

Great granny earns St. Rose degree

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Summertime blues

○ see family entertainment

Summer Recreation

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July 7, 1999

Friends & colleagues mourn 'people's' judge

By JOSEPH A. PHILLIPS

Friends and neighbors in Delmar, and legal and judicial colleagues throughout the region, are mourning the passing on July 1 of Ned Conway, former Republican party leader and longtime jurist, following a two-year battle with pulmonary fibrosis and heart trouble.



Conway

Edward S. "Ned" Conway, 82, was a Cohoes native and a longtime Bethlehem resident. A decorated World War II Navy veteran, he was a graduate of the

Vincentian Institute, Rensselaer Polytechnic Institute and Albany Law School. He spent his final two years out of the public eye, in his Delmar home, St. Peter's Hospital and at Our Lady of Mercy Life Center.

But before the illness that sidelined him, he spent more than three decades as a fixture on the state Supreme Court bench. His judicial posting followed a lengthy private law career and public service as Albany County Republican chairman for seven years, during the heyday of the Corning-O'Connell Democratic machine.

Conway, like the late John Clyne, was a last link to a bygone era of strong personalities dominating the county political landscape. Though politically rough-and-tumble, it was a more gentlemanly era, recalled Conway's longtime Supreme Court colleague and fellow Bethlehem resident Joseph Teresi: "While the parties disagreed with each other philosophically, they had respect for each other and discovered a lot in common with one another over time."

Conway was the embodiment of that spirit. "He loved to talk politics," said his Delmar neighbor for over a quarter of a century, Republican town board member Doris Davis. "He was the ultimate Republican in my eyes — which was sort of ironic, because he had so many friends

□ MOURN/page 24

Citgo gets town tax reduced

By JOSEPH A. PHILLIPS

The annual grievance period for Bethlehem taxpayers, which concluded on May 25, proved a quiet one this spring, according to town tax assessor David Leafer.

One hundred and seven property owners petitioned the town's board of assessment review for changes in the valuation of 132 parcels this spring, of which 44 were commercial properties. As a result, 77 valuation reductions were granted, totalling roughly \$2.2 million in reduced property values.

"That's not an immense reduction," said Leafer, noting that it represents little more than 1 percent of the \$1.9 billion in taxable property. Leafer estimated that it would mean a loss of \$45,000 in tax revenues for the school district, and about \$18,000 for the town.

The assessment review process itself □ TAX/page 24

Capital Cities names Delmar woman 'hero'

By KATHERINE MCCARTHY

Be real cool this Saturday in a classy BMW — for free and for a good cause. Langan Capital Cities Imports in Glenmont is participating in the Susan G. Komen Foundation's Ultimate Drive, and will donate \$1 for every test mile driven in a BMW. The money raised goes toward fighting breast cancer.



Sylvie Sherlach, 2, enjoys beating the heat at Elm Avenue Park pool on Sunday, July 4. Constance Lupe

BMW participates in The Ultimate Drive, formerly known as The Drive for the Cure, every year, Capital Cities' manager Steve Picarazzi said. The Glenmont dealership, located on Route 9W, is the area dealership BMW chose to participate in The Ultimate Drive. Anyone is eligible to test drive a BMW, and it doesn't cost anything. Drivers get to choose from some of the dealer's BMWs — from the sporty Roadster to

the 780i, and BMW donates \$1 for every mile test driven to breast cancer research and aid.

Delmar resident Mara Ginsberg is this year's Local Drive Hero. Ginsberg is a breast cancer survivor who has started "To Life," a non profit group that provides education and support to people in the Capital Region who have been affected by breast cancer.



"Mara is a Steve Picarazzi with Capital Region Mara Ginsberg, this resident who has year's Local Drive Hero. done something important," Picarazzi said. "We thought it would be appropriate to honor her."

Ginsberg said she was honored and pleased to have been named the local drive hero. "This will be a lot of fun," Ginsberg said. "You get to go and drive an expensive car and you raise money for a good cause, and it doesn't cost you anything."

Ginsberg's decision to found "To Life" came out of her personal experience with

□ HERO/page 11

Delmar post office says thank you to hospice

By JOSEPH A. PHILLIPS

In a simple ceremony last Thursday at St. Peter's Hospital, Delmar Postmaster Thomas Porcaro paid tribute to the struggles faced by the family of a postal employee — and to those who'd helped them face that struggle.

Porcaro, on behalf of Delmar Post Office's employees, presented the staff of the Community Hospice unit of the hospital a framed enlargement of a commemorative stamp issued in February by the Postal Service in honor of the hospice movement, and a plaque in memory of Brian Edward Beck, a 14-year-old diagnosed at age 5 with a form of muscular dystrophy that strikes young men particularly hard. Brian died in March 1998.

He was the son of Lois Beck, a window clerk at the Delmar station. Beck was on hand for the observances as well, attended by a host of hospice staffers and hospital administrators. "Thank you, hospice, is all I can say," said Beck at the ceremonies, recalling her son's final months.



Delmar Postmaster Tom Porcaro and Lois Beck, right, present a plaque in memory of Beck's son Brian to St. Peter's Hospital staffers Dr. John Scott and nurse Gail Scott. Joseph Phillips

□ HOSPICE/page 14

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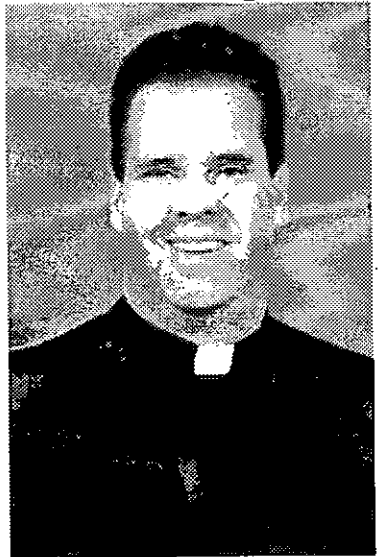
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GRAND UNION

Delmar church to install new Lutheran minister

On Sunday, July 11, Mark Mueller will be ordained into the Holy Ministry of the Lutheran Church and installed as assistant pastor of Bethlehem Lutheran Church in Delmar. The service will be held at 9:30 a.m. at the church at 85 Elm Ave. a reception will follow, and the community is invited to attend.



Mark Mueller

Mueller will be ordained by the Rev. David Benke, president of the Atlantic District of the Lutheran Church-Missouri Synod, and the ordination sermon will be preached by the candidate's father, the Rev. David Mueller.

Mueller graduated with honors from Concordia College in River Forest, Ill., in 1989 and taught at Lutheran schools in Florida and Georgia. He graduated in May from Concordia Theological Seminary in St. Louis, Mo. While he was pursuing his seminary training, he served his internship at Bethlehem Lutheran Church from 1997-1998. Accord-

ing to Bethlehem's Senior Pastor, Warren Winterhoff, "We're excited to have Mark join our staff, for it will give us the opportunity to initiate new ministries to serve the people of this community."

Mueller and his wife Bonnie have two children, Emily and Timothy.

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Book group meets at Library

Bethlehem Public Library's Book Discussion Group will take up a short story collection by Donald Hall, "The Ideal Bakery," at Bethlehem Public Library, 451 Delaware Ave. in Delmar, on Tuesday, July 20.

The group meets the third Tuesday of each month at 7:30 p.m. in the library's adult lounge. Copies of the current title are available at the reference desk, and new members are welcome at any time. For information, call the library at 439-9314.

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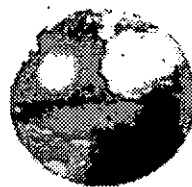
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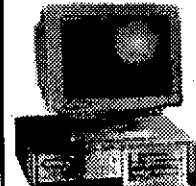
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Appeals court ruling favors Munnelly

By Joseph A. Phillips

Without comment, the state Court of Appeals ruled unanimously last week that Bethlehem Town Justice Kenneth Munnelly need not stand for re-election this year, since his 1997 election was for a full four-year term in office.



Munnelly

The decision, announced on June 30, lets stand the ruling of a lower appellate court that the state constitution as currently worded does not allow for election to partial terms of office, even when a town judge is elected to replace a predecessor who has died in office or otherwise not completed a full term. Such partial terms have been common practice throughout the state, but the court affirmed that judicial terms at election are for four years only.

The court decided not to award any court costs in their decision. "They don't usually assess costs unless anybody acted improperly or did something way out," said Bethlehem town attorney Bernard Kaplowitz.

Lower state courts have ruled on the matter of filling unfinished terms by local judges in the past, but the unprecedented Court of Appeals decision now sets what Munnelly last week called "black-letter law" on the practice.

"I'm happy it's over. I'm very pleased that three courts have recognized that I was properly elected to a four-year term," Munnelly said. "The constitution clearly and unambiguously sets the term of office at four years, no ifs, ands or buts. All this other stuff is a distraction."

Munnelly's suit stemmed from a bit of routine paperwork —

Bethlehem town clerk Kathleen Newkirk's certification in January to the county Board of Elections of the offices that would be up for election this November.

Munnelly, elected in 1997 to replace the late Judge Peter Wenger, challenged Newkirk's listing of his seat for the coming election, asserting his right to a full four years rather than the remainder of Wenger's unfinished term. He subsequently petitioned the board of elections to amend its certification.

Rebuffed at both levels, he then filed suit in March in state Supreme Court against Newkirk and the county election commissioners. A ruling in his favor by Justice Michael Kavanaugh in May was upheld last month in the Appellate Division, 3-2.

That decision, affirmed last week by the seven-member Court of Appeals, denied an appeal by attorney Thomas Spargo, representing county election commissioner George Scaringe, and Kaplowitz, on behalf of Newkirk.

They had argued that the ballot and the Democratic party petition that secured Munnelly's nomination had led voters to believe he was being elected to only a two-year term.

"It's an unfortunate decision," Kaplowitz said. "There have been a number of similar situations where everyone thought (a partial term) was the way to do it. But this is now the law, and this is what we'll do in the future. We knew there was a question, but now the question is resolved."

Newkirk, the original respondent in the case, said she was also satisfied with the outcome.

"I think everyone's been watching to see what the outcome of this was," she said of other town clerks. "It will certainly be mentioned when we have our next meeting."

Munnelly and fellow judge Theresa Egan were the first Democrats elected to the Bethlehem bench. Newkirk discounted any perception that the dispute was a partisan matter.

"This is a non-political situation," she said. "Ken and I both agreed on that. (This case) is just about how the election law is written, and how this has previously been done before. Basically, we were acting on precedent."

But Supervisor Sheila Fuller expressed disappointment in the ruling, particularly in Munnelly having waited two years to raise his challenge.

"The bottom line is, Munnelly knew it was two years, he circulated a petition for two years, and I'd have felt better about it if he'd brought it up then. He misled the voters," she said.

Munnelly defended the timing of his actions. Though initially believing his term was a two-year one, he said he was first alerted to the law on the question by a fellow judge shortly after the 1997 election.

"I filed it away, I guess," he said. "It didn't much matter because I wasn't up for election until now."

He insisted he filed his suit promptly upon having his request for amendment denied.

"All of this is more semantic than substantive," he said. "The best way to characterize this was, as an honest mistake on the part of both parties."

With the court's ruling, he said: "My situation should not be repeated anywhere else. If a vacancy is created by any way other than serving a four-year term, it's now clear that at the next election, the election is for a four-year term."

"It's one less election to worry about this year," Kaplowitz said. "That's one way to look at it."

Shades of summer



Caitlin Fitzpatrick, 2, her brother Seamus Fitzpatrick, 5, prepare for a swim at Bethlehem town park on the Fourth of July. Constance Lupe

Conservatives, Liberals announce local tickets

By Joseph A. Phillips

The Independence Party announced its Bethlehem and New Scotland choices in early June, and Albany County's Conservative and Liberal Party committees recently followed suit.

The Conservative committee threw its support to incumbent Democratic County Executive Michael Breslin and controller Michael Connors. They also endorsed incumbents for the county Legislature in most of the districts affecting Bethlehem and New Scotland: Democrats Joseph Cannizzaro in the 10th, Frank Commisso in the 12th, and Charles Houghtaling in the 38th; Republicans James Ross in the 35th and Robin Reed in the 36th.

In the 33rd, the Conservatives backed Republican nominee Thomas Marcelle, who already carries the Independence line against Democratic nominee Herb Reilly. In the 34th, both Republican incumbent David Young and Democrat Gary Olsen, who is a registered Conservative, were given a green light to seek the nomination in a primary.

