, a physical trainer, was the founder of the Pilates Method of Body Conditioning. He developed his technique in the 1920s in Europe, and brought it to the U.S., where it's been centered mainly in New York City."

The Pilates Method engages abdominal and back areas. "Pilates believed that all of your power came from your abdominals," Weinstein said. "When your abdomen, lower back and buttocks are supported and strengthened, it allows the rest of your body to move more effectively."

There are more than 500 exercises and five unique pieces of apparatus that go with the Pilates Method. Instead of repetitions, Weinstein explained, the focus is more on the quality of exercise versus the quantity. "You usually do no more than 10 repetitions," Weinstein said, "focusing on proper control and forms. It's a mind-body connection, where you use your mind to engage your body."

Martha Graham and George Balanchine were among the first Americans to use Pilates with their dancers, and athletes and celebrities like Kristi Yamaguchi, Chris Evert, Sharon Stone and Julia Roberts use it to stay in shape. The San Francisco Forty Niners also rely on Pilates as part of their workout, Weinstein said.

Weinstein turned to Pilates to improve her flexibility after years of bodybuilding, including taking first place in the 1986 Metroland Bodybuilding Competition. "I have short, stocky muscles, and it was easy to build them up. Bodybuilding shortened them, and I lost my flexibility. My sister-in-law told me about Pilates," said Weinstein.

Weinstein has regained her flexibility, and feels she gets a good workout with the gentle Pilates method. "If you do Pilates at a steady pace, it becomes very aerobic," she said, "and you can build up a

can be reached at 435-1064.

Being fit involves more than just stretching our muscles, and Leonard Perlmutter, who along with his wife, Jennes Cortez Perlmutter, runs the American

Meditation Institute for Yoga Science and Philosophy, explained why meditation can help.

"Meditation is one of the most powerful techniques to help people gain mental, physical and spiritual strength," Perlmutter said. "In meditation,

Every time I do it, I feel so good. It promotes physical harmony and balance, and is very refreshing.

Ellen Weinstein

sweat. Every time I do it, I feel so good. It promotes physical harmony and balance, and is very refreshing."

The non-impact workout, which Weinstein said can be done by anybody: young, old, healthy, and unhealthy. It is traditionally taught one-on-one or in a very small group. Teachers complete a rigorous training of more than 600 hours, and Weinstein learned the Pilates method from Romana Kryzanowska, now 75. "She is the only master trainer left alive who was personally trained by Pilates," Weinstein said.

Weinstein compares the cost of Pilates to that of working with a personal trainer. A single session lasting 45 to 60 minutes costs \$45; 10 classes are \$400; 20 go for \$750; and 40 classes cost \$1400.

And well worth it, according to Weinstein. "It becomes an exercise method you can't live without," she said.

Weinstein, who teaches at 785 Washington Ave. in Albany,

we give our complete, undivided attention to one object, a word or a series of words, called a mantra. By doing that, it ceases the mind's activity from wandering aimlessly, and ceases other stressful mental processes like worrying, planning, thinking, reasoning."

"It's very interesting," Perlmutter said. "When we give our attention to one object, other thoughts that we are attached to, which are often things we fear, things we are angry about, or things we desire, come forward from the unconscious mind. In meditation, we witness them, then gently withdraw our attention from them, and place our attention on the mantra. Because we have observed this 'other' thought, but chosen to withdraw our attention from it, it goes back to our unconscious mind in a weakened state, because it is attention which creates the power of these thoughts."

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By doing this, Perlmutter explained, you can re-engineer the topography of your unconscious mind, expanding your conscious mind to include the energy of the unconscious mind.

"You can transform the energy of fear, anger, or desire into usable energy," Perlmutter said. "Rather than be enslaved, so that a fearful thought causes you to speak and act in an angry way, the meditator has a choice, to gently withdraw one's attention from that thought and place it back on the mantra. The negative energy can be transformed to be used in another point and space in time."

"Meditation," Perlmutter explained, "does something that nothing else can do. It introduces you to yourself. If you don't know who you are, you don't know anything else."

Getting to know yourself, he said, will lead you to look inside yourself, rather than outside, for satisfaction. "The tide of our cultures is such that modern day gurus — mostly Madison Avenue copywriters — are cranking out mantras that tell us if it looks, smells and tastes pleasant, it's good. The sages tell us that there's a difference between pleasant and good. The difference between animals and humans is that we have a discriminating faculty. Everyone has a little voice being broadcast, telling them what the right answer is. Meditation is a stress buster because you begin the process of choices that will lead you to your highest good. It

frees us from negative habit patterns that inhibit us from making positive choices in our life.

"We are always looking for things that are pleasant, and cause the elimination of pain," Perlmutter said. "This works, and we wanted to give back some of the blessings we received from our teachers."

The Perlmutter have traveled to the Himalayas to study with other disciples of the Swami Rama of the Himalayas, and have also studied Christian, Jewish, Hindu and Buddhist traditions.

Their main course lasts six weeks, and is offered in Averill Park, Albany, Clifton Park and Saratoga. The course is \$195, which covers two hours per week of lecture, practicum, and provides a 75-page manual and audiotape with guided meditation. The next courses begin at the end of February. For information, call the American Meditation Institute of Yoga Science and Philosophy at 674-8714.

Yoga, explained Kate Marchesiello, executive director of the Albany Kripalu Yoga Center, also offers a way to find peace of mind and relaxation techniques.

"The word yoga means union," Marchesiello explained, "the bringing together of body, mind and spirit. It's the study of self; that's what makes us up as a person."

Marchesiello said that the stereotypical image of humans

contorted into twisted positions is rarely taught at the Kripalu Yoga Center. "Yoga is for the everyday person who wants to bring balance to their lives, reduce stress and gain union," she said. "It's a series of gentle stretching exercises, breathing techniques, meditation and relaxation."

"Our specialty is making it very inclusive for beginners," Marchesiello said. "Nobody feels awkward, too old, too heavy or as if they don't know enough about it. It's not a religion, and people from all different backgrounds and cultures enjoy it." A class generally lasts about an hour and 15 minutes. "You begin to experience the benefits immediately," Marchesiello said. "These include a flexible body, increased strength of the body, effective ways of coping with mental stress and sleeping better at night. Your back also feels better, and you're more patient with yourself and the people you work with."

There are more than 30 certified yoga instructors at the Albany Kripalu Yoga Center, now in its 25th year as a non-profit organization.

The center's main location is at 6 Metro Park Road, in Wolf Road Shoppers Park, although they have 10 satellite locations. An eight-week class costs \$89, and takes place days, evenings, and weekends.

The center also offers several alternatives to aerobic exercises, including a dansKinetics class, a

movement class called NIA, for neuromuscular integrative action, other movement and dance classes and Tai Chi.

The Albany Kripalu Yoga Center's phone number is 399-1325.

Traditional gyms are also including alternative classes, and offering a wider variety of



Cecily Bailey, a certified Kripalu instructor in a meditation pose.

exercise options. At Mike Mashuta's Training Center in Delmar, Mashuta is focused on options he will be able to offer when he moves his gym to its new location at 28 Hudson Ave. in Delmar.

"I hope to have yoga, and dance, and I'm researching Pilates," Mashuta, who's owned his training center for 14 years, said. "Our new space will be nearly two-times bigger than our

current space, and we'll have a 1000 cushioned aerobic floor.

Mashuta will also be adding cardiokickboxing and martial arts, as well as a golf area.

"We're also looking at computerized, selectorized strength training equipment, which won't have a weight stack."

To provide the ultimate in stress reduction, Mashuta hopes to offer in-house massage. Mashuta's can be reached at 439-1200.

At Fitness for Her in Delmar, clients have been releasing frustration and increasing endorphins with aerobics and cardiokickboxing classes.

"Aerobics uses regular boxing moves while moving your feet," instructor Laura Taylor said. "Cardiokickboxing is a cross between Tae Kwon Do and aerobics."

Taylor said the classes are fun, and provide great cardiovascular workouts. So far, they've proven popular, with classes scheduled for five days a week. Taylor said that as a result of teaching the classes, her arms have changed, and her hip flexors are stronger.

"I have good solid muscle mass in my arms, and I've seen an improvement in the tendinitis I have in my hips and arms," Taylor said.

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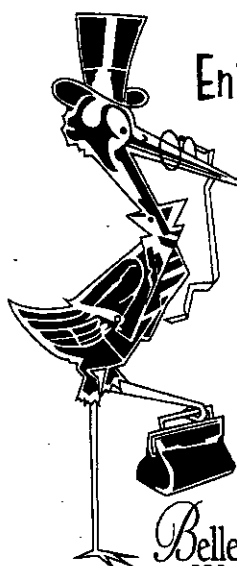
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Don't confuse fruit 'drinks' with the real thing — juice

ARE YOUR CHILDREN MISSING OUT ON HEALTHY HYDRATION because they're not drinking real fruit juice?

A national survey of pediatricians recently conducted by The Gallup Organization revealed that most pediatricians believe parents often confuse 100 percent fruit juice and "fruit drinks."

In fact, 7 out of 10 pediatricians themselves believe that serving 100 percent fruit juice, which has natural sugars from the fruit itself, is better for a child than a fruit drink with added sugar.

"But as kids get older, too many parents are listening

to advertising hype and aren't aware of what's in the beverages their kids drink," says Dr. Marianne Neifert, clinical professor of pediatrics at the University of Colorado School of Medicine, who is an author (known as "Dr. Mom") and the mother of five grown children.

"Apple juice, which is 100 percent juice from the fruit itself, provides nutrients that are important as children adopt a healthful diet early in life," Neifert said.

Here are 10 tips for parents:

1. Start your baby off right by breast feeding throughout the first year as a major source of nutrition.

If breast feeding isn't possible, use iron fortified formula.

2. One of the best juices to feed your child is apple juice fortified with vitamin C. It's easy on young tummies, and least likely to cause any allergic reactions.

3. When your baby is about 6 to 8 months old, start offering apple juice from a cup. Babies love the sweet taste of apple juice, and this can help motivate them to use a cup and accept new tastes and foods.

4. After your baby's first birthday, he or she may be ready to drink whole milk.

5. Children need about 8 to 12 cups of water (fluids) each

day.

Remember that nutrient-packed beverages like milk and 100 percent fruit juice, and the water in foods, all count toward the daily water total.

6. The recommended time to start feeding your children low-fat milk and low-fat dairy foods is after their second birthday.

7. Remember that a 3/4 cup serving of 100 percent fruit juice counts as a daily serving from the fruit group.

8. Let your child have fruit drinks and soft drinks only occasionally.

They contain mostly added sugar and count as a serving from the tip of the food guide pyramid — the fats, oils and

sweets category.

9. Offer your older children 100 percent fruit juices as snacks or after sporting events.

As children get older, they have a tendency to stop drinking 100 percent fruit juice. Consequently, they could be missing out on some beneficial nutrients.

10. Be a good role model for your child.

When you're thirsty, reach for a glass of water, milk or 100 percent fruit juice.

For further information on choosing healthy juice beverage choices, visit the Mott's Web site at www.motts.com.

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Calcium supplements key to prevention

MUCH HAS BEEN WRITTEN AND TRUMPETED ABOUT

women's need for a calcium-enriched diet to prevent osteoporosis in their middle to late years. Osteoporosis — literally meaning "porous bone" — is an excessive loss of bone mass that may cause the bones to become thin, brittle and more susceptible to fractures.

According to the National Osteoporosis Foundation, more than 20 million women suffer from bone loss due to osteoporosis. But osteoporosis is a health concern for men too, even though it occurs in their later years. In addition, a high intake of calcium has been associated with lower blood pressure, lower cholesterol and triglyceride levels. Thus, men

could also benefit from supplementing their diets with calcium.

Calcium is a major constituent of bone. The adult body contains some 1,200 grams of calcium, approximately 99 percent of which is found in bone. Many dietary nutrients are either essential for, or complementary to, the utilization of calcium. Vitamin D is important in maintaining bone mass because it helps the body absorb calcium. Most people get adequate vitamin D through ordinary exposure to sunlight.

Prevention is the key to avoiding osteoporosis because, once bone is lost, it can never be replaced. The keys to preventing osteoporosis are:

- Lifelong good nutrition with adequate calcium intake.

- A program of weight-bearing exercise, such as walking.

- Modification of risk factors where possible: stop smoking, reduce alcohol intake.

- Menopausal women are advised to consult their health care practitioner regarding estrogen replacement therapy.

Many readers know about the inability of pills and capsules to dissolve quickly enough to do the body any good. This is especially true of calcium tablets. A University of Maryland study demonstrated that many calcium tablets took up to four hours to dissolve. Researchers noted that, for the calcium to be beneficial, assimilation needs to occur within 45 minutes.



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Acupuncture offers non-traditional alternatives

By Mel Hyman

ACUPUNCTURE IS A 5,000-YEAR-OLD PROFESSION THAT'S ONLY RECENTLY RECEIVING stature and attention in the West.

That's fine with Latham-based practitioner Michael Wayne who just recently hung his shingle out after receiving his license and accreditation in both California and

New York.

With Americans apparently thirsting for alternatives to conventional medicine, acupuncture (as well as chiropractic, herbalism and massage) have risen to the fore. After attending college at the state University of New York at New Paltz in the 70s, Wayne spent 20 years studying healing arts such as shiatsu, Chinese herbal medicine and macrobiotics.

When the acupuncture bug bit in 1995 he left the Capital District with his wife Jacqueline (a former Schenectady elementary school art teacher) to attend the Pacific College of Oriental Medicine in San Diego. He received a degree in traditional Oriental medicine last year, and also received national board certification in Chinese herbal medicine. Wayne conducted a free workshop on acupuncture in Clifton Park recently, and more than 75 people showed up to see what it was all about.

"A few of them thought all their ills would be cured by just one treatment," Wayne recalled. But it seldom works that way.

Wayne left his needles in for about 15 minutes during the demonstration and while some people definitely reported feeling better

after the treatment, he normally leaves them in from 20 to 45 minutes. The very fine needles or pins are hardly noticeable although when put in the right places, they release blockages and balance the body's energy flow, which restores a person's sense of well-being.

When connected to an energy meridian, the needles stimulate endorphins and affect the body's blood chemistry. Clinical research has revealed changes in specific hormones, prostaglandins, white blood counts, gamma globulins, opsonins and overall anti-body levels, Wayne said. Although acupuncture should not be seen as an alternative or substitute to western medicine but as a complementary form of medical treatment, he said. And for all the things that acupuncture is said to help with —

such as allergies, asthma, bronchitis, lower back pain, carpal tunnel syndrome, addictions, digestive problems, headaches, insomnia, fatigue, arthritis and depression — it does not work in a vacuum.

"It's part of a holistic framework that includes diet, mental outlook and getting a handle on stress," Wayne said. "It's not an end all or be all." That's where Wayne's expertise in Chinese herbs comes into play as he often prescribes what he feels would be a helpful herbal supplement to deal with a specific complaint. Besides working out of Latham, Wayne plans to treat clients from the Delmar Chiropractic Office on 204 Delaware Ave. in Delmar. Wayne can be reached in Latham at 782-0723 and Delmar at 439-0208.

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Lamaze classes are also available, either weekly for six weeks or through "Lamaze Weekends" at the Albany Marriott, where couples take the entire class in one weekend. For program information or to set up a tour of Bellevue Women's Hospital, call 346-9410.

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Facing 40 with grace, resolve and a few good friends

By Katherine McCarthy

IT'S COMING. SLOWLY, INEXORABLY, AND CERTAINLY, AND I AM SURPRISED I CARE.

Forty. A big round number, sure to change everything. Gone are the 20s, when it's important to try and do a lot of different things, to figure out the Right Thing to do, and not worry if there's a mistake because there's a lot of life still to make changes in.

Gone are the 30s, with maturity and spouses, children, promotions in jobs providing perspective on the way life is led. Forty, though, is a clear definition. It brings some twinges of guilt: things I should have accomplished that maybe I didn't.

The gap to the children starting college, parents needing more assistance and possible retirement are starting to close. Time, then, to stand up,

put the ducks in a row and move with determination into the second part of my life.

Only it's hard to move with determination when I stand up and my back remains sitting. Or when a flight of stairs takes the wind out of my sails. Or when extra Oreos and the natural aging process don't let extra weight just melt away.

Great resolve: I know what I want to do, now I've got to get there. Get more freelance work, get the weight off, exercise. In my 20s, it was easy to do those things: there was just me, and the incentive of parties to go to, and for the early part, looking good so that Mr. Right would realize I was the one he wanted when he met me.

Then Mr. Right and I got married, and had children, something not exactly great for body shape.

Their constant need for my

soothing presence made getting to the gym just a little harder; a slower social life made it easier to accept a shifting shape.

Now, they are older, life is a teeny bit more orderly, and I'd like to be able to keep up with my kids as they sled and ice skate in the winter, and swim and run around in the summer. It's also time to start banking things, I think.

Time to strengthen muscles, harden bones, and keep the blood flowing with antioxidants. I don't mind getting older as much as I profess, but I know I don't want to be someone whining from the couch instead of being out in the game. People stay younger longer now, and I want to be one of them.

There is still time to take long distance bike trips, or climb the Adirondacks high peaks. Maybe I'll try a yoga class, or meditation, as I try to

concentrate my energies on things I find important. I'll let that be my particular challenge of 40, laying the groundwork to stay healthy, active and upbeat till I'm however old I'm going to be.

To go with the challenge, I've found a blessing of 40 friends who push just a little harder, and offer just a little more encouragement, making it easier to get where I want to go.

I'd always considered myself a rugged individualist, but now I find myself supported in the most rewarding of ways, forming pacts with other people to meet the goals we want.

Lisa's determination, enviable thinness, and positive attitude keep me on a weight-loss regimen; Lauren stays after me to collect and submit work.

Patricia and I meet at the gym, and Caitlin and Lanna and

I e-mail each other with regularity to report on the positive things we've done: chocolate we've walked by, walks that we've taken; vegetable dishes to help us feel better.

Those are specifics, but anywhere a group of women gather, there are viewpoints being shared to draw lessons from.

Maybe it's raising children, maybe it's realizing we're all in this together, but find a group of women chatting and you're sure to hear a sudden burst of laughter followed by a heartfelt "You're right."

I find encouragement and tips on living in all of those little meetings, coincidental or planned.

So let 40 come, and I will do my best to greet it with grace and dignity. And good friends by my side.

Health info on the web

Want to stop smoking? For helpful tips check out the Nico News Bureau Web site at www.niconews.com.

For information about cutting-edge cancer research

trials, visit the worldwide web at www.cancertrials.nci.nih.gov.

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Local author writes book about dealing with chronic illness

CHRONIC PHYSICAL ILLNESS MAY TAKE ITS TOLL ON EVERY ASPECT OF A person's life - including daily routines, relationships, and business activities. Many people manage to work, cook dinner, and play with their children, but do so with fatigue, pain, and the uncertainty of living with chronic disease.

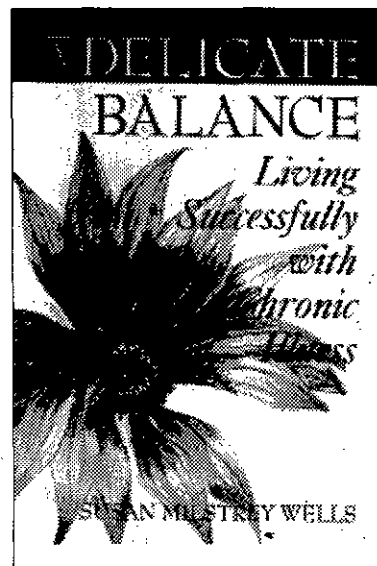
"A Delicate Balance: Living Successfully with Chronic Illness," a book by local author Susan Milstrey Wells of Halfmoon, offers practical advice on dealing with the multitude of problems people with chronic illness face. Wells, a journalist and graduate of the University at Albany,

Wells has lived with chronic illness for half of her life, writes about the steps that every person with chronic illness lives with.

"The one thing that sets this book apart is that it doesn't offer a 12-step plan to get better, but let's you know how other people have coped with illness," Wells said. "It offers positive steps to deal with your illness even if you know you won't be cured."

Wells' book looks at the lives of millions of people with chronic and largely invisible illnesses - for example, lupus, Sjogren's syndrome, fibromyalgia, chronic fatigue syndrome, inflammatory bowel disorders, Lyme disease,

interstitial cystitis, and multiple sclerosis. Instead of focusing on a specific illness, the book



examines the candid experiences of living with chronic disease through in-depth, personal interviews with patients, care providers, and family members. There is a long

road between becoming sick and accepting life with a chronic disease. The narrative follows 21 individuals, including the author herself, in the quest to find a comprehensive diagnosis; locate a capable and caring health care provider; research and try traditional or alternative treatments; make sense of their

powerful emotions; strengthen relationships with family and friends; make significant career decisions; and reflect on how illness changes their overall lives. The book is available locally at Barnes and Noble.

Spider veins can now be treated with KTP lasers

Are you bothered by small visible veins on your legs or face? In layman's terms they're called spider veins. The medical terminology is telangiectasia.

Spider veins are not a threat to health, but they can be a source of great anxiety.

They may arise for several different reasons such as overexposure to the sun, use of

oral contraceptives, hormone therapy or as a result of the aging process.

Spider veins generally affect women in their legs. In men, they're more apt to occur in the face, according to Dr. F. Robert Jordan, a general surgeon based in the professional building connected to St. Peter's Hospital in Albany. In any case, they can be removed through oninvasive surgery, so there is no really good reason to be saddled with them, Jordan says. And the side effects from laser treatment are usually minimal. The laser beam used for this procedure — called a KTP laser — causes the vein to collapse and disappear so it doesn't fill up with blood.

"This particular generation of laser has been around since the summer of '96," Jordan said. "We've been using it since January 1997. There is less of a bruising effect than with some of the earlier lasers that were in use."

The small bruises caused by laser treatment for spider veins resemble cat scratches, and they generally disappear in one to three weeks. The use of sunscreens is often prescribed as a treatment. The actual surgery is done on an outpatient basis in a physician's office.

Most people do not report feeling any discomfort while a minority say there is a slight stinging. Some lesions will require only a few pulses while larger lesions may necessitate many more pulses and re-treatment.

The cost of treatment varies. Jordan says his fee is normally about half what a plastic surgeon would charge.

Thanks to modern medical science there is an affordable and relatively pain-free cure for the treatment of spider veins.

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New drug may hold the key to the treatment of aging

ANTICORT, A NEW DRUG IN THE TREATMENT OF IMMUNE DEFICIENCY IN some of the world's most deadly diseases, may hold the secret to the successful treatment of AIDS, cancer, multiple sclerosis, Parkinson's, Retinitis Pigmentosa (RP), Alzheimer's, and even aging itself.

Developed by STGI founder Alfred T. Sapse, anticort represents a dramatic step forward in the anti-cortisol approach in the treatment of AIDS and other diseases where a high level of the hormone cortisol plays a major role in destroying the immune system.

Anticort has been shown to have only mild to no side effects after being taken for weeks or months in clinical studies to date.

Compared with existing AIDS drug therapies, which often cost tens of thousands of dollars a year, anticort's cost would be minimal, with an anticipated retail price of \$80 a month or less, Sapse said.

The cortisol concept, as explained by Dr. Sapse, is simple. Many deadly diseases, such as AIDS and cancer, all have something in common — namely, the presence of large amounts of the immuno-

destructive hormone cortisol. Previously, high cortisol levels were thought to be the result of those diseases.

Sapse's research indicates that the reverse is true; namely, that a high cortisol level may be the cause, or a major cause. Anticort is the first drug developed to combat this.

Challenged by colleagues and peers to prove his concept, Sapse chose AIDS as the proving ground. First, he documented evidence showing that the HIV virus stimulates the production of high levels of cortisol, which subsequently destroy the immune system, indicating that cortisol is the main killer in AIDS victims, not

the virus itself. As a result of his research, Sapse focused on the development of anti-cortisol drugs for the treatment of HIV-positive patients, which led to Anticort.

Sapse first published his research in 1984. Since then, he has become the leader in the anti-cortisol research field.

Developed by Steroidogenesis Inhibitors International (STGI), based in Las Vegas, Anticort is an anti-cortisol steroidogenesis inhibitor approved by the Food & Drug Administration (FDA) for clinical trials in an HIV positive population. Anticort's junior formulation is being tested clinically in HIV positive children in Romania.

Anticort will be tested shortly on transgenic mice to see if it can prevent, slow down, or stop the development of retinitis pigmentosa.

Retinitis pigmentosa is a disease leading to blindness. There are currently over 300,000 sufferers of this disease in the United States. There is no current treatment of this disease.

The anti-cortisol concept continues to gain adherents, and anti-cortisols are increasingly

used to combat a growing number of diseases, as proven by two international conferences on Cortisol/Anti-cortisols, in Paris, France (1996) and Las Vegas, Nevada (1997).

In this respect, Anticort is not only a new drug in the treatment of immune deficiencies, but also a forerunner in the new era of anti-cortisol drugs, much as penicillin was a forerunner in the field of infectious diseases half a century ago.



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Dr. Carrozza has admitting privileges at several area hospitals including St. Peter's Hospital.

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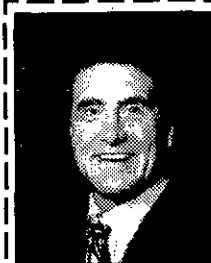
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VIEWS ON DENTAL HEALTH

A "good cigar" is an oxymoron

Cigar smoking has been made popular once again. This rise in cigar smoking may be attributed to lack of negative advertising, celebrities smoking in public and advertising that makes cigar smoking appear glamorous, sexy and fun. The misconception that this form of tobacco is safe must be reversed at all opportunities.

Here are a few of the facts concerning cigar smoking:

- The carcinogens and cancer producing chemicals found in cigarettes are also found in cigars.

- All tobacco users are 5-10% time more likely to get cancer of the mouth or throat than non-smokers.

- Cancer death rates among men who smoke are 34% higher than nonsmokers.

- 1994 marked the first increase in consumption of cigars since 1970, and in 1994 three billion cigars were sold to 10 million cigar smokers.

- Tobacco users cost American taxpayers \$68 billion per year in medical expenses and lost productivity.

These simple facts should be enough to deter anyone from starting cigar smoking.

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Weight loss goals for the next millennium: learning how to live, not how to diet

IT'S AN ALL TOO FAMILIAR SCENARIO FOR THE WEIGHT-CONSCIOUS AMONG US. BEGINNING with the holiday season in December, and continuing throughout the winter months, those dreaded extra pounds inevitably appear. Only the approach of warmer weather with its less concealing clothing and many outdoor activities brings realization that it's time to diet again. It's no wonder most would-be dieters express pessimism about this annual ritual.

A recent meeting of obesity experts, sponsored by Novartis Nutrition, makers of Optifast,

were full of optimism, however. They admit their work is cut out for them, but insist life-long weight management is achievable. They know what it takes to be successful, starting with dispelling popular weight loss myths.

You weren't born to be beefy.

True, some bodies are definitely built leaner than others, but rarely is obesity genetically programmed. The myth that people are obese because they have "fat" genes can be traced to studies of identical twins who were separated at birth having similar adult body weights. When

Robert Kantor, M.D., endocrinologist and medical director of the Northwestern Clinical Nutrition Center in Seattle, re-

you're naturally lean, but changing your lifestyle style can help you trim down if you've grown plump.



There is no miracle cure to losing weight but, exercise, nutrition and lifestyle changes developed by you and a doctor will help keep weight off.

examined the twins study, he found the genes for leanness are much stronger than those for fatness. In other words, you may have trouble gaining weight if

95% of all diets fail, right?

According to Ann Fletcher, author of the best-seller "Thin for Life", this statistic, often cited by healthcare experts, comes from a single poorly designed study conducted nearly 50 years ago. While researching her book, Fletcher located dozens of former dieters who had found their own

personal keys to success.

Researchers coordinating the National Weight Control Registry (a collection of data, techniques, and tips from successful weight managers) also share Fletcher's belief that 95% is too high. Most experts agree successful weight management is about successful life management. It is acquired like any skill, but it may take more than one attempt, or frequent refresher courses to master it.

If you've failed before, you aren't bound to fail again.

Researchers, including Fletcher, found few successful weight managers who triumphed in their first attempt. Many people tried to lose weight five or six times before achieving success. When they were successful, it wasn't because they finally found the right diet, but rather because they finally "got it." "It" was different for each person, but it always involved personal insights that resulted in long term lifestyle changes.

Repeated dieting doesn't make you fatter and endanger your health.

During the 1980s, results of a few highly publicized animal studies led to the erroneous belief that repeated (or "yo-yo") dieting actually increases a dieter's girth, risk of heart

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disease, and emotional illness. According to The National Task Force on the Prevention and Treatment of Obesity, these findings don't apply to humans, and the significant physical and psychological benefits of weight loss outweigh the risks.

Diets alone can't do it. Comprehensive weight loss programs that foster lifestyle change can.

Novartis recently published a 5-year follow-up study of 621 people who had completed 26 weeks of a multidisciplinary obesity treatment using exercise, and a nutrition and life-skills education program.

This study (the largest and longest ever published by a weight management organization) reported that 50 percent of its participants kept off enough weight to significantly improve their health, and 25 percent maintained nearly all of their weight loss.

What made these dieters successful? Learning to live well with the ongoing support from a weight maintenance program.

Eating a calorie-wise, well-balanced, whole foods diet is a great goal, but not a practical reality for many people.

We lead busy lives but don't always get the exercise we need, or make the best food choices.

Renowned physician and nutritionist George Blackburn, of the Harvard Medical School, says incorporating a specially formulated low-calorie food into a diet of produce, grains, lean meats and dairy products, is a good way to control calories while getting all the nutrients we require.

If you are ready to learn the keys to life-long weight management, there are several good resources to contact. To find the nearest optifast program call 800-662-2540, or visit their web site at www.optifast.com.

The American Society of Bariatric Physicians (303-779-4833), and The American Dietetic Association (800-366-1655) can also supply you with additional information.

Mouthwash can do more for health than just freshen breath

YOUR REQUEST FOR "MINTY FRESH BREATH," THE MOUTHWASH AISLE AT OUR NEIGHBORHOOD grocery or drug store is often the first place we go for help.

However, the "social problem" isn't the only oral-care malady mouthwash can target.

Mouthwash can actually help lighten teeth and battle gum disease. For example, a double-blind clinical study conducted at the State University at Buffalo, demonstrated that alcohol-free Rembrandt Age Defying Mouthwash works to reduce stain and lighten teeth by 27 percent from baseline. The same mouthwash was also shown to reduce bacte-

ria, gingivitis and gingival bleeding by more than 40 percent.

"Breakthrough ingredients, such as peroxide and sodium fluoride, are really adding to the battalion of problem-fighting oral-care products," says Xinyi Yu, D.D.S., director of professional education and clinical research at Rembrandt Oral Care Products.

"Besides lightening teeth and fighting gum disease, these in-

gredients can also help prevent cavities."

Remember that a mouthwash without alcohol fights odor-causing bacteria as effectively as those mouthwashes with high alcohol content.

And, dry mouth is also a cause of bad breath. Ironically, the alcohol ingredient in many popular mouthwash can dry out the mouth consequently exacerbating the condition.