"Registered Conservatives automatically have a right to be on the (primary ballot) line," said chairman Richard Stack, "but Mr. Young has had our backing before, and would be an acceptable candidate also." Young may be mulling an Independence primary challenge to Olsen, who is backed by the party committee.

A primary battle also looms in Bethlehem over the Conservative line for receiver of taxes, where Democrat and Independence nominee Anthony Cornell Jr. is a registered Conservative and the committee authorized Republican incumbent Nancy Mendick to petition as well.

The Conservatives otherwise backed an all-GOP lineup: unopposed incumbents, supervisor Sheila Fuller, town clerk Kathleen Newkirk, and highway superintendent Gregg Sagendorph, as

well as the lone town board incumbent Doris Davis and board candidate Parker Mathusa.

With the Independence Party endorsing Democratic challenger Daniel Plummer and Davis, only Democrat George Harder lacked a second ballot line, until the county Liberal party last week gave him its only local endorsement.

"We opened ourselves up to everybody, but George (Harder) is the only one who approached us in Bethlehem," said acting county chairman Gary Zweibach. Fewer than 100 registered Liberals reside in Bethlehem and barely more than 40 in New Scotland.

"It really surprised me when I got active in the party and moved to Bethlehem that its endorsement isn't more actively sought by candidates," said the four-year Glenmont resident. "It should be. The problem we have in Bethlehem is that (Democratic chairman) Matt Clyne feels he needs to have the Conservative line for his candidates. Without him, I think we'd have more interest from Democrats."

The Liberal committee also endorsed the underdog Republican county slate, including Delmar's Robert Maurer for county executive and Sam Robidoux for controller.

For their part, in New Scotland the Conservatives supported Democrats Martha Poffitt for supervisor, Diane Deschenes for town clerk and incumbent highway superintendent Darrell Duncan, along with Republican incumbent and unopposed town Judge Kenneth Connolly.

They declined to endorse a candidate for receiver of taxes and backed only Democrat Richard Reilly, a registered Conservative, for one of two town board seats.

No slates have been announced for the other parties with guaranteed ballot lines — the Right to Life, Green or Working Families parties.

Spotlight group adds 8th publication

By Mel Hyman

The newest addition to Spotlight Newspapers' growing family of publications is *Capital District Parent Pages*, acquired last month.

The addition will be Spotlight Newspapers' eighth paper in the Capital District and the group's first monthly product. *Capital District Parent Pages* will continue to be distributed freethroughout the region.

Spotlight Newspapers' parent company, Eagle Media Partners in Syracuse, publishes a similar monthly, *Syracuse Parent*, in central New York.

"This publication is completely consistent with Spotlight Newspapers' policy of family journalism," said Spotlight Newspapers Publisher Stewart Hancock. "This fits nicely with our seven weekly products in the Capital District."

Spotlight Newspapers currently publishes weekly community papers in Bethlehem, New Scotland, Colonie, Loudonville, Niskayuna, Scotia-Glenville, Rotterdam and Clifton Park. *Parent Pages* will give Spotlight advertisers additional coverage in a specific market focusing on parenting in the Capital District.

Lawrence and Rachele Smith-Stallman of Albany started *Parent Pages* in 1996 following the birth of their son. "We found we were hungry for information. We read a lot, but we especially wanted information about local family resources and events," said Rachele Stallman. "Things like where to get the services and products we needed."

"With Rachele's experience as a mom and good communicator coupled with my background as a family therapist, we thought that creating a parenting publication would be an exciting project," said Lawrence Stallman.

Spotlight Newspapers will continue the current format and add

the experience of its award-winning editorial, advertising and graphics departments. Lawrence Stallman will continue to contribute editorial content to the publication on a regular basis.

"*Capital District Parent Pages* has a strong record of editorial content," Hancock said. "It has articles from many experts who discuss the issues related to parenting and use this vehicle to reach thousands of parents each month."

Donna Bell, special sections editor for The Spotlight Newspapers, will be the new editor of *Parent Pages*.

"As a mother of three, I read the *Parent Pages* each month and find it a wonderful resource," Bell said. "Its readers can look forward to seeing many of their favorite writers and columns along with a few twists and surprises."

Capital District Parent Pages is distributed to more than 300 locations with a monthly circulation of 28,000.

Spotlight's seven weekly newspapers reach 35,000 homes each week and 100,000 readers in the Capital District's top demographic markets. Together, Spotlight and Eagle Newspapers publish 26 newspapers in New York state.

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Delmar woman marks another illustrious milestone

By Katherine McCarthy

Susan Graham Redmond has done it all in her 78 years of life — worked, raised four children, volunteered, even written her own obituary.

On May 8, the Delmar resident walked across the stage at The College of Saint Rose to add one more accomplishment to her list — college graduate.

Saint Rose wasn't the first college Redmond attended. From 1938 to 1942, Redmond attended Kanawha College, Charleston School of Commerce, Morris Harvey College and West Virginia University, all in West Virginia. Her studies in accounting and journalism were interrupted by World War II.

"Pearl Harbor made me so mad that I stopped going to college," she recalled. "I went to Washington, D.C., and worked with the Signal Corps in the then-new Pen-



Susan Redmond

tagon Building."

Redmond worked in the office of the Director of Research and Development, which coordinated Allied R&D on ground signals, aircraft signals, and electronic and radar equipment.

Redmond's office arranged and

conducted conferences of military and private industry representatives from all the Allied countries. Redmond tracked the status on more than 10,000 secret projects, all of which were so sensitive that used office supplies, like carbon paper and typewriter ribbon, were burned on the premises by security personnel.

When the Army Air Forces and the Signal Corps merged in 1944, Redmond took an honorable discharge and returned to her home in Charleston, W.Va.

She married, and while her Marine husband was overseas, worked with her father, whom she describes as a "little old country lawyer," banker and CPA.

Until 1966, while Redmond raised her four sons, she worked as a free-lance accountant, and served on boards of elections. She was active in child-related organizations, volunteering with Boy Scouts, Little League, PTA, and overseeing the family's 17 moves through New York state as her husband's job with New York Telephone called for it.

In 1966, Redmond returned to the paid work force, as a staffer for state Senators Anthony Giorffre and Thomas Laverne. In 1968, she moved to the office of the Republican majority leader. For 27 years, and under three different leaders, she was clerk of the committee on rules. Redmond handled legislation from all state departments, including the governor's, comptroller's and attorney general's offices.

She kept track of important leg-

islation, and constructed the daily legislative calendar for the majority Leader. She was the first, and so far only, woman to be rules committee clerk.

"I loved that job," Redmond said. "At the end of session, everything that moves at all goes through that committee. During the last week of session, I'd stay till 5 or 6 a.m., go home, shower, and come back and do it all again. That job's where the action is."

But when Sen. Joseph Bruno became majority leader in 1995, Redmond was fired.

"My heart was broken," Redmond said.

"I needed something to do," she said, "and my son talked to me about going to college."

Saint Rose gave Redmond a lot of credits for her past college and life experience, and the history and political science major was on her way.

"I had a leg up," Redmond said. "I was able to compare what the professors were teaching with the way it really was."

Redmond's community activities reflect her interest in history and politics. She is a member of the Daughters of the American Revolution, a life member of the Bethlehem Historical Society, past

president of the Republican Women of the Legislature and the Bethlehem Women's Republican Club.

She remains a member of the town Republican committee, the Bethlehem Republican Club and the Albany County Women's Republican Club, where she is the secretary.

Outside of politics and history, bridge and golf are two of Redmond's passions.

Redmond's four sons all graduated from Bethlehem Central High School. William lives in Ridgewood, Charles lives in Demarest, N.J., and Graham and Barry still live in Delmar. Redmond has nine grandchildren and a great-grandchild.

With a degree in hand, she is considering her next step.

"I'm taking the summer off," she said. "I may get my curtains washed, something that hasn't happened in the three years since I went back to school."

Saint Rose wants her to return for her master's degree, she said, and Redmond feels a sense of loyalty to her alma mater.

"I'd like to keep some hand in with Saint Rose," she said. "I appreciate what they did for me, and I'd like to give back. I met some mighty nice people there."

Church sponsoring summer day tour

Rev's Tours, sponsored by South Bethlehem United Methodist Church on Willowbrook Avenue, has planned two one-day trips during the summer.

A Dixieland Jamboree, complete with clam bake, is planned for Wednesday, July 14. The day trip will travel to Amarante Waterfront Restaurant in New Haven, Conn., where a show featuring the Bourbon Street Boys will be followed by the bake, with mussels, barbecued chicken, lobster or prime rib, corn on the cob, and all the fixings.

The trip will conclude with a short stop at Westbrook Outlets

for shopping.

A second trip set for Thursday, Aug. 12, will travel by coach to Bellows Falls, Vt., to board the Green Mountain Flyer train on a round trip to Chester, Vt.

A murder mystery, "Murder on the Dis-Oriented Express", will conclude over dinner after the return trip to the Putney Inn for a dinner of Vermont maple-glazed ham.

Reservations for both trips, and information on other upcoming trips with the church group, can be made by calling 767-2281, 495-0036 or 767-9611.

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Coming of age 'party' a real workout

By Katherine McCarthy

Something about this scenario seemed familiar. A dozen girls and one intrepid man moving awkwardly, sweatily, hopefully to the incessant, upbeat music from the room's stereo.

There it is, I thought as the tunes went from "Mustang Sally" to "Dancin' in the Streets" to the Blues Brothers "Soul Man," and I struggled to keep up with the aerobics instructor and look anywhere but the big mirror. It's like being at a frat party.

Maybe you're getting faint, I thought of the comparison as I struggled to keep up with the "wide AB step" — and not crash into the woman next to me or the windows that looked out at the rest of the gym — that the unfairly toned and coordinated Maureen called out through her headset.

But no, it did seem similar, if too brightly lighted and not nearly enough men. It was mostly the music that took me back, when on a Friday or Saturday night, gaggles of us would head for the frats, looking for — well, the more enlightened of us might have said a break, or relief from hitting the books, but we all knew the truth. Maybe, maybe, tonight, Mr. Right would step away from the keg long enough to realize, there she was, the woman he'd been looking for all his life.

So we'd grab a beer, too, and wonder if we'd ever acquire a taste for the runny liquid that mostly gave us something to do with our hands for a while. But it was the dance floor that really drew us. Although the boys may not have been looking for Miss Right, even they eventually followed the call to the mating game on the dance floor. Sooner or later, everybody ended up hot and sweaty and danc-

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ing and singing along to the music. I don't think anybody ever truly met Mr. Right while the music thumped and we all hopped around, but for a while, everybody was Mr. or Miss Good Time.

Now, an alarmingly 20 years later, I was trying to delude myself into thinking an aerobics class was like a college party. Most of the women in the aerobics class on a hot Wednesday morning had found Mr. Right, the proof of which hung out in the gym's children's room, grooving to the more relaxed crooning of a huge purple dinosaur.

But the swaying in the aerobics room was to anything but a relaxed beat. Why am I doing this, I thought, trying desperately to keep up and do the jumping jack that the instructor ensured us was optional. If you ever think women aren't as competitive as men, try an exercise class, where nobody wants to be the one who does the less intense step.

And why do all the instructors look like that, all smooth muscle and not one piece of flesh out of place in an outfit I wouldn't have even dared in my teens?

Do they spend their whole day exercising? Eating nothing but fruit and whole-grain products?

If dancing at frat parties more than 20 years ago was hoping for Mr. Right, dancing in an aerobics class as the '90s wind down is hoping to come away looking like

the instructor.

Was it too late? I mused. Were my days of maybe, possibly becoming Miss Hardbody long gone? Had I let too much time go by since the 80s, when I could stay in shape because mine was the only body I had to take care of? As I breathlessly "straddled the step," it felt to me that aerobics in the '80s had been kinder and gentler.

Or maybe I'd just been in better shape. My children are boys of the '90s, and I delude myself that having had children changed my body. I make the pitiful excuse that because they always wailed in any gym's day care room, I gave up on post-natal exercise in their infancy. Sadly, I can't blame them for replacing that exercise with extra portions of Oreo Double-Stuffs.