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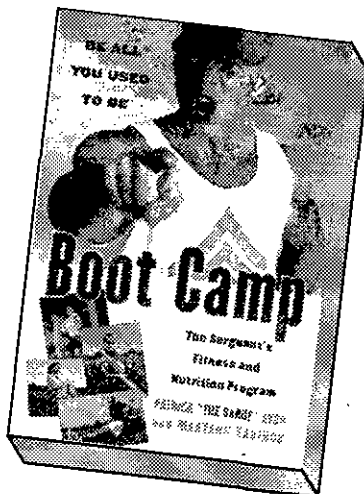
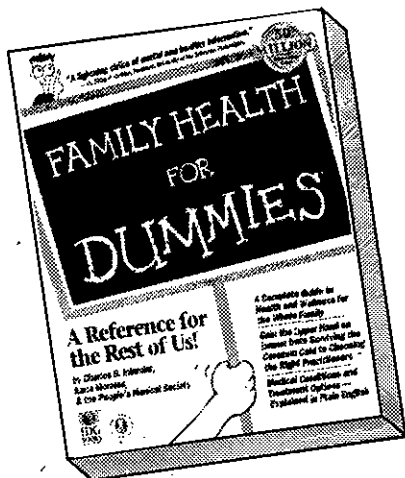
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New advances in the fight against memory loss

By Alan A. Mazurek

ONE OF THE MOST CRITICAL HEALTH ISSUES FACING OUR aging population is memory loss, and experts in the fields of neurology, biochemistry and aging have had few effective tools with which to fight this important battle. Until now.

New research published in the Journal of the American Medical Association indicates that an herbal compound, Huperzine A, provides promise as a treatment for

patients experiencing memory loss problems.

This research is so compelling that Huperzine A is one of the few herbal compounds to be embraced by U.S. medical practitioners and researchers.

In an important study conducted in China on Huperzine A, a double-blind placebo controlled protocol was used to evaluate the effectiveness of Huperzine A in treating benign memory loss.

This statistically significant study showed a total improve-

ment rate for the Huperzine A group of 86.7 percent, with 50 percent showing significant improvement. The placebo group showed a 20 percent improvement rate, with 3.3 percent significant improvement. A collection of similar evidence in support of Huperzine A led me to conclude that Huperzine A holds the promise of improving the quality of life of people with a wide range of memory impairments, including Alzheimer's disease.

Therefore, for the last four months, I have been conducting an open label study with Huperzine A on my patients with memory loss and dementia. In approximately 30 patients, more than half have shown an improvement or arrest of progression of their dementia, which represents a significant result.

More definitive studies in the United States are needed to determine the exact dosage and further usefulness of Huperzine A, but it clearly is a major

advancement in the treatment of memory loss and dementia.

Teaching older people to take care of themselves through diet, exercise and supplementation can be the beginning of a more promising and satisfying future.

Huperzine A is available in health food stores nationwide and select drug stores.

Alan A. Mazurek, M.D. is a board-certified neurologist with a private practice in Rockville Center, Long Island.

Tired of wheezing? Home exercise equipment can help

By Bill Fonda

AEROBICS ARE A KEY COMPONENT OF "GETTING INTO SHAPE," BUT FOR SOMEONE who does not want to go running or to an aerobics class, what is the best equipment to use at home?

Ed Bernstein, president of I Love My Heart at 1505 Route 9 in Clifton Park, said motorized treadmills are the most popular in his store.

If someone is going to buy a treadmill, Bernstein said he or she should get a smooth, quiet machine that does not hesitate or

strain when someone gets on, and the motor should have a continuous duty rating of 1.5 or greater.

"You would want to test-drive it like a car, putting it through its paces like you would at home," he said.

A treadmill should also have an automatic incline, be big enough to use safely and have an automatic safety tether that disengages the machine in the event of a fall.

Bernstein said it is also important to make sure the manufacturer has a solid, long-term reputation and a good warranty.

"A lot of manufacturers in this field come and go. These are not huge companies, and no one picks them up when they go down and makes their parts," he said.

For example, Bernstein said NordicTrack parts have not been available ever since that company declared bankruptcy, but that Vision, Aerobics Inc., Landice, Precor and Cybex are safer bets. Good treadmills range in price from \$1,000 to \$2,000.

While treadmills are the most popular item at I Love My Heart, sales of elliptical trainers have been increasing since they hit the

market three or four years ago.

"They combine a walking and

You would want to test-drive it like a car, putting it through its paces like you would at home.

Ed Bernstein

stepping motion. It's kind of a hybrid stepper," Bernstein said of the elliptical trainers. "It's not as stressful to the hips and knees as a stepper."

Because of the lack of stress on the joints, Bernstein said elliptical trainers are popular among older customers, while treadmills and stairclimbers are primarily sold to younger people.

Precor and Vision are the primary manufacturers, and good treadmills cost between \$1,000 and \$2,500.

Regardless of what equipment someone chooses to use in an exercise program, Bernstein said

the level of exertion should be between 60 and 80 percent of maximum heart exertion. Workouts should last 30 minutes and occur five or six times

per week at the same time each day. Stretching should be done before and after the workout, and fluids should be consumed both before and during exercise. Most important, Bernstein said a person should consult a doctor prior to starting a workout regimen. For information, call 371-8645.

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Repetitive stress injuries are a major workplace problem

THE BURGEONING USE OF PERSONAL COMPUTERS — BOTH ON THE JOB and in the home — shows no signs of slowing. During the last 15 years, desktop computers have evolved from a novelty to a normality, with an estimated 73 million Americans owning a home computer and 50 million having one on their desk at work.

But health-related issues have shadowed the phenomenal growth of desktop computing. Specifically, there has been a significant increase in job-related Repetitive Stress Injuries (RSIs). In fact, the number of repeated trauma cases reported to the Bureau of Labor Statistics has skyrocketed from 23,800 in 1972 to 332,000 in 1994 — a 14-fold increase.

Work-related musculoskeletal disorders are now the nation's largest workplace health problem, with work-related overexertion and repetitive stress injuries, such as carpal tunnel syndrome,

accounting for more than 60 percent of all occupational illnesses. Resulting worker's compensation costs have reached \$20 billion annually. Carpal tunnel syndrome is a painful hand and wrist condition often associated with extensive

computer use and other tasks that require repetitive hand and wrist motions. Its symptoms include numbness, tingling, swelling, weakness and a burning pain.

California recently instituted a regulation that requires

corporations to begin an ergonomic training program if two employees who perform identical work activities sustain similar repetitive stress injuries.

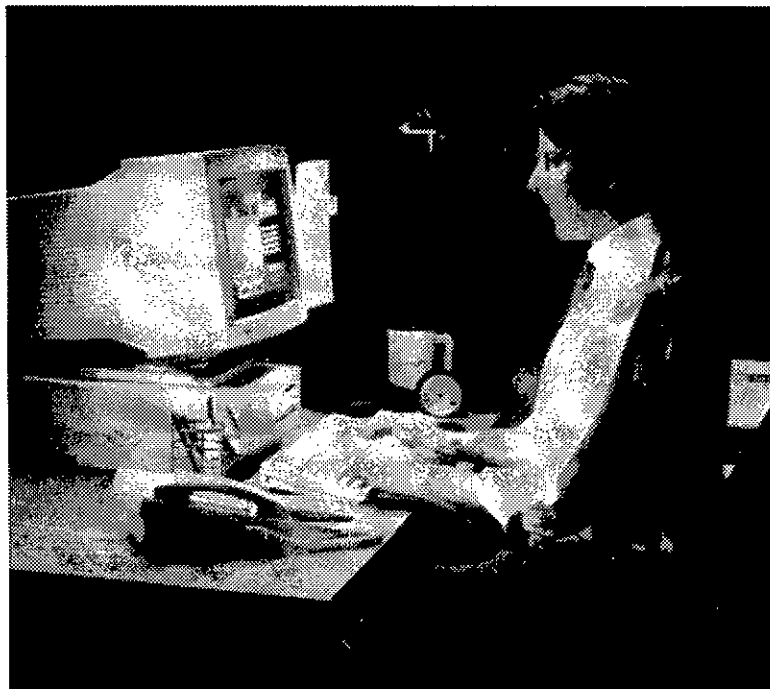
Legislation may not be far behind. "Luckily, both companies and individuals can take a very active role in prevention of RSIs," states fitness expert Judi Sheppard Missett, founder of Jazzercise.

"Things as simple as creating an ergonomic workstation and taking regular

stretch and relaxation breaks can have a significant impact."

Missett's company has introduced a new computer screen saver to help employees achieve both ends.

The software application offers 26 body-specific, timed stretches with full color illustrations and 26 action tips (vision and relaxation breaks, posture checks and fitness tips) developed and approved by an exercise physiologist.



Creating an ergonomic workstation can help combat the effects of repetitive stress injuries and carpal tunnel syndrome.

Diabetes: early detection crucial

DIABETES AFFECTS MORE THAN 16 MILLION AMERICANS, ACCOUNTS for more than 187,000 deaths and another 60,000 lower extremity amputations each year.

However, a survey of more than 1,000 Americans by Yankelovich Partners for the American Podiatric Medical Association (APMA) found that more than one-third of Americans would not visit a physician if they experienced common early warning signs of the disease.

"Early recognition of key warning signs will help us to combat this disease before it reaches the critical stage," said Terry Albright, APMA president. "People recognize the serious implications diabetes can have, but they fail to recognize some of the most common and easily treatable early warning signs." These include swelling, burning and loss of sensation in the feet.

For more information on diabetes, call the American Podiatric Medical Association at 1-800-FOOTCARE (1-800-366-8227).

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Are you getting the best test for glaucoma? Get the facts

DID YOUR LAST GLAUCOMA TEST PROVE YOU DON'T HAVE THE SIGHT-robbing disease? If you only had your pressures checked, it probably did not. Nearly 50 percent of people with glaucoma do not have high pressures; instead, it's the nerve fiber layer that begins to deteriorate.

Laser technology has now provided a way for your eye doctor to detect the earliest stages of glaucoma by measuring the nerve fiber layer. Glaucoma strikes by irreparably

damaging the nerve fiber layer, the transparent tissue covering the back of the eye, forming the optic nerve, which transmits visual messages to the brain. And when this delicate tissue is damaged, blindness sets in.

Glaucoma is the leading cause of preventable blindness in the United States today. In fact, more than 66 million people around the world will have glaucoma by the year 2000. But many people who suffer from early chronic glaucoma are not aware that their eyesight is in

danger because glaucoma has no symptoms.

In many areas of the nation, patients are being tested with the GDx® Nerve Fiber Analyzer developed by San Diego-based Laser Diagnostic Technologies (LDT), a medical device company. The GDx uses a safe, low-level laser and offers a breakthrough in the diagnosis of glaucoma especially because of its advantages in terms of being both patient- and user-friendly:

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The American Academy of Ophthalmology recommends regular glaucoma exams for everyone at least every 3 to 5 years, those over age 40 should be tested every 2 to 4 years, those 65 and older should be tested every 1 to 2 years.

Detection and treatment are the only ways to prevent vision impairment and blindness, and new and improved technology is

available today to detect the disease early on.

Those at risk for glaucoma include anyone over age 40 (especially those who do not

Recommended testing frequency for glaucoma

Under 40:
Every 3 to 5 years

40 to 64:
Every 2 to 4 years

65 and older:
Every 1 to 2 years

have regular eye examinations), those with a family history of glaucoma, people of African descent (particularly those over age 35), those with other diseases such as diabetes or high blood pressure, people with myopia (nearsighted), and those with a history of elevated intraocular pressure.

For information, please call June Rennie at 1-800-722-6393, or visit LDT's Web site at www.laserdiagnostic.com.



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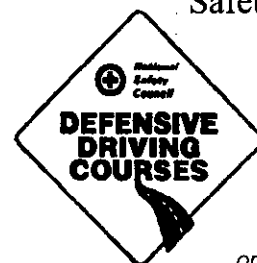
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Obituaries

Matthew E. Odell

Matthew E. Odell, 18, of Deerfield Court in Voorheesville died Thursday, Jan. 28, at Georgetown Medial Center Hospital as a result of injuries sustained in a vehicle/pedestrian accident in Washington, D.C.

Born in Albany, he was a 1998 graduate of Clayton A. Bouton High School. He was a student at American University in Washington.

In high school, he was a member of the mock trial club, the ski club and the varsity tennis team.

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

Survivors include his parents, Kathleen Odell of Voorheesville and Donald Odell of Albany; and a sister, Kara Anne Odell of Voorheesville.

Services were from St. Matthew's Church. There will be a memorial service today, Feb. 3, at First Unitarian Society, 405 Washington Ave., Albany. Entombment will be in St. Agnes Cemetery in Menands. Arrangements are by the Reilly & Son Funeral Home in Voorheesville.

Contributions may be made to the Matthew Odell Memorial Fund at Clayton A. Bouton High School in Voorheesville, PO Box 527, Voorheesville 12186.

Laura E. Friebel

Laura Elizabeth DeGroff Friebel, of Voorheesville died Friday, Jan. 29, at Community Hospice of Albany County.

Born in Albany, she was a long-time resident of Voorheesville.

Survivors include her husband, Edward H. Friebel; a daughter, Susan Friebel of Voorheesville; two sons, Dennis Friebel and Edward Friebel, both of Virginia; a sister, Betty DeGroff of Catskill; a brother, Edward L. DeGroff Jr. of Malta; and six grandchildren.

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

Burial was in Memory's Garden in Colonie.

Abdias de Mello

Abdias de Mello, 95, of Old Tappan, N.J., and formerly of Chadwick Square in Glenmont died Monday, Jan. 25, at his home.

Born and raised in Brazil, he earned a degree in electrical engineering there.

Mr. de Mello owned and operated his own business, installing and servicing oil burners in Brooklyn before he retired.

He was a member of Delmar Reformed Church, a past master of the Onesquethau Masonic Lodge, a member of the Scottish Rite and a former patron of the Onesquethau Eastern Star.

Survivors include his wife, Elizabeth de Mello; two daughters, Velma Fuller of Delmar and Sylvia Sanderson of New Jersey; a son, Robert de Mello of New Jersey; nine grandchildren; and 14 great-grandchildren.

Services were from Norwood Presbyterian Church in New Jersey.

Contributions may be made to the Masonic Brotherhood Fund, Grand Lodge F&AM, 71 W. 23rd St., New York 10160 or Delmar Reformed Church Building Fund, 386 Delaware Ave., Delmar 12054.

Fannie P. Bortle

Fannie P. Bortle, 82, of Delmar died Monday, Jan. 25, at Eden Park Nursing Home in Albany.

Born in Rome, Oneida County, she moved to the Capital District many years ago.

Ms. Bortle was a teacher in Utica Free Academy. She also ran Stenotype Reporters, a court reporting business.

Survivors include a nephew, William Pronevitch of Augusta, Ga.; and a niece.

Graveside services were in St. Peter's Cemetery in Rome.

Arrangements were by the Applebee Funeral Home in Delmar.

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

Melanie Hesse Wais

Melanie Hesse Wais, 93, of Hilton Road in Slingerlands died Tuesday, Jan. 26, at Albany Medical Center Hospital.

A longtime resident of Slingerlands, she and her late husband had owned the former Tall Timbers Country Club. The had also owned the Sycamore Golf Course in Ravena.

She was the widow of William R. Wais.

Survivors include a son, William R. Wais Jr. of Altamont; a daughter, Linda Wakeley of Slingerlands; five grandchildren; and eight great-grandchildren.

Services were from Jerusalem Reformed Church in Feura Bush.

Arrangements were by the Reilly & Son Funeral Home in Voorheesville.

Contributions may be made to the Northeastern Association for the Blind, 301 Washington Ave., Albany 12206.

Guyer Berbrick

Guyer C. Berbrick, 89, of Delmar died Saturday, Jan. 23, at his home.

A graduate of Albany High School and Albany Business College, he was the former owner of H. R. Moch Moving & Rigging Co. of Rensselaer and Berbrick Car Wash in Albany.

He was a member of the Philoxia Literary Society, the American Legion and the Watervliet Rod & Gun Club.

He was a Navy veteran of World War II.

He was the husband of the late Ruth M. Berbrick.

Survivors include a son, H. Lewis Lovelace of Delmar; four grandchildren; and three great-grandchildren.

Services were from the Tebbutt Funeral Home in Delmar.

Burial was in Our Lady of Angels Cemetery in Colonie.

Karen Whiting

Karen R. Whiting, 53, of Glenmont died Monday, Jan. 25, at Albany Medical Center Hospital.

Born in Berlin, she was a long-time resident of Glenmont.

She was the widow of Charles N. Whiting.