So this, huffing, puffing, jumping and indulging in the demented delusion that I'm at a frat party is the price I pay. At F minus 60 (translation: two months till my 40th birthday), it's time to get serious. Time to eat better, exercise more, find a less selfish cause than myself to work for, and time to make sure I can be around to love my own Mr. Right and our two little rightlets for a long time yet.

So I take those first steps — literally, up and down on a little plastic step. I squint to keep the sweat from stinging my eyes, and for a second, the room seems darker, which again brings up the

whole frat party scenario. It's a desperate attempt to make exercise fun. I'm not working out, I'm just dancing, it's just a good time, there's a keg in the corner, I'm not really sweating all that hard, and I'm going to feel so good after.

Which, incredibly, I do. Hmm, maybe that's one of the perks of getting older. I actually prefer the post-aerobic pounding in my head to the post-party one. OK, bring on 40, I can handle it.

Library book group to discuss 'Hamlet'

The Great Books Discussion Group will talk about Shakespeare's play "Hamlet" on Thursday, July 8, at 7:30 p.m. at Bethlehem Public Library, 451 Delaware Ave., Delmar.

For information on the program, call Jim Cornell at 439-2305.

Bethlehem graduates give benefit concert

Five recent graduates of Bethlehem Central High School will perform a jazz concert to benefit the Interfaith Partnership for the Homeless on Sunday, July 11, at 8 p.m. in Albany.

Adam Waite, Bill Leary, David Fatek, Matthew Aronoff and Seth Fruiterman reunite their jazz combo each summer for a benefit jam for a charitable cause.

This year's concert, at Saint Paul's Episcopal Church, 21 Hackett Boulevard, Albany, will benefit Albany's homeless. Admission will be \$5 at the door.

Delmar library plans toddler program

A summer fun-time program, of stories, songs and crafts for children aged 22 to 35 months will take place on Monday, July 12, at 10:30 a.m. at Bethlehem Public Library, 451 Delaware Ave.

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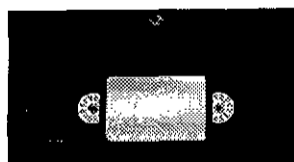
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Matters of Opinion

We got steam heat

We at *The Spotlight* have been reliving the good old days recently, and we're finding good old days to be anything but even close to anything remotely pleasant.

Our trusty but antiquated air-conditioner bowed out abruptly, leaving us not only hot and humid, but apprehensive about whether or not our computers would succumb to the heat. We are, after all; at the mercy of computers, since we now produce our newspapers electronically.

The only good thing that came about as a result of our little crises was the realization that at least humans don't "shut down" or crash when it gets too hot or too humid. The one quality we seem to have that the computer doesn't is ingenuity, not collapse under pressure.

We initiated a plan of attack against the heat by resurrecting some old office fans and by bringing in more from home to make the air seem breathable and to help keep the computers operational. We altered our usual attire and now don clothing more apropos for the beach than the office. But that makes us not only feel physically more comfortable, but more like normal folk, who usually enjoy a day off for the Fourth. That makes working when every-one else isn't a little more bearable.

We also got a lot of sympathy from local entrepreneurs like Mr. Subb and Delmar Marketplace, who listened to our tales of woe as we purchased countless cold drinks with lots of ice.

And of course come January, we'll be sure to think back to this steamy time as an adventure, with lots of stories (highly exaggerated) about how we survived the long hot summer of '99.

The next time anyone tells you how indispensable computers are, keep in mind how vulnerable they really are and how much they rely on us to keep chugging along.

Age is no barrier

Susan Graham Redmond of Delmar should be an inspiration to those people who believe age is a barrier to achievement. The 78-year-old Redmond graduated from The College of Saint Rose this year with a bachelor's in political science, after an already long and distinguished career in state government.

But when Redmond's career abruptly ended, however, she was no candidate for retirement and likely never will be. She is now contemplating entering a master's program at Saint Rose. But whether it's a master's or back to the work force, we are confident she will succeed at whatever she chooses to do.

We congratulate her and her supportive family on her accomplishments and wish her every success with her new endeavors.

Alert thy neighbor to pesticide use

By Carole Nemore

The writer is a founding member of Bethlehem Pesticide Watch,

Every morning before I set off for work, I walk the dog, rain or shine, warm or cold. For about two miles we thread our way through old Delmar, a pleasantly varied neighborhood. As spring blooms into summer, I study lawns and garden designs, enjoy the succession of blossoms and listen for bird songs. It's the most peaceful time of my day.

It's also one of the most hazardous times of my day, for this is when Dancer and I are most exposed to the tons of chemicals being applied to lawns and gardens in my neighborhood and throughout suburbia. Occasionally, we'll walk by a lawn just when it's being sprayed with a foul-smelling chemical shooting out from a long hose connected to a commercial truck. The dog immediately starts gasping, while I try not to breathe at all. Quickly we walk on.

Pesticide-treated lawns are apparent by their color; they're always green in an otherwise dried-out season. I've been told that using pesticides on lawns is like using steroids; it's a false vitality and creates grass that is chronically dependent on chemicals.

Lawns were invented as a way to keep forest fires away from houses. The modern irony is that now it's the very lawns themselves that pose the threat. Even though we are assured through advertisements and sales displays, that lawn and garden chemicals are safe and even necessary for consumers to use, many are questioning what is happening to us and our environment.

The first time I questioned the use of a pesticide was when I assumed ownership of my first lawn. One day while gazing forlornly at the brown spots, my kindly next door neighbor informed me that our lawn had "grubs!" The word itself sent shivers up my spine, let alone the horror of touching one of those squishy critters in larvae form. I sped off to the garden center store, where I was again kindly informed that to kill grubs, I

Point of View

needed Diazanone. After purchasing five large bags of the stuff, (I assumed it must be safe if I could buy it at a store), I set off for home, remembering to stop first at Five Rivers to complete an errand I had there. I walked into the visitor center and immediately saw their emblazoned spring announcement — "Diazanone Kills Song Birds!" Thinking of the five bags of song bird poison that I had in my car right there in their parking lot, I shrank away in horror and immediately returned them.

Over time, I have learned to deal with grubs in other ways, including lowering my lawn aesthetic to a more realistic level, one that includes song birds in the picture.

The next time I questioned the use of pesticides was during a conference at the University at Albany about pesticide exposure and its links to cancers, neurological impairments, hormone disruption, reproductive difficulties, birth defects and immune suppression. The conference was being held by breast cancer survivors lobbying at the State Capitol who wanted the Legislature to adopt a Statewide Pesticide Registry that would report the use of commercially applied pesticides by zip codes. It was harrowing to learn of the growing medical evidence linking the onset of rare childhood cancers with pesticide exposures. At 11 p.m. that night, I was out in the garage removing all the other garden chemical products that I had purchased with the vainglorious hope of cultivating roses and other blooms. Today, I no longer have hybrid tea roses. They have been replaced by hardier, but just as lovely shrub roses that don't require the fungicides and insecticides that the hybrid teas needed to survive. I sleep better now, knowing that I do not voluntarily contribute to the poisoning of my lawn, and by extension, my neighborhood, because of a slavish devotion to a green lawn and delicate plants.

Many of my neighbors, however, don't seem to question their own use of such products. Maybe the advertising and marketing creates a false faith in the product's safety; or perhaps it's consistent with the dangerous lack of logic of our pesticide registration system which assumes a product is safe until there is unrefutable evidence of the harm it causes. Products like DDT, dieldrin and chlordane were all once widely used and claimed to be safe, but are now banned because of their seriously harmful effects.

Not many people realize that many pesticides were invented during World War II as a weapon of war — such as nerve gas. Their domestic use is an outgrowth of manufacturers who need a peacetime market for their proliferating chemical products. The Environmental Protection Administration, in referring to the inability of the pesticide registration process to guarantee safety has stated: "Today's standards do not include

requirements for data necessary to evaluate residential exposure which may occur following the use of turf pesticides. ... Some registered pesticides may pose risks that have yet to be evaluated. ... Even a properly applied pesticide with a complete data base by current standards may pose risks to sensitive individuals or may pose risks in the lawn care use pattern which have not been recognized or understood in the current scientific risk assessment."

Bethlehem Pesticide Watch, a local citizens group, sponsored three community forums this past year on pesticide use. The first one focused on the dangers of pesticides to the environment and health. The second focused on pesticide use in schools and how growing children are particularly vulnerable to their neurotoxic harm. Attendance tripled at the third forum on natural alternatives to lawn care. We learned that pesticides can linger in the environment for quite some time; and that weather variables, such as wind or moisture at the time of application, can greatly influence the extent these chemicals drift, run off or evaporate into the air we breathe. Kids and pets playing outdoors, open windows, outdoor furniture and toys, even an adult walking her dog, are all placed at possible risk of contamination. Wouldn't you like to know when to close your windows, cover the barbecue and patio furniture, and keep the kids and pets indoors to avoid possible exposure when it was most risky — at the time of application and shortly thereafter?

This year, each house of the state Legislature passed different versions of "Pesticide Neighbor Notification" legislation. In New York, localities are not permitted to restrict the use of pesticides in any manner that exceeds state laws. Therefore, when Nassau County on Long Island passed an ordinance requiring that next door neighbors be warned 48 hours in advance of when a toxic chemical was to be applied on an abutting property, the law was struck down in court. In other words, the commercial pesticide applicators prevailed. So, a state law is necessary before any community can enact its own precautionary measure. This is an apt time to ask your state assemblyman and senator to pass a two-house bill that can be enacted into law.

I live in a neighborhood where biking, walking and rollerblading are popular. Kids play elaborately imaginative outdoor games, while dogs slumber on front porches and cats hide beneath shrubs. Birds sing. Barbecues grill. Lawn mowers hum. Everyone is outdoors.

Considerate people warn their neighbors when they are about to hold a big party. How about doing that prior to an application of pesticides? It may make you think twice about the relative importance of a green lawn vs. a healthy family, neighborhood, community and world.

(Environmental Advocates provided technical assistance for this article.)

The Spotlight

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Editorial Staff — Debbie Eberle, Bill Fonda, Linda Marshall, Katherine McCarthy, Joseph Phillips, Len Tarricone
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Your Opinion Matters

Doctor left lasting imprint on woman's life

Editor, The Spotlight:

The first time I visited my three-pound daughter in a tiny nursery crowded with incubators and tubes and beeping machines, I remember feeling faint. It may have been that I was still recovering from an emergency C-section the day before, but I am more inclined to think it was the mix of emotions that swept over me — the joy at her persistence in living, the fear that one so frail and fragile would be my responsibility, the shock at the tiny fingers, transparent skin and the multitudes of wires and probes attached to this minuscule human being. I remember a young doctor coming over to me and saying, "It's OK for you to hold her. She's actually pretty big for one of ours."

I looked at him and informed him that my last one had weighed nine and a half pounds! He guided me, perhaps sensing my own frailty, to a rocker, and with deft and gentle hands, picked up this handful of baby and put her in my arms. Over the next few weeks, this same doctor taught my husband and me the intricacies of managing a preemie, encouraged my preschooler and toddler to visit, graduated this determined and sturdy infant from one nursery to another, until one day, only three weeks after her birth, he placed her in my arms for the trip

Letters

home.

Three years later, when I had a similar complication in my last pregnancy, I met this doctor again. Once again, he guided me through the harrowing beginnings of my son's life. Zachary weighed four pounds, but was born with a major heart defect. This young doctor walked my through the surgery Zak would face in a few months, explaining how advances in pediatric cardiology and thoracic surgery had allowed early interventions which would save my son. Seven months later, on the day my son was having his tiny damaged heart repaired, I ran into this doctor in a hospital corridor, where I was pacing and doubtless harried. He remembered us and brought me a cup of coffee, taking time from his schedule to comfort a frightened mother.

Over the intervening 19 and 16 years, I have thought of him often, wishing I could tell that thoughtful young man how he single-handedly deflected the stereotypes of distant medical people; how he made a difference in my parenting of these two frail children; how he taught me to advocate for children and never to put a ceiling on what a human being

can accomplish.

Over the past year, I have worked with Maureen Geis on several committees for the Bethlehem Central School District. At one meeting, she told me she was touched by my efforts to identify with parents. I explained that I have parented fragile children. I came close to telling her what I had learned from a young doctor a long time ago; that even the most frail and "at risk" human being is full of surprises. It was not until our annual district dinner that I realized Maureen Geis was married to that young doctor.