Survivors include a son, Charles N. Whiting Jr. of Schenectady; and a daughter, Dawn L. Whiting of Albany.

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

Arrangements were by the Applebee Funeral Home in Delmar.

Burial was in Calvary Cemetery in Glenmont.

Doris Pakenham

Doris Mowbray Pakenham, 94, of Delmar died Saturday, Jan. 16.

Mrs. Pakenham worked for the state Department of Taxation & Finance and was a secretary for the Howard Paddock Real Estate in Delmar.

She was the widow of Edward D. Pakenham Jr.

Survivors include a son, Edward D. Pakenham III; a daughter, Barbara Ann Green of Delmar; seven grandchildren; and nine great-grandchildren.

Services were from the Meyers Funeral Home in Delmar.

Burial was in Bethlehem Cemetery in Delmar.

Virginia Cappetti

Virginia May Cappetti, 73, of Voorheesville died Saturday, Jan. 30, at Ellis Hospital in Schenectady.

Born in College Point, she had lived in Knox and Fort Meyers, Fla., before moving to Voorheesville.

She was the widow of Albert D. Cappetti.

Survivors include a daughter, Teri Stark of Voorheesville; a son, Robert A. Cappetti of Naples, Fla.; and four grandchildren.

Services were private.

Arrangements were by the Fredendall Funeral Home in Altamont.



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Petitions available for school board seats

Nominating petitions are now available for seats on the Bethlehem school board. Elections will be held on Tuesday, May 18.

Seats currently held by board President Happy Scherer and members James Schwab and Pamela Williams will be up for election. The new three-year terms begin July 1.

Petitions are available at the district clerk's office at 90 Adams Place in Delmar.

Each petition must contain a

minimum of 62 valid signatures of registered voters and must be filed with the district clerk by 4:30 p.m. on April 16.

Senior services sets information day

Bethlehem Senior Services outreach workers, in conjunction with other social service agencies, will provide information on a number of entitlement programs on Wednesday, Feb. 10, from 10 a.m. to 3 p.m., at Bethlehem town hall.

For information, call 439-4955, ext. 174.

Welcome Wagon rep bids farewell

By Donna Bell

"Eventually everything changes," said Marge Thurlow, her eyes welling with tears.

After 27 years as a Welcome Wagon representative Thurlow called it quits after Welcome Wagon International restructured its business practices, eliminating home visits and replacing them with direct mailing.

Since 1972, thousands of area residents have received visits from Thurlow in their new homes and many babies were dangled on her knees.

"I know it will be a long while before I can pass a For Sale sign on a house and not wonder who I will be visiting there," Thurlow said. "Last week I still scanned the paper to see who had new babies and who was recently engaged."

Over the course of her career with Welcome Wagon, Thurlow complied a Cal Ripken Jr.-like streak — not missing a single month of house calls.

A popular area resident, Thurlow is surprised at how many



Marge Thurlow surrounded by some of the children whose families she welcomed to Bethlehem over the years. Donna Bell

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people remember being called upon by her. She said she was chatting with a man in a local post office and when they exchanged names his face lit up and he exclaimed, "The Welcome Wagon Lady!"

It turned out that one of the first visits she made in 1972 was to his home and he told her how much he had appreciated the information he received.

"It seems that everyone knows Marge," said Sharon Schultz, president of the local Welcome

Wagon Club. "She is quite a lady," said Thurlow of her retirement.

Giving back to the community he lives in is very important to her. "What a place to live and to have raised my three children," said Thurlow. "Where could you give them a better start?"

Thurlow will now be eligible to join the Welcome Wagon club as a member. She couldn't join when she was a company representative. "Yes, everything changes," she said with a laugh.

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Teacher

(From Page 1)

letter stated.

The school-wide exam was prepared by all 10th-grade social studies teachers, including Han. According to Assistant Superintendent for Instruction John McGuire, the teacher distributed study guide materials to some of the students preparing for the exam that "either replicated or approximated items that appeared on the exam ... in some cases, verbatim.

"Students in three of the 10 10th-grade social studies sections had received the materials," McGuire said.

The matter came to light while the exam was in progress, when "a student raised a question regarding the exam, (which was) passed on to a teacher, who passed it on to me," Piechnik said.

Though declining to name Han, Piechnik said he has had "conversations with the teacher involved" and is satisfied that he intended no breach in exam security. "We do not question the teacher's integrity," the letter to parents stated.

"I'm very, very sensitive to the position Mr. Han is in," Loomis said. "I certainly don't feel for a minute he intended to create a difficult situation, and I wouldn't question his integrity. He has the possibility of continuing his career and he certainly has the potential of being a very good teacher."

Loomis, McGuire and Hunter all said they have received little response to the news from affected parents. "The letter just went out," Hunter said on Monday.

But Piechnik said he had "spoken to quite a few parents. The people I've spoken to have not been happy with the situation. Neither have I." However, he said, "for the most part, people have understood it's a difficult situation ... we feel we've structured a solution (the spring research project) that offers students a fair opportunity to obtain a fair grade."

As for concerns over the manner in which such exams are prepared, he said, "we certainly will look at that."

Bill Cushing, co-president of the Bethlehem Central Community Organization, the high school's parent-teacher group, said he was "pleasantly surprised" by the speed of the district's response to the security breach. "The district gave us a heads-up on this last Thursday," he said, "and explained to the parents representatives what was happening." He said only a few parents have approached him about the matter since the letter arrived, and "they seem to think the fair solution has been reached."

"I applaud the district for taking action as soon as they became aware of it," Cushing said. "I'm sure it was a difficult decision, but they stepped up to the plate and did what had to be done." He said he also was satisfied by Han's intentions in the matter. "John did nothing more than (exhibit) poor judgment," he said.

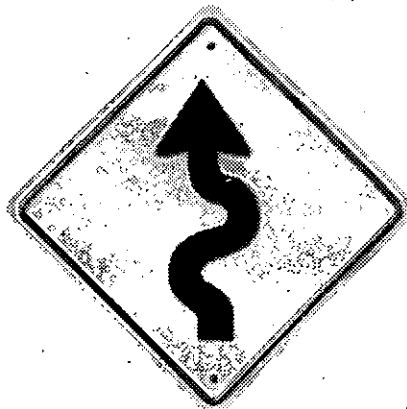
Loomis said that in the future Assistant Superintendent McGuire "will work with all of the (course) supervisors to make clear our expectations to all our young teachers. But it's such an unusual situation that I don't think it's a policy issue or something that requires a great deal of work by the district to fix. This will not happen again."

Irish Bards



The Bards performed at the Irish ceili last weekend at the American Legion Post in Elsmere. Elaine McLain

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Dean's List

Connecticut College — Dana Leveston of Delmar.

Duke University — Amy Venter of Delmar and Karen Tierney of Slingerlands.

St. Michael's College — Leah Stanicls of Delmar.

Syracuse University — Jill Foster of Delmar.

SUNY Cortland — Elizabeth Walsh of Delmar and Debra Percival of Selkirk.

SUNY New Paltz — Gillian Via of Delmar.

University of Delaware — Sara Haskins of Slingerlands.

University of New Hampshire — Cara Hogan of Delmar.

University of Rochester — Sarah MacDowell of Delmar.

College student helps community

Leah Stanicls of Delmar recently participated in an annual children's party for participants in the little brother/little sister's program at St. Michael's College.

Staniels, the daughter of Rita and Peter Staniels, is a senior biology major and graduate of Bethlehem Central High School.

The little brother/little sister program, organized by MOVE, the college's community service organization, matches student volunteers with a child from a nearby community in at least three hours of activities each week.

Glenmont man completes training

Pvt. Jefferey J. Andolina, son of John Andolina of Glenmont, has completed basic training at the Marine Corps Recruit Depot at Parris Island, S.C.

Andolina completed the 12-week course involving strenuous physical training, classroom and field training in first aid, uniform regulations, combat water survival, marksmanship, hand-to-hand combat and assorted weapons training.

He is among 41,000 to complete the basic training program this year.

BCHS grad trains as Army scout

Army Pfc. Thomas D. Robbins is undergoing a seven-week training course as an armored-cavalry scout at Fort Knox, Ky.

Robbins, the son of Douglas Robbins of Delmar, is a 1994 graduate of Bethlehem Central High School and has an associate's degree from SUNY Morrisville.

During the advanced individual training course, Robbins will receive training in operating and maintaining the Army's M2/M3 Bradley fighting vehicles, and instruction on patrol, reconnaissance and security techniques.



Judith Olsen and Charles Trenchard

Olsen, Trenchard to wed

Judith Lisa Olsen, daughter of Alfred and Kathryn Olsen of Voorheesville, and Charles A. Trenchard III, son of Charles and Joyce Trenchard of Alcove, are engaged to be married.

The bride-to-be is a graduate of Clayton A. Bouton High School and Rochester Institute of Tech-

nology. She is an operations specialist for Albark.

The future groom is a graduate of Ravena-Coeymans-Selkirk Senior High School and the Junior College of Albany. He is employed by Key Bank.

The couple plans an Aug. 7 wedding.

BCHS grad completes deployment

Marine 1st Lt. John Bobo, son of William and Anne Bobo of Delmar, recently completed a six-month deployment in the Western Pacific and Indian oceans and the Arabian Gulf with the 15th Marine Expeditionary Unit.

During the deployment aboard ships of the USS Essex Amphibi-

ous Ready Group, Bobo received training in urban warfare techniques, rope rappelling, close-quarter battle, weapons and small unit fighting.

Bobo's unit is based in Camp Pendleton, Calif. He is a graduate of Bethlehem Central High School and the U.S. Naval Academy.



Christine and Martin Gordinier

Schoonbeek, Gordinier wed

Christine Marie Schoonbeek, daughter of Robert and Susan Schoonbeek of Ravena, and Martin N. Gordinier, son of Gerald and Diana Gordinier of Voorheesville, were married June 26 at the Appel Inn in Altamont.

The bride is a graduate of Ravena-Coeymans-Selkirk Senior High School and SUNY Institute of Technology at Utica. She is a

senior computer programmer for the state Senate.

The groom is a graduate of Clayton A. Bouton High School and SUNY Institute of Technology at Utica. He is director of marketing for Gurley Precision Instruments in Troy.

After a wedding trip to London and Paris, the couple lives in Albany.

Adams, Barna engaged

Laura Susan Adams, daughter of Douglas Adams of Munich, Germany, and former Delmar resident Sue Mann of Harriman, Orange County, and Paul Barna, son of Paul Barna of Atlanta, Ga., and Jeannine Snively of Albany, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School

and Maria College.

She is an administrative assistant at Marriott Vacation Clubs International in Orlando, Fla.

The future groom is a graduate of Shenendehowa High School. He is a mechanical designer at FMC in Orlando.

The couple plans an August wedding.

Local girls earn Girl Scout award

Three local Girl Scouts have completed requirements for the Gold Award, Scouting's highest achievement.

Ravena-Coeymans-Selkirk Senior High School students Helen Tompkins and Rebecca Whipple, both of Feura Bush and Nancy McClumpha of Selkirk have all earned the award.

To earn the Gold Award, a girl must complete an extensive program including earning four Interest Project Patches, the Career Exploration Pin, the Senior Girl Scout Challenge, the Senior Girl Scout Leadership Award, and com-

plete a final Gold Award Project within a certain minimum time.

Tompkins' final project was to organize a Run For Your Life in conjunction with Ravena's Friendship Festival.

Whipple planned and organized a Healthy Heart Awareness booth at the same festival.

McClumpha's project was to coordinate a Remember The Children program, helping to raise money and buy gifts for children with HIV/AIDS and their families through Albany Medical Center's Adopt-a-Family program.

Marine journalist completes training

Marine Lance Cpl. Jason S. Schaap, son of Henry Schaap of Voorheesville, recently completed the basic journalist and basic broadcaster courses at the Defense Information School at

Fort Meade, Md.

The two three-month courses prepare Schaap for posting with military newspapers around the world or with the Armed Forces Radio Network.

Special on Wmht CHANNEL 17

I'll Make Me a World
Wednesday, 9 p.m., conclusion

Ballykissangel
Thursday, 8 p.m.

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

Bill Cosby: Mr. Sapolsky, with love
Saturday, 9 p.m.

Nature: Iceland: Fire and Ice
Sunday, 8 p.m.

The American Experience:
Alone on the Ice
Monday, 8 p.m.

NOVA: Secrets of Making Money
Tuesday, 8 p.m.

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Keira Buckley and Ted Morrell

Buckley, Morrell engaged

Keira Buckley, daughter of Neil and Beverly Buckley of Norwalk, Conn., and Ted Morrell Jr., son of Ted and Linda Morrell of Glenmont, are engaged to be married.

The bride-to-be is a sales support representative at Stryka

Botanics in Belle Mead, N.J.

The future groom is manager of business development at Lucent Technologies in Basking Ridge, N.J.

The couple plans an Aug. 21 wedding.

St. Thomas student wins scholarship

Jessica Murphy of Glenmont, an eighth-grader at St. Thomas School in Delmar, has been awarded a \$1,000 scholarship to Bishop Maginn High School in Albany.

The scholarships are awarded annually to five students, based on the results of an exam, given in December, to eighth-graders in public, private and parochial schools throughout the region.

Mail weddings, engagements

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

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

For information and submission forms, call 439-4949. Mail announcements to PO Box 100, Delmar 12054.

Births

St. Peter's Hospital

Boy, Adam Benjamin Landau, to Carol and Allen Landau of Delmar, Dec. 16.

Girl, Erin Elizabeth Newell, to Valerie and Thomas Newell of Glenmont, Dec. 18.

Girl, Katherine Mary Iwanowicz, to Susan and Peter Iwanowicz of Delmar, Dec. 19.

Boy, Scott Edward Trobridge, to Elizabeth and Bruce Trobridge of Delmar, Dec. 21.

Girl, Briana Joelle Deering, to Sherry Hildebrandt and Joseph Deering of Selkirk, Jan. 11.

Boy, Sean Joseph Nolan, to Heather and John Nolan of Albany.

Trevor James Salisbury, to Karen and Frank Salisbury of Voorheesville, Jan. 16.

Girl, Elissa Marie Ortiz, to Mary Anne and Michael Ortiz of Selkirk, Jan. 18.

Girl, Emily Grace Furlong, to Tamara and Kevin Furlong of Delmar, Jan. 19.

Boy, Joseph Matthew Giordano, to Mary and Mark Giordano of Albany, Jan. 20.

Progress Club groups to meet at library

Delmar Progress Club's literature group will meet on Tuesday, Feb. 9, at 1:30 p.m. to discuss Richard McKenzie's *Turn Left at the Black Cow*.

The creative arts group will get together on Thursday, Feb. 11, at 9:30 a.m. to make greeting cards, and the antique study group will meet on Wednesday, Feb. 24, at 1:30 p.m. for a program on antique and estate jewelry.

All meetings will be in the community room of Bethlehem Public Library, 451 Delaware Ave., Delmar. For information, call Helen Smith at 439-3916.

Library holiday hours

Bethlehem Public Library at 451 Delaware Ave. in Delmar will be open from 9 a.m. to 5 p.m. on Monday, Feb. 15, in observance of Presidents Day.

Regular library hours will resume on Tuesday, Feb. 16.



Dave and Jennifer Gershon

Platt, Gershon wed

Jennifer Ann Platt, daughter of Richard and Joan Platt of Feura Bush, and Dave Gershon, son of Gerald and Brenda Gershon of Needham, Mass., were married Oct. 18.

Rabbi Paul Sifton and Cantor Philip Friedman performed the ceremony at Temple Israel in Albany.

The maid of honor was Cara Platt, sister of the bride. Bridesmaids were Lisa Adler and Diana Erani, both sisters of the groom. The groom's niece, Elana Adler, was junior bridesmaid. The flower girl was Rachel Erani, niece of the groom.

The best man was Steven Gershon, brother of the groom. Ushers were David Erani, brother-in-law of the groom, and Daniel Nadelberg. The groom's nephew, Donald Adler, was junior usher.

The ring bearer was Jonathan Adler, nephew of the groom.