I will be forever grateful that I took a minute that night to speak to Dr. Allan Geis, just to tell him how my little preemies are doing. My bird-like daughter has soared! She has finished her freshman year in college, while holding down a job. She has filled our lives

for the past 19 years, with a joy we could never have imagined. Our frail son with the large heart defect is a varsity athlete in several sports, MVP of his soccer team, a junior in high school, whose sturdy body bears little resemblance to the incredibly sick infant he was.

Dr. Geis, simply by doing his job, touched my life forever. He changed the way I approach children, both my own the others I work with every day. He taught me that with human beings there is ever hope. Every tiny infant who had him for an advocate, every frightened and grieving parent who entrusted him with their most precious and most delicate


gift, every parent whom he walked through the too early days of parenting and every parent with whom he grieved at a preemie's passing was touched by a doctor who represents what is best about medical care.

To Maureen and to his sons, I wish to convey the most sincere acknowledgment that the beloved one whom they have lost will be grieved by many, but the care he showed to all of us will reach into the future.

Teresa Thayer Snyder

Glemmont Elementary School
principal

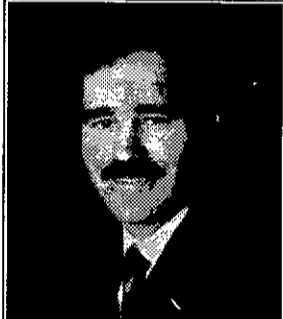
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Steven J. Brock MD., is Co-founder and Co-director of the Center for Progressive Medicine in Albany, NY and the Rhinebeck Health Center in Rhinebeck NY. The centers specialize in nutritional, preventative, and alternative medicine. He is Board Certified in Family Practice and certified in Acupuncture.

Wednesday, July 7th, 7:00 to 9:00 pm



Views on Dental Health

Virginia Plaisted, D.D.S.

Smiling and Health

Did you know that smiling could improve your general health and elevate your mood? Research shows that if a depressed person forces themselves to smile, that their mood will improve and they will feel better. Smiling causes a release of endorphins, which is a natural chemical that makes us feel good. The opposite is also true. If you don't smile because of missing, broken or discolored teeth, you are more likely to be unhappy. Of course, anyone with clinical depression should see his or her physician. But, improving the appearance of your teeth can make you happier and healthier. Ask your dentist about your smile. There are many new and comfortable procedures available in dentistry today.

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Matters of Opinion

Graduation party help is greatly appreciated

Editor, The Spotlight:

On behalf of the organizing committee for Bethlehem Central High School's 1999 Graduation Celebration, we would like to publicly thank all those who contributed in providing a safe, secure and festive finale for this year's graduating seniors.

The celebration, conducted at the high school from 11 p.m. to 6 a.m. immediately after the BCHS commencement was an overwhelming success again this year.

To Superintendent Les Loomis and the school board, Principal Jon Hunter and the high school staff and administration, the parents of the class of 1999 who assisted in funding, planning and organizing, and the parents of the class of 2000 who volunteered as chaperones, we extend thanks for a job well done. To all those local

businesses who generously donated their goods, services or money in support of this year's celebration, we applaud your commitment and generosity to this year's graduating class.

Your interest and participation helped to make this a memorable evening for all our graduating seniors. It is the caring people like you who make our community and school district among the best in the state. Without our generous support, events like this would not be possible.

Please accept our gratitude for the important role you played in assisting in the night's activities.

Lynn Corrigan, Kathi Davey and Glenna Grant

Class of 1999 co-chairs
Graduation Celebration

Selkirk Bypass choice doesn't make sense

Editor, The Spotlight:

After hearing the results of the vote at Ravena-Coeymans-Selkirk High School on June 7 about what should be done regarding traffic on Route 396, I was not surprised at the outcome — the most northern route, of course. The voters along Route 396 greatly outnumber voters on other alternative routes, even broken down into nine subgroups.

It's like putting seven foxes in the hen house with two hens. Guess who wins? You don't have to be a whiz kid to figure that one out. That doesn't make it democratic.

The complainers wanted it as far away from Route 396 as possible, regardless of homes that will be destroyed, mine included if the bypass goes there. I have lived here all my life and am the third generation to own it. One other problem with this route is that the cost is three times as much as any of the other alternative routes.

The taxpayers will love this one if it goes through. It doesn't make sense to me, but it probably does to the complainers. I wouldn't hesitate to bet that more

than 75 percent of the people complaining about noise and traffic along Route 396 either built their homes or moved there knowing darned well that it was a well-traveled route. They knew it was not the yellow brick road that they were moving next to, but a well-established truck route that had been there for decades.

Well, maybe they thought it would go away. I don't think so — not with new businesses, expanding businesses, population growing rapidly and demanding more knick-knacks, gadgets and of course wheels. Wheels that are delivered by trucks and vehicles.

Seems like no one wants to be responsible for their actions any more. I have a lot of friends along Route 396. I hope I still have they after they read this letter. After all, one should not be condemned for speaking the truth.

Anyway, I'm not sure that DOT and other responsible people involved will make the right, impartial, sensible decision on which alternative route to take.

Emile J. Therrien
Selkirk

Thanks to all for rescue assistance

Editor, The Spotlight:

Monday, June 14, was a clear, calm day. I returned home just after 3 p.m. into my driveway off Elsmere Avenue, stopped the car, crossed the street to get the mail and returned to my car to drive to the house.

At that moment, a tree across the street came crashing down onto the roof of my car. Thank you to all who helped me, my daughters and husband: Elsmere Fire Department, Bethlehem Police, Delmar Ambulance, Slingerlands Heavy Rescue, Selkirk Fire Police, Bethlehem Highway Department, Hamagrael School, my neighbors and friends and everyone else who helped. All your help is sincerely appreciated.

Viviana Marcatili-Keir
Delmar

School is grateful for support

Editor, The Spotlight:

Bethlehem Children's School would like to say thank you to Marvin and his staff at Del Lanes and to all the other businesses that were so generous in helping to make our annual community fund-raiser such a huge success.

Being a small alternative school in an area with such a strong public school system, we are always overwhelmed with the acceptance and support we receive from the Bethlehem community.

Thank you, we are fortunate to be here.

Roberta Sandler and Mary Maskell
Bethlehem Children's School
fund-raising committee

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The Town of Bethlehem has established
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Extension to go low-fat in grilling workshop

Cornell Cooperative Extension on Martin Road will offer a workshop on low-fat grilling on Thursday, July 8, from 6:30 to 8 p.m.

The hands-on workshop will include five low-fat grill recipes and a taste test. The workshop is free and open to the public.

For information, call Barb Stevens at 765-3500.

Puppeteer kicks off summer program

The summer reading club begins today, July 7, at 2 p.m. with a puppet show at the library.

Puppet master Bernd Ogrodnik will entertain club participants with marionettes, puppets and stories.

Club meetings will begin on Monday, July 12, for fourth through sixth graders, Tuesday, July 13, for kindergarten and first graders, and Wednesday, July 14, for second and third graders. An evening club meeting for sixth, seventh and eighth graders will be held on Monday, July 12, at 7 p.m.

School board to meet at high school

The school board will hold its organizational and regular meeting on Monday, July 12, at 7:30 p.m. in the large group instruction room at the high school.

Walk with history

The centennial celebration his-

NEWS NOTES

Voorheesville

Jane Norris
439-8532



toric walk guidebook is available through the village of Voorheesville.

The book offers a guided tour which describes various historical sites throughout the village. The self-guided tour takes approximately one hour.

Guidebooks can be picked up at the village office on Voorheesville Avenue.

Bible program at reading room

The Christian Science Reading Room, on 397 Kenwood Ave. in Delmar, will host a series of Wednesday Bible stories for 4 to 10 year olds, beginning July 14 and continuing through July 28.

Children should be accompanied by a parent for this free event, which begins at 10 a.m.

Free parking is available nearby at the municipal parking lot.

For information on the program, call the reading room at 439-2512, or 439-2922.

Wildflower program set for Five Rivers

A program and outdoor walk focusing on wildflowers will take place on Thursday, July 15, at 10 a.m. at Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar.

Center naturalists will lead the walk, and participants should dress for the outdoors. For information, call 475-0291.

Reading focus of library event

Ventriloquist Sylvia Markson and her trunkful of friends will talk up reading to school age children and their families in "Sylvia Markson and the Magic Trunk" on Thursday, July 15, at Bethlehem Public Library, 451 Delaware Ave., Delmar.

The 7 p.m. program is free. For information, call the library at 439-9314.

Library to host Books Before Bed

A program of stories for children age 3 to 6 will take place at Bethlehem Public Library, 451 Delaware Ave. in Delmar, Mondays at 7 p.m. from July 19 to Aug. 2. Children should be accompanied by an adult. For information, call the library at 439-9314.

Musician tuning up for Twilight concert

Bring lawn chairs, blankets and relatives for delightful entertainment as the sun sets at the library.

Together at Twilight summer concert series begins on Wednesday, July 14, with a family entertainment by Tom Sieling, widely acclaimed singer and songwriter

The Summer Reading Club fun begins on Monday, July 12, at 2 p.m.

Kids in grades four through six will learn to juggle, and we guarantee kids will leave knowing how to juggle. Sixth through eighth graders will paint their personal symbols on silk fabric.

On Monday at 7 p.m., the first meeting of the club for mid-teens will be held. On Tuesday, kindergarten and grade one will also work with paint and fabric.

On Wednesday "Backwards Day," grades two and three kids will put their clothes on inside out, shoes on the wrong feet and bring some jokes and riddles.

All afternoon groups will meet at 2 p.m. Sign up is ongoing. It's not too late to join.

Portrait drawing classes begin on Thursday, July 8, under the instruction of local artist Harry McChesney.

People who are willing to face model for the two-hour session for a small fee should call McChesney at 797-3666.

Barbara Vink



who writes and performs for children and adults.

The program is entitled "Get Down with the Bugs and Bears—Celebrating the Wilder Side of New York." Sieling accompanies himself with guitar, banjo, harmonica and percussion instruments and sing-along parts for the whole family.

All are welcome. In case of rain, we will try to accommodate everyone in the community room. All performances begin at 7 p.m.

For information, call 765-2791 or e-mail to voorfq@uhls.lib.ny.us.

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Reformed church to host Potluck Picnic

First Reformed Church of Selkirk will host a Potluck Picnic today, July 7, to open the beginning of Wednesday vespers.

Participants will gather at 6 p.m. to renew friendships, and dinner will be at 6:30, followed by services in the outdoor chapel.

The Rev. Steve Everett of Glenmont Reformed Church will conduct the first service.

Participants are requested to bring a potluck dish to share and their own place settings.

For information, call 767-2243 or 767-9917.

Parade on tap in Ravena celebration

There will be a parade to commemorate the village of Ravena's 85th anniversary. The parade will be on Saturday, Aug. 29, in con-

NEWS NOTES

Selkirk South Bethlehem
Linda Marshall
756-3520



junction with the annual Friendship Festival.

Writers Workshop now under way

The RCS Community Library's Young Writers Workshop is under way.

Students age 9 and up are invited to the library to write and illustrate their own books.

The workshop meets Tuesdays and Wednesdays at 1:30 p.m. Students can sign up for either Tuesday or Wednesday. For information, call the library at 756-2053.

Congrats to grads

Congratulations to RCS valedictorian Courtney Endres and salutatorian Sarah Pascale.

Many RCS grads will attend colleges, including Princeton, Georgetown, the University of Rochester and SUNY.

The following students were named to the Hall of Fame: Jeffrey Andritz, Debra Boissy, Anthony Ceella, Matthew Collins, Crystal Conrad, Stephanie Dardani, Heather Doyle, Melissa Eissing, Courtney Endres, Michael Fernald, Christopher Glassanos, Kristyn Gordon, Benjamin Hafensteiner, Michael Hamilton, CeCe Hardisty, Danika Kapusta, Daniel Kowalski, Noah Lamoree, Nancy McClumpha, Christopher Music, Richard Nestlen, Timothy Nevinger, Amy Nevins, Cristal Northrup, Kathryn Orsino, Daniel Ostrander, Rebecca Ostrander, Colleen Prior, Gordon Ryan, Deborah Seufert, Smita Shah, Helen Tompkins, Emily Whalen and Rebecca Whipple.

wine & cheese party

The New Baltimore Conservancy will host its annual Wine & Cheese Party on Friday, July 9, at 6:30 p.m. at Cornell Park on Mill Street in New Baltimore.

Everyone is welcome to attend.

Student from Delmar studies in S. Africa

In a program arranged by Middlebury College's office of off-campus study, Delmar's Christopher Wenger spent the spring semester studying at the University of Capetown in South Africa.

More than half of Middlebury's junior class this year received academic credit for study abroad for a semester or a full academic year. Students selected to study abroad must maintain a grade B- or above average, must have proficiency at the advanced level of the language of the host country.

Wenger is the son of Carolyn Wenger of Delmar.

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Insect program slated at Five Rivers

A program geared toward family audiences will include an outdoor walk in search of insects and their homes on Tuesday, July 20 at 7 p.m. at Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar.

Center naturalists will lead the walk, which will involve collecting, examining and releasing some of the common field and forest species found on the Center grounds. Participants should dress for the outdoors. For information, call 475-0291.

Programs on tap at V'ville library

Two special programs are scheduled for Thursday, July 8, at Voorheesville Public Library at 51 School Road.

A book swap will take place at 2 p.m. In the evening, at 7 p.m. portrait workshop is scheduled. For information, call the library at 765-2791.

Thacher Park to host botany walk

Botanist Ruth Schottman will lead a botany walk on Thursday, July 8, at John Boyd Thacher State Park in New Scotland.

The program will focus on the park's wildflowers, and introduces mosses, ferns and other nonflowering plants as well. Participants should meet at the Hop Field Picnic Area at 10 a.m. for a roughly two-hour walk. For information, call 872-1237.

Butterfly count

Five Rivers Environmental Education Center on Game Farm Road in Delmar will conduct its annual survey of butterfly species on Thursday, July 8, and Saturday, July 10.

The program will begin at 2 p.m. each day, and participants should bring binoculars.

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Hero

(From Page 1)

breast cancer. Ginsberg's mother and aunt both died of breast cancer at age 44, which had always made Ginsberg cognizant of her own risk. Ginsberg had her first mammogram at age 23, so that doctors would have a very young baseline. In 1996, when Ginsberg was 37, she said she just wasn't feeling right, and went for a check-up. Her internist felt something in her right breast, and sent her for a mammogram. The mammogram actually showed a non-palpable mass on her left breast, which turned out to be an extremely aggressive form of breast cancer. In a very short period of time, Ginsberg was scheduled for a mastectomy and reconstructive surgery. The surgery lasted 11 hours, followed by 6 months of chemotherapy.

"I've had more pleasant experiences," Ginsberg said of the experience. During the six months of chemo, Ginsberg kept going to her job as a lawyer in the Attorney General's office. "As women, we all have to do so much, and don't want to let anyone down," she said. "In hindsight, I might have taken more time off."

At the time, Ginsberg found it difficult to get the information she wanted about treatment, and found that a support environment for her husband and children really didn't exist.

"I got what I needed informally," Ginsberg said, "but it seemed to me it would be much better to have an organized process."

Ginsberg created that organized process last October. "To Life" offers a variety of services, all free of charge.

To Life offers education programs which cover topics from the latest breast cancer treatments to nutritional information. A team of 12 certified volunteers offer instruction in breast self-exam. "We

do a lot of brown-bag lunch programs," Ginsberg explained. "We spend 45 to 60 minutes talking about breast cancer and teach people, without requiring anyone to disrobe, how to do a self-exam."

The cancer mentoring program pairs survivors with newly diagnosed individuals. "We try to pair people with similarities," Ginsberg said, "so that we're comparing apples with apples."

There are also ACE groups. ACE, Ginsberg explained, stands for awareness, connection and education, and the groups are meant for the caregivers, spouses and children as well as the breast cancer patient. "These are not therapy, and they're not traditional support groups," Ginsberg said. "The groups meet weekly, and always address a specific topic. This draws people out, and lets them think about breast cancer and how it's affected them."

To Life takes up so much time that Ginsberg has left her job and works full-time with the group. To Life has held a number of very successful fund-raisers, like a gala at the Albany Airport that drew

over 250 people. On July 26, five local gyms will host "Spinning for Life," where participants will participate in the stationary bike exercise to raise money.

To Life also offers a number of public seminars. One is scheduled for Thursday, Aug. 12, at the Saratoga Sheraton and the paddock tent at the race track, titled "Beat the Odds: Breast Cancer." A panel of medical experts will speak on different aspects of breast cancer.

Ginsberg said that "To Life" receives a lot of donations to keep its events running. Among them are Albany's Steuben Club, which has donated its space for meetings, and Genetech and Amgen Pharmaceuticals have been generous with their time and money.

Ginsberg is looking for a permanent office for "To Life," and hopes that a local company might trade a tax donation for complimentary space. "Having office space would enable us to get more people to help, and hire some interns," Ginsberg said. With more than 600 people involved since

October, and a 9-person board, Ginsberg is clear about "To Life." "This is a business, and we need to run it as such," she said.

Ginsberg is originally from Long Island, and came to Union College in 1976, after which she attended Albany Law School and remained in the area. She and her husband, Jay Pohl, have 2 children, Barbara and Martin Pohl, who are now 10 and 7.

Ginsberg is positive about the future. "My doctor tells me I'm cancer-free," she said. "I think about it a lot, and I'm extremely vigilant. But I'm extremely optimistic. Even since I was diagnosed, the drugs have improved greatly. I'm optimistic that my daughter won't have to deal with this."

With an eye to the future,

Ginsberg is also doing consulting work with some state agencies, and focusing on mediation work. "After being an attorney, I think alternative dispute resolution is the wave of the future," she said.

For now, though, To Life remains her primary focus. "I founded To Life because nobody was providing programs and services in the Capital Region." Ginsberg didn't hesitate to fill the void. "If not now, when?" she asked. "If not me, then who?"

For more information about To Life, call 439-5975, or check out the websites, www.ToLife.org or www.TimesUnion.com/communities/tolife.htm, or e-mail marara@ToLife.org.

For specifics about The Ultimate Drive, call Capital Cities Imports in Glenmont at 463-3141.

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Sports

Heldeberg swimmers *Just for kicks* qualify for Games

The annual Empire State Games qualifiers were held June 25-27 at the Colonie Town Pool. Four swimmers from the Heldeberg Aquatics Club of Voorheesville earned spots on this year's Adirondack squad.

Leading the way again will be two-time 1,500-meter freestyle gold medalist **Beth Malinowski**, a Bethlehem senior. Malinowski will be looking to claim gold again in the 1,500, but this year she moves up to the more competitive women's open category.

Malinowski started off the meet by capturing the 800 freestyle qualifier on June 25 with a season-best time of nine minutes, 38.87 seconds.

Elyse McDonough, another BCHS student and Heldeberg swimmer, also made the Adirondack team by placing second in the 800 freestyle in 9:41.72.

Lindsay McKenna, a

Voorheesville native and Heldeberg team member, guaranteed herself a spot on the Adirondack club by placing second in the 200 freestyle (2:17.78).

Brian Washburn of Voorheesville began the action on June 26 by dominating the 100 backstroke. Washburn, a former Empire State Games medalist who will swim at St. Bonaventure College this fall, was first in 1:05.52.

McKenna and Malinowski each qualified for a second event on June 26. McKenna was second in the 100 backstroke and Malinowski was second in the 400 freestyle.

Voorheesville's **Robert Washburn** became the fourth Heldeberg qualifier on June 27, taking second in the 200 backstroke.

McKenna claimed second in the 200 backstroke, Brian Washburn won the 200 backstroke and Malinowski won the 1,500 freestyle.

The Heldeberg athletes will compete at the East Meadow Aquatic Center in Long Island. The Empire State Games are scheduled for July 21-24.



The Jaguars, an under-10B team in the Bethlehem Soccer Club, captured first place in the B-Line tournament at Bethlehem Central High School on June 12. Present in the photo are: Tommy Blassman, Michael Cassaro, Terrence Daley, Louis DeLuke, Nathaniel House, Adam Kilpatrick, Kevin Kolbay, Ethan Kolodny, Carlos Mancilla, Ryan Wall and coach Dave Wall. Joseph Kilpatrick (not shown) is the team manager.

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Tim Barrett



Three local Dolphins making trip to Empire State Games

Three members of the Delmar Dolfin Swim Club qualified for Empire State Games during Empire State Games Trials, which were held June 25-27 at the Colonie Town Pool.

Matt Pasquini qualified in the 400-meter individual medley and the 100 backstroke. **Chris Shaffer** qualified in the 200 individual medley. **Teresa Rosetti** qualified in the 100 and 200 butterfly events.

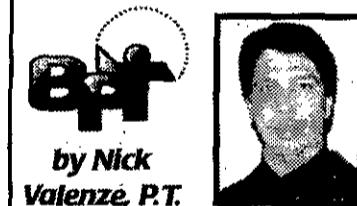
These three swimmers will

represent the Adirondack Region at the East Meadow Aquatic Center in Long Island. The Empire State Games are scheduled for July 21-24.

Also, the Delmar Dolfin Swim Club is currently sponsoring a summer morning swim program that runs through August 6 at the Elm Avenue Town Park, from 7:00 to 9:00 a.m.

For information, call 439-3214.

Physically Speaking



THE ROAD TO RECOVERY

People who exercise regularly should take note of the fact that it takes anywhere from 24 to 36 hours (or more) for muscles to recover from hard exercise. This is the time it takes for the body to restore glycogen to the muscles and to repair muscle damage. Those who are physically fit and accustomed to regular workouts can view 24 hours as plenty of time to recover from an exercise session, provided they are eating ample carbohydrates and are well hydrated. Recent research shows that dehydration slows the recovery process. The 24-hour recovery period needed by the body is one more good reason to adopt interval training as a means of resting different muscle groups on alternate days.

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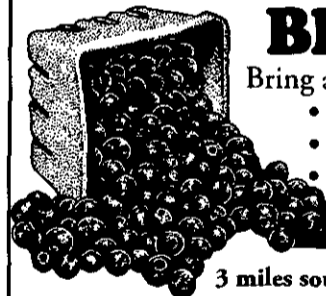
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Spotlight Newspapers

SUMMER FUN and RECREATION



Shetonna Christian, an 8-year-old from Albany has some summer fun with her tutor and friend Josette Reintzel at the Mystic Lagoon Fun Plex in East Greenbush.

Constance Lupe

A little something for everyone at the Fun Plex

By Leigh G. Kirtley

GETTING EVERYONE IN FAMILY TO AGREE ON A SINGLE ACTIVITY IS PROBABLY one reason why some families don't do anything. But if you can get the gang into the car and drive out to the Fun Plex Mini Lagoon on Colombia Turnpike in East Greenbush, they will sing your praises.

"Whatever you're looking for, we've got it and it's great," said Jean Bini of the Fun Plex.

They feature a miniature golf course which costs just \$5.75 for adults and \$3.75 for children. They even have tiny golf clubs so toddlers can join in the fun.

But if waterfalls and wind-

mills don't excite you, you can test your skills at the Bank Shot Basketball hoops. There are 18 different shapes and styles to challenge you. Once you've mastered the big orange ball, head for the batting cages and take your best pitch.

Need some speed? The Fun Plex has go carts for racing fans and bumper boats to keep you cool on hot summer days. You can dry off from a splash in the boats by taking a ride in the Gyro. The Gyro looks like a giant hoola-hoop that you climb into. A friend rolls and spins and spins and rolls you. It might be a good way to repay the person who soaked you at the bumper boats.



Even if you don't get a hole-in-one, there is plenty of excitement when you hold a family mini-golf tournament. Pierce Morris of Albany practices his putt. *Constance Lupe*



Batting cages are just one of the many attractions at the Fun Plex. Anthony Gerace, an East Greenbush Little Leaguer, prepares to bat one "out of the park" at the Mystic Lagoon. *Constance Lupe*

Of course, if you're not in the mood to do anything, you can stroll over to Lickety Split Ice Cream for some summer refreshments. While the gang is spinning, splashing, racing and batting, you can treat yourself to a hot dog, some popcorn or an ice cream cone.

"We have fun for the whole

family," Bini said. With so many activities to choose from, the Fun Plex is a great place for a birthday party. Unlike some places that require a minimum of 10 kids, you only need a party of five to take advantage of one of their all-inclusive birthday packages.