The bride is a graduate of Bethlehem Central High School and the University of Rhode Island.

The groom is a graduate of Boston University.

After a wedding trip to Bermuda, the couple lives in Newton, Mass.

Here's to a Wonderful Wedding!



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V'ville boosters to dish up dinner

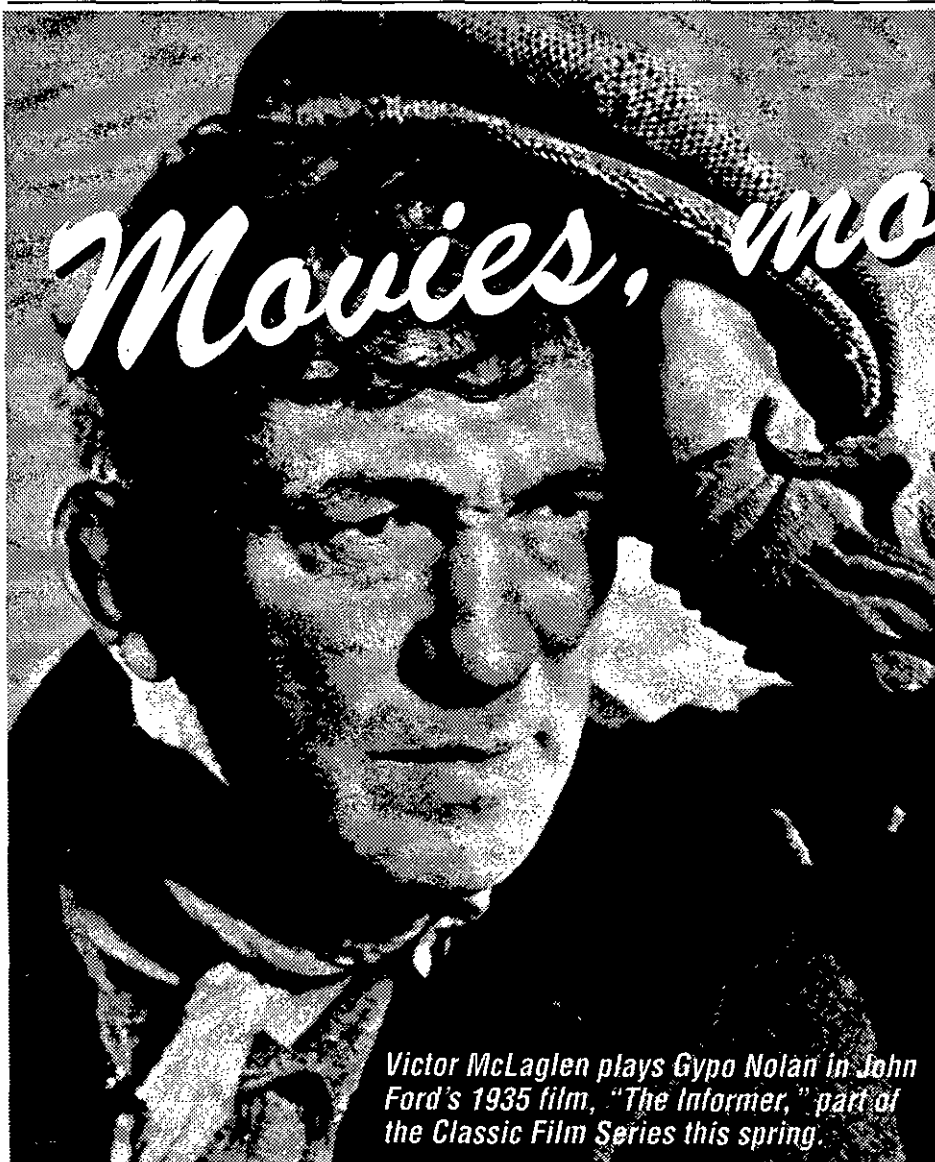
Boosters of the varsity basketball program at Clayton A. Bouton Junior-Senior High School on Route 85A in Voorheesville will host a fund-raising dinner and bake sale on Friday, Feb. 5, in the high school cafeteria.

Dinner will be served between 3:30 and 7 p.m. The menu includes chicken, potato, corn, rolls and butter, and beverages.

The price for a half chicken dinner is \$7. Quarter chicken dinners are \$5.50. The bake sale will be held throughout the evening.

Family ENTERTAINMENT

SPOTLIGHT ON
CALENDARS ♦ ARTS & ENTERTAINMENT



Victor McLaglen plays Gypo Nolan in John Ford's 1935 film, "The Informer," part of the Classic Film Series this spring.

Writers Institute offers variety and substance in Classic Film Series

By John Brent

Where do lovers of film go when they want to see a revered screen classic, an exotic foreign film or a film of significant artistic or social import? Well, there's always the Spectrum on Delaware Avenue, which offers a variety of noteworthy foreign and independent domestic titles, and the Norma Jean Theatre on Madison Avenue presents midnight shows in which cult films and revivals are screened.

Then there's the local video store, and if you can get past the walls of dozens of copies of the latest Hollywood blockbusters, you might find some good stuff.

But there is another venue through which movie lovers can see classics from earlier days and contemporary works outside the mainstream on the big screen with an enthusiastic audience.

That venue is the Classic Film Series offered by the New York State Writers Institute. The program for the spring series is scheduled to show a number of intriguing titles — an eclectic assortment of films and filmmakers that is sure to pique the interest of both film buffs and more general audiences.

The screenings, which begin Friday, Feb. 5, and continue through Friday, May 7, will include everything from the silent 1922 "Robin Hood" with Douglas Fairbanks Sr. on April 23 to "Character," a 1998 movie from the Netherlands, winner of the 1998 Academy Award for Best Foreign Film, on March 19. All screenings begin at 7:30 p.m.

There will be 14 films in all during the series, and while there is no particular overall theme, there are several subthemes.

As part of the University at Albany's Irish Semester, coordinated by the Center of Arts and Humanities, the Writers Institute is sponsoring five films either produced in Ireland or having Irish themes.

"The Importance of Being Earnest" brings to the screen the wit and wisdom of turn-of-the-century Irish playwright Oscar Wilde. Director Anthony Asquith minimizes the cinematic elements in an attempt to remain true to the theatrical nature of the play.

Noted director Carol Reed ("The Third Man," "Oliver!") is represented by his controversial film "Odd Man Out." This 1947 British film tells the story of an Irish Republican Army officer, played by James Mason, who is wounded during a botched raid and subsequently becomes the focus of a large scale manhunt.

In "A Portrait of the Artist as a Young Man," director Joseph Strick attempted to find a cinematic equivalent to James Joyce's stream-of-consciousness writing technique. The 1979 film details the autobiographical struggle of the author as he moves toward manhood and breaks from his strict Catholic upbringing.

In the 1930s, director John Ford desperately wanted to bring Liam O'Flaherty's novel "The Informer" to the screen. RKO Studios gave Ford the green light for the project, but provided only a small budget because they felt commercial prospects were not too promising.

Flooding the exteriors with fog, allegedly to conceal the fact the sets were virtually nonexistent and keeping the shooting schedule to a tight 17 days, Ford created a film that went on to win Academy Awards in 1935 for lead actor Victor McLaglen, score composer Max Steiner, best writing adaptation for Dudley Nichols and a directing Oscar for Ford.

In the 1984 film "Cal," a love story takes place against the background of Northern Ireland's Catholic/Protestant conflict. The film stars Helen Mirren, who won a Best Actress Award at the 1984 Cannes Film Festival.

In addition to the Irish-themed films, the schedule also includes features by filmmaker Gordon Parks Sr. on Feb. 17, 18 and 19.

In 1969, Parks, at age 57, became the first black person to write, produce, direct and score a feature film at a major studio. The resulting film, "The Learning Tree," in which Parks looks back at his youth in the South in the 1920s will be shown Wednesday, Feb. 17, followed by a commentary and question-and-answer period with Parks. "Leadbelly," Park's biopic based on the troubled life of blues singer Huddie Ledbetter, will be shown, and the Parks salute concludes with the action film "Shaft" Feb. 19. In addition to the movies, a selection of Park's still photographs will be on display at the New York State Museum Photography Gallery from Jan. 15 to Feb. 28.

On March 24 and 25, the theme will be the direct cinema of Maysles Films, Inc. Albert and David Maysles advanced a non-intervention approach to their documentaries, which has come to be known as Direct Cinema. This program includes "Gimme Shelter," which chronicles the 1969 tour of the Rolling Stones and a shorter film, "A Visit with Truman Capote," in which the writer discusses his relationship with the two murderers who inspired him to write "In Cold Blood." Both films will be shown March 24.

The following night, the film "Salesman" will be shown, along with the shorter "Meet Marlon Brando." Albert Maysles will be on hand to provide commentary and answer questions.

Other titles to be screened include "Amarcord," Federico Fellini's 1973 film that nostalgically recalls the filmmaker's youth in a small Italian town in the 1930s. "Amarcord" provides sentiment and sexuality with an assortment of characters in a mix that is uniquely Fellini.

For lovers of classic American films, the series provides two legendary titles.

"Singin' In The Rain" on April 16 stars Gene Kelly, Donald O'Connor and a very young Debbie Reynolds. If you've only seen this movie on TV, you're missed out, as this is the type of film that really comes to life on the big screen with an audience.

Long before Kevin Costner, Carey Elwes, or Errol Flynn pulled on the green tights, swashbuckler Douglas Fairbanks Sr. mounted an impressive silent version of "Robin Hood." Huge sets became props for the acrobatic star who performed many of his own stunts. People unfamiliar with the scope, charm and style of silent movies should treat themselves to a marvelous experience on April 22.

All films will be screened at Paige Hall, 135 Western Ave. in Albany. For more information or a copy of the schedule call 442-5620.



Gene Kelly dances and sings in the rain in classic American musical, "Singin' in the Rain."

ARTS and ENTERTAINMENT

THEATER

GRACE AND GLORIE

comedy by Tom Ziegler,
Capital Rep, 111 N. Pearl St.,
Albany, through Feb. 14.
Information, 462-4531.

DIAL 'M' FOR MURDER

murder mystery, New York
State Theatre Institute, Schacht
Fine Arts Center of Russell Sage
College, Troy, through Feb. 13,
\$17, \$14 for students and
seniors, \$8 for children.
Information, 274-3256.

PLAZA SUITE

starring Lee Meriwether,
Proctor's Theatre, State Street,
Schenectady, Feb. 6, 2 and 8
p.m., \$34.50-\$39.50. Informa-
tion, 346-6204.

THE GLASS MENAGERIE

Tennessee Williams classic,
Home Made Theater, Spa Little
Theater, Saratoga Springs, Feb.
12, 13, 19, 20, 26 and 27 at 8:15
p.m. and Feb. 21 and 28 at 1
p.m., \$14-\$16. Information, 587-
4427.

MUSIC

MARDI GRAS FESTIVAL

with Terrance Simien and Gino
DeLafose & French Rockin'
Boogie, Proctor's Theatre, State
Street, Schenectady, Feb. 5, 8
p.m., \$20.50. Information, 346-
6204.

CELTIC MAYHEM

with Seven Nations, the
Paperboys, the Prodigals, the
McKrells, Hair of the Dog,
Hadrian's Wall and the Jimmy
Kelly Band, Palace Theater and
McGeary's, North Pearl Street
and Clinton Avenue, Albany,
Feb. 6, 7:30 p.m., \$18.50.
Information, 465-4663.

VALENTINE SERENADE

Albany Symphony Orchestra
plays romantic works by
Mozart, Mahler, Dvorak and
Tchaikovsky, Canfield Casino,
Saratoga Springs, Feb. 11, 8
p.m., \$20, \$18 for seniors and
students, Troy Savings Bank
Music Hall, State and Second
streets, Feb. 14, 3 p.m., \$14-\$33.
Information, 465-4755.

BIG BAND '99

The Fabulous Dorseys, Proctor's
Theatre, State Street,
Schenectady, Feb. 14, 7 p.m.,
\$22.50-\$25.50. Information, 346-
6204.

DANCE

TRISHA BROWN COMPANY

postmodern dance troupe,
Empire Center at the Egg,
Albany, preshow talk at 7:15
p.m., performance at 8, \$24,
\$20 for seniors, \$14 for children
under 13. Information, 473-1845.

FAMILY FUN

THE WIZARD OF OZ ON ICE

Pepsi Arena, South Pearl Street,
Albany, Feb. 18 and 19 at 7
p.m., Feb. 20 at 11:30 a.m., 3
and 7 p.m., Feb. 21 at 1 and
4:30 p.m., \$12-\$25. Information,
487-2000.

VISUAL ARTS

NEW YORK STATE MUSEUM

We Shall Overcome: Photo-
graphs from America's Civil
Rights Era, through Feb. 28,
stoneware and antique
furniture exhibits; plus perma-
nent collections, Empire State
Plaza, Madison Avenue.
Information, 474-5877.

ALBANY INSTITUTE OF HISTORY
AND ART

200 Years of Collecting,
through May 30, Shining
Objects from Our Past, silver
from the Institute Collection,
through May 30, The Iconogra-
phy of George Washington,
through May 30, 125 Washing-
ton Ave. Information, 463-4478.

SCHENECTADY MUSEUM

Curator's Choice, through Feb.
14, Recent Acquisitions,
through March 15, plus
permanent exhibits, Nott
Terrace Heights. Information,
449-4756.

ALBANY CENTER GALLERIES

Mohawk-Hudson Regional
Invitational, through Feb. 26,
23 Monroe St. Information, 462-
4775.

PAT CAHILL

paintings, Learning Resources
Center Gallery at Hudson
Valley Community College,
through Jan. 28. Information,
266-8072.

CALL FOR ARTISTS

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for all roles in March Opera
Excelsior production of "The
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only. Information, 372-7455.

DELMAR COMMUNITY

ORCHESTRA

openings in the string, horn and
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tion, 439-1603.

AUDITION

Feb. 8 and 9 beginning at 6:30
p.m., for eight adult roles in
"Eggs for Easter: A Bunny's
Tale" performance at The Egg
on April 3. Information, 473-
1061.

COLONIE TOWN BAND

openings for percussion, tuba
and bassoon players, rehears-
als on Mondays at 7:30 p.m. at
town hall, Route 9, Newtonville.
Information, 356-4331.

COLONIE CENTENNIAL BRASS
CHOIR

openings for trumpet players,
rehearsals on first Wednesday
and third Tuesday of the
month, at 7:15 p.m., town hall,
Route 9, Newtonville. Informa-
tion, 384-1924.

AUDITION

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

MONDAY MUSICAL CLUB

WOMEN'S CHORUS

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

CAPITAL COMMUNITY

VOICES

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

CLASSES/LECTURES

MUSEUM ART CLASSES

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

DANCE CLASSES

ongoing, all levels, ballet, jazz
and modern, New School of
Ballet, 1098 Parkwood Blvd.,
Schenectady, Mondays to
Thursdays and Saturdays.
Information, 346-1096.

ART CLASSES

watercolor and oil, beginner
and advanced, taught by
Kristin Woodward. Information,
783-1828.

DANCE CLASSES

all forms of dance, winter
session, Jan. 18 to April 1,
registration Jan. 13 and 14
from 6 to 8 p.m., eba Center
for Dance & Movement, 351
Hudson Ave., Albany.
Information, 465-9916.

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Area FREEBIES

Thursday, Feb. 4

■ Irish critic Fintan O'Toole on Irish culture and art, Recital
Hall Performing Arts Center, University at Albany, 8 p.m.

Friday, Feb. 5

■ Ernie Williams' 75th birthday bash, Borders Books & Music,
59 Wolf Road, Colonie, 8 p.m. Information, 482-5800.

Saturday, Feb. 6

■ Empire State Youth Orchestra fund-raising marathon,
Crossgates Mall, Route 20, Guilderland, 11 a.m. to 7 p.m.
■ Second Sight jazz quintet, Borders Books & Music, 59 Wolf
Road, Colonie, 8 p.m. Information, 482-5800.