Birthday party packages

begin at \$7.99 and vary depending on which activity or activities you select. Most packages include a hot dog, soda, popcorn and a birthday cake. Bini asks that you call in advance to schedule your party.

The Fun Plex is open seven days a week from 10 a.m. to 10 p.m., weekends until 11 p.m. Call at 477-2651 for information.

Park pointers to visiting Big Apple

If you're planning a trip to New York City, you have plenty of company. New York is one of the most visited places in the U.S. and for good reason: the Empire State Building, the Statue of Liberty and, especially, Central Park.

Central Park's 843 acres are home to one of the most fascinating urban oases that includes a Zoo, 275 bird species, a hand-carved carousel, castles, lakes, the country's largest artificial skating rink, to name a few highlights.

There's a new guide available to help make it easy to explore and see all of the park's wonders. The Barnes & Noble Complete Illustrated Map and

Guidebook to Central Park (\$14.95), by Richard J. Berenson and Raymond Carroll, features walking tours, the best areas for bird spotting, feeding times of the sea lions at the zoo, a calendar of sports activities, descriptions of the park's statues, monuments, bridges and arches, as well as helpful telephone numbers.

"It is the green heart of a great city, cherished by millions of visitors since its birth in the mid-19th century," Carroll said.

Here are highlights of what the park offers:

- The "Shakespeare Garden" is a hard-to-find, but enchanting hideaway.

- "The Carousel" is a must-see and do. This structure is enjoyed by adults and kids together, and echoes laughter and music throughout the park.

- "Sheep Meadow"—this rich, green lawn is used for concerts, picnics, sunbathers and Frisbee lovers. The meadow can be a fun resting place as you explore the park.

- "Belvedere Castle" is one of the park's most picturesque architectural features. The castle rises dramatically like a medieval fortress with its mixture of Norman, Gothic and Moorish styles. Its three terraces offer visitors views of the landscape. An information center is there, too.

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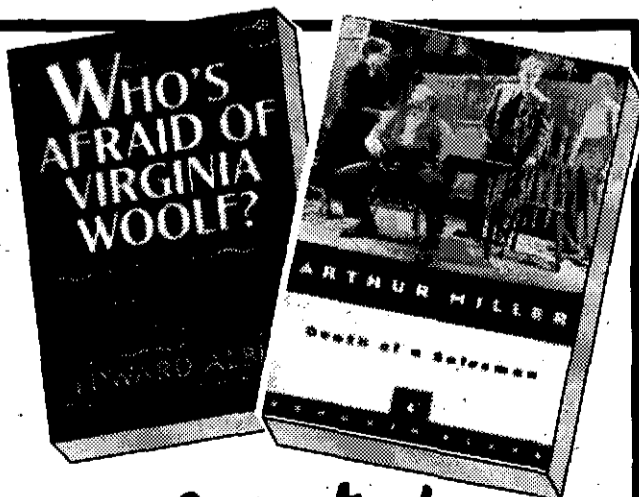
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'Mom, I'm bored!' Finding summer fun to share with kids

By Katherine McCarthy

IT'S HERE: THE SCHOOL YEAR IS OVER. FOR THE CHILDREN, LONG, LAZY DAYS STRETCH way ahead of them. Time to stare up at the sky, pick blades of grass, and jump into swimming pools.

Inevitably, though, they'll begin to pick on their siblings, deflate all the basketballs, and whine that phrase that sets parents teeth on edge: "I'm boooooored."

Take heart, parents; there are publications out there that suggest tons of things to do to prevent those tough summer moments.

For activities around the house, Steve and Ruth Bennett have written two small books designed for children three and up. The books, 365 Outdoor Activities You Can Do With Your Child and 365 TV Free Activities are compact, but full of ideas. Just a few of their activities include fireless fireworks, a neighborhood walk "find it" game, and a life form count.

Or you can take excursions with your kids. The "I Love New York" office in the concourse of Albany's Empire Plaza has enough detailed brochures and pamphlets to convince even the most convicted of armchair travelers to grab the kids, pack the car, and head out.

Here's a sampling of places to go. Information is also available by dialing 1-800-CALL-NYS or checking out the website, ww.iloveny.state.ny.us

There's nothing better than water to take the edge off a hot summer day — and for kids, to combine it with a little action is perfect.

Splashwater Kingdom is part of the Great Escape, on Route 9 between Northway Exits 19 & 20, and full of water slides, wave pools, and tubing attractions. Water Slide World, at the junction of Routes 9 & 9L in

Lake George, offers 35 water slides and other water-related activities. A little farther south, Zoom Flume in the Catskills' East Durham, New York, is another place to twist and turn down watery slides.

If your kids like bike riding, the Hudson-Mohawk Bike Trail starts at Albany's Corning Preserve, and continues on up to Amsterdam.

Sometimes you ride with the traffic, but usually you can mosey alongside two of New York's most important rivers, sharing a nice asphalt path with hikers, other bikers, and Rollerbladers. Occasional picnic areas, locks, and even little snack bars make nice stopping points for little legs that might want a rest.

Hike, hike, hike, and the children will sleep, sleep, sleep that night! From the flat trails of Delmar's Five Rivers Environmental Center, to the uphill climbs and overhanging ledges at New Scotland's John Boyd Thacher Park, to the history of the Saratoga Battlefield, there's lots of opportunities to move young and old legs.

The Catskills and Adirondacks are alluringly close, and the state DEC has published the catchily-titled "Use of New York State's Public Forest Lands," describing the 1,000 miles of foot trails through the Adirondack and Catskill Forest Preserve. To get the booklet, contact, DEC Public Lands, 50 Wolf Road, Room 438, Albany, 12238. The Adirondack Mountain Club also publishes books about trails, available in most bookstores.

Get to know some buildings most of us take for granted, or where maybe kids know their parents work, and learn more about the history of the state at the same time. Both the New York State Capitol and the Executive Mansion can be toured. The Capitol keeps a

regular schedule; phone 474-2418 for information. Tours of the Executive Mansion are by appointment through the Curatorial and Tour Services, 2978 Corning Towers, Albany 12242. Go in the morning, and try an al fresco lunch from some of the food vendors sell outside the Capitol building. If you still have the energy, show your kids the Sesame Street set, an old subway car, or an Iroquois longhouse at the New York State Museum on Madison Avenue.

Show your kids how people took long trips before mini-vans, SUVs and RVs on some of the excursion trains not too far away.

The Delaware and Ulster Rail Ride departs daily from Arkville, in the Catskills, and travels to Halcottsville, Roxbury or Highmount. The trips are between 1 and 2 hours in duration, and there are special events tied in to the trips. Call 1-800-225-4132 for information.

The Batten Kill Rambler travels between Salem and Cambridge with a stop in Shushan. The trip is about 2.5 hours. Phone 692-2191. The Adirondack Scenic Railroad travels between Utica and Old Forge, and there are scenic excursions from Thendara Station. There are train robberies and theme weekends to keep travelers entertained.

A quick trip to Schoharie County can also provide a day's entertainment. There's Howe Caverns, very clearly marked on I-88, which, at a constant 54 degrees, is often the best

antidote to summer heat around. The Iroquois Indian Museum, with an interactive area for kids, is right on the way to Howe Caverns.

The Old Stone Fort on Schoharie's North Main Street, is full of artifacts from the American Revolution. Schoharie County is also a good place to pick up some of summer's bounty, grown on local farms.

At the end of a long, summer

day, try treating your kids to something from your childhood: a drive-in movie.

There aren't many left in the whole country, but there are four in hitting distance of the Capital Region. There's the Jericho Drive-In on Route 9W in Glenmont; the Greenville Drive-In on Route 32 in Greenville, the Hi-Way Drive-In on 9W in Coxsackie, and Mountain Drive-In on Route 296 in Hunter.



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Diamond Dogs look to be a hit with fans

By Leigh G. Kirtley

WHEN THE DOG DAYS OF SUMMER ROLL AROUND, THERE'S only one thing to do, go see the Albany-Colonie Diamond Dogs play at Heritage Park.

Although the season opener was May 28, fans can still enjoy plenty of baseball. The Dogs plan something special every night from fireworks to the ever-popular giveaways. This summer lucky fans can take home freebies

Like Ye Old Locksmith key chains on July 13, Pepperidge Farm hats on July 20 and Sterling Optical sunglasses on Aug. 15. And that's just some of the fun.

Every Tuesday, admission is only \$2. But Wednesdays are "Wild" with \$1 general admission for seniors and kids under 15 and \$1 Perry's Ice Cream specials. Thursdays are reserved for the oldies, care of 98.3 FM WTRY Radio. Fans can sit under an explosion of

fireworks July 3 and July 24.

"Tickets sell out quickly on giveaway and fireworks nights. It's a good idea to buy advanced tickets," said Erinn McNeil of the Diamond Dogs.

General admission prices begin at \$4 for adults and \$3 for children under 16 years of age. A daily ticket pass for a family of four is only \$10. Of course, you could also purchase season tickets and preferred seating. You can order tickets buy phone to save yourself from standing in line at the game.

"We print our own tickets and we can mail them to you," McNeil said. But you don't have to wait for the Dogs to schedule a feature night, you can create your own. The Diamond Dogs offer packages for birthday parties, picnics and corporate events. Prices begin at \$10 per child and include admission, hot dog or hamburger, popcorn, soda and a souvenir. Each party goer gets three turns at the speed pitch, a balloon and a party favor bag and exclusive

treats for the birthday all-star. Homer the Heritage Hound visits the party at the First Base Cafe and the entire park cheers when they announce your child's name over the loud speaker.

"We can also accommodate Big Dog Parties for the grown ups," McNeil said. "We can cater whatever people want."

You can have steamed clams, barbeque chicken or lobster. A \$25 deposit a week before the party will reserve your spot for a birthday. Corporate events should plan on scheduling about three to four weeks in advance.

If the umpires officially call the game because of weather, the Diamond Dogs will refund

your deposit or give you the option to reschedule. Not showing because you think the weather looks bad might cost you the deposit.

There is, however, one birthday party that the Diamond Dogs want everyone to attend. Homer turns 5 this summer and they will have a big celebration with fireworks on July 24. Homer even invited several of his mascot friends to share the fun.

"We're planning to have about 20 other mascots there that night," McNeil said.

In addition to fun at the ball park, the Diamond Dogs will again host instructional baseball camps at Heritage Park. Dia-

mond Dogs manager, former Texas Ranger and New York Mets farmhand Charlie Sullivan will be teaching this summer. Joining him will be Dogs pitching coach and former Toronto Blue Jay Dane Johnson and Diamond Dogs home run champion Jon Mueller. Kids between the ages of 7 and 17 can learn the game and improve their skills.

For complete information on all Diamond Dog events including the day camps, call their home office at 869-9234. You can also visit their web site at www.diamonddogs.com for schedules, league standings and to order official Diamond Dog merchandise on line.

Fun facts about yummy ice cream

In celebration of summer and the last National Ice Cream Month (July) of the century, here are some fun facts about how the country's favorite ice cream treats evolved during the past 100:

- 1904-The ice cream cone was introduced at the St. Louis World's Fair when a Syrian waffle maker started rolling waffles into the shape of a cone for the benefit of an ice cream vendor who occupied an adjoining booth.
- 1920's-Ice cream on sticks, ice cream sandwiches, milkshakes and other forms of ice cream and sherbet known in the industry as "novelties" become popular.
- 1930's-Ice cream parlors and soda fountains become the social scene. Two brothers start the first Friendly's in Springfield, Mass. and introduce the

double dip cone for 5 cents.

- 1973-Ice cream mix-ins become an eating craze.
- 1983-Cookies & Cream Ice Cream, made with real Oreo Cookies, becomes an instant hit. It holds the distinction of being

the fastest-growing new flavor in the history of the ice cream industry.

- 1998-According to statistics, hundreds of ice cream flavors have come and gone over the past century, but vanilla remains the most popular.



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AJCC

Where the pieces all come together!

This is the first part of a two-part story. Part two will run next week.

By JEFFREY FOLEY

Am I crazy?

It was insane, the alarm going off at 4 a.m. A hot little number about somebody living la vida loca danced out of the clock radio. Ricky Martin's Puerto Rican voice did a samba through the still morning air, breaking my four-hour spell of sleep.

Upside inside out, she's living la vida loca. She'll push and pull you down, she's living la vida loca.

I forced my eyelids open and focused on digital green numbers. Four a.m. What an ungodly hour. A time for family emergencies and criminals, not voluntarily getting out of bed to compete in a triathlon.

She's living la vida loca, living la vida loca.

Well, that's great. I thought as I listened to the chorus. It's good to know that I'm not the only one living the crazy life.

The ride up to the Lake George region was downright eerie. Fog spilled across the Northway like milk covering a kitchen table. My fingers clutched the van's steering wheel as I peered through the thickness, my high beams slicing through just a few feet of white at a time.

"PowerBars?" my wife Tina said from the passenger seat. She was going over a checklist we'd made for the Robert Rogers Challenge — a June 26 triathlon consisting of 6.6 miles of running up and down Buck Mountain, a four-mile canoe across Lake George and a 22-mile biking leg that included a climb to the top of Tongue Mountain. "Gatorade? Water?

Try Athlete

Can a 28-year-old in not such perfect shape survive a grueling triathlon and write to tell about it?

Extra sneakers and socks? Life preservers? Helmets?"

My brother-in-law and racing partner was in the back seat, surrounded by bikes and canoeing equipment. Andrew Streett, a fit 16-year-old, looked relaxed, like he was catching a few extra moments of sleep.

But not me. I couldn't stop hearing the words of other people. All throughout the week I had been besieged with doubting comments and questions from friends who were baffled by my desire to do a triathlon.

"Don't you have to be in really good shape to do something like that?"

"Man, I hope you don't crash your bike coming down the mountain. You'd better have really good insurance."

"Isn't your wife worried that you're gonna get hurt? Or that you won't make it?"

Nope, I said, pointing to my chest. She knows I've got something special inside me. Something that won't let me quit. I've got heart. Yeah, I'm tough. There's nothing out there I can't do.

But now I was worried. Could my 28-year-old body actually handle all the tests that lay ahead? Was three miles of running a couple times a week enough training? Did it matter that I hadn't seriously biked or canoed since I was about 7?



Looking somewhat apprehensive, writer Jeff Foley prepares to enter the Robert Rogers Challenge triathlon with his 16-year-old brother-in-law, Andrew Streett as a partner.

She's in to superstition, black cats and voodoo dolls. I feel a premonition, that girl's gonna make me fall.

Ricky Martin's words carried some weight. I was afraid the Robert Rogers Challenge was going to get the best of me.

Not without a fight, though.

Buck Mountain

I took a small step off to the side of the path. I could barely breathe. My back felt like it had been beaten with a meat mallet. I grimaced as another competitor passed on my left, offering words of encouragement. I'd have tripped her if I had the energy.

It was 7:20 in the morning, all of 20 minutes into the Robert Rogers Challenge. But for me, the time to run up Mount Everest ... er, Buck Mountain ... had already passed. I was reduced to walking whenever I wasn't gasping for air.

Everything had started out well enough. Tina, along with our friends Stephani Winn and Michael Emery, took off at 6:45 to place the bikes and the canoe at designated points along the course. And after several relief-filled trips into the woods, Andrew and I joined 40 other two-person teams at the starting line.

The winning team was going to be determined by combining the two times. But if one person didn't finish, the team was disqualified.

No pressure there (please note the sarcasm).

Anyhow, Buck Mountain's summit is 2,330 feet high. Provided we made it to the top, our ascent would be 1,130 feet stretched out over 2.8 miles. But it's all downhill after that, with a 2,000-foot descent over a 3.8-mile stretch that leads up to Fort Ann Beach, where our canoe would be waiting.

The first 15 minutes of the run were a blast. There were a few rocks to hop over here. A hill to conquer or a stream to leap over there. And then the mountain hit. The terrain was no longer rolling and gentle, it climbed at a steep

angle, almost shooting straight up. We were in goat country.

She will wear you out, she's living la vida loca.

Crazy thoughts darted through my head as I stood off the path. I wondered what would happen if the pain in my back made me lose my balance. Would I break a few bones falling down Buck Mountain? Would I die?

"Are you OK?" Andrew asked. "Do you need water?"

I need to quit, I thought, holding out my hand. Andrew pulled a bottle out of his fanny pack and I sucked away.

"My back hurts," I said. "The worst it's ever hurt."

"That's because you're bent over when you're climbing," Andrew said. "You're carrying all the weight from

your heart and your head. You need to stand up straight."

What I need to do is quit, I thought again.

She will wear you out, she's living la vida loca.

But I managed to ignore the lingering presence of Ricky Martin's now-evil lyrics. Andrew stayed a step or two behind so that I could control the pace and we reached the summit at about 7:40. It was all rock and it was much hotter than it had been an hour ago. We were both dripping with sweat.

"Isn't that a beautiful view?" said a race official, pointing down at Lake George, which was covered with a thick spread of fog.

"Yeah," Andrew said. "Too bad we don't have a camera with us."

I took a quick glance before heading down Buck Mountain. I was hurting and I didn't give a damn about the view.

Forty-five minutes later, we cruised into Fort Ann Beach. My gloves were ripped from falling on rocks twice during the descent. My ankles throbbed from the tree roots that had directed them every which way. And my knees felt like a car's brakes must feel after being slammed on to avoid a head-on collision. They burned like hell.

But the canoe was within reach. Stage one was down.

Tune in next week to see if Jeffrey Foley and Andrew Streett survive the Robert Rogers Challenge.

Photos by Tina Streett Foley



Dean's List



Amy and Raymond Bertrand

Aylward, Bertrand wed

Amy M. Aylward, daughter of Harold and Geraldine Morgan of Delmar, and Raymond W. Bertrand Jr., son of Raymond and Anne Bertrand of New City, Rockland County, were married May 29.

The ceremony was performed by the Rev. Anthony Chiaromonte at St. James Church in Albany. A reception followed at Albany Country Club in Voorheesville.

The maid of honor was Lauren Ackerman. Bridesmaids were Jean Bertrand, sister of the groom, Sheri Finkelstein and Shari Gottheim.

The best man was Daniel Bertrand, brother of the groom.

Ushers were Michael Aylward, brother of the bride, Bruce Fischer and Craig Rosenbaum.

The bride is a graduate of Bethlehem Central High School and Binghamton University.

She has a master's from The College of Saint Rose and is a speech pathologist at Care Rehab in Baltimore, Md.

The groom is a graduate of Binghamton University and Albany Law School.

He is a lieutenant in the Judge Advocate General's Corps stationed at the U.S. Naval Academy in Annapolis, Md.

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

Gettysburg College — Theodore Hartman of Delmar.

Hudson Valley Community College — President's list: Heather Bailey, Madeline Blendell, Michael Caruso, Anthony Connors, Jeremy Dievendorf, Brian Garver, Lance LaVoie, Matthew Lotz, Wendy Malhenzie, Richard Miller, Frederick Morris, Joseph O'Keefe, Matthew Padula, Teresa Paisley, Kyunghie Park, Rebecca Patchen, Melissa Piazza, Ronald Sellnow, Bernard Smith, William Spinner, Jane Ursprung and Wendy Van Derzee, all of Delmar.

And Lee Attarian, Scott DeFeo, Andrew Masino, Tara Nash, Courtney Silver and Richard Thompson, all of Glenmont; Pauline Bush, Lisa Day, Preston Lambert, Sean Ostrander, Brenda Schin, Jessica Stanton, Jenny Stasack and Matthew Wright, all of Selkirk, John Bujak, Thomas Flynn, Seamus Gallagher, Keith Haugen, Stephanie Osterhoudt, Sharon Overton, Kristin Rider, Matthew Securo and Louise Stults, all of Slingerlands; and James Adams, Thomas Hoyt, Nurhan Ozmat and Autumn Tambasco, all of Voorheesville.

Dean's list: Stacy Benson, Nicole DuBois, Michael Frueh, Shawn James, Kristina McShane, Frank Pickering, Andrew Pludrizynski, Jeffrey Rings, Kevin Salhoff and Hua Zhu, all of Delmar; and Susan Derda and James Lewis, both of Feura Bush.

And Kelly Boughton, Gavin Burt, Deborah DePuccio, Amy Gutierrez, William Hebert, Andrew Karins, Laura Meador and Shaun Swift, all of Glenmont; Benjamin Eggleston, Lill Ann Green, Jeffrey Sorell Jr., Peter Speziale, Jillian Stasack and Carlos Torres, all of Selkirk; Christina Carusone, Patricia Gay and April Wright, all of Slingerlands; and Nicole Cangemi, William Hillmann, Jason Pitcher and Beth Pompei, all of Voorheesville.

Lafayette College — Peter Kvam of Delmar.

Maria College — Michael Mohrhoff of Clarksville; Claudia DePue (president's list), Cynthia Morrison (president's list) and Lori Frazier, all of Delmar; and Carlie Condon and James Kelly, both of Voorheesville.

Nazareth College — Emily Murphy of Delmar.

St. Bonaventure University — Robert Nelson of Delmar.

SUNY New Paltz — Marcy Goedeki of Delmar.



Deneige Barlow and Andrew Nash

Barlow, Nash engaged

Deneige Gabrielle Barlow, daughter of David and Beverly Barlow of Boston and Nantucket, and formerly of Delmar, and Andrew Osborne Nash, son of Peter and Sally Nash of Dedham, Mass., are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School and Vanderbilt University. She is

technology marketing manager for Course Technology in Cambridge, Mass.

The future groom is a graduate of the Brooks School and Lake Forest College. He is an inside wholesaler for Fidelity Investments.

The couple plans an October wedding.

Slingerlands student to study abroad

Annette Grajny, a Slingerlands resident and 1997 graduate of Bethlehem Central High School, will participate in the fall term aboard program at Union College.

Grajny will study French language and culture in Rennes, France, under the guidance of Professor Charles Batson. Partici-

pants in the program generally live with a host family or in an international dormitory and participate in the normal cultural life of their community. Union offers such programs in 23 foreign countries.

Grajny is a biology major in the class of 2001 at Union.

Student to work at Mexican embassy

Timothy Mooney, a 1996 Bethlehem Central High School graduate and the son of Geraldine and Brendan Mooney of Delmar, will work at the Mexican Embassy in Washington, D.C. as an assignment through the Institute for Experiential Learning at the University of Massachusetts at Amherst.

Mooney, a member of the school's class of 2001 majoring in biology, is a dean's list student and a member of the Spanish Club there. He will work in the embassy's consular division, as well as its trade division and ministry of environment. He will conduct business entirely in Spanish during his assignment.

Mail weddings, engagements

The Delmar 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 P.O. Box 100, Delmar 12054.

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Swamp Yankee will perform at the Empire State Plaza's Mosaic Stage on Saturday, July 10, at 1 p.m. Otis Taylor (above right) performs at the Fleet Bluesfest on Sunday, July 11.



Rockin' Bonnevilles and the Willie Pierce Blues Band.

Homegrown talent dots the Sunday landscape too, with the Bluz House Rockers kicking open the door and the Foy Brothers and Good Friday to be heard from later in the day. Also checking in will be Barbara Martin, an exponent of 20s blues and her own tunes that mirror that sound, who will be sitting in with frequent sidekick Mac Walter. Dave Keyes brings his New York based band and their love of Southern boogie-woogie to town as well.

Leading up to the Son Seals finale on the Main Stage, Toni Lynn Washington, a frequent nominee for the WC Handy Awards, the bluesman's Grammy, takes a turn with some jazz-vocal standards, followed by Otis Taylor, he of the Chicago Blues Revue; Big Bill Morganfield; the son of the legendary Muddy Waters and a major guitar presence in his own right, who will be joined by Steady Rollin' Bob Margolin for a set; and Walter Trout, Jersey-born and celebrated throughout Europe as one of the world's best guitarists.

A crafts fair with dozens of vendors will offer plenty of distractions as music fans boogie from stage to stage, and there will be clowns, rides and art activities for the youngsters. And once the kids are tucked into bed after the evening concert schedule draws to a close, numerous downtown establishments have signed aboard to book blues acts for the Fleet Street City Blues Jam.

For details on the festival schedule and the after-hours activities, contact the Special Events office for the Plaza at 473-0559.

Summertime blues

Bluesfest musicians the cure for what ails you

By JOSEPH A. PHILLIPS



Got the blues? This ought to cheer you up: two days, nine hours a day, of non-stop music on two alternating stages; 20 acts, mixing local favorites, up-and-comers and musical legends; food, children's activities, a craft show, all against the dramatic backdrop of Empire State Plaza. Free.