Monday, Feb. 8

■ Tony Award-winning Irish actress Anna Manahan presents
scenes from her past roles and reflects on life in the theater,
Recital Hall Performing Arts Center, University at Albany,
7:30 p.m.

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Park
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22 Nonsense
23 Noted
coulurier
24 Redgrave or
Fontanne
25 Eastern
nanny
26 "The — of
Wakefield"
27 Guide
28 ETO
commander
29 Steeple
30 White poplar
31 Ship's
freelader
34 Mexican food
36 French paint-
er/sculptor
39 Vacillate
40 African
antelope
42 Function in
trigonometry
43 Yale
graduate
46 Back or neck
lead-in
48 Unskilled

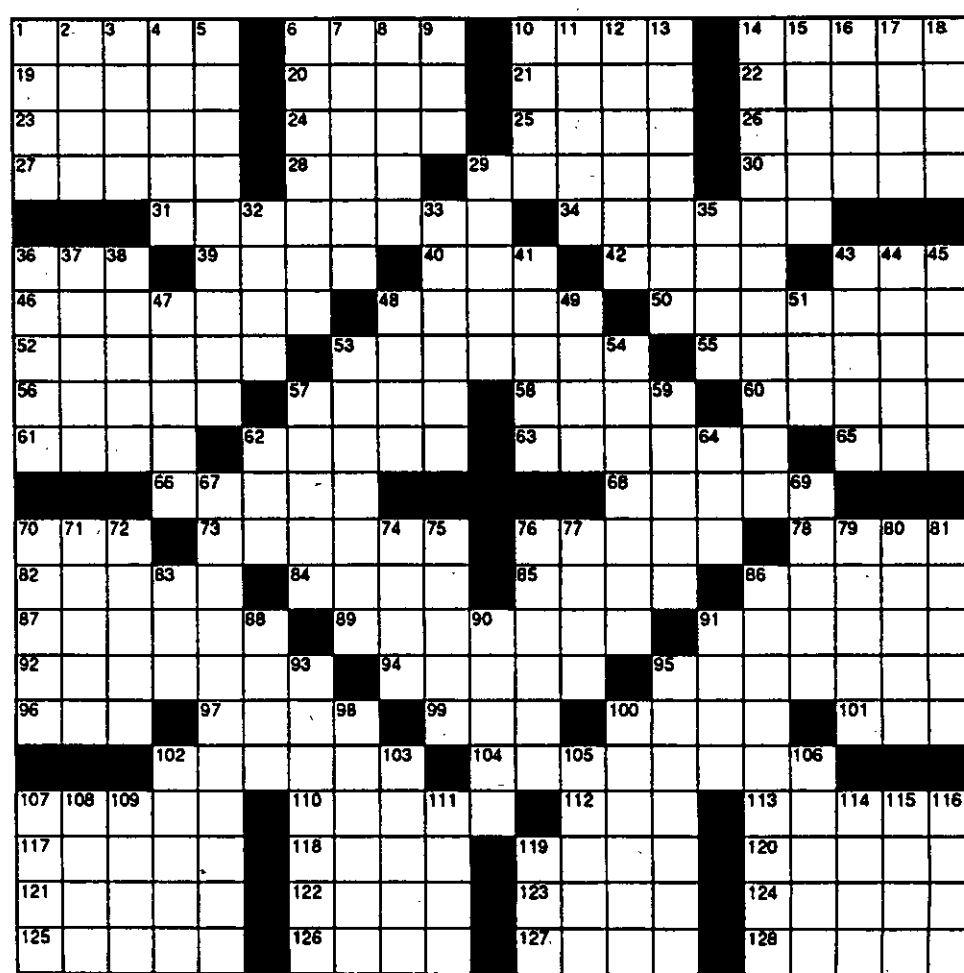
laborers
50 Appropriates
without
asking
52 "Take the
—" (Ellington
hit)
53 Sweet gifts
55 Try very hard
56 Stiff and
brittle
57 Shed
feathers
58 Venezuela
copper
center
60 Prefix for
change or
connect
61 Distance
measure of
India
62 Rams down
firmly
63 Sine
65 "I'll — You in
My Dreams"
66 Orange or
Indian
68 Swellings
70 Chatter idly
73 Actress
Ryder
76 Swimming
and diving
bird
78 Rose from
sleep
82 Concur
84 Southwest
wind
85 Far into the
day

86 Black-and-
blue
87 On the
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89 Fragrant gifts
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letter
97 Slight
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101 Dangerous
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102 Streetcar's
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104 Injurious
107 Nest-building
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110 Pier supports
112 Miss Gardner
113 Mountain
nymph
117 Happen
again
118 Habitat plant
form
119 Labor
120 Rudely
condise
121 Acknowledge
122 Dull routine
123 English
composer
124 Alleviates
125 City in

England
126 British gun
127 Competes
128 Chateau-
briand
DOWN
1 Mischievous
children
2 Standee's
lack
3 Poker stake
4 Lotion
ingredients
5 A serenade
can aid it
6 Hostility with-
out actual
conflict
7 Time of
greatest
success
8 As good —
9 Female swan
10 Social rebuff
11 The sky's the
—
12 Ground
beetles
13 Former
kingdom
14 Patron of
those in love
15 Social group
16 University at
Houston,
Texas
17 Gem stone
18 French father
29 Church
council
32 Actor
Reginald
33 Deputies

35 Miller and
Sothern
36 Partner of
alas
37 Grade or
active lead-in
38 City of Light
41 Eastern
Christian
43 Theater
signs
44 Daytime
reception
45 River in
France
47 Italian epic
poet
48 Jointed feeler
49 Withered
51 Sea eagle
53 Prove
effective
54 Some
romantic
poems
57 — Carta
59 Hacienda
brick
62 Randy's
skating
partner
64 Pindar's forte
67 Those in love
69 Pillar
70 Canadian
peninsula
71 Metal tag
72 Offensively
bold
74 English
actress Gwyn
75 Biblical name
76 Jackson or

Farrell
77 Uncommon
79 Sheeplike
80 "All the —
Men" (1949
movie)
81 Outer
margins
83 French
summer
86 Billets-doux
88 Speaker's
platform
90 Oak and pine
91 Son of Jacob
and Leah
93 Those
shooting
from ambush
95 Entertains
sumptuously
98 Fabric
resembling
knitting
100 Deep gorge
102 Member of a
Celtic religion
103 Gladden
105 New Zealand
native
106 Word with
ape or auk
107 Inland sea
108 Yield
109 Highest point
111 First garden
114 Gaelic
language
115 Confused
116 "— Set"
(Hepburn
movie)
119 Hebrew letter



The Spotlight CALENDAR

WEDNESDAY FEBRUARY 3

TOPS CLUB

weight loss support group, Good Shepherd Lutheran Church, 1 Shaker-El Drive, 1 p.m. Information, 459-5086.

LOUDONVILLE ARTS AND CRAFTS

St. Francis de Sales Church hall, 1 Maria Drive, 10 a.m. to 2 p.m. Information, 459-2237.

SQUARE DANCE

sponsored by the Colonie Elks and Does Square Dance Club, Colonie Elks Lodge, Elks Lane, Latham, 8 p.m. Information, 785-9477.

LISHAKILL SENIORS

1653 Central Ave., 9 a.m.

COLONIE-GUILDERLAND ROTARY CLUB

Polish Community Center, Washington Avenue Extension, 12:15 p.m. Information, 458-9000.

HART SOCIAL CENTER

bridge, 18 Wilson Ave., 1 p.m. Information, 869-3371.

T.L.C. FOR CAREGIVERS

for those who care for a parent or spouse, open to the public, former Goodrich School, 91 Fiddlers Lane, Latham, 7:30 p.m. Information, 783-2824.

HERBERT B. KUHN SENIOR CITIZENS CENTER

advanced square dancing 10 a.m. to noon, blood pressure 10 a.m. to noon, lunch by reservation 11:45 a.m., beginner square dancing 1 to 2:30 p.m., poker 10 a.m. to 2:30 p.m., woodworking 10 a.m. to 2:30 p.m., 2 Thunder Road. Information, 869-7172.

SENIOR WALKING CLUB

meet at Colonie Center at 8:30 a.m. in the food court on the second floor, exercise class at 8:45. Information, 783-2823.

AA MEETING

Newtonville Methodist Church, Route 9 and Maxwell Road, 6 p.m.

THURSDAY FEBRUARY 4

LATHAM AREA CHAMBER OF COMMERCE

monthly breakfast and program on public speaking, Marriott Hotel, Wolf Road, 7:30 to 9 a.m., \$12 for members, \$15 for nonmembers. Information, 785-6995.

TOPS CLUB

weight loss support group, Pine Grove United Methodist Church, 1580 Central Ave., and First Presbyterian Church of Watervliet, 819 23rd St., 7 p.m. Information, 456-5099 and 785-9585.

12 STEP PROGRAM

dealing with co-dependence and addictions, Our Savior's School, 63 Mountain View Ave., 7 p.m. Information, 459-2248.

LATHAM KIWANIS

Mill Road Acres Golf Course, Mill Road, Latham, 6:30 p.m. Information, 783-6718.

LATHAM PROFESSIONAL WOMEN'S ORGANIZATION

The Century House, Route 9, Latham, 6:15 p.m. Information, 273-4240.

HART SOCIAL CENTER

bingo and "Everything Day," 18 Wilson Ave., 11:30 a.m. to 4 p.m. Information, 869-3371.

HERBERT B. KUHN SENIOR CITIZENS CENTER

crafts 10 a.m. to noon, 2 Thunder Road. Information, 869-7172.

AA MEETINGS

St. Ambrose School Library, Old Loudon Road, Latham, 7:30 p.m.; Siena College, Siena Hall Room 107, Route 9, Loudonville, 4:30 p.m.

FRIDAY FEBRUARY 5

SENIOR WALKING CLUB

meet at Colonie Center at 8:30 a.m. in the food court on the second floor, exercise class at 8:45. Information, 783-2823.

COLONIE KIWANIS CLUB

Platt's Place, 44 Wolf Road, visitors welcome, 12:15 p.m. Information, 489-1422.

MENANDS ROTARY CLUB

Bethany Presbyterian Church, Lyons Avenue, 12:15 p.m. Information, 463-3740.

ROESSLEVILLE LEISURE CLUB

social meetings, 10 a.m., business meetings, 1 p.m., 1 N. Elmhurst Ave. Information, 459-2819.

HART SOCIAL CENTER

swimming at the State University at Albany, bus departs from center, 18 Wilson Ave., 1:30 p.m. Information, 869-3371.

AA MEETINGS

Pine Grove United Methodist Church, 1580 Central Ave., 9 p.m.; Clinical Services and Consultation, 636 New Loudon Road, Latham, 7:30 p.m.; St. Matthew's Episcopal Church, 129 Old Loudon Road, Latham, noon.

AL-ANON MEETING

Colonie Community Center, 1653 Central Ave., 7:30 p.m.

SATURDAY FEBRUARY 6

CHINESE AUCTION

door prizes, refreshments, auction, Christian Brothers Academy, 12 Airline Drive, 11:30 a.m. to 1:30 p.m. Information, 452-9809.

SPAGHETTI DINNER

and talent show, Newtonville United Methodist Church, Route 9 and Maxwell Road, \$5, \$3 for children under 10. Information, 785-6789.

ROAST BEEF DINNER

St. Michael's Church, 49 Killeen Park, 4:30 to 6:30 p.m., \$6.50, \$5.50 for seniors, \$4 for children, \$20 for a family. Information, 869-6417.

WINTER TEA PARTY

and museum shop sale, Shaker Heritage Society, Albany-Shaker Road, 11 a.m. to 1:30 p.m., sale continues to 3 p.m.

VALENTINE'S DANCE

Latham Circle Squares, Latham Ridge School, 6 Mercer Ave., 7:30 to 10 p.m. Information, 459-7185.

FARMERS' MARKET

St. Ambrose Church, Old Loudon Road, Latham, 9 a.m. to 1 p.m.

AA MEETINGS

St. Matthew's Episcopal Church, 129 Old Loudon Road, Latham, 7:30 p.m.; Calvary Methodist Church, Belle Avenue and Ridge Place, Latham, noon.

SUNDAY FEBRUARY 7

AA MEETINGS

Calvary Methodist Church, Belle Avenue and Ridge Place, Latham, 8 p.m.; Siena College, Siena Hall Room 119, Route 9, Loudonville, 6:30 p.m.; Bethany Presbyterian Church, Lyons Avenue, Menands, 7:30 p.m.

MONDAY FEBRUARY 8

COLONIE VILLAGE BOARD

village hall, Thunder Road, 7 p.m. Information, 869-7562.

ST. FRANCIS DE SALES SENIOR CITIZENS

cards, bingo, crafts and line dancing, St. Francis de Sales Church, 1 Maria Drive, 10 a.m. to 3 p.m. Information, 459-4272.

BINGO

Colonie Elks Lodge, Elks Lane, Latham, 6:30 p.m.

LATHAM ROTARY CLUB

Mill Road Acres, Mill Road, Latham, 6:30 p.m. Information, 785-6092.

COLONIE AMERICAN ASSOCIATION OF RETIRED PERSONS

William K. Sanford Town Library, 629 Albany-Shaker Road, 1 p.m. Information, 869-5914.

FULLER ROAD FIRE DEPT. LADIES AUXILIARY

Fuller Road firehouse, 1342 Central Ave., 8 p.m. Information, 869-3371.

HERBERT B. KUHN SENIOR CITIZENS CENTER

sewing 12:30 to 2:30 p.m., woodworking shop 10 a.m. to 2:30 p.m., bingo 10 a.m. to 2:30 p.m., 2 Thunder Road. Information, 869-7172.

AA MEETINGS

St. Francis de Sales Church, 15 Exchange St., noon; St. Matthew's Episcopal Church, 129 Old Loudon Road, Latham, 7 p.m.

TUESDAY FEBRUARY 9

PLANNING BOARD

public hearings may precede regular meeting at 7 p.m., Public Operations Center, 347 Old Niskayuna Road. Information, 783-2741.

ALBANY AIRPORT ROTARY CLUB

Albany County Airport, 7:30 a.m.

HART SOCIAL CENTER

painting 10 a.m., bowling at Sunset Lanes 1 p.m., 18 Wilson Ave. Information, 869-3371.

HERBERT B. KUHN SENIOR CITIZENS CENTER

cards 10 a.m. to 2:30 p.m., exercise class 9:30 to 10:30 a.m., woodworking class 10 a.m. to 2:30 p.m., 2 Thunder Road. Information, 869-7172.

AA MEETING

Pine Grove United Methodist Church, 1580 Central Ave., noon.

WEDNESDAY FEBRUARY 10

LATHAM AREA CHAMBER OF COMMERCE

networking mixer, Wingate Inn, Old Wolf Road, 5:30 to 7:30 p.m., \$2 for members who RSVP, \$5 for walk-ins, free for prospective members. Information, 785-6995.

SENIOR WALKING CLUB

meet at Colonie Center at 8:30 a.m. in the food court on the second floor, exercise class at 8:45. Information, 783-2823.

TOPS CLUB

weight loss support group, Good Shepherd Lutheran Church, 1 Shaker-El Drive, 1 p.m. Information, 459-5086.

LISHAKILL SENIORS

1653 Central Ave., 9 a.m.

COLONIE-GUILDERLAND ROTARY CLUB

Polish Community Center, Washington Avenue Extension, 12:15 p.m. Information, 458-9000.

HART SOCIAL CENTER

bridge, 18 Wilson Ave., 1 p.m. Information, 869-3371.

HERBERT B. KUHN SENIOR CITIZENS CENTER

advanced square dancing 10 a.m. to noon, blood pressure 10 a.m. to noon, lunch by reservation 11:45 a.m., beginner square dancing 1 to 2:30 p.m., poker 10 a.m. to 2:30 p.m., woodworking 10 a.m. to 2:30 p.m., 2 Thunder Road. Information, 869-7172.

AA MEETING

Newtonville Methodist Church, Route 9 and Maxwell Road, 6 p.m.