And if all that's not enough, downtown clubs and restaurants will get into the act too, following up the day-long festival offerings by lining up more acts to play on into the wee hours.

There, feeling better?

Albany will have the blues, bad, on Saturday and Sunday, July 10 and 11, as the fourth annual Fleet Bluesfest takes stage at Empire State Plaza. Starting at 1 p.m. each day, a pair of performance stages, the Mosaic Stage to the north and the Main Stage laid out in front of the State Museum on the south side, will take turns presenting sets of 45 minutes to an hour. The nightcap each day of the festival: an extended set kicking off at 8:45 p.m. featuring a blues legend.

Saturday night's headliner is the "Godfather of British Blues," John Mayall. He's racked up more than 40 albums in a career that broke out in the 60s with an ensemble known as the Bluesbreakers. The band featured in its ever-shifting lineup such legends as Eric Clapton, Mick Taylor, and the backbone of the 70s

Top left, Toni Lynn Washington will perform at the Fleet BluesFest on Sunday, July 11, at 1:45 p.m., and bottom left, Harper will perform at the Empire State Plaza on Saturday, July 10, at 7 p.m.

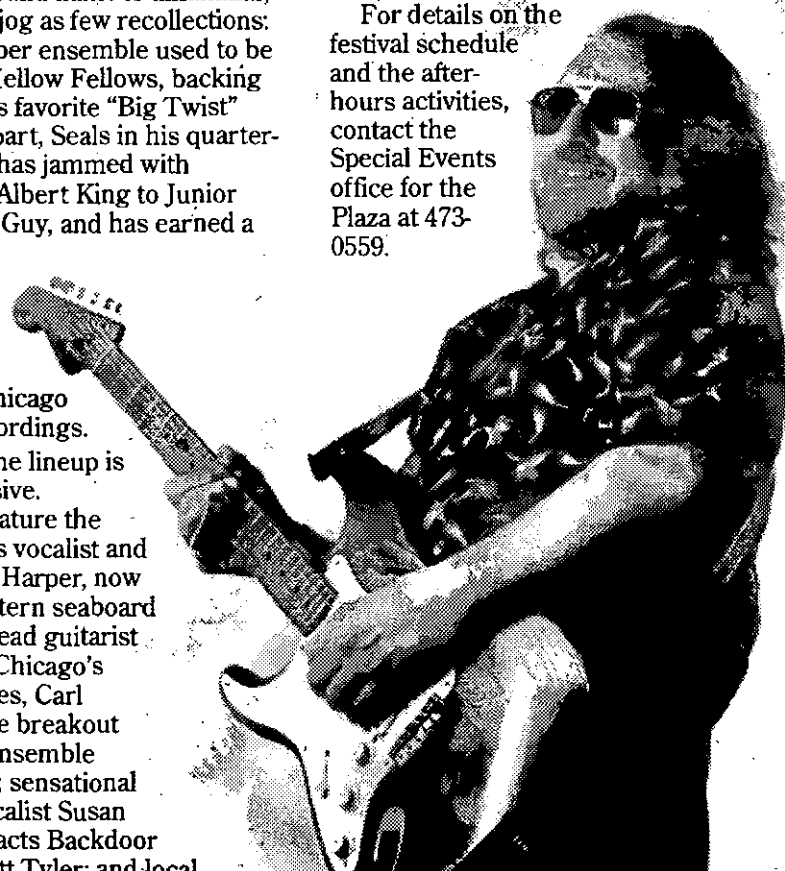
mega-band Fleetwood Mac, John McVie and Mick Fleetwood.

At 65, Mayall is still a magnetic presence onstage and a touchstone for the likes of John Lee Hooker and Ernie Watts, both of whom perform on his newest recording, "Padlock on the Blues," released earlier this year.

Sunday night's closer moves from the blues' eastern horizon in the British Isles to its western capital, Chicago. The legendary Windy City guitarist Son Seals — that's Son as in the offspring of Jim Seals, himself a name of note in the 1940s midwest blues scene — teams up with the Chicago Rhythm & Blues Kings.

If that latter band name is unfamiliar, maybe this will jog as few recollections: the seven-member ensemble used to be known as the Mellow Fellows, backing up the late blues favorite "Big Twist" Nolan. For his part, Seals in his quarter-century career has jammed with everyone from Albert King to Junior Wells to Buddy Guy, and has earned a deserved reputation as a first-rate live performer for his gigs on the south side of Chicago and his live recordings.

The rest of the lineup is equally impressive. Saturday will feature the Australian blues vocalist and harmonica god Harper, now touring the Eastern seaboard with his band; lead guitarist and vocalist of Chicago's Sons of the Blues, Carl Weathersby; the breakout New England ensemble Swamp Yankee; sensational Joplinesque vocalist Susan Tedeschi; solo acts Backdoor Benny and Rhett Tyler; and local favorites Ernie Williams & the Wildcats, Scotty Mac & the



Bob Margolin will perform with Big Bill Morganfield on the Empire State Plaza's Main Stage on Sunday, July 11.

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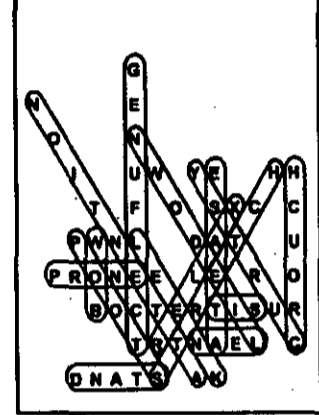
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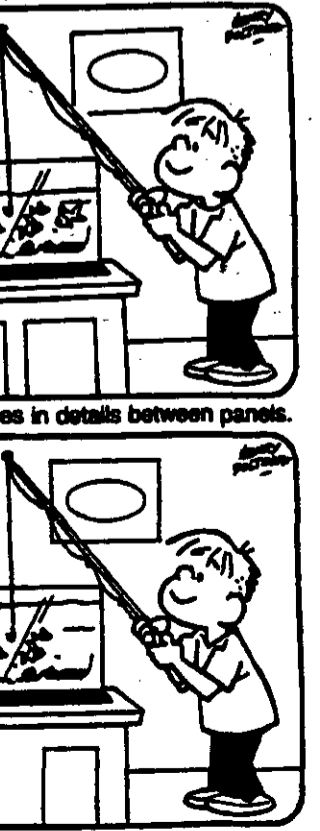
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Answers to Super Crossword

Grid with crossword answers: OJAI APES JEAN CABIN, LAWN BONUS ALSO IRANI, GRASS SKIRT MISS SAIGON, ASYET IDEAL TEA ENE, RUDE RISE GIRDLES, WITNESS STAND ALOE, TED STEP RIGBY BEVEL, SLEZAK TOASTER OPERA, EDSEL HUB ISNT NOD, DEAF TART NAE ODE, BEN CLASS STRUGGLE MEN, ALA ORE HEAP ELSE, BOW PURR DEE TATAR, APACE GINSENG MERINO, REBUT LETON DINA TOY, BELA CROSSSECTION, CABARET HARP MEAN, AIL NCO TASTE MAPLE, DRESS SHIRT SWISS STEAK, GESTE ELMO MARIA URGE, ESSEX DYNE PEST BUSS

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels. Differences: 1. Table is different 2. Picture has moved 3. Fish is missing 4. Water level is higher 5. Woman's hair has changed 6. Boy's necklace is different

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Mourn

(From Page 1)

who were Democrats ... he was very proud to be a Republican, and very proud of his days as Republican chairman, even though they were such a minority then."

Former town justice Roger Fritts recalled Conway's capacity to befriend even his political foes. "He was a good friend of Dan O'Connell, though he often found himself in opposition to him in one way or another. And he was a close friend of John Clyne, which made for strange bedfellows. They were certainly at opposite ends of the political poles, no pun intended, but otherwise close friends for years."

Conway's ability to bridge party lines helped secure his lengthy tenure on the Supreme Court bench in the third judicial district, to which he was first elected in 1967 — and re-elected with backing from both parties. His nonpartisanship translated on the bench to an evenhandedness noted by many colleagues.

"I'm sure he'll be remembered as a people's judge, who believed that always the people in front of

him came first," Teresi said. "Actually, I don't know how he'd want to be remembered, or even if he'd want to be. He was a very modest man."

"He had an absolutely perfect judicial temperament," said Bill McCarthy, a Slingerlands resident who clerked for four years for Conway. Colleagues recall a pleasant courtroom demeanor and a reputation for fairness. "You always knew you could count on a fair shake from him," Fritts said.

"He was a good listener and a great storyteller," recalled McCarthy, "He would always begin conferences (in chambers) with a story to put things in perspective, knowing that one party ultimately was going to win and another was not. He never seemed to rush anybody, or give anybody short shrift. He treated everybody fairly and had a unique gift for making everyone leave feeling good about the process, like they'd had a fair chance to be heard."

And he was famously accessible. "I knew him for over 25 years, first as a trial attorney trying cases before him and then as a judge, when I got to know him

even better," recalled Teresi. "He always made himself available to young attorneys like me. I remember as a young attorney I approached him once at his home on a Friday evening, when many judges can't even be found, and he signed a writ of habeas corpus for me, right there in his driveway."

"He just loved the bench," recalled Davis. "Even more than politics, it was what he talked about all the time. And living across the street for all those years, when the lights would go on late at night, you'd know it was someone who called on him for some legal business."

Conway's reputation for fairness and perspective made him much sought after to preside at the inauguration of public officials in his hometown. "He swore me in four times as town judge," said Fritts.

After his mandatory retirement from the bench in 1993, he spent four more years as a Judicial Hearing Officer in the third district. "He was a hard worker, even after retiring as a judge, and he was in the courthouse every day," said Teresi. "He was a good example to younger judges."

His judicial colleagues remained in touch well after he was sidelined by illness. "These people

to him were more than casual acquaintances," said McCarthy. "There's a certain politeness in judicial circles, but this was more than that. This wasn't just people being courteous. They were genuine friends."

Throughout his busy public life, friends recall Conway scarcely missing a family Sunday dinner, proud of his sons Edward and George devoted to his four grandchildren.

He remained to the end in touch with proceedings in court, following cases he had heard long ago still working their way through appeals, reading avidly the news of the day. "When I think of Ned, I think of him sitting in a corner of the living room," said Davis. "He had his favorite chair, and he was surrounded by his newspapers and books."

He will be interred today in St. Agnes Cemetery in Menands, alongside his late wife Elizabeth.

"His passing is a loss to the legal community and the community as a whole," said Fritts. "He was a tremendous person and a caring judge." Davis echoed that sentiment on a more personal note: "The neighborhood is saddened at the loss of Ned. We'll all miss him."

Tax

(From Page 1)

was a smooth one this year. "If we have a pretty good sense up front that the valuation (of a property) is a little high, we are as eager as the property owner to get a true market value and get that adjusted," Leafer said. Smoothing the way in the review process was the town's thorough updating in 1998 of its property value rolls. "There is still some catching up to do," Leafer said, "but this year's grievances were less than last year's, and next year I would expect the number of grievances to be even less."

The largest single adjustment this year was a \$500,000 reassessment for Citgo on the value of some fuel storage tanks on West Yard Road, revising the property value downward from \$5.7 to \$5.2 million. "It was a little on the high side and needed to be reduced," Leafer said, "And Citgo worked with us well and agreed that was a reasonable level."

Other businesses winning revaluations included Owens-Corning Fiberglas, Sears Petroleum, and Barker Steel. But Niagara Mohawk, which grieved 20 separate parcels it owns in Bethlehem, came away empty-handed from the assessment review panel. NiMo is already engaged in the early stages of litigation over its valuations from 1993 through 1998, and Leafer anticipated that the utility would add this year's disputed valuations to the docket.

For homeowners who were rebuffed by the assessment panel, small claims court is the avenue of appeal, and Leafer said he was aware of two who have already filed for consideration with Albany County Court as of July 1. "I'm sure there'll be a few others," Leafer said. Last year we had 10 or so, and I think it'll be under that this year."

The revised property values will be reflected in the tax bills that come due in September. But Leafer said that "Taxpayers don't have to wait until May 1 to go through the grievance process for next year. They can do it informally with me and my staff at any time — and it might be a more relaxed process if they did."

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