THURSDAY FEBRUARY 11

TOPS CLUB

weight loss support group, Pine Grove United Methodist Church, 1580 Central Ave., and First Presbyterian Church of Watervliet, 819 23rd St., 7 p.m. Information, 456-5099 and 785-9585.

12 STEP PROGRAM

dealing with co-dependence and addictions, Our Savior's School, 63 Mountain View Ave., 7 p.m. Information, 459-2248.

LATHAM KIWANIS

Mill Road Acres Golf Course, Mill Road, Latham, 6:30 p.m. Information, 783-6718.

AUDUBON SOCIETY OF THE CAPITAL REGION

William K. Sanford Town Library, 629 Albany-Shaker Road, 7:30 p.m. Information, 383-4048.

CASH MANAGEMENT ASSOCIATION

for treasury professionals, Century House, Route 9, Latham, 5:30 p.m. Information, 783-1864.

HART SOCIAL CENTER

meeting, blood pressure reading prior to meeting, 18 Wilson Ave., 1 p.m. Information, 869-3371.

HERBERT B. KUHN SENIOR CITIZENS CENTER

crafts 10 a.m. to noon, 2 Thunder Road. Information, 869-7172.

AA MEETINGS

St. Ambrose School Library, Old Loudon Road, Latham, 7:30 p.m.; Siena College, Siena Hall Room 107, Route 9, Loudonville, 4:30 p.m.

FRIDAY FEBRUARY 12

SENIOR WALKING CLUB

meet at Colonie Center at 8:30 a.m. in the food court on the second floor, exercise class at 8:45. Information, 783-2823.

COLONIE KIWANIS CLUB

Platt's Place, 44 Wolf Road, visitors welcome, 12:15 p.m. Information, 489-1422.

MENANDS ROTARY CLUB

Bethany Presbyterian Church, Lyons Avenue, 12:15 p.m. Information, 463-3740.

ROESSLEVILLE LEISURE CLUB

social meeting, 10 a.m., 1 N. Elmhurst Ave. Information, 459-2819.

HART SOCIAL CENTER

swimming at the University at Albany, bus departs from center, 18 Wilson Ave., 1:30 p.m. Information, 869-3371.

AA MEETINGS

Pine Grove United Methodist Church, 1580 Central Ave., 9 p.m.; Clinical Services and Consultation, 636 New Loudon Road, Latham, 7:30 p.m.; St. Matthew's Episcopal Church, 129 Old Loudon Road, Latham, noon.

AL-ANON MEETING

Colonie Community Center, 1653 Central Ave., 7:30 p.m.

SATURDAY FEBRUARY 13

VALENTINE'S DINNER DANCE

Colonie Elks Lodge, Elks Lane off Route 155, dinner at 7 p.m., entertainment by Ron Cremisio from 9 to midnight, \$14, reservations required. Information, 785-3557.

HAM DINNER

sponsored by the auxiliary of the Weinger VFW Post, off New Karner Road, 6 p.m., \$7, reservations by Feb. 5. Information, 372-9430.

CHICKEN AND BISCUIT DINNER

Reformed Church of the Boght, Boght Road, 4 to 7 p.m., takeouts available, \$8, \$3 for children 6 to 12, free for children 5 and under.



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ADVERTISING FOR SUNMARK FINANCIAL SERVICES, LLC.

Articles of Organization for a New York LLC, to wit, Communications to Go, LLC, whose office is located in Albany County, were filed with the New York State Department of State on December 29, 1998. The Secretary of State shall mail a copy of any process against it served upon him or her is: Communications to Go, LLC, c/o Jeffrey Aussicker, 28 Spice Mill Boulevard, Clifton Park, New York 12065. The purpose of this LLC is to engage in any lawful activity to which the LLC may be organized under the LLC Law of New York State.
February 3, 1999

LEGAL NOTICE

ARTICLES OF ORGANIZATION OF PEERLESS MANAGEMENT, 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 Peerless Management, LLC. Second: The purpose of the Company is to engage in

LEGAL NOTICE

any lawful act/activity from 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 Albany. 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 Richard A. Langer, Esq., McNamee, Lochner, Titus & Williams, P.C., 75 State Street, P.O. Box 459, Albany, New

LEGAL NOTICE

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 14th day of December, 1998. Richard A. Langer Attorney-in-Fact
February 3, 1999

LEGAL NOTICE

ARTICLES OF ORGANIZATION OF HFF CLOSING COMPANY LLC

Under Section 203 of the Limited Liability Company Law FIRST: The name of the limited liability company is HFF Closing Company 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 32049. 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

LEGAL NOTICE

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 members. IN WITNESS WHEREOF, this certificate has been subscribed to 25th day of January, 1999, by the undersigned who affirms that the statements made herein are true under the penalties of perjury. s/ E.J. Vandergrift, Attorney in Fact
February 3, 1999

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LEGAL NOTICE

ARTICLES OF ORGANIZATION OF NINE DRAGONS CITY ASSOCIATES, LLC

Under Section 203 of the Limited Liability Company Law FIRST: The name of the Limited Liability Company is: NINE DRAGONS CITY ASSOCIATES, LLC SECOND: The County within this State in which the principal office of the Limited Liability Company is to be located is Albany County. THIRD: The limited Liability Company shall continue until the occurrence of an event set forth in the Operating Agreement which causes the termination of the Limited Liability Company. FOURTH: The Limited Liability Company hereby designates the Secretary of State of New York as agent of the Limited Liability Company upon whom process against the Limited Liability Company may be served. The post office address of the limited liability company, to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon the Secretary of State, is: 120 Washington Avenue, Albany, New York 12210. FIFTH: The limited liability company is to be managed by one or more of its managers. SIXTH: The business purposes of this limited liability company are to engage in any lawful act/activity for which limited liability companies may be organized under the Limited Liability Company Law; provided, however, that the limited liability company is not formed to engage in any act or activity requiring the consent or approval of any state official, department, board, agency or other body without first obtaining the consent of such body. SEVENTH: None of the Members of the Limited Liability Company are liable for payment of any debt, obligation or other liability of the Limited Liability Company. IN WITNESS WHEREOF, this certificate has been subscribed this 7th day of January, 1999, by the undersigned who affirms that the statements made here are true under the penalties of perjury. s/ Raymond Xu Sole Organizer STATE OF NEW YORK) S S) COUNTY OF ALBANY) On this 7th day of January, Nineteen Hundred and Ninety Nine, before me the undersigned, a Notary Public in and for said state, personally appeared RAYMOND XU Personally known to me or proved to me on the basis of satisfactory evidence to be the individual whose name is subscribed to the within instrument and acknowledged to me that he executed the same in his capacity, and that by his signature on the instrument, the individual, or the person on behalf of which the individual acted, executed the instrument. s/ Patrick J. LaPorta Notary Public, State of New York No. 4962675 Qualified in Schenectady County Commission expires Feb., 26, 2000.

February 3, 1999

ARTICLES OF ORGANIZATION OF CZAR PROPERTIES, 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 CZAR PROPERTIES, LLC (hereinafter referred to as the "Company"). SECOND: The business of the Company is to engage in the ownership, leasing renovating and managing of real estate and any and all things necessary, convenient or incidental to that purpose. THIRD: The county within the State of New York in which the office of the Company is to be located in Albany County. FOURTH: The effective date of the Articles of Organization shall be the date of

LEGAL NOTICE

filing with the Secretary of State. FIFTH: The Company does not have a specific date of dissolution in addition to the events of dissolution set forth by law. SIXTH: 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 may mail a copy of any process against the Company served upon such Secretary of State shall be CZAR PROPERTIES, LLC, c/o Waite & Associates, P.C., 90 North Pearl Street, Albany, New York 12207. SEVENTH: The name and street address within the State of New York of the registered agent of the Company upon whom process against the Company may be served is: Waite & Associates, P.C., 90 North Pearl Street, Albany, New York 12207 EIGHTH: The Company is to be managed by one or more members. NINTH: None of the members of the company, in their respective capacities as members, shall be personally or individually liable for any debts, obligations or liabilities of the Company. TENTH: A member, acting in his or her capacity as a manager of the Company, shall not be personally liable to the Company or its members for damages for any breach of duty as a manager, except for damages that, in addition to any and all other requirements for such liability, are found to have come about by any reason of one or more act(s) or omission(s) of such manager and proximately resulting in a judgment or other final adjudication which establishes that: (a) such manager's acts or omissions were in bad faith or involved intentional misconduct or a knowing violation of law; (b) such manager personally gained, in fact, a financial profit or other advantage to which such manager was not otherwise legally entitled; or (c) with respect to a distribution which is the subject of Section 508 of the Limited Liability Company Law of the State of New York (the "LLCL"), such managers acts were not performed in accordance with Section 409 of the LLCL. Neither the amendment nor the repeal of this Article "TENTH" shall eliminate or reduce its effect relative to any matter occurring, or any cause of action, suit or claim that, but for Article "TENTH", would accrue or arise, prior to such amendment, repeal or adoption of an inconsistent provision. This Article "TENTH" shall neither eliminate nor limit the liability of a manager for any act or omission occurring prior to its adoption. ELEVENTH: 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 these Articles and do hereby affirm the foregoing as true under the penalties of perjury, this 17th day of November, 1998. s/ THERESA L. EGAN, ESQ. Waite & Associates, P.C. Attorneys for CZAR Properties, LLC, 90 North Pearl Street, Albany, New York 12207 (518) 463-4257

February 3, 1999

CERTIFICATE OF LIMITED PARTNERSHIP OF NW PARTNERS, L.P. UNDER SECTION 121-201 OF THE REVISED LIMITED PARTNERSHIP ACT

1. The name of the limited partnership is "NW PARTNERS, L.P." 2. The county in which the office of the limited partnership is located is Albany County, New York. 3. The Secretary of State is hereby designated as agent of the limited partnership upon whom process against it may be served, and the office address to which the Secretary of State shall mail a copy of any process against the limited partnership served upon him is 582 New Loudon Road, Latham, New York 12110. 4. The names and business addresses of the general partners are: Schuyler Development Co., LLC c/o

LEGAL NOTICE

Schuyler Companies 582 New Loudon Road Latham, New York 12110 5. The latest date upon which the limited partnership is to dissolve is January 2098. IN WITNESS WHEREOF, the undersigned have executed this Certificate of Limited Partnership on the 20th day of January, 1999, and verify and affirm under penalties of perjury that the foregoing is true and correct as of the date hereof. CATSKILL PARTNERS, L.P. BY: SCHUYLER DEVELOPMENT CO., LLC By: s/ Kenneth B. Segel, Member

February 3, 1999

NOTICE NOTICE IS HEREBY GIVEN

that on January 5, 1999 HMT ASSOCIATES, LLC filed Articles of Organization with the Secretary of State, of a limited liability company, effective January 1999, its principal office is to be located in Albany County. The purpose of HMT ASSOCIATES, LLC, s Business is to engage in all lawful business for which a limited liability company can be formed pursuant to Section 201 of the Limited Liability Company Law. The Secretary of State is Designated as agent of HMT ASSOCIATES, LLC upon whom process against it may be served and the Secretary of State shall mail a copy of any such process to Pine West Plaza, Bldg. 2, Albany, New York 12205.

February 3, 1999

NOTICE OF ARTICLES OF ORGANIZATION OF LIMITED LIABILITY COMPANY

Please take notice that (1) a limited liability company named "EAC MRC, LLC" has been formed under the New York Limited Liability Company Law; (2) the office of such company is located in Albany County; (3) the New York State Secretary of State has been designated as agent of such company upon whom process against the company may be served; (4) the post office address of such company to which the Secretary of State shall mail a copy of any process against the Company served upon the Secretary of State is 79 North Pearl Street, Albany, New York 12207; (5) the purpose of the business of such company is to acquire a partnership interest in Materials Recovery Company, a New York partnership, and to hold and otherwise deal in such interest and participate in such partnership and do all things necessary, convenient or incidental to the foregoing.

February 3, 1999

NOTICE OF FILING

The limited liability co., Woodstock '99, LLC ("LLC"), was formed for any lawful business purpose. LLC's articles of organization filed with sec. of state ("SOS") on 12/17/98. LLC's office located in Albany County. SOS designated as agent for services of process. SOS shall mail copy of process against LLC served on it to Whiteman Osterman & Hanna, 1 Commerce Plaza, Albany, NY 1226 att.: Philip H. Gitlen, Esq.

February 3, 1999

NOTICE OF FORMATION OF A FOREIGN LIMITED PARTNERSHIP (FLP)

The name of the FLP is Rosewood Plaza, L.P. The application for authority to do business in New York State of the FLP was filed with the NY Secretary of State on December 22, 1998. The jurisdiction of organization of the FLP is the State of Georgia. The date of organization of the FLP is December 14, 1998. The principal office of the FLP is located at 427 New Karner Road in the County of Albany. The NY Secretary of State is designated as the agent of the FLP upon whom process against the FLP may be served. The address to which the Secretary of State shall mail a copy of any process against the FLP is c/o

LEGAL NOTICE

Rosetti Associates, L.L.C., 427 New Karner Road, Albany, New York 12205. The purpose of the FLP is to engage in any lawful act or activity. A list of the names and addresses of all general partners of the FLP is to engage in lawful act or activity. A list of the names and addresses of all general partners of the FLP are available from the Secretary of State. The name and address of the authorized officer of the FLP in the State of Georgia where a copy of its Certificate of Limited Partnership is filed is the Georgia Secretary of State, Suite 315, West Tower, 2 Martin Luther King, Jr. Drive, Atlanta, Georgia 30334-1530.

February 3, 1999

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

The name of the LLC is NW Partners, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on January 2 1999. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of state shall mail a copy of any process against the LLC is 30 Corporate Circle, Albany, New York 12203.

February 3, 1999

NOTICE OF FORMATION OF LIMITED PARTNERSHIP PURSUANT TO SECTIONS 120-121 OF THE REVISED LIMITED PARTNERSHIP ACT

1. The name of the Limited Partnership is THE KING LIMITED PARTNERSHIP. 2. The certificate of Limited Partnership was filed with the Secretary of State on January 15, 1999. 3. The office of the limited partnership is to be located in Albany County. 4. The Secretary of State is designated as agent of the limited liability partnership upon whom process against it may be served. The post office address to which the Secretary of State shall mail a copy of any process against the limited partnership served on him is: THE KING LIMITED PARTNERSHIP 116 Wolf Road Albany, New York 12205 S. J. Eric King, whose address is 116 Wolf Road, Albany, New York, is to be the registered agent of the limited partnership upon whom process against the limited partnership may be served. 6. The names and the business or residence street address of each general partner is accessible from the Secretary of State. 7. The latest date upon which the limited partnership is to dissolve is January 2028, unless otherwise terminated in accordance with the limited partnership agreement. 8. The character of

LEGAL NOTICE

the business is to conduct any lawful business activity for profit that is not otherwise prohibited by the laws of the State of New York.

February 3, 1999

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of Kellington Arts, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on January 2 1999, effective upon the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC c/o 64 Railroad Avenue, Albany, New York 12205. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLCL.

February 3, 1999

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

The name of the LLC is WESTERN CORNERS REALTY, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on January 14, 1999. 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 582 New Loudon Road, Latham, New York 12110.

February 3, 1999

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

The name of the LLC is KARNER CORNERS REALTY, L.L.C. The Articles of Organization of the LLC were filed with the New York Secretary of State on January 14, 1999. 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 582 New Loudon Road, Latham, New York 12110.

February 3, 1999

NOTICE OF FORMATION OF A DOMESTIC LIMITED

LEGAL NOTICE

LIABILITY COMPANY (LLC).

The name of the LLC is First Columbia Plank, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on December 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 address to which the Secretary of State shall mail a copy of any process against the LLC is 210 Washington Ave. Extension, Albany, New York 12203.

February 3, 1999

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

The name of the LLC is First Columbia Clifton Park, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on December 17, 1998. The purpose of the LLC is to engage in any lawful act/activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as agent of the LLC upon whom process against may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 210 Washington Avenue extension, Albany, New York 12203.

February 3, 1999

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

The name of the LLC is First Columbia Plank, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on December 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 address to which the Secretary of State shall mail a copy of any process against the LLC is 210 Washington Ave. Extension, Albany, New York 12203.

February 3, 1999

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

The name of the LLC is Columbia Delaware Group, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on December 14, 1998. The Purpose of the LLC is to engage in any lawful act/activity. The office of the LLC is to be located in Albany County.

The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 30 Corporate Circle, Albany, New York 12203.

February 3, 1999



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Spotlight Newspapers

The Spotlight CALENDAR

FARMERS' MARKET

St. Ambrose Church, Old Loudon Road, Latham, 9 a.m. to 1 p.m.

AA MEETINGS

St. Matthew's Episcopal Church, 129 Old Loudon Road, Latham, 7:30 p.m.; Calvary Methodist Church, Belle Avenue and Ridge Place, Latham, noon.

SUNDAY FEBRUARY 14

AA MEETINGS

Calvary Methodist Church, Belle Avenue and Ridge Place, Latham, 8 p.m.; Siena College, Siena Hall Room 119, Route 9, Loudonville, 6:30 p.m.; Bethany Presbyterian Church, Lyons Avenue, Menands, 7:30 p.m.

MONDAY FEBRUARY 15

MENANDS VILLAGE BOARD
village Hall, 250 Broadway, 7:30 p.m. Information, 434-2922.

ST. FRANCIS DE SALES SENIOR CITIZENS

cards, bingo, crafts and line dancing, St. Francis de Sales Church, 1 Maria Drive, 10 a.m. to 3 p.m. Information, 459-4272.

LATHAM BUSINESS AND PROFESSIONAL WOMEN'S CLUB

monthly dinner meeting, Century House, Route 9, Latham, 6 p.m. Information, 279-1149.

BINGO

Colonie Elks Lodge, Elks Lane, Latham, 6:30 p.m.

LATHAM ROTARY CLUB

Mill Road Acres, Mill Road, Latham, 6:30 p.m. Information, 785-6092.

HERBERT B. KUHN SENIOR CITIZENS CENTER

sewing 12:30 to 2:30 p.m., woodworking shop 10 a.m. to 2:30 p.m., bingo 10 a.m. to 2:30 p.m., 2 Thunder Road. Information, 869-7172.

AA MEETINGS

St. Francis de Sales Church, 15 Exchange St., noon; St. Matthew's Episcopal Church, 129 Old Loudon Road, Latham, 7 p.m.

TUESDAY FEBRUARY 16

PLANNING BOARD

public hearings may precede regular meeting at 7 p.m., Public Operations Center, 347 Old Niskayuna Road. Information, 783-2741.

SOUTH COLONIE SCHOOL BOARD

district office, Loralee Drive, 7 p.m. Information, 869-3576.

STANFORD HEIGHTS BOARD OF FIRE COMMISSIONERS

firehouse, 2240 Central Ave., 7 p.m. Information, 393-4069.

ALBANY AIRPORT ROTARY CLUB

Albany County Airport, 7:30 a.m.

HART SOCIAL CENTER

painting 10 a.m., bowling at Sunset Lanes 1 p.m., 18 Wilson Ave. Information, 869-3371.

HERBERT B. KUHN SENIOR CITIZENS CENTER

cards 10 a.m. to 2:30 p.m., exercise class 9:30 to 10:30 a.m., woodworking class 10 a.m. to 2:30 p.m., 2 Thunder Road. Information, 869-7172.

AA MEETING

Pine Grove United Methodist Church, 1580 Central Ave., noon.

WEDNESDAY FEBRUARY 17

SENIOR WALKING CLUB

meet at Colonie Center at 8:30 a.m. in the food court on the second floor, exercise class at 8:45. Information, 783-2823.

TOPS CLUB

weight loss support group, Good Shepherd Lutheran Church, 1 Shaker-El Drive, 1 p.m. Information, 459-5086.

SQUARE DANCE

sponsored by the Colonie Elks and Does Square Dance Club, Colonie Elks Lodge, Elks Lane, Latham, 8 p.m. Information, 785-9477.

LISHAKILL SENIORS

1653 Central Ave., 9 a.m.

COLONIE JAYCEES

monthly membership meeting, visitors welcome, Colonie Community Center, 1653 Central Ave., 7 p.m. Information, 932-7976.

COLONIE-GUILDERLAND ROTARY CLUB

Polish Community Center, Washington Avenue Extension, 12:15 p.m. Information, 458-9000.

HART SOCIAL CENTER

bridge, 18 Wilson Ave., 1 p.m. Information, 869-3371.

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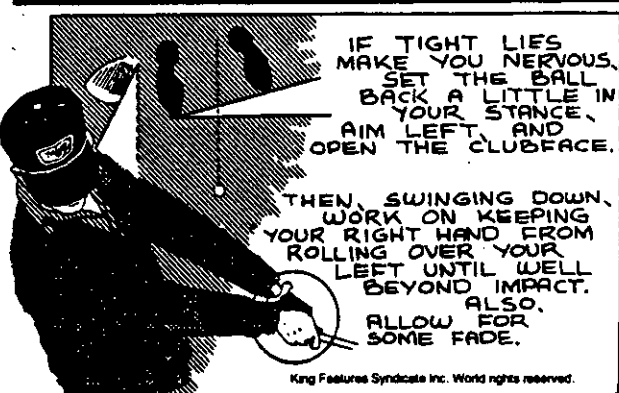
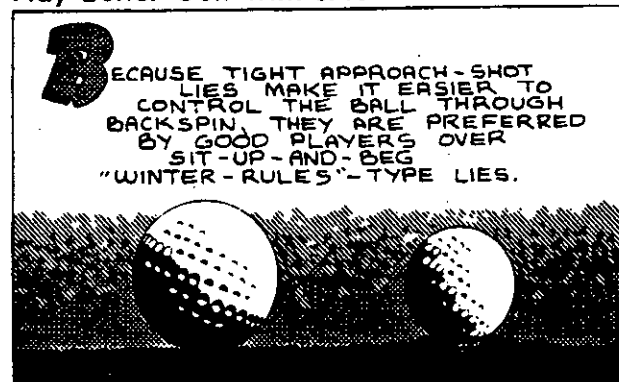
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P K I A G E B B E D B Z X S W
U I D D T C O C R K R Q S E O
N A G P H L T J A O C I N I G
R F D E C I T A N Y X O U L W
V T C N O S L A G I D O R P S
R K P N O N E N L K J I E E G
S F S Y E C S L A T N E R R B

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

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Bad penny	Lies	Radar	Reruns
Boomerang	Orbits	Reflections	Rockets
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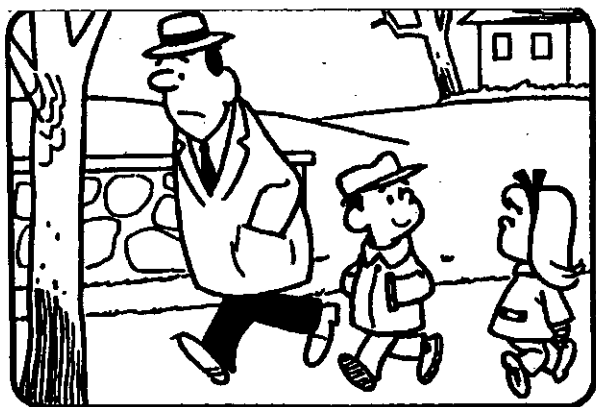
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Hi, when I was 37 years old and a GE manager, I had a chronic problem with alcohol and drugs. Today I have been sober and drug free for 20 years, and I will never drink or drug again. If you need help with a drug or alcohol problem call The Hagaman Guest House at 842-2204. Jerry.

Hi, at age 12, I started drinking and drugging. The youngest of 12 kids, I grew up on a successful farm. By 13 years old I used drugs and alcohol nearly every day. Today, at 28 years old, I have been sober and drug free for 10 years. I am the President of a successful business, which I helped build. I will never drink or drug again. If you need help with a drug or alcohol problem call The Hagaman Guest House at 842-2204. Mark.

Hi, at age 20 I failed out of SUNY in my third year because of drug and alcohol use. Today I am married and the mother of two boys. I have been sober and drug free for

more than 8 years, and I will never drink or drug again. If you need help with a drug or alcohol problem call The Hagaman Guest House at 842-2204. Michelle.

Hi, I am from a wonderfully loving family, but at age 18 I was on the street and on drugs. I have been sober and drug free for two years. Today, I have a three year old son, I have a good job, my own apartment and a close loving relationship with my dad, mom and brother. I will never drink or drug again. If you need help with a drug or alcohol problem call the Hagaman Guest House at 842-2204.

Hi, I started drinking and drugging when I was 12. At 16 years old, my parents sent me to a 9 month long therapeutic community. The therapeutic Community did little to persuade me not to drink and drug which I planned to do just as soon as I got out. However, I didn't drink or drug. Instead I found a solution for my drug and alcohol problem that no therapeutic community could offer - a solution that will last a lifetime. Today I am 26 year old law student. I have been sober and drug free for 10 years and will never drink or drug again. If you need help with a drug or alcohol problem call The Hagaman Guest

House at 842-2204. Jim.

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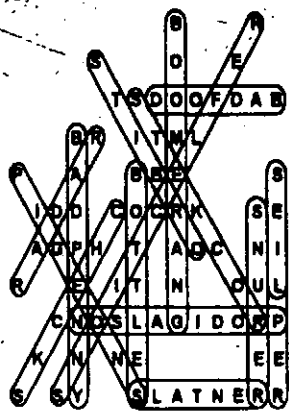
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8PC76M	1997	PLYMOUTH NEON 4 DR.	25K	\$8,995
G8PC55	1996	DODGE STRATUS	59K	\$8,995
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G9V30A	1996	PLY. VOYAGER GRAND 4DR.	76K	\$10,995
G8C22A	1995	BUICK REGAL 4 DR.	59K	\$10,995
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Tests

(From Page 1)

them on target to reach Regents in 12th-grade," Hirschen said. "The PEP test was not sufficient for assessing the revised curriculum. It was strictly multiple choice, and did not test the skills that the higher standards call for."

The new test was given in about an hour each day for three days. One day had a multiple choice component; another a reading segment, followed by questions; and on the third day, teachers read a story aloud to students, and they answered essay questions.

The essay part of the test has been of particular concern to educators, as students must take notes as they listen to a story they have not heard before. In the past, note-taking skills hadn't been taught to fourth-graders. Instead, the emphasis was on writing complete sentences.

"The need for note taking is the result of higher standards," Hirschen said. "Note taking is suggested in the curriculum, and the earlier in the process it's taught, the better."

Hirschen said that the ELA test is not meant to test what fourth-graders have learned that year, but to assess students' reading levels after three years of primary education.

The test will provide an early indicator of students who might have trouble with Regents tests at the 12th-grade level.

To help ensure students' success, area teachers incorporated test preparation into the curriculum this year.

At the January meeting of the Voorheesville school board, elementary Principal Ed Diegel said the district is already aware of students who require remediation, and fourth-grade teachers and students talked about the tests.

"I was scared because I didn't know what they would be like," said fourth-grader Laura Watson. "Once I got started, though, I got the hang of it."

"We had so much practice, I was a little scared," said Chris Thompson.

"We did a lot of preparation," said Gail Axelrod. "When we actu-

ally took the tests, it turned out we didn't need it."

"The part I really hated was writing notes," added Watson.

"I took just enough to understand them," said Thompson.

Both Watson and Thompson said they referred to their notes when writing the essay; Axelrod said she hadn't needed to take notes.

Watson and Axelrod both agreed they liked the part where they were asked to make up a story. Thompson said the multiple choice part was the easiest.

Fourth-grade teachers Mary Ellen O'Brien and Carol Coleman seemed unfazed by the tests. Although they spent time preparing students, they didn't feel that time detracted from the rest of the curriculum. They also felt the current emphasis on writing skills helped.

"Fourth-grade language arts primarily stresses skill work and improving vocabulary," said Coleman. "We do a tremendous amount of writing, and today's child has very little trouble writing."

"We had to work on demand writing," said O'Brien, referring to the parts of the tests that required children to produce a completed essay in a specific time.

"Our primary goal," said Coleman, "was to get them to edit their work. They're used to doing scrap copies."

Coleman said she would have preferred a year-end test, and O'Brien would have settled for one in April, to prevent weather difficulties.

"I'm sort of excited about the tests," Coleman said. "I think they're long overdue. It's good that we're demanding more."

Coleman and O'Brien felt that the students had done well. "I read

the tests," Coleman said. "I feel they did fairly well." Both teachers helped grade the tests: Coleman was a scorer and O'Brien a facilitator.

In Bethlehem, Assistant Superintendent for Curriculum John McGuire also felt comfortable with how the testing had gone.

"Our preliminary feeling is that the tests went quite well," said McGuire. "I was in some classrooms following the administration of the first tests, and the kids and teachers alike seemed elated that they were able to deal with it."

"Last year, we worked with faculty to familiarize them with changing formats and assessments," said McGuire. "They, in turn, helped the students acquire skills like note taking and listening, rather than multiple choice and fill-in-the-blank. Those are not heretofore typical of the K-4 experience, and to succeed, the kids needed to have practice and be familiar with those skills."

Katherine Bartley, Bethlehem's English language arts supervisor for kindergarten through fifth-grade, worked closely with both students and teachers to prepare for this test.

"Last spring, from April to June, we met with teachers, and gave the test pilot to all existing fourth-graders," Bartley said. "We used that data to align our curriculum to meet the needs of fourth-graders this year. We saw a need for more work on note taking, responding to listening passages, and how to use textual evidence in their answers."

Bartley said she felt that the children did well on the tests, due largely to the preparation time teachers took with children.

"We spent a lot of time preparing for these tests," she said, "but the kinds of skills the kids needed to take this test are the kind of

skills they need in life. When children are asked to read, evaluate and synthesize printed matter, this is something they'll need to do at any grade level."

Bartley pointed out that the changes made to prepare children for the test are not huge changes to Bethlehem's curriculum. "The test will align our teaching to the standards," she said.

Hamagrael parents Lauren and Harold Iselin felt their fourth-grader, David, was well prepared for the tests.

"I felt confident that his teacher, Allison Kirsch, was preparing him for the test," Lauren Iselin said. The teachers had told parents about the test at an open house, Iselin said, but maintained a low-key approach before the tests. "Maybe there was a little less homework, and we stressed a good night's sleep," Iselin said.

"My teacher said it wasn't something to stress over, and she was sure we'd do fine," said David Iselin. "We spent a lot of time preparing for the note-taking part. The teacher read us stories and we needed to take notes." Iselin said the time allotment for the test was fine.

Harold Iselin spoke strongly in favor of the tests and the new standards. "I think it's good for the district that they have to apply objective measures for the students and the schools," he said. "The fact that the children have to write something, use critical thinking and learn how to express themselves is a good thing."

In the Ravena-Coeymans-Selkirk Central School District, Superintendent Bill Schwartz said that over the past four years, kindergarten through 12th-grade teachers there have been creat-

ing an English language arts document that deals with the new state standards.

"The curriculum has been redesigned so that the gaps are no longer there," said Schwartz. "As the new standards came out, we met them. The new curriculum addresses all the communication skills the test talks about."

RCS teachers also spent a lot of time preparing for the test. "Any time you spend teaching reading is not disproportionate," he said. Schwartz had some concerns, though, about the scoring process.

Teachers from area schools all participated in the scoring, which pulled them out of their schools and necessitated hiring substitutes. Each teacher only participated in one day's scoring.

"We've had 14 teachers removed from instruction over the three-day period," Schwartz said. "I'm not sure it's in the best interest of a school like ours."

The scoring itself has also raised questions. The tests have been graded on a rubric of zero to four, and a passing grade has not yet been set.

Although teachers were not permitted to discuss the tests in depth at the scoring sessions, the consensus seemed to be that things were going well.

"There's been some lobbying at the state level to make this a pilot year," McGuire said, adding, "I see this as a pilot year in any event."

In the end, McGuire said the new standards were bound to help students. "If there's a real advantage to the whole initiative," he said, "it's stimulated some healthy discussions about how to help children."



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